



## **GYMNASTICS: Q&A**

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### **General Information**

**Q: Who is the NCAA Rules Interpreter?**

**A: Chrystal Chollet-Norton; [rulesncaagym@embarqmail.com](mailto:rulesncaagym@embarqmail.com)**

**Q: May I submit my rules questions by voice mail or text message?**

**A: No.** Please submit rules questions by electronic mail only. Please provide your name, institution and if a judge your name and region to the email.

**Q: Where can I locate the updated 2018 & 2019 NCAA Gymnastics Rules Modifications?**

**A: <http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>**

**CLARIFICATION UPDATED: USAG JO Code of Points: 2018-2022; Concentration Pauses Balance Beam and Floor Exercise as per Women's Junior Olympic Technical Director: Connie Maloney and National Technical Committee Chair; Cheryl Hamilton.**

1. Concentration Pauses on Balance Beam have two choices: 0.10 for a 2-sec concentration pause and 0.20 for more than 2 sec. (meaning 3 sec or more). Floor is only 0.10 for a 2-sec or more concentration pause.
2. Counting begins when the gymnast is stationary or is readjusting arms, feet or body.
3. Readjustment is defined movement that is not intentional choreography movements.
4. The norm for counting concentration pauses on Balance Beam and Floor Exercise is counting one-thousand one, one-thousand two (or one-gymnastics, two-gymnastics).

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### **Uneven Bars**

**Q: Can we use liquid chalk instead of regular dry chalk?**

**A: Yes.** The 2018 & 2019 NCAA Women's Gymnastics Rules Modifications does not differentiate between liquid chalk and dry block chalk. Refer to 6; Equipment and Procedures; 6.1.h.

## Balance Beam

**Q: Does the forward/sideward acro element have to be performed on the beam or can it be a dismount? Example: Front Layout with Full dismount (#9.304-“C”) as the only forward element in the routine.**

A: The forward/sideward acro element must be on the Balance Beam. Refer to the 2018 & 2019 NCAA Women’s Gymnastics Rules Modifications; Balance Beam; 4.2; a.1; Must be from Groups 1-Mount, 6-Rolls, 7-Walkovers/Cartwheels or 8- Saltos.

**Q: If a Front Layout Full dismount (# 9.304- “C”) off Balance Beam is the only forward element in the routine what is the compositional deduction?**

A: Flat.10. Refer to the 2018 & 2019 NCAA Women’s Gymnastics Rules Modifications; Balance Beam; 4.2; a.1.

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## Floor Exercise

**Q: Can you use a two foot punch front salto to a seated position to meet the front/side compositional requirement on floor exercise?**

A: No. Refer to the 2018 & 2019 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.2; a.2; Missing a forward/sideward salto with a minimum of A value; flat .10. A two foot punch front to a seated position is not an “A” element. Refer to the USAG JO Code of Points 2018-2022; Floor Exercise Elements; Group 6-Saltos Forward.

**Q: If a student-athlete’s last tumbling pass is a round off to Whip Salto Backward (#8.102-“A”) to a Double Salto Backward Tucked (#8.403-“D”) followed by a cartwheel Salto Backward Stretched (#8.101-“A”) to a pose, would she receive a deduction for her last pass not being a “C” element?**

A: Yes. As per 2018 & 2019 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.1.c. The salto performed as the last isolated salto or within the last connection must be a minimum “C”. The cartwheel breaks the series and the layout becomes the last isolated salto. Refer to USAG JO Code of Points 2018-2022; Floor Exercise; Chapter 2. II.A.1.c.