General Information

Q: Who is the NCAA Rules Interpreter?
A: Chrystal Chollet-Norton; 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 2022-2023 NCAA Rules Modification Document and Meet Procedures?

Q: Where can I locate the Video Review Form, Inquiry Form, Routine Summary Form and Meet Referee Checklist?

Q: Where can I purchase the USAG DEV Code of Points 2022-2026 First Edition?
A: https://usagym.org Click on Member Services, then click on left column; Technical materials.

General

Q: For non-conference home meets are we required to have the 30 minute open stretched warm up?
A: Yes. Refer to the 2022-2023 NCAA Women’s Gymnastics Rules Modifications; Appendix IV – Regular Season Meet Procedures; 3. 1.a.

Uneven Bars

Q: If a student-athlete’s grip breaks during her routine can she repeat her routine or must she start where the grip broke?
A: She is allowed to repeat the entire routine. Refer to the 2022-2023 NCAA Women’s Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1.g.
Q: Is it allowable for a coach to hold the low bar while spotting a transition element?

A: Yes. There is no deduction currently in the 2022-2026 USAG DEV Code of Points; as per our USAG RTCC NCAA Technical/Liaison. It is also acceptable for a coach to lean on the bar. Referred to in the 2022-2026 USAG DEV Code of Points; Section 3 - Uneven Bars; General Information, V. Spotting Regulations; g.

Balance Beam

Q: A student-athlete performs a front tuck (#8.401 “D”) on balance beam and falls. She remounts and performs the same front tuck (#8.401 “D”) connected to a back handspring. Would she receive DV bonus for the “D” front tuck?

A: Yes. Refer to the 2022-2026 USAG DEV Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; V. Bonus Restriction B. 2. a & b.

Chrystal Chollet-Norton
NCAA Rules Interpreter – Women's Gymnastics
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