



## **GYMNASTICS: Q&A**

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### **General Information**

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

**A: Chrystal Chollet-Norton; [rulesncaagym@embargmail.com](mailto:rulesncaagym@embargmail.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 most updated 2020 & 2021 NCAA Rules Modification Document and Meet Procedures?**

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

### **Updates: USAG Code of Points:**

- 1. Update Execution Deduction: Uneven Bars;**
  - a. More than One (1) consecutive Extra Swing(s) after an Element:**
    - **Maximum Deduction =0.50.**
- 2. Update Vault:** Athletic tape or Velcro strips (NO CHALK) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Also see 2020 & 2021 NCAA Rules Modification Document; 6. Equipment; 6.1.c.
- 3. The following Changes to the USAG JO Code of Points WILL NOT apply to the NCAA Women's Gymnastics Rules.**

**Balance Beam:** Recommendation to ADD to the JO Code of Points, page BEAM – 33, award +0.10 connection bonus to any three (3) element acro flight series that lands on top of the beam, including mounts; excluding dismounts, with a minimum 1 “C” Salto/aerial or 1 “D/E” flight with/without hand support. NCAA will follow the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Balance Beam; 4.4; e.

**Floor Exercise:** Recommendation to UPDATE the JO Code of Points, page FLOOR – 44: Change the element listed under 1.310 (Ring jump 1/1 (360°) turn to 1.410 and raise the value from “C” to “D”. The Stag-ring jump with 1/1 (360°) turn remains as 1.310, “C”. NCAA will follow the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Floor Exercise; 5.3; # 1.310 Ring jump or Stage-ring jump with 1/1 turn (360°)=D.

### **Updates/Reminders: 2020 & 2021 Women's Gymnastics Rules Modifications Document.**

- **Chapter 6. Equipment and Procedures; 6.2 Uniforms; a.1.** Should read: "A student-athlete must wear a one-piece leotard and is allowed to wear any undergarments that are the same color of the leotard or are skin tone in color".
- **Beam routines and falls on beam and bars must be timed.** There will be a 45-second fall time for beam and a 45-minute second fall time for bars.

### **Clarifications: 2020 & 2021 Women's Gymnastics Rules Modifications Document.**

- **Appendix VII- Meet Referee Check List; During Meet Checklist; Meet Referee (Non-officiating & Officiating):** "Judge video of inquiry Routine (if you did not judge routine)" should read: "The meet referee MAY request to view video IF the panel judges cannot resolve an inquiry AND the meet referee did not view the routine".
- **Pre-Meet Checklist; sixth box down:** "Code of Professional Responsibility" refers to the NAWGJ Code of Professional Responsibility.
- **Appendix III- NCAA Routine Summary Form.** Coaches are responsible to fill in the skills on the routine summary or they can attach an inquiry form to the summary form and make two/four copies, one for each judge on that event.
- **Appendix VIII-Regular Season Meet Procedures.** It is permissible if an event finishes early for the student-athlete to use the surrounding mats to do acro series etc. It is not permissible to do dance throughs on floor exercise and balance beam prior to the 30-minute warm up. Refer to 3. Regular Season Rules Modifications and Meet Procedures.
- **Equipment and Procedures: 6.3;** Gymnast are only permitted to wear stud piercings and there is no limit on the number of piercings.

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## **General**

**Q: Is it permissible to earn bonus points to obtain a 10.0 start value by only using all D/E elements or all Connection Value bonus?**

**A:** No. Refer to the 2020 & 2021 Women's Gymnastics Rules Modifications Document; General Information; 1. 1.3. a. +0.10 D/E Bonus (minimum), +.10 CV Bonus (minimum), +0.40 from either D/E Bonus &/or CV=.6 TOTAL.

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## **Uneven Bars**

**Q: If a student-athlete performs the following combination: #2.301-Cast to handstand with 1/2 turn in Handstand phase connected to #4.303-Handstand on HB giant circle backward with 1/2 connected to a #8.304 From HB-Swing down between bars-swing forward to double salto backward tucked position would she receive +0.20 CV bonus and satisfy the UTL dismount requirement?**

**A:** Yes it would receive +0.20 in CV and fulfills the "up to the level": Refer to the USAG JO Code of Points 2018-2022; Uneven Bars; Section 3. Bonus Chapter 4. B; Level 10 Direct Connections of at least Three Elements; "C" + "C" + "C" =+0.10 + 0.10. Also refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Uneven Bars; 3.2.f. 2. Exercise must have a minimum of a "D" dismount or "C" dismount in bonus combination.

**Q: If a group 3/6/7 “C” element is connected to a C flight element (dismount), would bonus be awarded and thus satisfy the UTL requirement? Example – Free hip HS (Group 3 – C value) immediately to Toe on HS (Group 7 – C value) to double back tuck (flight – C value) – Would this be considered +0.20 CV?**

**A:** No this would not receive +0.20 CV. You would receive additional +0.10 CV for the Free Hip to Handstand connected to the Toe on HS. You would not receive Connective Value for the Toe on HS to the double back dismount. Refer to the USAG JO Code of Points 2018-2020; Section 3; Bonus; Chapter 4; II. A. 3. "C" + "C" +0.10; Both (C) elements must have either Flight Phase or Long Axis (LA) turn of at least 180 degree. Also refer to EXCEPTION regarding 3/6/7 elements. You would receive an "up to the level" as per the 2020 & 2021 NCAA Rules Modifications Document; Uneven Bars; 3.2. f.2.

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## **Balance Beam**

**Q: What would the following beam series receive in bonus; Front aerial (D) + BHS (B) +BHS (B)?**

**A:** +0.30. Refer to the 2020 & 2021 NCAA Women’s Gymnastics Rules Modification Document; Balance Beam; 4.4. e. Example #4. Aerial Walkover + BHS +BHS, D+B+B. +0.10 D, +0.10 CV, & +0.1 additional.

**Q: If a BHS to Layout step out is immediately connected to a split jump, would the layout step out to split jump be awarded +0.20 CV bonus for D+B?**

**A:** Yes it would receive +0.20 CV for the D+B combination of the back handspring layout split jump and +0.10 D. Refer to 2020 & 2021 NCAA Rules Modifications Document; Balance Beam; 4.4. d. #2.

**Q: What is the total bonus for a Switch Leap to Gainer Full dismount?**

**A:** +0.1 CV. Refer to the 2020 & 2021 NCAA Women’s Gymnastics Rules Modification Document; Balance Beam; 4.4. g.

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## **Floor Exercise**

**Q: Where do we send floor music to for approval if it has human voice in it?**

**A:** Refer to the USAG JO Code of Points 2018-2022; Floor Exercise; Section 5; Chapter 1; General Information; III. Music Regulations; A. 3. Any question regarding music containing words; a. the music and Music Approval Form (which will come from your Regional Technical Chair) should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2019 & 2020 USAG Rules and Polices.

**Q: If a Student-Athlete does a two pass routine on floor and her last pass is a double salto will she receive the +01.0 Difficulty Bonus?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women’s Gymnastics Rules Modification Document. Floor Exercise; 5.5. Difficulty Bonus.