



GYMNASTICS: Q&A

Q: (Contact) Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton; rulesncaagym@embarqmail.com

Q: (Submission) 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: (Submission) Where can I locate the August 1st updated 2016-17 NCAA Gymnastics Rules Modifications?

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

Q: (Submission) Where can I find what is allowable matting for placement of a springboard for mounting both uneven bars and balance beam?

A: Refer to 2016 & 2017 USAG Women's Program Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; H. 4.

Q: (Uneven Bars) If a student-athlete does a flat shoot over (one that lands in a horizontal shape) directly connected from a D/E release move would this count as an LA turn for the Uneven Bar requirement?

A: Yes. Refer to USAG JO Code of Points; Uneven Bar Elements; Group 4 - Giant Swings Backwards; 4.204-From hang on HB-long swing forward with ½ (180) turn and flight over LB to hang on LB. *Receives "C" if it immediate follows a "D" or "E" release element.

Q: (Balance Beam) Is a back handspring layout considered B+C or B+D?

A: Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.4. d. Back Salto Stretched with Step-out receives "D" bonus but will be considered as "C" value for purposes of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet, or gainer BHS; in any order).

Q: (Balance Beam) What is the bonus if a student-athlete does a side aerial + back layout step out?

A: **+0.40*** Refer to USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II. B. Connections of Two (2) Acrobatic Flight Elements (excluding the Dismount); D+D= +0.20. Also refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.3; Elements Values Different from Level 10; 8.304- D-+0.10. Refer to USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; III. "D/E" Bonus; C.1.

*Updated December 2, 2016.

Q: (Floor Exercise) Does a student-athlete need to have a pass on floor exercise with 3 elements in it?

A: No. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.1. Floor Exercise Special Requirements (.20 each taken off Start Value); a. One acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos. (If the two (2) saltos are not directly connected, they must be included in an acrobatic series, which is defined as a minimum of three acrobatic flight elements, with or without hand support. (aerials are NOT considered saltos).

Q: (Floor Exercise) Is the connection value for a front layout + front layout ½ on floor still .1 connection bonus?

A: Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.4 Connection Bonus; c. Bonus combination B+B must be 2 different skills to receive +.1. Example #1: Front layout+front layout= no connection bonus; Example #2: Front layout+front layout ½=+.1 connection bonus.

Q: (Floor Exercise) Does the above question change with a jump out of the connection?

A: No. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.4 Connection Bonus; b.

Q: (Floor Exercise) Is a front handspring + Rudi + back layout .3 bonus?

A: Yes. Refer to the USAG JO Code of Points: Floor Exercise; Chapter 4; Bonus; II. B. Direct Connection of: Two or More Saltos or Acrobatic Elements with Flight and Without Hand Support (Aerials); 5. A/B +D/E= +0.20 connection bonus. Also refer to USAG JO Code of Points: Floor Exercise; Chapter 4; Bonus; III. "D/E" Bonus; C. 1. "D" element each receive +0.10 Bonus.

NOTIFICATIONS:

New to NCAA Web site: NCAA Women's Gymnastics Interpretations Archives, which can be found on the NCAA web site. <http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>

Reminder: The newsletter will again be on a Bi-weekly format starting on October 15, 2016. Unless there are three or more questions for the upcoming newsletter one will not be posted until the next date.

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