



GYMNASTICS: Q&A

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

A: **Crystal 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 locate NCAA Women's Gymnastics Interpretations Archives?

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

Q: (Submission) For regular season dual meets must the NCAA host institution provide line judges on floor exercise?

A: No. Refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; Appendix VIII-Regular Season Meet Procedures; 2. Meet Procedures.

Q: (Submission) If a student-athlete has a skill that was created and evaluated for value, but is not in the code, can we give the form we received back from the NCAA/USAG (with the description and value of the skill) to the meet referee before the meet, so the meet referee can share it with the judges on that event prior to the start of the competition?

A: Yes. Refer to the USA Gymnastics New Element Evaluation Form. Go to the USAG Web site; click on Women; click on forms; scroll down to Meet Forms; 7th bullet down.

Q: (Vaulting) Can the rectangular RO pad be placed short ways across the vault runway?

A: Yes. Refer to USA Gymnastics 2016 & 2017 Women's Program Rules and Policies; Chapter 8; II. Vault; B. 2.

Q: (Uneven Bars) If a student-athlete performs element 4.403- "D" Backward giant with 1/1 turn (360) in handstand with hop on first turn (turns in same direction) is that considered a "D" release?

A: No. None of the various techniques listed under 4.403 back giant 1/1 are considered flights as stated in the USAG JO Code of Points. Refer to USAG JO Code of Points; Uneven Bars; Chapter 1; General Information; VII. I. Required Technique for the Recognition of Value Parts (page 68); 8. e. If an element with a hop-grip change also has a LA (longitudinal axis) turn, the hop-grip change to a different grip must be completed prior to the initiation of the turn to be considered a flight element (exception: Back Giant hop 1/1-4.502).

Q: (Uneven Bars) If a student-athlete performs element 4.303 "C"-Handstand on HB-giant circle backward with hop ½ turn to reverse grip followed by 5.302 "C"- Front giant would it get C + C +0.10 bonus.

A: No. Refer to USAG JO Code of Points; Uneven Bars; Chapter 4; Bonus; II. A. C+C.

Q: (Floor Exercise) What is the total bonus for a Front handspring-Rudi-Straddle jump on Floor exercise?

A: +0.20. Refer to USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus; II. C. 3: B+D/E; +0.10 bonus, and Chapter 4; Bonus; III. "D/E" Bonus; C. 1. "D" element each receive +0.10 Bonus.

CLARIFICATIONS:

Q: (Floor Exercise) December 1st Newsletter

Does a student-athlete need to have a pass on floor exercise with 3 elements in it?

A: No for Floor Exercise Special Requirement as stated in December 1st newsletter. However, yes for "up to the level". Refer to Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.2; d. 1.

Balance Beam: Choice of Elements not up to the competitive level-----flat .10.

A student-athlete who does not attempt a flight series on beam at all but has the additional D Acro element OR E dance element, including mounts and dismounts WILL receive an "UTL" compositional deduction as well as the Special Requirement deduction of 0.20