



## 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: 2018 & 2019 NCAA Women's Gymnastics Rules Modifications and Meet Procedures.**

- 6. Equipment and Procedures; 6.1. EQUIPMENT; p. should read; "Only one of the following mats: Sting mat, 4-inch throw mat, 8-inch skill cushion may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). **Exception: A sting mat may be placed under or on top of either a 4-inch throw mat or 8-inch cushion.** Improper use of matting shall incur a .3 deduction for improper use of equipment.

**CLARIFICATION: USAG JO Code of Points: 2018-2022; Concentration Pauses Balance Beam and Floor Exercise.**

- You begin counting for a concentration pause when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements. Concentration pauses deductions will follow as per the USAG JO Code of Points.

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### Uneven Bars

**Q: Would the following combination Giant Full (#4.403), Clear Hip Circle to Handstand (#3.304), Toe on Front Pike (#8.301) dismount receive an "up to the level" deduction?**

A: Yes. Refer to the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications; Uneven Bars; 3.2; f. 2. Also refer to the USAG JO Code of Points; Uneven Bars; Section 3 Bonus; Chapter 4.A.

**Q: What is the connective value of a Pike Sole Circle to handstand (#7.309) to an immediate From handstand, underswing with ½ turn and flight over low bar to a hang the low bar (#3.303)?**

A: +0.10. Refer to the USAG JO Code of Points 2018-2022; Uneven Bars; Section 3 Bonus; Chapter 4; II. A. Exception: Connection of Two Elements from Groups 3/6/7 flight or turn is not required.

**Q: What is the connection bonus for a Cast to Handstand with hop to reverse grip in handstand (#2.301) to a Pike Jaeger (#5.505)?**

A: +0.10. Refer to the USAG JO Code of Points 2018-2022; Uneven Bars; Section 3 Bonus; Chapter 4; II.

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## **Balance Beam**

**Q: Would a Full Illusion Turn (#3.505) fulfill the full turn special requirement on balance beam?**

A: Yes. Refer to the USAG JO Code of Points 2018-2022; Balance Beam; Section 4; Compositional Categories; Chapter 2; 3.d.

**Q: Would a single “C” dismount fulfill the “up to the level” dismount on balance Beam?**

A: Yes. Refer to the 2018 & 2019 NCAA Rules Modifications; Balance Beam; 4.2.d.

**Q: What is the bonus connection of a Aerial swing through (#7.402- D) immediately connected to a Round-Off (7.203-B)?**

A: +0.20. Refer to the USAG JO Code of Points; Section 4; Balance Beam; II. B. “B” + “D” +0.20.

NCAA Rules Interpreter - Women's Gymnastics  
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