



## GYMNASTICS: Q&A

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

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

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**Q: (Uneven Bars) Is a student-athlete allowed to mount the uneven bars with a competition 20cm mat plus a 10cm mat with the sting mat in between them?**

A: No. Refer to USAG JO Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competition; I. General Considerations; 4. Jr. Olympic levels: A board used to mount Bars or Beam may be placed on the competition landing mat(s) (one or two 10-12 cm mats or one 20 cm). The board may also be placed on the allowable competition landing mats plus the supplemental matting of 5-10 cm (sting mat or 4" throw mat type skill cushions).

**Q: (Uneven Bars) What is the ruling for connection value using a clear hip to handstand?**

A: Refer to USAG JO Code of Points; Uneven Bars; Chapter 4; Bonus; II. A. Level 10; C+C; +0.10; In most cases, both "C" elements must have either flight phase or a long axis (LA) turn of at least 180 degree. Exception: for connection of two (2) different elements from Groups 3, 6, and /or 7. Turn or flight is NOT required, but the elements must be DIFFERENT. Also refer to Uneven Bars; Bonus; II. A. Level 10; C+D or D+C. When a C element is connected to a "D" or "E" element, the "C" is not required to have flight or turn. "D/E" elements are never required to have flight or turn to be used for Connection Value.

**Q: (Uneven Bars) Would the following uneven bar routine receive a deduction for distribution and/or choice of elements not up to the competitive level; board mount, kip cast handstand, blind, jaeger, over shoot, kip stoop on, pental kip cast handstand, giant, giant, double back with full twist on second flip.**

A: No, to both distribution and choice. Refer to NCAA Women's Rules Modifications; 3; Uneven Bars; 3.2; Uneven Bar Specific Compositional Deductions; f.1. Choice of elements "up to the competitive level" will now be defined by the following basic standards: - \*OR a combination of release & pirouette (minimum C+C+D in any order or D+D)

**\*Clarification:** Only one skill in the (\*) combinations has to contain a turn or release to fulfill the requirement.

Also refer to; Uneven Bars; Distribution Deduction; 3.2.b.1 &2.

**Q: (Uneven Bars) Would the following uneven bar routine receive a deduction for distribution and/or choice of elements not up to the competitive level; board mount, kip cast handstand, free hip, geinger, over shoot, kip stoop on, kip cast handstand, giant, giant double layout dismount?**

A: No, to both distribution and choice. Refer to NCAA Women's Rules Modifications; 3; Uneven Bars; 3.2; Uneven Bar Specific Compositional Deductions; f.1. Choice of elements "up to the competitive level" will now be defined by the following basic standards:

- \*OR a combination of release & pirouette (minimum C+C+D in any order or D+D)

**\*Clarification:** Only one skill in the (\*) combinations has to contain a turn or release to fulfill the requirement.

Also refer to Uneven Bars; Distribution Deduction; 3.2.b.1 & 2.

**Q: (Uneven Bars) If a student-athlete performs a pike sole circle to handstand (C #7.309) to a double salto backward tuck dismount (C #8.304) would she receive connective value bonus.**

A: No. Refer to USAG JO Code of Points; Uneven Bars; Chapter 4; Bonus; II. Principles for Awarding Connective Value Bonus; A. Level 10; Example C + C. In most cases, both "C" elements must have either flight phase or a long axis (LA) turn of at least 180 degrees. Exception: For a connection of two (2) elements from Groups 3, 6, and/or 7, turn or flight is NOT required, but the elements must be DIFFERENT

**Q: (Uneven Bars) What is the value of a Toe-on front salto dismount from the low bar?**

A: No Value Part Awarded. Refer to USAG Women's Program Technical Committee Meeting; October 24-26, 2014. USAG JO Code of Points: Uneven Bars; Chapter 1; VI. Mounts and Dismounts; B. Dismounts; Change # 1. All dismounts must be performed from the bar designated in the element description in the Bar element section to receive credit.

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**Q: (Balance Beam) Is it permissible for a student-athlete mounting the end of the beam to wrap her leg around the metal base and show a pose?**

A: **No, it is not permissible to use the metal base of the apparatus.** The following deductions would be applied; USAG JO Code of Points; Balance Beam; Chapter 2; V. G. Specific Execution; **Support** of leg against the side of beam to maintain balance: Each: 0.20.

**Q: (Balance Beam) A connective bonus of C+A on Balance Beam, can it only be awarded for a combination of turns?**

A: Yes. Refer to USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II. D. "A" Turn + "C" Turn (or reverse) +0.10

**Q: (Balance Beam) Is there connective bonus for a back handspring+ 1 arm back handspring series on beam?**

A: No. Refer to USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II.A .Connections of Two (2) Acrobatic (Acro) flight Elements, One a C-Salto ( Excluding Mount and Dismount); B+C Salto: +0.10.

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**Q: (Floor Exercise) On Floor exercise, skill #2.405 in the JO Code of Points; two illusion in a row, what position is the skill completed?**

A: Refer to USAG JO Code of Points; Floor Exercise; Floor Exercise Elements; Group 2; Turns; #2.405; when the student-athlete arrives in a standing vertical position as shown in illustration.

**Q: (Floor Exercise) If the student-athlete does the following tumbling passes; Double salto backward pike, Salto backward tucked or stretch with 1 ½ connected immediately to a front salto tuck, Double salto backward tuck, would she receive a deduction for tumbling composition?**

A: No, the tumbling would not get a deduction. Refer to NCAA Women's Rules Modifications; 5. Floor Exercise; 5.2. Floor Specific Compositional deductions a. 2. Lack of variety in choice of Acro elements;  
Missing a forward/sideward salto with a minimum of A value ..... flat .10

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(Clarification #1) The following recommendation was presented to the NCAA PROP Committee for approval for NCAA postseason competition only. This will be reviewed by the PROP Committee at their next meeting on January 15. If approved this can also be used during regular season meet competitions.

***During NCAA postseason competition, there will be a 4:00 touch warm-up on each event. At the NCAA regionals and***

*national championships, 0:30 will be added for each all-around and individual competitor. All participants on each event may use the entire touch warm-up time and all warm-ups will begin at the same time, regardless of duration. Additionally, there will be a 2:00 transition between each event beginning when the final competitor salutes the judge at the conclusion of her routine. For the NCAA regionals and national championships, the 2:00 transition will be announced and adjustments may be made to extend the time, as necessary, for an orderly processional between events.*

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