



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 question by electronic mail only as before. As your new rules interpreter, I will continue in the same manner as before. My role is to provide answers, clarifications to NCAA rules modifications and/or JO Code of Points.

Q: (Announcement)

The "NCAA Rules App." has been updated with the 2014-2015 Women' Gymnastics Rules Modification. You can now view it on your smart phone or tablet

To download, visit the link below on your smart phone or tablet. Follow the prompts and the app will appear as an icon on your device's homepage. Note: Internet connection is required.

<http://myapp.is/NCAA%20Womens%20Gymnastics%20Rules>

Q: (Submission) If we have new skills to be evaluated, who do we contact, contact information and what information is needed?

A: Refer to USA Gymnastics 2013-1014 Women's Program Rules and Policies which can be found on the USA Web site. Go to Women's program-Forms-Meet forms, it is the 7th bullets down under score inquiry form.

Q: (Equipment) if the floor area around the FX mat is cement/concrete, should additional mats be uses?

A: Yes: (Answered on Feb 21, 2013 Newsletter) Refer: page 70 USA Gymnastics rules and Policies
If the Floor Exercise mat sits on a non-padded surface (concrete or wood floor), the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 1¼ inches high) to protect the gymnast if they go beyond the dimensions of the Floor mat. The matting must extend a minimum of 3 feet out from the edge of the carpet or the foam edging and extend a minimum of 6 feet from the corner down each side of the Floor exercise area
Exercise area.

Also refer to: NCAA Rules Modifications: on page 8 & 9 # 6 Equipment: there is no modification stating that you do not have to have mats around the floor exercise area if your FX is on a concrete or wood floor.

Q: (Equipment) Can the new AAI hand placement mat that is not made of basketball type material but a softer suede be used in NCAA competitions?

A: No: Refer to NCAA Gymnastics Rules Modifications 2014-15:
Page 8: 6.1: Equipment and Procedures:

- a. Sting mats are no longer allowed for use as a Round-off (RO) entry hand placement mat for vault. The only allowable entry pads are the TAC-10 RO pads.

(Rules Clarification/ ERRATA)

Floor Exercise: FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

d. Choice of Acro elements

3. A floor routine with 2 tumbling passes must include a minimum D element in one pass, and a minimum D element OR +.2 bonus connection in the 2 pass..... flat .10

- Minimum D in one of the passes
- Minimum D or .2CV in the other pass
- **May be any order**

(Rules Correction /ERRATA) NCAA Gymnastics Rules Modifications:

4.4 CONNECTION VALUE EXCEPTIONS

- a. A connection of at least 3 acro flight elements (excluding dismount connections) that includes a minimum of one C element will receive an additional +.1 bonus.

Examples: (1) FF+FF+Layout, B+B+D=+.1 CV, +.1 D, +.1 additional

(2) RO FF Mount+FF+Layout, C+B+D=+.2 CV, +.1 D, +.1 additional

Q: (Beam) If a student athlete performs a Back handspring, Layout Step out, 1 ½ twist or 1/1 twist in her dismount would she fulfill the Special Requirement series?

A: Yes, Refer to NCAA Gymnastics Rules Modifications 2014-15:

#4: Balance Beam: 4.1 Beam Special Requirements:

BEAM SPECIAL REQUIREMENTS (.20 each taken off of the Start Value).

- a. Acro series - Minimum of two (2) flight elements, one element must be a minimum of C with or without hand support (**this may include the mount or be connected to the dismount**) OR an “A” non-flight element from group 7 (walkovers and cartwheels) connected to an E acro skill (example: backwalkover+back tucked full twisting salto)

Q: (Beam) If a student athlete performs a Back handspring, Layout Step out, 1 ½ twist or 1/1 twist in her dismount would she receive a “not up to the competitive level deduction” of a flat .10 deduction?

A: Yes. Refer to NCAA Gymnastics Rules Modifications 2014-15:

#4: Balance Beam: 4.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS

- d. Choice of Acro elements not up to the competitive level..... flat .10

Choice of Elements “up to the competitive level” will now be defined by the following basic standards:

- If a flight series is performed on the beam WITHOUT Connection Value (consider only those skills performed on the beam), then an additional D Acro element OR E dance element, including mounts and dismounts, is required.
- **To meet up to the level, the acro series must finish on the beam (may not be used in a dismount combination)**

Q: (Beam) If a student athlete does performs a Back handspring,+backhandspring+ Layout Step out (B+B+D) will she receive an addition .10 bonus?

A: Yes. Refer to NCAA Gymnastics Rules Modifications 2014-14:

Balance Beam: 4.4 CONNECTION VALUE EXCEPTIONS

a. A connection of at least 3 acro flight elements (excluding dismount connections) that includes a minimum of one C element will receive an additional +.1 bonus.

Examples: (1) FF+FF+Layout, B+B+D=+.1 CV, +.1 D, +.1 additional

(2) RO FF Mount+FF+Layout, C+B+D=+.2 CV, +.1 D, +.1 additional

Q: (Beam) Please clarify the connective value of the following combination: (Full turn with leg at horizontal- (C- 3.303) + Switch leap (C- 2.305) + Jump Tuck full turn (D-2.410) : C+C+D

A: Refer to USAG Code of Points Page 168 Principles for awarding connection value Bonus on Balance Beam; Go to pages 170&171: D. Connection of Two Dance Elements

C+C (same or different) +2

C+D (same or different) +2

So total connection value and D/E Bonus would be: C+C+ (+2CV) C+D + (+2CV) + D (+1) = Total of .5 Bonus

Q: (Beam) If the student athletes dismount is the only back or forward/side move in the routine will the student athlete receive a flat .10 deduction for lack of variety in choice of Acro Elements? Example Dismount: Front salto 1 ½ twist dismount-(D)

A: Yes, Refer to the NCAA Rules Modifications 2014-15.

The student athlete will receive the flat .10 deduction

4. Balance Beam:

4.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS.

a. Lack of variety in choice of Acro elements

1. Missing a backward Acro element with a minimum of A value. flat .10

Missing a forward/sideward Acro element with a minimum of A value.. flat .10

The following five notes apply to both backward and forward/sideward Acro requirements:

– Must be from Groups 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels or 8-Saltos.

Q: (Uneven Bars) Please clarify the connective value of the following combination: (Blind change 1/2 (C-4.303) + Straddle Jaeger (D-5.405) “reverse grip to catch cross grip” + Straddle back to horizontal (B- 2.205) (C+D+B) Will become (C+D+C) see answer below with example.

A: Refer to pages 86 & 87 in the USAG Code of Points: II Principles for Awarding Connection Value Bonus

C+D or D+C +0.10

Following examples answers your question above: Page 87 in the USAG Code of points.

EXAMPLE 5: Tkatchev (D) + Long hang swing forward with 1/2 turn (bail) and flight over LB to hang on LB **(B raises to C when it follows a D or E release element at Level 10 only**

Q: Is there a compositional deduction for performing a single “C” valued dismount on Balance Beam?

A: No: Refer to: NCAA Gymnastics Rules Modifications 2014-15: 1.1 (Rules Overview) and 4.2 Beam Specific Compositional Deductions.

Q: (FYI) Can a NAWGJ Judge watch a college training session or inter squad?

(A) Yes. As per NCCA Committee November 2010: NAWGJ members are permitted to attend and observe a practice session or inter squads (with permission from the institution and/or coach) as long as NO interaction takes place between the official and the coaching staff or student-athlete. To be clear, if the judges want to attend professional development-and not interact with the coaching staff or student-athlete-that does not contradict the outside consultants countable coach legislation. Was approved by 2013/14 NCAA Committee but to also include that the NAWGJ member could not be affiliated with the institution.

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