



GYMNASTICS: Q&A

General Information

Q: Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton; 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 2017 & 2018 NCAA Gymnastics Rules Modifications?

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

Q: Where can I locate the NCAA Women's Gymnastics Archives?

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

Q. Video Review: Is it permissible to use a video review to determine whether or not the judges gave a popa on balance beam which then would impact the UTL?

A. Yes. Refer to 2017 & 2018 NCAA Women's Gymnastics Rules Modifications; 7. Video Review Process; 7.1; d.

Q: Is there a rule in place to where and how judges should be placed in relationship to an event? Example, both on same side, close and far from the event?

A. No. The only reference to seating arrangement deals with all judges must be seated separately on the competition floor. Refer to 2017 & 2018 NCAA Women's Gymnastics Rules Modifications; Appendix VI; Standards/Duties of Judges; 4 and Appendix VIII; Regular Season Meet Procedures; 1. Judging.

Vault

Q: How many total inches are allowed on top of the competition base mat for vaulting?

A: 9" +/- . Refer to USAG JO Code of Points; Vaulting; Sectional 11; 1. Apparatus Specification/Rulings; G, the USAG JO 2017 & 2018 Rules and Policies: Chapter 8. Apparatus Requirements Junior Olympic Competitions; I. General Consideration; G. Matting Height Specifications; 2; and October 15, 2017 Newsletter.

Balance Beam

Q: Will a gainer back handspring connected to back layout step out receive +0.10 connective value plus +0.10 D for total bonus of +0.20?

A: No. The total bonus would be +.10 for D. Refer to 2017 & 2018 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4 Connection Value bonus on beam; 2. Back Salto Stretched with Step-out and Aerial walkover will receive "D" bonus but will be considered as "C": value for purpose of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 feet, Gainer BHS or BHS Swing down to cross sit; in any order).

Q: What is the bonus connection for a kick over front tuck connected to a back handspring?

A: +0.30. Refer to the USAG JO Code of Points; Balance Beam; Chapter 4; Bonus II. B. Connection of (2) Acrobatic Flight Elements (Excluding the Dismount) and III. D/E Bonus.

Q: Is there an arm height requirement on a one arm back handspring on beam?

A: No. Refer to USAG JO Code of Points; Balance Beam elements; Group 7- Walkovers, Cartwheel, etc...# 7.308 Flic-flac with step-out with support on one arm or flic-flac with ½ twist after hand support and # 7.310 Flic -flac with support on one arm with legs together, landing on both legs in stand.

Floor Exercise

Q: If a student-athlete performs a front layout half twist connected to a straddle jump and then performs a punch rudi straddle jump will she receive bonus for her rudi straddle jump even though it is her second straddle jump?

A: Yes. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1; VI; Recognition (Counting) of Value Parts; A. Any Floor Exercise element listed in the Jr. Olympic Code of Points or JO updates may receive Value Part credit two (2) times in an exercise, provided that the element occurs in a different connection (that is, preceded and/or followed by a different element)

Q: Is a side somi considered a salto or an aerial?

A: It is a salto. Refer to USAG JO Code of Points; Floor Exercise Elements; Group 7-Salto Sideward, Arabians; # 7.101.

Q: If a student-athlete touches or catches the performing student-athlete when, or after she lands an element to stop her momentum would the 0.50 deduction be applied?

A: Yes. If the student-athlete is caught or touched out bounds the 0.50 deduction for "spotting" is applied. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1. V. E. Clarified by the USAG RTCC Committee, February 7th, 2018 to include any person as well as the coaches.

Q: If a student-athlete fails to perform an acro series in her floor routine will she receive an UTL deduction?

A: Yes. Refer to the 2017 & 2018 NCAA Women's Rules Modifications; Floor Exercise; 5.2; Floor Specific Compositional deductions; d. Choice of Elements; 1. Elements not up to the competitive level will receive a flat .10. Choice of elements "up to the competitive level" will now be defined by following basic standards (flat .10 deduction if missing any or all). One Acro SERIES with a C salto or better.

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