



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, state and USAG region to the email.

Q: Where can I locate the most updated 2020 & 2021 NCAA Rules Modification Document and Meet Procedures?

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

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

A: <http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>. They are found under Championship-Division One; Rules of the Game; fifth bullet down.

General:

Q: Is it the Meet Referee's responsibility to check the equipment before the meet starts?

A: No. Refer to the 2020 & 2021 NCAA Rules Modifications; Appendix VII-Meet Referee Checklist.

Q: If a gymnast has all of her bonus from only D/E bonus (and no connection value), or only connection value (and no D/E bonus), can she still start from a 10? Or would this be a 9.9 SV?

A: It would be a 9.9 SV. Refer to the NCAA 2020 & 2021 Rules Modifications Document; 1. Rules Overview; 1.3. All rules and guidelines for execution deductions as applied to the JO level 10 rules will be used with the following collegiate modifications: **a. 9.4 Start Value on Uneven Bars, Balance Beam and Floor Exercise. NCAA (instead of Level 10) is eligible to earn bonus points for both Connection Value (CV) and ("D/E") Bonus, with a minimum of +0.10 ("D/E") and a minimum of +0.10 for (CV). The remaining +0.40 may be earned by ("D/E") Bonus or Connection Value (CV). The maximum Start Value is 10.00.**

Q: May a meet referee issue a yellow card to a coach during the time (minimum of 5 minutes) a meet referee is to be available to the head coaches following the judges' signing of the official score sheet?

A: Yes. Refer to the NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.4. Unsportsmanlike Conduct: The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet. b. Coach's unsportsmanlike conduct:

1. First time will be a warning – yellow card (MR is notified).
2. Second time MR is notified there will be a .10 deduction taken from the team score by the MR.
3. A .10 deduction will be taken from the team score by the MR for each additional violation.
4. The coach in violation may remain on the competition floor for safety purposes only (i.e. spotting, equipment adjusting).

Uneven Bars:

Q: What is the total bonus (CV, Difficulty and add'l +1 for single bar release) for a Clear hip to HS (# 3.304-"C") + Geinger (#4.407-"D")?

A: + 0.30. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars-Bonus-Chapter 4. II. Principles for Awarding Connection Value Bonus; A. "C" + "D/E" or "D/E" + "C" + 0.10. ("C") NOT required to have flight and III. (D/E) Bonus; C. 1. ("D") elements each receive + 0.10 Bonus. Also refer to the 2020-2021 NCAA Women's Gymnastics Rules Modification; Uneven Bars; 3.4 Difficulty Bonus; Same Bar D release move or any E release move will receive an additional + 0.10 bonus DV (Difficulty Bonus).

Q: If a gymnast does a cast handstand, giant ½, giant ½ is the giant ½ which finishes within 20 degrees of handstand, devalued if the handstand before it is short and does not get value?

A: The requirement states that the cast to handstand must be complete in 20 degree. If the cast to handstand is between 11-20 degrees from vertical it will be awarded the lower value part. As long as the timing of the giant 1/2 is in the 20 degrees of handstand then it will be awarded the "C" credit. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars-General Information-Chapter 1. Required Technique for the Recognition of Value Parts; 5, 6 and 7.

Balance Beam:

Q: What is the connection bonus for a 1 arm flip flop #7.310 (C) connected to a Layout step out # 8.304-"D"?

A: +.0:30. Refer to the USAG JO Code of Points' 2018-2022; Section 4-Balance Beam-Bonus-Chapter 4; II. A. "C" + "D" + 0.20. Plus + 0.10 "D". Refer to the USAG JO Code of Points' 2018-2022; Section 4-Balance Beam-Bonus-Chapter 4; III. "D/E" Bonus; C.1. Also refer to the 2020-2021 NCAA Rules Modifications states under 4.4 Connection Value Exception; d. Back Salto Stretched with Step-out AND Aerial Walkover will receive "D" bonus but will be considered as "C" value for purposes of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet, Gainer BHS or BHS Swing down to cross straddle sit; in any order).

Q: Does the athlete receive the bonus for the side aerial (# 7.403-“D”) connected to a (9.206-“B”) dismount?

A: No. Refer to the USAG JO Code of Points 2018-2022; Section 4 - Balance Beam - Bonus-Chapter 4; II. Principles for Awarding Connection Value Bonus; A. Connections-Two (2) Acro Flight including One (1) (“C”) Salto (excluding MOUNT AND DISMOUNT).

Floor Exercise

Q: How many times can you get credit for a value part element on Floor Exercise?

A: Two times. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-General Information-Chapter 1; VI. Recognition of Value Parts; A. Any Floor Exercise Element listed in the Junior Olympic Code of Points or JO Updates; May Receive Value-Part Credit Two (2) Times: provided the element occurs in a Different Connection. (i.e. proceeded or followed by a Different Connection).

Q: What is the bonus for a front full (#6.301-“C”) + front layout (6.201-“B”) + (# 1.101-A) Split Jump?

A: + 0.20. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4.B. Direct Connection Two (2) or more Saltos/Aerials (acro elements without hand support) "B" + "C"- + 0.20.

Q: What would a floor pass that does round off - back layout 1.5- round off (#8.301- “C”) - back handspring - double tuck (#8.403 “D”) receive in bonus?

A: + 0.30. Refer to the USAG JO Code of Points 2018-2020; Section 5-Floor Exercise-Bonus-Chapter 4; II. Principles for Awarding Connection Value; A. Indirect Acrobatic Connections Two or more Saltos/Aerials; "C" + "D/E" + 0.20 and refer to III."D/E" Bonus; C.1. ("D") elements each receive + 0.10 Bonus. Fourth example down.

Q: Would on Floor Exercise a Back 1.5 (C) to front 1/2 (B) to straddle jump (A) to front tuck (A) all connected meet the criteria under the NCAA Women’ Gymnastics Rules Modifications 2020 & 2021. 5.4 Connection Bonus b. +0.1 Connection Value Bonus will be awarded to a MIXED SERIES including an ACRO/DANCE ACRO direct connection on floor that meets the following criteria. Series must include at least two (2) Acro elements and one must be of a C value part. The dance element must be of at least an A value and must be followed by a salto element of at least an A. The dance element breaks the series for all other purposes

A: No, it would not receive +0.10 as per 2020 & 2021 NCAA Women’s Gymnastics Rules Modification Floor Exercise; 5.4. 1b. The C acro skill is not directly connected to the dance skill within the mixed series of Acro/Dance/Acro. However, it would fulfill the USAG JO Code of Points 2018-2022; Bonus Connections of Direct Connection of Two (2) or more Saltos/Aerials (acro elements without hand support); “B” + “C”- +0.20 Refer to the USAG JO Code of Points; Section 5- Floor Exercise-Bonus-Chapter 4; B. fourth example.