



GYMNASTICS: Q&A

Q: (Submission) Where does the team video need to be taken for a video review.

A: Refer to NCAA Rules 2014-15 Rules Modifications; 7. Video Review Process; 7.1. b. The institutional team video must be used for the review. No other video or television screens may be used for the viewing of the video. **Whenever possible** the team video should be taken from the same vantage point as the official.

Q: (Landings) Do the student-athletes have to bring their feet together after they "stick"(heels) on landing in order to receive no deduction?

A: Yes. Refer to October 10, 2014 NCAA Gymnastics: Q&A; Q. What are the updated clarifications and changes from the USAG Women's Program Joint Technical Committee Meeting on May 11, 2014 that will impact NCAA women's gymnastics for the 2015 collegiate season, effective immediately?

XIII. GENERAL AND VAULT

- Regarding landings on Vault and dismounts on Uneven Bars and Balance Beam: No deduction applied for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and a deduction of up to 0.10 would be applied. Landing with feet further than hip-width apart will receive a 0.10 deduction.
 - A deduction of up to 0.10 would be applied for landing with feet staggered (one in front of the other).
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Q: (Equipment) Can a student-athlete have a permanent tattoo showing during competition?

A: Yes. Refer to NCAA Rules Modifications; Equipment. 6.2 Uniforms; 6.3. Jewelry. Also refer to USA JO Code of Points; Chapter 1; II. A.14.h.

Q: (Equipment) Is it allowed for a student-athlete to have nail polish on her toes and finger nails?

A: Yes. Refer to NCAA Rules Modifications; Equipment. 6.2 Uniforms; 6.3. Jewelry. Also refer to USA JO Code of Points; Chapter 1; II. A.14.h.

Q: (Vaulting) Is the Safety Zone mat allowed to be in place for a non-round-off entry vault?

A: Yes. Refer to USA 2014-15 Women's Program Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; II. Vault; C. b. The Safety Zone mat may be used for all other vaults.

Q: (Uneven Bars) If a student-athlete does a toe on to handstand; (7.309 "C") followed by a double flyaway tucked dismount (8.304 "C") would she receive CV bonus for this combination?

A: No. Refer to USA JO Code of Points; Uneven Bars; Chapter 4; Bonus; II. A. C+C. In Most cases, both "C" elements must have either flight phase or a long axis (LA) turn of at least 180 degree. Exception: for a connection of two (2)

elements from Group 3, 6, and/or 7, turn or flight is NOT required, but the elements must be DIFFERENT.

Q: (Balance Beam) What is the value of Ring or Stag Ring leap or jump (rear leg at head height) and proper technique?

A: Refer to NCAA Rules Modifications; 4.3; Elements Different from Level 10; 2.307; Leaps, Jumps, Hops; Ring or Stag-Ring leap or jump (rear leg at head height); "D". Also refer to USA JO Code of Points; Balance Beam; Chapter 1; V. Recognition(Counting) of Value Parts; F.7.h.#2.307- Ring and Stag-Ring Leap or Jump; 5. For the Ring leap, the front leg should first brush/extend close to horizontal. As the ring shape is executed, the front leg must be a minimum of 45 degrees from the floor; if not, deduct "up to 0.10" for insufficient amplitude of front leg.

Q: (Balance Beam) What is the value of a front full, take off from one foot?

A: B. Refer to JO Code of Points; Balance Beam Elements; Dismounts; 9.202; Free(aerial) walkover forward with 1/1 twist(360) off side or end of beam.

Q: (Balance Beam) What is the total bonus if a student-athlete does a one arm back handspring; 7.308; (C) directly connected to a handspring back layout step out 8.304; (D)?

A: Total 0.30. (0.10-D and 0.20 CV). Refer to USA JO Code of Points; Balance Beam; Chapter 4; Bonus; II. B. C+D (or more difficult) +0.20; plus the 0.10 "D" for layout step out under NCAA Rules Modifications; 4.3 Elements Different From Level 10.

Q: (Balance Beam) What defines a connected acro series on balance beam?

A: Refer to the JO Code of Points; Balance Beam; Chapter 2. III. Clarifications Regarding Series; A. 1. Backward Acro Flight Series, a .b; 2. Non-Flight acro series (any direction), acro flight series with forward or sideward elements and counter acro flight series; Bullet; (If there is a lack of tempo/poor rhythm between the elements performed in a series apply the specific execution deduction of lack of tempo between elements (up to 0.20). This refers to continuous, but slow connection. 3. Dance or mixed series, a. b.; 4. All series are considered broken if the following occurs; a. A stop between the elements; b. Loss of balance, causing a stop between elements; c. Repositioning of support leg or pivoting on support leg; d. Extra step, hop/jump between elements; e. When evaluating an acro, dance, or mixed connection, if the gymnast lands the first element in plié' on two feet, then totally straightens her legs, and plies again to initiate the jump into the next element, the straightening of the legs will break the series.

Q: (Balance Beam) If I have a gymnast that does a back handspring layout series; a cat leap switch side; and a beat jump standing back layout step out. Does the standing back layout fulfill the additional D requirement even though it is a repeated skill?

A: Yes. NCAA 2914-15 Rules Modifications; 4. Balance Beam; 4.2; 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

It does not state in the NCAA Rules Modifications that it needs to be a different "D" element.

Q: (Balance Beam) A gymnast performs a back handspring + back handspring + layout step out, full turn, switch leap + tuck jump 1/1 and Rudi dismount. Does she incur the flat .10 compositional deduction for no forward or sideward skill?

A: Yes. NCAA Rules 2014-15 Rules Modifications; 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 .1. 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: (Floor Exercise) What is the minimum amount of time a floor routine must be?

A: Refer to USA JO Code of Points; Floor Exercise; Chapter 1. General Information; II. Timing Regulations; B. Timing of Floor Exercise and C. Short Exercise; Floor Routine is less than 30 seconds (either complete or incomplete).

(Clarification #1) "Clarify the deduction for failing to reach minimum of 45 degrees and/or staggering/bending of the knee into leaps which require this angle before switching legs (scissor leap/ring, scissor side, tour jete' elements)? Refer to the USA JO Code of Points; Appendix; USA Gymnastics Jr. Olympic/Dance Technique and Balance Beam; Chapter 1; V.F. Required Technique for the Recognition of Value Parts; 7. Specific Element Techniques Clarifications; a-i. and Floor Exercise; Chapter 1; VI.F. Required Technique for the Recognition of Value Parts; 5.a-f.

(Clarification #2) Clarify when a judge can decline a coach's video review. Refer to NCAA Rules 2014-15 Rules Modifications; 7. Video Review Process; 7.1. d. All reviews must be specific to the performance or nonperformance of a particular skill, combination of skills or neutral deductions (i.e., out of bounds). e. Reviews may not be used to evaluate a question of execution deductions. These requests will result in a .30 deduction