



## GYMNASTICS: Q&A

---

**Q: (Submission) When a college coach inquires on a Start Value and the judges give the bonus and change the student-athlete's score, do the judges have the option to review the routine and see if anything else has been overlooked, i.e. composition or execution?**

A: No. Clarification from Cheryl Hamilton; USA National Technical Committee Chairman, "the only way the score could go down is if the judge made a mistake such as awarding the incorrect start value, bonus, etc. The judge cannot then go back and take more execution, rhythm, etc."

---

**Q: (Equipment) What is the ruling for marking the floor exercise boundaries?**

A. Refer to USA Rules and Policies; Chapter 8. When the floor exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the boundary.

---

**Q: (Vaulting) Are you allowed to turn the larger rectangular TAC 10 round off hand mat sideways?**

A: Yes. Clarification from Cheryl Hamilton; USA National Technical Committee Chairman "The hand placement mat can go anyway as long as the Velcro side is down and the mat is secured and doesn't slip".

---

**Q: (Uneven Bars) Would there be an extra swing following a Counter Kim (4.506) that changes hands from under grip to over grip followed by a long hang kip?**

A: No. Clarification from USA Technical Committee states that it would receive insufficient extension; "up to 0.10" and rhythm if applicable.

---

**Q: (Floor Exercise) Can a student-athlete punch off a sting mat for a skill?**

A: Yes. NCAA 2014-15 Rules Modifications; Equipment and Procedures; 6.1; Equipment; o. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

---

**(Reminder) Balance Beam and Floor Exercise; Specific Compositional Deductions.**

Lack of variety in dance elements

- Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill .....flat .10

- Clarification: Entry technique (scissors, 1-foot takeoff, 2-feet takeoff, etc.) does not change the shape of the skill.
- These are different shapes:  
Cat, Tuck, Sheep, Straddle (side split or piked), Wolf, Ring (requires head release)  
Straight/Beat Split (forward, includes stag and double stage, Pike