



## GYMNASTICS: Q&A

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**Q: (Contact) Who is the NCAA Rules Interpreter?**

A: Crystal Chollet-Norton; [rulesncaagym@embarqmail.com](mailto:rulesncaagym@embarqmail.com)

**Q: (Submission) May I submit my rules questions by voice mail or text message?**

A: No. Please submit rules questions by electronic mail only. Please include your name, institution and, if a judge, your name and region in the email.

**Q: (Submission) Can you inquire if the judges show the white index card that an "up to the level" has been taken?**

A: Yes. Refer to the 2016 & 2017 NCAA Women's Gymnastic Rules Modification and Meet Procedures; Appendix IV - NCAA Inquiry Form; Inquiries must be made in writing before the beginning of the next event and must pertain strictly to (a) Start Value (difficulty, special requirements and bonus values); (b) Compositional Requirements; and (c) Clarification of Neutral Deductions or Unusual Performance Occurrences/Falls. When all Start Values are 10.0, only inquiries about items b. and c. are permissible (circle the appropriate item below).

- a. Start Value:
- b. Specific (flat) Compositional Requirements:
- c. Neutral Deductions or Unusual Performance Occurrences/Falls:

**Q: (Submission) Is it required to have the NCAA Inquiry form on the back side of the Routine Summary Form?**

A: No: Refer to the 2016 & 2017 NCAA Women's Gymnastic Rules Modification and Meet Procedures; Appendix IV - NCAA Inquiry Form; Recommended that the NCAA Inquiry Form be on the back side of the Routine Summary Form.

**Q: (Submission) Since the judges are not allowed to watch warm-ups do they have to have a room or can pipe and drape be used in an arena?**

A: There is no reference to the judges' room in either the 2016 & 2017 NCAA Women's Gymnastic Rules Modification and Meet Procedures or the Host Championship Operational Manual relating to where the judges' room needs to be before the competition.

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**Q: (Balance Beam) Under choice of elements on beam can the "E" skills requirement be in the mount or dismount?**

A: Yes. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modification and Meet Procedures; 4. Balance Beam; 4.2; Beam Specific Compositional deductions; d. 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

**Q: (Balance Beam) Is Split Jump ¼ (2.201) a "C" for college on beam?**

A: No. Refer to NCAA Women's Gymnastics Rules Modification and Meet Procedures; 4. Balance Beam; 4.3; Elements Values Different from Level 10.

**Q: (Floor Exercise) Would a Wolf Hop or jump (A-1.116), passe' turn, chasse to Shuschunova Jump Full Turn (C- 1.308) fulfill the special requirement of a leap series on floor?**

A: No. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; Floor Exercise; 5.1. Floor Exercise Special Requirements; d. Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, *or any kind of turn on 1 or 2 feet* between the two dance Value Part elements

**Q: (Floor Exercise) If a student-athlete performs a double back tuck and falls, and this was one of her two different "D"s for "up to the level" would she receive the flat deduction for "up to the level"?**

A: If the double back tuck landed on the bottom of the feet it would be recognized as a "D" value part and would fulfill the "up to the level" compositional requirement. Refer to USAG JO Code of Points; General Information; Chapter 3; I. Value Parts; F. and Floor Exercise; Chapter I. General Information; VI. Recognition (counting) of Value Parts; 4; and E. Consideration for Awarding Value Part Credit when a fall occurs. If she didn't land on her feet first then the student-athlete would not receive value part credit and skill would be considered a zero and the "up to the level" would be taken if she only had one "D" skill.

**Q: (Floor Exercise) Is it permissible for a coach to place a mat for one tumbling pass then move it a few feet for a different tumbling pass later in the routine?**

A: Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 6. 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. Key statement is per tumbling/leap combination. Also refer to the USAG JO Code of Points; Section V. Floor Exercise; Chapter 1; General Information; V. Coach on Floor Exercise Mat/Spotting Regulations; A. For Levels 6-10, no deduction is applied if a coach inadvertently steps onto the corner area of the Floor Exercise mat when placing, adjusting the placement of, or removing the mat.

