



## **GYMNASTICS: Q&A**

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### **General Information**

**Q: Who is the NCAA Rules Interpreter?**

**A: Chrystal Chollet-Norton; [rulesncaagym@embarqmail.com](mailto: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> .**

**Clarification:** The role of the NCAA Women's Gymnastics Rules Interpreter is to interpret the gymnastics rules, which does not include evaluation and establishing of start value for specific routines for competition.

**Clarification: Vaulting Chart:** Vault 2.1 should read as follows: Tsukahara-Repulsion off-8.8, Vault 2.31 should read as follows: FHS (Onto Board) Tsukahara-Repulsion off-8.9 and Vault 3.1 should read as follows: RO, FF-Repulsion off- 8.8.

### **Repost: Balance Beam: February 1, 2016 Newsletter**

**Q: Would you take an "up to the level" if a student-athlete preforms a back handspring layout step out for her series then later in the routine she does a standing back layout step out for her additional "D".**

**A: No:** She has an additional "D" value part. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modification and Meet Procedures; 4. Balance Beam; 4.2.

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### **Uneven Bars**

**Q: If a student-athlete performs a bail to handstand or straddle back to handstand then steps down into a "roundy round" is this considered a squat on in the rule concerning only allowing for one squat on in a bar routine?**

**A:** Yes. Refer to the USAG JO Code of Points; Uneven Bars; Chapter 2; III. Specific Compositional Deductions; D. More than one squat on/stoop on LB, with or without sole circle, to stand & jump to grasp high bar. (Applicable to Level 10 only)

**Q: If a student-athlete performs a ‘D’ release move on Uneven Bars. She touches the uneven bars with her hands but can’t catch the bar. She is missing a “D” element for bonus thus having a 9.9 start value. Will she also receive a deduction for “up to the level” for not having a 10 start value?**

**A:** No. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modification; Uneven Bars; 3.2; f. Choice of elements not up to the competitive level will now be defined by the following basic standards; 1.

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## **Balance Beam**

**Q: Would a switch leg leap to a gainer full dismount receive a connection bonus of +0.10?**

**A:** No. Refer to the USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II. C and D. Also refer to Balance Beam Chapter 2; Clarification Regarding Series.

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## **Floor Exercise**

**Q: What is the bonus for a Rudi directly connected to an “A” jump?**

**A:** Total bonus is +0.20. The student-athlete would receive +0.10 “D” for the “D” salto and +.10 CV for “D” Salto connected to “A” jump. Refer to USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus; C. 2. D-Salto +A-Jump (This order only).

**Q: What is the bonus for a punch front step out to round off back layout one and a half (1/1/5) punch front?**

**A:** Total bonus is +0.10 CV. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus; II. B. A + C = +0.10.

**Q: If a student-athlete performs a round off back layout one and a half (1/1/5)punch front tuck salto for her last pass will she receive an “up to the level” deduction?**

**A:** No. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2. d. Choice of Elements; 1. –An Acro dismount with C (minimum) salto in bonus combination OR a D (minimum) salto.