



## GYMNASTICS: Q&A

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**Q: (Submission) Where can I find the latest update of the NCAA Routine Summary Form?**

A: Refer to the 2014-15 NCAA Rules Modifications; Appendix III-NCAA Routine Summary Form

**Q: (Equipment) What substance is allowed on the hands and feet for vaulting?**

A: Refer to 2014-15 NCAA Rules Modifications; January 9, 2015; Equipment and Procedures; 6.1.h. **Foreign Substance. Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g.: honey and sugar, tuff skin, etc.) Water, Chalk, AAI solutions and AAI hand towels are the only acceptable substances**

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**Q: (Uneven Bars) If a student-athlete does a "D" release move, hits her hands, but falls does she get the "D" bonus credit for it?**

A: No. Refer to USAG JO code of Points; General Information; V. Bonus; C. Instances when bonus will not be awarded; 1.

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**Q: (Balance Beam) If the special requirement for an acro series has been met by the dismount series, could the student-athlete perform any other acro series( two flight series) to avoid the "Choice of Acro elements not up to the competitive level"; .01?**

A: The acro series that fulfills the Special Requirement must end on the beam in order to avoid the "Choice of Acro Deduction". Therefore, acro series must contain a C salto or higher and must finish on the beam in order not to incur the deduction.

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**Q: (Floor Exercise) Can a student-athlete use the same identical jump to receive "C+C" Connective value dance bonus?**

A: Yes; Refer to the USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus C.1. C+C- Same or Different Elements from Group 1 or 2; +0.10 CV.

**Q: (Floor Exercise) If the last tumbling pass of a student-athlete routine is the exact same pass as the second pass would there be no value part credit given, no CV/Bonus credit and the deduction of 0.20 for Special Requirement for last salto not a "C" credit?**

A: Yes. Refer to USAG Jo Code of Points; Floor Exercise; Chapter One; VI Recognition (Counting) of Value Parts; 3.

**Q: (Floor Exercise) On Floor exercise would an aerial cartwheel, aerial front walkover or a side salto on its own fulfill the "forward salto" composition requirement.**

A: The only element that would fulfill this compositional requirement would be the side salto. Refer to USAG JO Code of Points; Floor Exercise; Floor Exercise Elements; Group 7-Saltos Sideward, Arabians; element 7.101; from take-off forward from one or both legs-salto sideward tucked, piked, or stretched

**(Reminder) Chalk Usage; 6. Equipment and Procedures**

6.1 EQUIPMENT.

- c. No chalk marks are permitted on the vault runway; the tape measure is to be used to determine where to begin the approach for vault; chalk only may be used on the student-athlete as needed (e.g., hands, feet, legs). If a mark is necessary, only removable tape or Velcro may be used
- k. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- m. A chalk arc line may be placed on the corners of the floor exercise mat.