



## **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 2018 & 2019 NCAA Gymnastics Rules Modifications?**

**A: <http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>**

### **CLARIFIATION REMINDER**

NCAA Women's Clarification Appendix VIII-Regular Season Meet Procedures: Meet Procedures

As competitors arrive at each event for competition there will be a 4:00 minute touch warm up on each event. All participants on each event may use the entire touch warm up time and all warm ups will begin at the same time, regardless of duration. Additionally, there will be a 2:00 minute transition between each event beginning at the conclusion of the march in ceremony when all teams reach their respective corrals, and after each rotation when the final competitor's initial score is flashed. (Includes exhibition routines). The PA announcer will announce the beginning of the two-minute transition period.

Warming up during the two-minute transition period prior to the four-minute touch on each event is prohibited. There will be no warm up activity on the competitive equipment or surrounding mats during this transition to the competitive event.

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### **GENERAL**

**Q: Is there a deduction for not presenting to the head judge before or after the routine?**

**A: Yes.** Refer to the USAG JO Code of Points 2018-2022; General Information; Section 1. Chapter 1. C. Chief Judge; 12.

**Q: Is it permissible to allow a student-athlete to repeat a vault due to a flash from a camera?**

**A: No.** Refer to the USAG JO Code of Points; Section 1; General Information; Unusual Judging Situations; Chapter 4; II. A.4.

## VAULTING

**Q: Where can I find the vaulting matting requirements?**

**A:** Refer to the USAG JO Code of Points 2018-2022; Vaulting; Section 2; Optional Vault; General Information; 1.G.

**Q: A student-athlete vaults prior to the judge's hand or flag signal. Only the acting judge saw the vault. The student-athlete was hurt on the vault and unable to repeat the vault for a score. Can the acting judge's score be used as her score or would she receive a zero?**

**A:** She would receive a zero. Refer to the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications; Vault; 2.7.

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## BALANCE BEAM

**Q: What is the value of a Sheep Jump on Balance Beam?**

**A. D.** Refer to the USAG JO Code of Points 2018-2022; Balance Beam Elements; #2.407-D.

**Q: What is the total bonus for a front handspring (#7.202-B) to front aerial (#7.402-D)?** **A:** +0.30. Refer to the USAG JO Code of Points 2018-2022; Balance Beam-Section 4; Bonus; Chapter 4; II. B and III.C.

**Q: Can a front tuck to a sit on beam (#8.301-C) be counted as part of the acro series?**

**A:** Yes. Refer to the USAG JO Code of Points 2018-2022; Balance Beam; Section 4; Bonus; Chapter 4; 1.C.D.E.F.

**Q: If a student-athlete touches her knee on the beam in an acro series but doesn't stop moving can this be connected for an acro series?**

**A:** No. Coming to a support on the knee and foot would break the series. Refer to USAG JO Code of Points 2018-2022; Section 4. Balance Beam; Compositional Categories; Chapter Two; III. A. and B.

**Q: What is total bonus for a side aerial (# 7.403-D) into a double twist dismount (#9.306-C) off the end of the beam?**

**A:** 0.10 D. Refer to the USAG JO Code of Points; Balance Beam; Section 4. Bonus; Chapter 4. III. D/E Bonus (D/E).C.1.

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## Floor Exercise

**Q: A student-athlete performed the following tumbling passes on floor: first pass- Round off Double salto backward in Pike position (#8.403-D), second pass-Front Full, (# 6.301-C) Salto Front Layout (#6.201-B); and third pass- Round off Double salto backward in Tuck Position (#8.403-D). Would this fulfill the UTL Requirement on Floor Exercise?**

**A:** No. Refer to the 2018-2019 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.2.d.

**Q: What is the value of a switch leap ½ or ¾ on floor exercise?**

A. C. Refer to the USAG JO Code of Points 2018-2022; Floor Exercise; Section 5; Floor Exercise Elements; # 1.305-“C”.

**Q: What is the connection value of a switch leap (#1.204-B) directly connected to a tour-jete ½ ring (#1.410-D)?**

A. +0.20 CV. Refer to the USAG JO Code of Points 2018-2022; Floor Exercise; Section 5; Bonus; Chapter Four; C. and III. C.

**Q: What is the definition of an acro series on floor exercise?**

A: Acro series is defined as a minimum of three acrobatic flight elements, with or without hand support. Aerials are Not Considered saltos. Refer to the 2018 & 2109 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.1 a.

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