



GYMNASTICS: Q&A

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

(A) Chrystal Chollet-Norton rulesncaagym@embarqmail.com

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

(A) No. Please submit rules question by electronic mail only as before. As your new rules interpreter, I will continue in the same manner as before. My role is to provide answers, clarifications to NCAA rules modifications and/or JO Code of Points.

(Q) (Submissions) When can I expect a response?

(A) I will again follow all previous efforts to reply in a timely manner. Again as a preliminary guideline, beginning in December, emails received before 1pm Eastern time will be addressed by the end of the following business day. I will also continue the Newsletter as Penny did last season.

(Q) Where can I locate the 2014-15 NCAA Gymnastics Rules Modifications?

(A) #1:

<http://www.ncaa.org/wps/wcm/connect/public/ncaa/playing+rules+administration/non-ncaa+rules+sports/gymnastics+index>

#2: Go to NCAA.org; go to member login, administration, scroll down to winter sports, gymnastics, go to Link/Resources, first bullet are the new Rules Modifications

#3: National Associate of Women's Gymnastics Judges/The next Generation, under NCAA information

(Q) (Balance Beam) A student athlete performs a switch leg leap to an immediate gainer pike off the end of the beam, would that be bonus or does it just make it so that she doesn't have a single C dismount?

(A) No- This would not be a connection value bonus. As stated in the USAG J.O. Code of Points Principles for awarding connection value bonus on balance beam page 170 #D Connection of two:

- Dance elements, or
- Dance/Acrobatic Flight Elements or the reverse(Excluding the Dismount)
- Dance turns on one foot(Minimum of (A+C))

(Q) (Balance Beam) Will a standing back layout into a full dismount receive Connection Value bonus on beam?

(A) No- Refer 2013-14 NCAA Women's Gymnastics rules Modifications; Balance Beam:

4.4 Connection Value Exception:

a. Principles for awarding Connection Value bonus on beam: Bonus principles will not apply in the case of a B dismount. (In order for a dismount to add connection Value to an acro series, the dismount must be a C value)

(Q) (Floor Exercise) What is the ruling for voices, sounds, etc for NCAA floor routines?

(A) Music Regulations falls under the USA JO Code of Points. Page 230: Music Regulations:

- A. The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice) Human sounds are allowed, provide there are no words spoken or sung.

1. Absence of music or music with words/songs incurs a 1.00 deduction, taken from the average score by the Chief Judge
 2. Music with whistles/animal sound will **NOT** receive a deduction.
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(Q) (Vault) Do all NCAA competitions need to have a vault runway of at least 82feet?

(A) Refer to 2014&2015 NCAA Women's Gymnastics Rules Modifications and Meet procedure, #6 Equipment and Procedures; 6.1, d. 1 3/8" padded vault runway is required for all competitions and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82feet if available). Exceptions to the minimum requirement will be made in cases where a host cannot provide 82 feet of runway due to venue limitations. In such cases, the host institution must notify visiting team(s) in writing, of the distance that will be provided, before meet contracts are signed. No deduction will be taken, if, a gymnast starts off the Runway to begin her approach.

(Q) (Floor) If my student athlete performs a switch leap w/indirect connection with a couple of steps to a one foot take off into 1.316(wolf full) directly connected to a punch wolf full (1.36) would it full fill the special requirement of a dance passage w/a minimum of 2 different group 1 elements, directly or indirectly connected, one is a leap (one-foot take off)?

(A) Yes: Refer to: Floor Exercise

5.1 FLOOR EXERCISE SPECIAL REQUIREMENTS (.20 each taken off Start Value).

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) If my student athlete performs a switch leap w/indirect connection with a couple of steps to a one foot take off into 1.316(wolf full) directly connected to a punch wolf full (1.36) would it create bonus from dance elements?

(A) Yes: Refer to the J.O. Code of point's page 225-226:

C. Connections of Two Dance or Two Dance/Acrobatic Elements (or Reversed)

1) C+C - Same or Different Element from Group 1 or 2

(Q) If the student athlete performs a Flip Flop Layout step out into an 1 ½ twist dismount will she receive the .10 flat deductions for up to the level?

(A) Yes: if this is her only D Acro in her routine. Refer to the NCAA Rules Modifications for 2014-15.

4.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS.

d. Choice of Acro elements not up to the competitive level flat .10

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.
- **To meet up to the level, the acro series must finish on the beam (may not be used in a dismount combination)**

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