



GYMNASTICS: Q&A

General Information

Q: Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton; 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 2018 & 2019 NCAA Gymnastics Rules Modifications?

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

Q: Where can I purchase the USAG Women's JO Code of Points; 2018-2022 First Edition?

A: usagym.org click on Member Services, then click on left column; Technical materials.

UPDATES: USAG CODE OF POINTS:

1. New Skills:

- a. Bar: #4.507 – Bardes – “E” – Piked Deltchey
- b. Beam: #1.413 - “D” - Mount- From rear stand (back towards beam) flic-flac over beam to candle position ending in front support or with or without backward hip circle.
- c. Floor: #2.506 – “E” – Triple turn in tuck stand on one leg – free leg optional.

2. New Execution Deductions:

- a. Balance Beam:
 - Concentration pause (2 sec) (0.10 each)
 - Concentration pause (more than 2 sec) (0.20 each)
- b. Floor Exercise:
 - Concentration pause (2 sec) (each 0.1 each)

Correction: 2018 & 2019 NCAA Women's Gymnastics Rules Modifications and Meet Procedures:

Balance Beam; 4.1. Beam Special Requirements (.20 each taken off start value)

- a. Acro Series: third bullet; delete (third bullet was their suggestion).

Uneven Bars

Q: Would a Geinger and a shoot over not to handstand fulfill the long axis turn?

A: Yes. Refer to the USAG JO Code of Points; 2018-2022; Uneven Bars; Section 3. Compositional Categories; Chapter 2. A. 3. Long Axis (LA) turn: b.

Balance Beam

Q: Is the straddle jump forward and a straddle jump side on beam considered different elements?

A: Yes. Refer to the USAG JO Code of Points: 2018-2022; Balance Beam; Section 4. General Information; Chapter 1. V. Recognition of Value Parts; B. 1.

Floor Exercise

Q: Where do we send floor music to for approval if it has human voice in it?

A: Refer to the USAG JO Code of Points 2018-2020 First Edition; Floor Exercise; Section 5; Chapter 1; General Information; III. Music Regulations; A. 3. Any question regarding music containing words; a. the music and Music Approval Form should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2018 & 2019 USAG Rules and Polices.

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