

# ***NCAA WOMEN'S GYMNASTICS RULES NEWSLETTER ARCHIVE***

***2019 – 2020***



***GYMNASTICS***

***UPDATED APRIL 1, 2020***

## **GENERAL INFORMATION**

### **NCAA Women's Gymnastics Rules Newsletter #11**

**March 15, 2020**

**Q: What occurs when a student-athlete competes without having been signaled by the Chief Judge?**

**A:** A 0.50 deduction would be applied. Refer to the USAG JO Code Of Points 2018-2022; Section 1-General Information-Judging Panels; C. Chief Judge; 12. Starting the exercise before the signal is given: 0.50, (deducted from repeated performance).

### **NCAA Women's Gymnastics Rules Newsletter #10**

**March 1, 2020**

**Q: Is it ok for the Meet Referee to move the judge's tables if requested by one of the panel of judges?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; Appendix VII-Meet Referee Checklist; Pre-Meet Checklist Logistics-To include (but not restricted to) the scoring system, seating of the judges, warmups, guidelines, introductions of auxiliary judges and site for signing scores sheets at the end of meet.

### **NCAA Women's Gymnastics Rules Newsletter #9**

**February 15, 2020**

**Q: Is it the Meet Referee's responsibility to check the equipment before the meet starts?**

**A:** No. Refer to the 2020 & 2021 NCAA Rules Modifications; Appendix VII-Meet Referee Checklist.

**Q: If a gymnast has all of her bonus from only D/E bonus (and no connection value), or only connection value (and no D/E bonus), can she still start from a 10? Or would this be a 9.9 SV?**

**A:** It would be a 9.9 SV. Refer to the NCAA 2020 & 2021 Rules Modifications Document; 1. Rules Overview; 1.3. All rules and guidelines for execution deductions as applied to the JO level 10 rules will be used with the following collegiate modifications: **a. 9.4 Start Value on Uneven Bars, Balance Beam and Floor Exercise. NCAA (instead of Level 10) is eligible to earn bonus points for both Connection Value (CV) and ("D/E") Bonus, with a minimum of +0.10 ("D/E") and a minimum of +0.10 for (CV). The remaining +0.40 may be earned by ("D/E") Bonus or Connection Value (CV). The maximum Start Value is 10.00.**

**Q: May a meet referee issue a yellow card to a coach during the time (minimum of 5 minutes) a meet referee is to be available to the head coaches following the judges' signing of the official score sheet?**

**A:** Yes. Refer to the NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.4. Unsportsmanlike Conduct: The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet. b. Coach's unsportsmanlike conduct:

1. First time will be a warning – yellow card (MR is notified).
2. Second time MR is notified there will be a .10 deduction taken from the team score by the MR.
3. A .10 deduction will be taken from the team score by the MR for each additional violation.



4. The coach in violation may remain on the competition floor for safety purposes only (i.e. spotting, equipment adjusting).

***NCAA Women's Gymnastics Rules Newsletter #8***

***February 1, 2020***

**General:** 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.

**Reminder:** Fall time to remount the apparatus on Uneven Bars and Balance Beam is 45 seconds. After 45 seconds the routine is terminated.

***NCAA Women's Gymnastics Rules Newsletter #3***

***November 15, 2019***

**Use of Training or Competition Facility:** It is permissible for teams to use training facility or competition facility prior to arriving on-site for the competition if the host institution has approved this request in advance. Refer to the NCAA Women's Gymnastics Rules Modifications; Appendix VIII. Regular Season Meet Procedures; 3. Regular Season Rules Modifications and Meet Procedures. The following governs only from the time the athletic training room opens for all teams at the competition venue the day of the competition to the conclusion of that competition.

Gymnasts may not mount the equipment or use it for gymnastics-specific or inverted skills prior to the start of the 30-minute open stretch & warm-up period listed in #1a. Matting surrounding each event (including FX itself & Vault runway only) may be used for visualization, provided the equipment itself is not mounted or used for gymnastics-specific or inverted skills.

**Unsportsmanlike Conduct Reporting:** For all NCAA Women's Gymnastics regular season meets, if the student-athlete or coach is cited for unsportsmanlike conduct the opposing team's coach/ athletic department will report the infraction to the conference office of the institution that incurred the infraction. If the institution is a member of an independent gymnastics conference, the report will go to main conference office the athletic department is affiliated with.

***NCAA Women's Gymnastics Rules Newsletter #1***

***October 15, 2019***

**Q: Is it permissible to earn bonus points to obtain a 10.0 start value by only using all D/E elements or all Connection Value bonus?**

**A:** No. Refer to the 2020 & 2021 Women's Gymnastics Rules Modifications Document; General Information; 1. 1.3. a. +0.10 D/E Bonus (minimum), +.10 CV Bonus (minimum), +0.40 from either D/E Bonus &/or CV=.6 TOTAL.

## VAULT

*NCAA Women's Gymnastics Rules Newsletter #10*

*March 1, 2020*

**Q: Can a sting mat be used under a 4 inch mat for vault?**

**A:** Yes. Refer to the USA Gymnastics 2019-2020 JO Women's Program Rules and Policies; Chapter 8. Apparatus Requirements Junior Olympic Competitions. General Consideration; G.2.a.1.

*NCAA Women's Gymnastics Rules Newsletter #10*

*February 1, 2020*

**Clarification:** Roundoff FF on ½ Front Layout was removed from the vault chart as per the NCAA Rules Change year. It was determined by the WCPC Committee it doesn't matter when you twist. Layout Half /Half Lay Out are the same value of 9.95.

*NCAA Women's Gymnastics Rules Newsletter #6*

*January 1, 2020*

**Q: Are you allowed to have tape lines on the round off entry pad?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1 c. Also refer to the 2019 & 2021 USAG JO Women's Gymnastics Rules and Policies; Chapter 8. II. Vault. B.1.c and 2.f.d.

**Q: Have the angle of repulsion deductions for a handspring double full vault changed?**

**A:** No. Refer to the USAG JO Code of Points 2018-2022; Section 2-Optional Vault-General Information; H. Support/Repulsion Phase; Angle of Repulsion applies to: Level 8/9/10 Non-Salto Vaults from any Group.

## UNEVEN BARS

*NCAA Women's Gymnastics Rules Newsletter #10*

*March 1, 2020*

**Q: If a student-athlete performs (#2.301 "C") Cast to handstand with hop to reverse grip in handstand would she receive a "C" release move?**

A: Yes. Refer to the USAG JO Code of Points 2018-2022; Section -3- Uneven Bars- General Information; Chapter 1. Required Techniques for the Recognition of Value Parts; 8.A.

*NCAA Women's Gymnastics Rules Newsletter #9*

*February 15, 2020*

**Q: What is the total bonus (CV, Difficulty and add'l +1 for single bar release) for a Clear hip to HS (# 3.304-"C") + Geinger (#4.407-"D")?**

A: + 0.30. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars-Bonus-Chapter 4. II. Principles for Awarding Connection Value Bonus; A. "C" + "D/E" or "D/E" + "C" + 0.10. ("C") NOT required to have flight and III. (D/E) Bonus; C. 1. ("D") elements each receive + 0.10 Bonus. Also refer to the 2020-2021 NCAA Women's Gymnastics Rules Modification; Uneven Bars; 3.4 Difficulty Bonus; Same Bar D release move or any E release move will receive an additional + 0.10 bonus DV (Difficulty Bonus).

**Q: If a gymnast does a cast handstand, giant ½, giant ½ is the giant ½ which finishes within 20 degrees of handstand, devalued if the handstand before it is short and does not get value?**

A: The requirement states that the cast to handstand must be complete in 20 degree. If the cast to handstand is between 11-20 degrees from vertical it will be awarded the lower value part. As long as the timing of the giant 1/2 is in the 20 degrees of handstand then it will be awarded the "C" credit. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars-General Information-Chapter 1. Required Technique for the Recognition of Value Parts; 5, 6 and 7.

*NCAA Women's Gymnastics Rules Newsletter #8*

*February 1, 2020*

**Q: If a student-athlete performs three elements on uneven bars, falls then does not remount in the 45 seconds allowed will she receive a zero for the routine.**

A: No. The official will judge the elements the student-athlete competed before the fall, then will deduct the following from the start value, 1. 0.50 for the fall, 2. 0.20 from Start value for missing Dismount Special Requirement, 3. 0.30 from Start Value for No Dismount, 4. 0.20 from Start Value for any other missing Special Requirement, 5. Value Parts missing. If applicable and 6. Chief Judge deducts 2.00 from Average Score. \* Applies to an Exercise consisting of less than five (5) Value Parts. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars-General Information-Chapter 1. IV. Bar Fall Regulations'. Gymnast Falls and Does Not Re-Mount to finish with a Dismount element. Also refer to the 2020-2021 NCAA Rules Modifications; Uneven Bars; 3.1 and 3.2.

**Q: If a student-athlete performs #4.303, (C)- Handstand on HB Giant circle backwards to handstand with 1/2-1/2 turn (different directions) in handstand phase connected to double back flyaway #8.304, (C) what bonus would she receive?**



A: She would receive +0.10 CV. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars-Bonus-Chapter 4; II. A.

**NCAA Women's Gymnastics Rules Newsletter #6**

**January 1, 2020**

**Q: Does the release move #2.406 "D" –Bullock have to come from a handstand?**

A: No. Refer to the USAG JO Code of Points 2018-2022; Uneven Bars; Elements; Group 2-Cast/Counterswing; #2.406; On HB-Counterswing to front salto straddle to catch the same bar (Bullock).

**NCAA Women's Gymnastics Rules Newsletter #4**

**December 1, 2019**

**Q: Does the Pritchard # 2.306-(“C”) Counter swing to front salto in pike or straddle with ½ turn to catch the low bar meet the turning requirement for special requirements on uneven bars?**

A: Yes. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars- Compositional Categories - Chapter 2; II. Long Axis (LA) Turn; Minimum of (“C”); b. May be: \* Turn in a flight element.

**NCAA Women's Gymnastics Rules Newsletter #3**

**November 15, 2019**

**Q: What is the bonus awarded to a student-athlete when she executes an E release on the same bar in a C+ E combination? Example: Cast ½ turn in handstand connected to Pike Jeager.**

A: +0.40. Cast 1/2 turn in handstand (#2.301 C) connected to Pike Jeager (#5.505 E) would receive +0.20 in D/E bonus, +0.10 Connection Value and +0.10 DV; Same Bar D release move or any E release. Refer to the USAG JO Code of Points Section 3 Uneven Bars; Bonus Chapter 4. II. Level-10 Direction of at least two elements; "C" + "D/E" or "D/E " + "C" - +0.10 CV and III (D/E) Bonus C.2. Also refer to the NCAA Women's Gymnastics Rules Modifications; 3. Uneven Bars; 3.4.

**NCAA Women's Gymnastics Rules Newsletter #2**

**November 1, 2019**

**Q: If a student-athlete performs two different single bar releases, can she receive additional +0.20 DV for them?**

A: Yes. Refer to the 2020 & 2021 Women's Gymnastics Rules Modification Document; Uneven Bars; 3.4. Difficulty Bonus.

**Q: What is the value of an uprise to handstand on bars in college?**

A: C. Refer to the USAG JO Code of Points 2018-21022; Uneven Bars; Group 2. Cast/Counterswings; 2.303.

**Q: If a student-athlete performs a Cast to handstand 1/2 turn (#2.301-C) connected to (On HB) giant circle backward (facing LB) to salto backward tucked over HB (Gonzales) dismount (#8.301-C) would she receive connective value for this combination?**



A: Yes. Refer to USAG JO Code of Points 2018-2022; Uneven Bars; Section 3; Bonus; Chapter 4. II. A. Level 10 Direct Connections of at Least Two Elements; "C" + "C" - +0.10 CV. Both ("C") Elements must have either Flight Phase or Long Axis (LA) Turn of at least 180 degrees.

## **BALANCE BEAM**

***NCAA Women's Gymnastics Rules Newsletter #11***

***March 15, 2020***

**Q: A student-athlete performs a back handspring to lay out step out with no connective value. Her other acro is a Round-off Double back dismount. Does this meet the UTL requirement on beam?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; Beam; 4.2.d. -If a flight series is performed on the beam WITHOUT Connection Value (considered only those skills performed and stopped on the beam), then an additional D/E Acro element OR E dance element, including mounts and dismounts, is required.

**Q:** If a student-athlete does a switch leap directly connected to a gainer full off the side would this meet the special requirement on beam of a Dance OR Dance/Acro series with a minimum of two elements?

**A:** No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; Beam; 4.1.b. Dance OR Dance/Acro series with a minimum of two (2) elements. The dance element must be valued a C or higher and must stop on the beam.

**Clarification - Balance Beam:** 4.1 Beam Special Requirements; b. should read as follows: Dance OR Dance/Acro series with a minimum of two (2) elements. The dance element must be valued a C or higher and the SERIES must stop on the beam.

***NCAA Women's Gymnastics Rules Newsletter #9***

***February 15, 2020***

**Q: What is the connection bonus for a 1 arm flip flop #7.310 (C) connected to a Layout step out # 8.304-"D"?**

**A:** +.0:30. Refer to the USAG JO Code of Points' 2018-2022; Section 4-Balance Beam-Bonus-Chapter 4; II. A. "C" + "D" + 0.20. Plus + 0.10 "D". Refer to the USAG JO Code of Points' 2018-2022; Section 4-Balance Beam-Bonus-Chapter 4; III. "D/E" Bonus; C.1. Also refer to the 2020-2021 NCAA Rules Modifications states under 4.4 Connection Value Exception; d. Back Salto Stretched with Step-out AND Aerial Walkover will receive "D" bonus but will be considered as "C" value for purposes of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet, Gainer BHS or BHS Swing down to cross straddle sit; in any order).

**Q: Does the athlete receive the bonus for the side aerial (# 7.403-"D") connected to a (9.206-"B") dismount?**

**A:** No. Refer to the USAG JO Code of Points 2018-2022: Section 4 - Balance Beam - Bonus-Chapter 4; II. Principles for Awarding Connection Value Bonus; A. Connections-Two (2) Acro Flight including One (1) ("C") Salto (excluding MOUNT AND DISMOUNT).

***NCAA Women's Gymnastics Rules Newsletter #8***

***February 1, 2020***

**Clarification:** Split Jump ¼ on Beam is a B. Refer to the USAG JO Code of Points 2018-2022; Beam Elements; # 2.201.





***NCAA Women's Gymnastics Rules Newsletter #6***

***January 1, 2020***

**Q: Would a side aerial (D) connected to a back layout full dismount receive an UTL deduction?**

A: No as long as all other compositional UTL requirements are fulfilled as stated in the 2020-2021 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.2.d.

**Q: Is there an execution deduction for bending too far forward into a back handspring on Balance Beam?**

A: No. This is a technique and no execution deductions can be taken as per the USAG JO Technical Committee.

***NCAA Women's Gymnastics Rules Newsletter #5***

***December 15, 2019***

**Q: Can a switch leg leap land with the left leg and then step forward to a gainer full off the side of the beam or pike off the end on the right foot?**

A: Yes. Refer to the USAG JO Code of Points 2018-2022; Section 4-Balance Beam-Compositional Categories-Chapter 2. III. Clarifications Regarding Series; A. Acrobatic or Dance Series Continuous Connection Between Elements; \*Landing Leg/Free Leg on First element-must be Take-off Leg for Next Element.

**Q: What is the value of the mount that starts from a rear stand (back towards beam) flic-flac over the beam to candle position, ending in a front support with or without backward hip circle?**

A: D. Refer to the USAG JO Code of Points 2018-2022; Balance Beam; Group 1 Mounts; #1.413- "D".

**Q: What is the total bonus for a Round off (#7.203 -"B") to double back dismount (#9.507 - "E") off balance beam?**

A: +0.30 Bonus. +0.20 for "E" skill and +0.10 CV. Refer to the USAG JO Code of Points 2018-2022; Section 4 - Balance Beam-Bonus- Chapter 4; III. "D/E" Bonus (D/E); C. 2. ("E") elements each receive +0.20 Bonus. Also refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4. f.

**Q: If a student-athlete performs a series of a back handspring back layout step out and then performs a double wolf turn later in her routine would she need an additional D acro in her routine to fulfill "up to the level"?**

A: No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.2; d.

**Q: If a student-athlete performs series of two connected back tucks that starts and ends on the beam would she be required to have an additional D/E that finishes on the beam?**

A: No. The two connected back tucks would receive +0.20 CV. Refer to the USAG JO Code of Points 2018-2022; Section 4-Balance Beam-Bonus-Chapter 4; II. "C" + "C" +0.20 CV. The student-athlete would not be required to have an additional D/E Acro element or E dance element. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.2. d.



***NCAA Women's Gymnastics Rules Newsletter #4***

***December 1, 2019***

**Q: Would a Stag Ring Jump satisfy the 180 degree split requirement on balance beam?**

**A:** No. Refer to the USAG JO Code of Points 2018-2022; Section 4 - Balance Beam - Compositional Categories - Chapter 2; Level 8/9/10- Special Requirements; 2.d.. 180 degree split position in Cross (front-to-back) or Side/Straddle position. 1) Cross position must have Forward Leg extended. 2. No Special Requirement awarded if Forward Leg finishes in a Stag position.

**Q: Is a straddle pike or straddle split jump performed with a ¼ turn a C?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Balance Beam; 4.3. 2.202.

**Q: What is the total bonus for a 1 arm back handspring into a back layout step out ending on the beam?**

**A:** +0.30. +0.10 for D (layout step out). Refer to the NCAA Women's Gymnastics Rules Modifications 2020 & 2021; Balance Beam; 4.3. 8.304. + 0.20 CV for C + D (1 arm back handspring "C" into back layout step out "D"). Refer to the USAG JO Code of Points; 2018-2022; Section 4 - Balance Beam – Bonus- Chapter 4; II. "C" + "D" or more difficulty +0.20, and III. D/E Bonus-Level 10 only; C. 1.

***NCAA Women's Gymnastics Rules Newsletter #3***

***November 15, 2019***

**Q: Would a front full off the end of the beam (C) have to be directly connected to D acro?**

**A:** No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; 4. Balance Beam; 4.1. e.

**Q: Does a backward roll fulfill the backward element on balance beam?**

**A:** Yes. Refer to the USAG JO Code of Points; 2018-2022; Balance Beam; Beam Elements; Group 6-Rolls; #6.104-A; Roll backward: start and end position, as well as hand position is optional.

***NCAA Women's Gymnastics Rules Newsletter #2***

***November 1, 2019***

**Q: If a student-athlete performs a valdez into a gainer full dismount would she receive the +0.10 CV (connection value)?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Document; Balance Beam; 4.4 f. There is no requirement that the B element needs to have flight as in the USAG JO Code of Points.

***NCAA Women's Gymnastics Rules Newsletter #1***

***October 15, 2019***

**Q: What would the following beam series receive in bonus; Front aerial (D) + BHS (B) +BHS (B)?**

**A:** +0.30. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Balance Beam; 4.4. e. Example #4. Aerial Walkover + BHS +BHS, D+B+B. +0.10 D, +0.10 CV, & +0.1 additional.

**Q: If a BHS to Layout step out is immediately connected to a split jump, would the layout step out to split jump be awarded +0.20 CV bonus for D+B?**

**A:** Yes it would receive +0.20 CV for the D+B combination of the back handspring layout split jump and +0.10 D. Refer to 2020 & 2021 NCAA Rules Modifications Document; Balance Beam; 4.4. d. #2.



**Q: What is the total bonus for a Switch Leap to Gainer Full dismount?**

**A:** +0.1 CV. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Balance Beam; 4.4. g.

## **FLOOR EXERCISE**

***NCAA Women's Gymnastics Rules Newsletter #11***

***March 15, 2020***

**Q: If an athlete did switch ring (# 1.311-C) chase, tourjete ½ (#1.309-C) popa (#1.307-C), would they get CV for C+C+C (.2)?**

**A:** No. They need to be directly connected. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4; II. Principles for Awarding Connection Value (CV) Bonus; C Direct Connections Two (2) Dance or Two (2) Dance /Acrobatic Elements (or reversed); 1. Elements must be directly connected.

**Q: Is it permitted after the event has started while an official is judging the last student-athlete routine, for a coach and gymnast to step onto the floor, for the coach to spot a student-athlete doing a standing back pike?**

**A:** No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; Appendix VIII-Regular Season Meet Procedures; 3.Regular Season Rules Modifications and Meet Procedures. Also refer to the USA JO Code of Points 2018-2022; Section 1-General Information-Judging Panels-Chapter 1.III Duties and Responsibilities of the Meet Officials; C. Chief Judge; 12. Takes the deduction from the Average Score for the following infractions; Failure to observe specified warm-up time (after a warning) -0.20 deduction from the event score.

***NCAA Women's Gymnastics Rules Newsletter #10***

***March 1, 2020***

**Q: Is it permissible without deduction to punch off a sting mat on Floor Exercise?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1. p, Only one of the following mats: Stingmat, 4" Throw mat, 8" Skill cushion may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another)

**Q: How much connective bonus would a student-athlete receive if she performs ( #6.301 "C") Salto Forward Tucked, Pike or Stretch with 1/1 twist directly connected to (#6.201 "B") Salto Forward Stretched (also with step out) also with 1/2 turn directly connected to (#1.201 "B") Tuck Jump with separation of legs to cross split (180) during flight phase ("C" + "B" + "B")?**

**A:** +0.20 CV. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4. II. B. Direct connections Two (2) or more Saltos/Aerials (Acro elements without hand support) "B" + "C" = +0.20 CV.

***NCAA Women's Gymnastics Rules Newsletter #9***

***February 15, 2020***

**Q: How many times can you get credit for a value part element on Floor Exercise?**

**A:** Two times. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-General Information-Chapter 1; VI. Recognition of Value Parts; A. Any Floor Exercise Element listed in the Junior Olympic Code of Points or JO Updates; May Receive Value-Part Credit Two (2) Times:

provided the element occurs in a Different Connection. (i.e. proceeded or followed by a Different Connection).

**Q: What is the bonus for a front full (#6.301-“C”) + front layout (6.201-“B”) + (# 1.101-A) Split Jump?**

**A:** + 0.20. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4.B. Direct Connection Two (2) or more Saltos/Aerials (acro elements without hand support) "B" + "C"- + 0.20.

**Q: What would a floor pass that does round off - back layout 1.5- round off (#8.301- “C”) - back handspring - double tuck (#8.403 “D”) receive in bonus?**

**A:** + 0.30. Refer to the USAG JO Code of Points 2018-2020; Section 5-Floor Exercise-Bonus-Chapter 4; II. Principles for Awarding Connection Value; A. Indirect Acrobatic Connections Two or more Saltos/Aerials; "C" + "D/E" + 0.20 and refer to III."D/E" Bonus; C.1. ("D") elements each receive + 0.10 Bonus. Fourth example down.

**Q: Would on Floor Exercise a Back 1.5 (C) to front 1/2 (B) to straddle jump (A) to front tuck (A) all connected meet the criteria under the NCAA Women’s Gymnastics Rules Modifications 2020 & 2021. 5.4 Connection Bonus b. +0.1 Connection Value Bonus will be awarded to a MIXED SERIES including an ACRO/DANCE ACRO direct connection on floor that meets the following criteria. Series must include at least two (2) Acro elements and one must be of a C value part. The dance element must be of at least an A value and must be followed by a salto element of at least an A. The dance element breaks the series for all other purposes**

**A:** No, it would not receive +0.10 as per 2020 & 2021 NCAA Women’s Gymnastics Rules Modification Floor Exercise; 5.4. 1b. The C acro skill is not **directly connected** to the dance skill within the mixed series of **Acro/Dance/Acro**. However, it would fulfill the USAG JO Code of Points 2018-2022; Bonus Connections of Direct Connection of Two (2) or more Saltos/Aerials (acro elements without hand support); “B” + “C”- +0.20 Refer to the USAG JO Code of Points; Section 5- Floor Exercise-Bonus-Chapter 4; B. fourth example.

***NCAA Women’s Gymnastics Rules Newsletter #8***

***February 1, 2020***

**Q: Would a student-athlete receive credit for performing two of the same tumbling passes?**

**A:** No. Refer to the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-General Information-Chapter 1; VI. Recognition of Value Parts; A. Any Floor Exercise Element listed in the Junior Olympic Code of Points or JO Updates; May Receive Value-Part Credit Two (2) Times provided the element occurs in a Different Connection (i.e., preceded or followed by a Different Value-Part Element) , B. Elements will be Considered Different for counting Value Parts in the following instances: 1.2 and C. Elements Listed under the Same Number Will be considered the same, in the following instances; 1, 2 and 3.

***NCAA Women’s Gymnastics Rules Newsletter #6***

***January 1, 2020***

**Q: Does a student-athlete still need a three skill tumbling pass?**

**A:** Yes. You need One (1) Acro Series with a C salto or better to fulfill the “up to the competitive level” on floor exercise. Refer to the 2020 & 2021 NCAA Women’s Gymnastics Rules Modifications; 5. Floor Exercise; 5.2.d.

**Q: If a student-athlete performs an E acro skill in the first pass, round off layout stepout in second pass and in last pass a front handspring, front full, front pike would she receive an UTL deduction.**

**A:** No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.2.d.

**Q: Would a Tour Jete full connected to a wolf full fulfill the dance passage requirement on floor?**

**A:** Yes. Refer to the USAG JO Code of Points 2018-2022; Floor Exercise; Section 5-Floor Exercise-Compositional Categories-Chapter 2; Level 8,9,10 Special Requirements; 3. Dance Passage; e. Also refer to Floor Exercise Elements Group 1-Leaps, Jumps and Hops; #1.409- Tour Jete with additional 1/1 turn (369) to land on both feet and # 1.316-Wolf hop or jump (one leg tucked, one leg extended forward-both extended leg & thigh of bent leg at or above horizontal) with 1/1 turn(360)-take off from one or both legs.

***NCAA Women's Gymnastics Rules Newsletter #5***

***December 15, 2019***

**Q: What is the total bonus for a Switch Leap (#1.204-"B") directly connected to a Switch Half Ring (#1.411-"D") on floor exercise?**

**A:** +0.20 Bonus. +0.10 for CV and +0.10 for D skill. Refer to the USAG JO Code of Points 2018-2022; Section 5- Floor Exercise-Bonus-Chapter 4; C. "B" + "D"/"E" +0.10 Connective Bonus and III. "D/E" bonus; C.1.

**Q: Does a two pass floor routine receive the additional +0.10 in bonus for the last pass containing a double flipping salto?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification; Floor Exercise; 5.5. Difficulty Bonus.

***NCAA Women's Gymnastics Rules Newsletter #4***

***December 1, 2019***

**Q: Is an aerial cartwheel or aerial walkover done after your last tumbling pass considered a salto?**

**A:** No. An aerial cartwheel or aerial walkovers are not a salto. Refer to the USAG JO Code of Points; 2018-2022; Floor Exercise; Elements; Groups 5 Walkovers, Cartwheels.

**Q: If a student-athlete performs a double salto in the last tumbling pass and falls will she be awarded the additional +0.10 bonus?**

**A:** No. Will follow the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4; III. "D/E" Bonus (D/E) - Level 10 ONLY. B. 1, 2, 3.

***NCAA Women's Gymnastics Rules Newsletter #2***

***November 1, 2019***

**Q: On floor exercise are you required to have a B turn?**

**A:** No. Refer to the 2020 & 2021 Women's Gymnastics Rules Modification Document; General Information; 1. Rules Overview; 1.1. Also refer to Floor Exercise; 5.2. Floor Compositional Deductions.



**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 2018-2022; 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 (which will come from your Regional Technical Chair) should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2019 & 2020 USAG Rules and Polices.

**Q: If a Student-Athlete does a two pass routine on floor and her last pass is a double salto will she receive the +01.0 Difficulty Bonus?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document. Floor Exercise; 5.5. Difficulty Bonus.