



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 most updated 2020 & 2021 NCAA Rules Modification Document and Meet Procedures?

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

Clarifications: 2020 & 2021 Women's Gymnastics Rules Modifications Document

Delete the equipment check list from the Meet Referee Check List.

Balance Beam

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.

Floor Exercise

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.