



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, state and USAG 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>

Q: Where can I locate the NCAA Women's Gymnastics Rules Interpretation Archives?

A: <http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>. They are found under Championship-Division One; Rules of the Game; fifth bullet down.

Clarifications:

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.

Vault: 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.

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

Uneven Bars:

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.

Balance Beam:

Q: What is the value of a sheep jump on beam for NCAA?

A: The value of a sheep jump is a "D". Refer to the USAG JO Code of Points 2018-2022, Balance Beam Elements; # 2.407-"D" Tuck Jump with arch (Sheep Jump), feet at head height.

Q: A student-athlete performs the following: Back Handspring + Back layout step-out for tumbling series and then she dismounts with a side aerial to back LO full dismount and there are no other D/E acro elements on the beam in her routine. Can the side aerial count for the extra D for "UTL"?

A: No. Refer to the 2020-2021 NCAA Women's Gymnastics Rules Modification; 4.Balance Beam; 4.2.d.

Floor Exercise

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.