



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.

Uneven Bars:

Q: Is it permissible, without a deduction, to mount the high bar by running under the low bar?

A: Yes. Refer to the USAG JO Code of Points 2018-2022, Sections 3- Uneven Bars-General Information Chapter One; VI. Mounts and Dismounts Regulations; A. 3.d.Run and Touch Board and/or Bars or Run under the Bars without Mounting deduct 0.50 (considered at fall) Bullet: Acceptable to walk/run under LB to Mount with Jump to HB between Bars.

Balance Beam:

Q: Would Balance Beam mount #1.114-Front Walkover with handstand on springboard to rear support (sit) on beam fulfill the Balance Beam Specific Compositional requirement of having a forward/sideward Acro element with a minimum of A value?

A: Yes. Refer to the NCAA Women's Gymnastics Rules Modifications Documentation; Balance Beam; 4.2; a. 2. Second statement: Must be from Group 1-Mounts, 6-Rolls, 7-Walkovers/cartwheels or 8-salts. Also refer to USAG JO Code of Points 2018-2022; Beam Elements; Group 1- Mounts # 1.114.

Floor Exercise

Q: If a student-athlete performs a switch side (#1.305- “C”) connected to a Popa (#1.307-“C”) connected to another popa (#1.307 -“C”) will she receive +0.20 in Connected Value?

A: Yes. Refer to the USAG JO Code of Points; 2018-2022; Section 5-Floor Exercise-Bonus- Chapter 4. 1. Connections Value Bonus (CV); J.1.a.b. & 2. Also refer to Section 5-Floor Exercise-Bonus-Chapter 4. C. Direct Connection.

Q: If an student-athlete performs a Switch ½ (#1.304-“C”) + Wolf 1/1 (#1.316-“C”)+ Wolf 1/1(#1.316-“C”) on floor exercise does she get the C value element for the second Wolf 1/1?

A: Yes. Refer to the USAG JO Code of Points 2018-2020; 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).