



## **GYMNASTICS: Q&A**

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### **General Information**

**Q: Who is the NCAA Rules Interpreter?**

**A: Chrystal Chollet-Norton; [rulesncaagym@embarqmail.com](mailto: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.

### **General:**

**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.

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### **Vault:**

**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.

## **Uneven Bars:**

**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.

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## **Floor Exercise**

**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.