



## GYMNASTICS: Q&A

---

### 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 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.**

- **Balance Beam: 4.1.b. Dance OR Dance/Acro series with a minimum of two elements. The dance element must be valued a C or higher and Must Stop on the Beam.**

**Correction Updates: Newsletter #1; Appendix VIII- Regular Season Meet Procedures; Beam routines and falls on and bars must be timed. Should read 45 -second fall time for beam and a 45-second fall time for bars.**

**Chapter 4. Balance Beam; 4.3 Elements Values Different from Level 10; Add 9.406 -9-Salto Backward stretched with 2 ½ twist-E. (This is not a change. The element was inadvertently omitted from this year's 2020-2021 NCAA Rules Modifications.)**

---

### Uneven Bars

**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**

**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.

---

## **Floor Exercise**

**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.