



## **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 and region to the email.

**Q: Where can I locate the 2020 & 2021 NCAA Rules Modification Document and Meet Procedures?**

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

**Q: Where can I purchase the USAG Code of Points 2018-2022 First Edition?**

**A:** [usagym.org](http://usagym.org) Click on Member Services, then click on left column; Technical materials.

### **2020-21 Women's Gymnastics Rules Waivers due to COVID-19.**

Due to challenges resulting from COVID-19, playing rules waivers for several sports have been granted for the 2020-21 winter season. The playing rules waivers are consistent with the guidance included in the previously published NCAA Resocialization of Collegiate Sport documents. In this regard, the NCAA playing rules committees and staff will continue to monitor any additional developments and make adjustments as appropriate.

**Rule:** Women's Gymnastics Mod. Appendix VIII 3.1.a.

**Waivers:** Reduce the open stretch period from 30-minutes to 20-minutes, prior to the standard 15-minute event warm-up period.

**Rationale:** Help mitigate the spread of germs by reducing the opportunity for athletes from different teams to interact during the open stretch time.

### **2021 NCAA WOMEN'S GYMNASTICS RULES MODIFICATION UPDATE.**

**Balance Beam; 4.1.b should read: Dance *Series* OR Dance/*Acro series*.**

## Balance Beam

**Q: If a student-athlete does a back handspring step out (# 7.208 “B”) + back handspring step out (#7.208 “B”) + Layout Step out (#8.309“D”) connected to another back handspring step out (# 7.208 “B”) to Salto backward double twist dismount (# 9.306 “C”) will she receive the +0.10 Connective Value for B or higher acro skill connected to a “C” or higher valued dismount?**

**A:** No. The third back handspring step out will receive a zero value part thus cannot be counted as a B or higher acro skill. Refer to the USAG Code of Points; Section 4- Balance Beam- General Information- Chapter 1.V.A.

**Q: If a student-athletes routine has all difficulty and bonus, then ends with a run and single front full off the end of the beam (#9.304 “C”) or a gainer full of the side (#9.308 “C”) can you apply the flat .05 for distribution?**

**A:** No. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; General Information; 1. Rules Overview 1.1.

**Q: What is the total bonus for an Aerial Walkover (#7.403 “D”) connected to a back handspring step out (# 7.20 “B”) to Layout step out (#8.309“D”)?**

**A:** +0.50. Refer to the 2021 NCAA Women’s Gymnastics Rules Modification; Balance Beam; 4.4. Connection Value Exceptions; Examples; e.5.

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## Floor Exercise

**Q: What is the total bonus for Rudi (#6.401“D”) connected to a straddle jump (#1.207 “B”) connected to a front salto (#6.101 “A”)?**

**A:** +0.30. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.4 Connection Bonus. Also refer to the USAG Code of Points; Section 5-Floor Exercise- Bonus- Chapter 4; C. and III.