### NCAA Gymnastics Rules SUMMARY SHEET 2021

#### NEW for 2021

<table>
<thead>
<tr>
<th>SPECIAL REQUIREMENTS (0.2 EACH)</th>
<th>BALANCE BEAM</th>
</tr>
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<tbody>
<tr>
<td><strong>UNEVEN BARS</strong></td>
<td><strong>FLOOR EXERCISE</strong></td>
</tr>
<tr>
<td>a) Minimum of two bar changes.</td>
<td>a) One Acrobatic series with two saltos (same or different), OR two directly connected saltos.</td>
</tr>
<tr>
<td>b) Two flight elements, minimum of two different C’s OR a D and B (not to include dismount).</td>
<td>b) Three different saltos within the exercise.</td>
</tr>
<tr>
<td>c) One element with longitudinal axis (LA) turn, minimum of a C (not to include mount or dismount).</td>
<td>c) The salto performed as the last isolated salto or within the last salto connection must be minimum C.</td>
</tr>
<tr>
<td>d) C dismount. If C dismount immediately preceded by same two A or B elements = 0.10 deduction (not .20) Taken from Start Value.</td>
<td>d) Dance passage with a minimum of two different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance VPs.</td>
</tr>
</tbody>
</table>
| **COMPOSITION**                | a) Lack of variety in choice of elements:
| 1. Insufficient use of entire beam apparatus | 1. Lack of Dance Bonus from Groups 1 or 2 (minimum of +0.1 CV OR +0.1 D/E Bonus is required) (0.1 flat) |
| 2. Exercise must have minimum of D dismount or B dismount in bonus combination. | 2. Missing backward salto with a minimum of A value (0.1 flat)
| **Element Value Exceptions**   | Missing forward/sideward salto with a minimum of A value (0.1 flat) |
| Uprise Handstand with ½ = D | b) Insufficient distribution (0.05 flat) |
| 1-1/2 turn IN HS = E | c) Insufficient use of the floor area – Spatially (floor Pattern) (0.05 flat) |
| Fwd/bkwd Stalder to HS or with ½ = D | d) Choice of elements not up to the competitive level (0.1 flat)
| Fwd/bkwd Stalder to HS with 1/1 turn = E | - One E valued element (acro or dance) |
| All elements that inc. 1/1 turn after HS (Healy) = D | - OR two different D elements (one of which must be an Acro element) |
| Flyway 2/1 twist = D | - One Acro SERIES with a C salto or better |
| Front Flyway 1 ½ twist = D | - An Acro dismount with a C (minimum) salto in bonus combination |
| Front Flyway 2/1 twist = E | OR a D (minimum) salto |
| **Element Value Exceptions**   | e) Floor routines with only 2 tumbling passes must include min D element in one of the passes & min D or 0.2 CV in the other pass (in any order) (0.1 flat) |
| Straddle Jump ¼ = C | Front salto piked = A |
| Ring or Stag-Ring Leap/Jump = D | Ring jump or stag-ring jump with 1/1 turn = D |
| 2/1 on 1 foot = E | 2/1 Wolf Turn = E |
| Full Twisting BHS swing down = E | 2/1 Twist on 2 Feet = E |
| Forward Salto one or two leg takeoff to sit = D | 2/1 Forward Tuck to 2 Feet = E |
| Backward Layout Stepout = D | Dismounts:
| Backward layout thru vertical to pike down legs together = D | Swing leg to Fwd salto stretched with 1/1 to end/side = C in tuck position = B |
| 2 Foot Front Tuck to 2 Feet = E | Gainer Salto bkwd stretched w ½ side to side = D |
| Dismounts: | 2/1 (±) stretched = E |
| Swing leg to Fwd salto stretched with 1/1 to end/side = C in tuck position = B | Gainer Salto backward tucked with 1/1 at end = D |
| Gainer Salto bkwd stretched w ½ side to side = D | Rudi tucked or stretched = D |
| 2/1 (±) stretched = E | Forward Salto stretched off 2 ft with 2/1 = E |
| Gainer Salto backward tucked with 1/1 at end = D | Salto backward stretched with 2½ dismount = E |

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*YOHMAN/VITALE - 12/2020*
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#### BONUS

<table>
<thead>
<tr>
<th>BARS</th>
<th>Connection Value</th>
<th>0.1</th>
<th>0.2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>*C + C/D</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>*D + D</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Difficulty Value

<table>
<thead>
<tr>
<th>Same bar D</th>
<th>Release OR E</th>
<th>+0.1</th>
<th>additional</th>
</tr>
</thead>
</table>

*Both C elements must have flight or turn but if C connected to D/E then C not required to have flight/turn

If 2 C 3/6/7 skills connected then do not need turn/flight to receive CV but both C 3/6/7 skills must be different

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**Exceptions:**

1) B + C Acro Flight = No Bonus

2) B + D Acro Flight BHS+Layoutdike down w Ft together = +.1CV (not .2)

3) Back HS Series w: Back Salto Layout Step-out (D) OR Aerial Walkover (D) - Receives ’D’ Bonus but considered ’C’ for purposes of Connection Value - In HC: BHS Step-out or 2 Ft. Gainer BHS. BHS Swing-down. In any order

Examples: BHS + LO Step-out, B + D, receives +1D & NO CV (B+C)

- Aerial WO + BHS, D + B, receives +1D, +1CV, +Additional .1
- RO + LO Step-out, B + D, receives +1 D, +2 CV (B + D, not a BHS Series)
- BHS + LO = B, D + D, receives +1D, +2CV (D+E), +Additional .1

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**Exceptions:**

1) B + C Acro Flight = No Bonus

2) B + D Acro Flight BHS+Layoutdike down w Ft together = +.1CV (not .2)

3) Back HS Series w: Back Salto Layout Step-out (D) OR Aerial Walkover (D) - Receives ’D’ Bonus but considered ’C’ for purposes of Connection Value - In HC: BHS Step-out or 2 Ft. Gainer BHS. BHS Swing-down. In any order

Examples: BHS + LO Step-out, B + D, receives +1D & NO CV (B+C)

- Aerial WO + BHS, D + B, receives +1D & NO CV (C+B)
- BHS + BHS + LO Step-out, B + B + D, receives +1D, +1CV, +Additional .1
- RO + LO Step-out, B + D, receives +1 D, +2 CV (B + D, not a BHS Series)
- BHS + LO = B, D + D, receives +1D, +2CV (D+E), +Additional .1

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### EXECUTION

#### Uneven Bars

- Insufficient Angle of arrival – Flight to HS on LB (0.05)
- Swing forward or backward under horizontal (0.1 each)
- Under-rotation of release/flight elements (0.1)
- Precision of handstand positions throughout (0.1)
- Insufficient extension of glides/swing into kips (0.1)
- Poor rhythm in elements/connections (0.1)
- Hesitation in jump or swing to HS (0.1)
- Touch, brush of foot/feet on apparatus/mat (0.1)
- Landing too close to bars on dismount (0.1)
- Insufficient amplitude of elements (0.2 each)
- Insufficient dynamics (0.2)
- Hit of foot/feet on apparatus (0.2)
- Incorrect padding (heel) CJ (0.20)
- Insufficient height of salto dismount (0.3)
- Insufficient extension (open) of tuck/pike prior to landing dismount (0.3)
- Insufficient Amplitude of casts (0.3)
- Insufficient Angle of turn completion (0.3)
- Hit of foot/feet on mat (0.3)
- Grasp on apparatus to avoid a fall (0.3)
- Intermediate (extra) swing (0.3)
- Max 0.5 per skill
- Insufficient amplitude of B/C Clear hip circles (0.4)
- Full support on foot/feet on mat during routine (0.5)

#### Balance Beam

- Feet apart on side position landing of leap/jumps (0.1 each)
- Hesitation in jump, press, swing to HS (0.1)
- Incorrect body position/alignment on dance elements (0.1 each)
- Lack of precision in dance elements (0.1 each)
- Turn elements not performed in high relevé (0.1 each)
- Landing too close to beam on dismount (0.1)
- Concentration pause - 2 sec. (0.10 ea.)
- More than 2 sec. (0.2 ea.)
- Rhythmic change/dance/mixed/acro (not include flight) (0.2 each)
- Insufficient split when required (dance/acro elements) (0.2)
- Legs not parallel to beam in split or straddle pike (0.2)
- Insufficient dynamics (0.2)
- Insufficient height of leaps/jumps/hops (0.2 each)
- Insufficient height of acro flights, aerals & saltos (0.2 each)
- Insufficient sureness of performance – throughout (0.2)
- Insufficient variation in rhythm/tempo – throughout (0.2)
- Relaxed/incorrect footwork in non-VPs throughout (0.2)
- Support of 1 leg against side of BB (0.2)
- Insufficient height of salto dismount (0.3)
- Additional movements to maintain balance on the beam (0.3)
- Direction on gains dismount off end of beam (0.3)
- Insufficient extension/open of tuck/pike prior to landing dismount (0.3)
- Relaxed/incorrect/sloppy leg position/posture/flexibility in non-VPs throughout (0.3)
- Grasp of beam to avoid a fall (0.3)
- Use of supplemental support (0.3)

#### Floor Exercise

- Feet apart on landing of leap/jump/hops (0.1 each)
- Incorrect Rhythm during execution of direct connection (0.1 each)
- Insufficient body position/alignment on dance elements (0.1 each)
- Lack of precision in dance elements (0.1 each)
- Failure to perform Group 2 turns in high relevé (0.1 each)
- Concentration pause (2 sec.) (0.1 ea.)
- Legs not parallel to floor in split or straddle pike (0.2)
- Insufficient height of leaps/jumps/hops (0.2 each)
- Insufficient height of acro flights & aerals (0.2 each)
- Insufficient split on elements (0.2)
- Insufficient dynamics (0.2)
- Insufficient variation in rhythm/tempo throughout (0.2)
- Relaxed/incorrect footwork in non-VPs throughout (0.2)
- Poor relationship of music & movement throughout (0.2)
- Insufficient height of saltos (0.3 each)
- Insufficient extension (open) of tuck/pike prior to landing dismount (0.3)
- Relaxed/incorrect/sloppy leg position/posture/flexibility in non-VPs throughout (0.3)
- Artistry/ Presentation (0.3)
- Missing synchronization of movement & musical beat (0.3)
- Each time (0.05)
- Exercise not ended with music (0.10)
- Music with words (CJ) 1.00
- Absence of music (CJ) 1.00
### Score Range
The range of scores is determined by the two or four counting scores. If the average score is between those listed below then the two counting scores must be within the range of:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>0.0</th>
<th>0.1</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.5 – 10.0</td>
<td>0.2</td>
<td></td>
</tr>
<tr>
<td>8.0 – 9.475</td>
<td>0.3</td>
<td></td>
</tr>
<tr>
<td>8.0 – 8.975</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Below 8.0</td>
<td>1.0</td>
<td></td>
</tr>
</tbody>
</table>

Conferences should only occur when counting scores are out of range or if impossible SV, UTL or if inquiry is submitted.

### Out of Order
Out of Order (0.1 team score deduction)

#### Conduct
The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet.

A. Gymnast’s unsportsmanlike conduct:
- First-time will be a warning (MR is notified)
- Second-time the MR is notified and there will be a 0.10 deduction taken from the gymnast’s score for that event by the MR or chief judge.
B. Coach’s unsportsmanlike conduct:
- First-time will be a warning -- yellow card issued (MR is notified).
- Second-time MR is notified and there will be a 0.10 deduction taken from the team score by the MR for each violation. Coach in violation may remain on the floor for safety purposes.

### Equipment
All equipment must be used as intended by the manufacturer.

A. The only allowable entry pads are the TAC-10 RO pads.
B. The RO pad may be used only for RO Vaults or Front hand springs onto the board entry vaults.
C. Athletic tape or Velcro strips (NCAA 9-2-5) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Tape measure is to be used to determine where to begin the approach for vault. Chalk may only be used on the student-athlete as needed (e.g., hands, feet, legs).
D. A 1 ½” padded vault runway is required for all competitions and must extend a minimum of 82 feet from the base of the apparatus. The gymnast must use the entire length of a manufactured runway (beyond 82 feet if available).

### General

<table>
<thead>
<tr>
<th>Section</th>
<th>Policy</th>
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<tr>
<td>SCORING</td>
<td>Out of Order (0.1 team score deduction)</td>
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<tr>
<td>EQUIPMENT</td>
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### Final Scores

<table>
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<tr>
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<tbody>
<tr>
<td>Beam</td>
<td>9.0 – 10.0</td>
</tr>
<tr>
<td>Floor</td>
<td>8.975 – 10.0</td>
</tr>
<tr>
<td>Vault</td>
<td>9.0 – 10.0</td>
</tr>
<tr>
<td>Bars</td>
<td>9.0 – 10.0</td>
</tr>
</tbody>
</table>

### Xenon Uniforms

- An institution’s official uniform and all other items of apparel (i.e., lights, t-shirts, warm-ups, tennis shoes) must be identical if worn on either practice or competition day. During the march in and awards ceremony, team members must be in identical warmup apparel. In addition, for NCAA competition, a gymnast will be considered “in uniform” if she has a name and/or number on her warm-up apparel and leotard as long as all team members use a similar font type and color. Names will include only the first initial of the first name and the full last name. Nicknames not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out in the institution’s official uniform and all other items of apparel (i.e., lights, t-shirts, warm-ups, tennis shoes) must be identical if worn on either practice or competition day. During the march in and awards ceremony, team members must be in identical warmup apparel. In addition, for NCAA competition, a gymnast will be considered “in uniform” if she has a name and/or number on her warm-up apparel and leotard as long as all team members use a similar font type and color. Names will include only the first initial of the first name and the full last name. Nicknames not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out.

### Jewelry
Gymnasts are only permitted to wear stud piercings. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast’s score for each occurrence.

### Landings
Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges will result in a deduction).

### Verbal Cues
Technical Verbal cues by coach to own gymnast = 0.2 deduction after warning given.

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**GENERAL**

**UNIFORMS**

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A. A student-athlete must wear a one-piece leotard and is allowed to wear any undergarments that are the same color of the leotard or are skin tone in color. [NCAA Newsletter #1, 10/15/19]

B. Leotard straps must be minimum of 2 cm (¼”) in width.

C. The meet referee will instruct a gymnast who does not meet the uniform policies that she is “out of uniform.” The gymnast must comply with the uniform rules or a 0.30 team deduction will be taken during team competition or a 0.30 deduction off the individual’s score during individual competition.

### Jewelry
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### Landings
Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges will result in a deduction).

### Verbal Cues
Technical Verbal cues by coach to own gymnast = 0.2 deduction after warning given.
### VAULTING

For all NCAA competition, the JO Bonus Rule WILL NOT BE IN EFFECT for select 10.0 Start Value vaults. Each team will be allotted a four-minute touch warmup. Vault numbers will be flashed (see Appendix I, Vault Value Chart). The gymnast will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault.

- If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault.
- If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.

1.00 deduction for failure to land on the soles of feet first (includes fall) taken by each judge.
1.00 deduction for touching the vault table with only one hand taken by each judge.
1.00 deduction for spotting assistance during the vault taken by each judge.

→ The 1.00 deduction is taken by each judge. If not in range, then a conference is called.

If a gymnast vaults prior to the judges hand or flag signal, the gymnast must repeat the vault for score and would receive a 0.50 deduction.

**Vaults not listed on the NCAA Vault Chart may receive a temporary start value from the WCGA (Women’s Collegiate Gymnastics Association) Board of Directors.**

**New elements not found in the USAG Code of Points may be evaluated for Value-Part Credit using the USAG process (submission to respective RTC Chair & RWDPC Chair)**

### VIDEO REVIEW PROCESS

The following video review process will be used for the regular season, conference championships and NCAA regional competitions. In the event that an inquiry response is unsatisfactory to the coach, a video may be used for the purpose of review under the following conditions:

- Each team is allowed one review per meet.
- An institutional team video or television production footage must be used for the review. The video may be taken from any vantage point.
- A review that fails results in a 0.10 deduction from the team score.
- All reviews must be specific to the performance or nonperformance of a particular VALUE PART, combination of skills or neutral deductions (i.e., out of bounds).
- Reviews may not be used to evaluate a question of execution, composition or up to the level DEDUCTIONS. These requests will result in a 0.10 deduction.
- Reviews should be viewed in the speed that is to the advantage of the student-athlete. If necessary, video should be viewed in multiple speeds.
- The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet (as determined by the final score posted OR the return of the final inquiry, whichever is later).
- During this time, the scores are being verified by the judging panel and the head score's table.
- The coach requesting the review must provide a signed Video Review Form (VRF) (Appendix II), cued video and team camera to the meet director (or host institution designee). The meet director (or host institution designee) will be responsible for delivering this information to the meet referee and event panel (the judges who judged the particular event) for their review on the competition floor. The coaches may not be present during the review.
- Reviews must be conducted in the presence of the meet referee and event panel ONLY. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review fails, judges may not change their scores, the 0.10 will be deducted from the TEAM score. If the review is successful, the INDIVIDUALS score will be adjusted accordingly and TEAM score if it is a counting score.
- The results of the review will be noted on the VRF by the meet referee and returned to the meet director (or host institution designee) who will take the VRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRF to the coach.
- Decisions rendered by the judges’ review panel are final and cannot be overturned.

### MISC

The NCAA Rules Modifications document lists the NCAA Special Requirements and Compositional Deductions **in total, rather than in addition to** the USAG Women’s Code of Points Requirements (Level 10). **No other Special Requirements or Compositional Deductions are applicable to collegiate competition unless listed in this document.** In all other cases the deductions/values modify, supplement or replace the specific USAG Level 10 rules. Please note that the NCAA rules modifications are in effect for both regular and post season competition unless otherwise noted.

This document is a reference sheet only. Please refer back to the NCAA Women's Gymnastics Rules Modification Document and the USAG Code of Points, as well as the NCAA Women's Gymnastics Rules Newsletters for **official** language, updates, and clarifications.


**NCAA Rules Interpreter:** Chrystal Chollet-Norton. Submit rules questions by email only; provide name, & institution or judging region.

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