



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 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 Click on Member Services, then click on left column; Technical materials.

Clarification Reminder: Vault:

Clarifications: 2020 & 2021 Women's Gymnastics Rules Modifications: NCAA Group 4 Vaults described as a flic-flac with 1/1 (360) turn on: allow a ¾ (270) to 1/1 (360) LA turn in the first flight. Same as USAG Code of Points.

General

Q: Have the concentration pause rule for beam and floor changed?

A: No. This has not changed from when I posted it in the December 15th, 2018 newsletter. You begin counting for a concentration pause when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements. Concentration pauses deductions will follow as per the USAG Code of Points.

Q: Are nose and belly button stud's permitted?

A: Yes. As long as it is a stud piercing there is no limit on the number on the student-athlete's body. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.3. Jewelry.

Q: If the event has begun (i.e. flag has been raised for the first competitor on that even) and the coach wishes to substitute a student-athlete into the lineup. Is it permissible to replace the teammate into a different number from where the other student-athlete came out?

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Appendix VIII-Regular Season Meets Procedures; 2. 3rd and 5th bullet.

Uneven Bars

Q: Would a pike sole circle to handstand (# 7.309 "C") to a double back dismount (#8.304 "C") receive CV bonus for a direct connection of at least two elements "C" + "C" on Uneven Bars?

A: No. Refer to the USAG Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. II.

Q: Would a pike sole circle to handstand (# 7.309 "C") connected to another pike sole circle to handstand (# 7.309 "C") receive CV bonus for a direct connection of at least two elements "C" + "C"?

A: No. Refer to the USAG Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. II. Exception.

Balance Beam

Q: What would the following beam series receive in bonus: front walkover aerial (#7.402 "D") + backhand spring step out (#7.208 B") + backhand spring step out (#7.208 B")?

A: +0.30/ Refer to the 2021 NCAA Women's Gymnastics Rules Modification; Balance Beam; 4.4.e. Example #4.

Q: If a student-athlete does a cartwheel for her side skill does she have to start and finish in a certain position?

A: For a side skill to get credit it must move through sideward plane. Refer to the USAG Code of Points; Balance Beam; Section 4-Balance Beam-Compositional Categories-Chapter 2. IV.A.1.

Q: If a student-athlete performs front walkover with hands on springboard/mat to rear support (sit) on beam (#1.114-A) will she receive a deduction for supplemental support for hands touching the board/mat after arriving on the beam in the sitting position?

A: No. As reviewed by the USAG WTC Committee January 29, 2021 and clarified. No deduction should be taken.

Q: Would a Stag Ring Jump satisfy the 180 degree split requirement on balance beam?

A: No. Refer to the USAG Code of Points 2018-2022; Section 4 - Balance Beam - Compositional Categories - Chapter 2; Level 8/9/10-Special Requirements; 2.d. 180 degree split position in Cross (front-to-back) or Side/Straddle position. 1) Cross position must have Forward Leg extended. 2) No Special requirement awarded if Forward Leg finishes in a Stag position.

Floor Exercise

Q: Will a front aerial walkover fulfil the forward/sideward requirement on floor exercise?

A: No. Refer to 2021 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.1 and 5.2.a.2

Q: If a student-athlete does a front handspring step out after her last pass would she receive an UTL deduction?

A: Yes. Refer to NCAA Women's Gymnastics Rules Modifications; 5.2. Clarification: Acro dismount is defined as an Acro skill or Acro combination.

Q: Student-athlete performs the following: front handspring double front (#6.502"E"), front layout, rudi (6.401 "D"), front handspring, front double full (# 6.501 "E"). Will she receive a deduction for 1st Special Requirement of "One Acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos?"

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.1.a.

Q: Student-athlete performs the following: front handspring double front (#6.502 "E"); front layout, rudi (6.401 "D"); front handspring, front double full (# 6.501 "E"). Will she receive a UTL deduction for no acro series?

A: Yes. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.2.d.

Q: The new floor exercise mixed series in the 2021 NCAA Women's Gymnastics Rules Modifications states that it will meet the dismount requirement for the UTL. Will it meet the three acro series requirement for the UTL since the dance element breaks the series?

A: The new floor exercise mixed series does not meet the UTL requirement for the acro series. An unbroken acro series is still required. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.1.d. The exception applies only to the dismount special requirement and dismount UTL. Also refer to NCAA Women's Gymnastics Rules Modifications; Floor; 5.4.b.