

# 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

## GENERAL

**1 - Q:** Can a student-athlete have a permanent tattoo showing during competition?

**A: Yes.** Refer to NCAA Rules Modifications, Equipment. 6.2 Uniforms; 6.3. Jewelry. Also refer to the USAG Code of Points; Section 1. General Information; Judging; Panels; Chapter 1.12.

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 adjust 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.

**2 - Q:** Is it permissible to wear a tank leotard for competition?

**A: Yes.**

Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Equipment; 6.2. Uniforms; a.1.

**3 Q:** Will an out-of-uniform deduction be taken if the team is not all wearing the same mask?

**A: No.**

Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.2.

**4 Q:** Can a student-athlete wear a mask (either over the mouth and nose or pulled under the chin) while competing?

**A: Yes.** Go to [usagym.org](http://usagym.org); click; Coronavirus (COVID-19) Updates and Resources; Re-Opening; Social Distance Flyers for your gym; fifth bullet; click on women.

**5 Q:** If a student-athlete wears a mask while competing, can she ask for a "do over" if there is an issue related to the mask during the routine?

**A: Yes.** Refer to the USAG Technical Committee Minutes Oct 22 & 24, 2020; Mask and Covid-19 Issues.

Recommendation 1: If an athlete is mandated or chooses to wear a mask during competition, there will be no deduction for adjustment of said mask. Effective immediately and

Recommendation 2: If the shifting of the mask during competition interrupts the gymnast's movement and/or becomes a safety issue (example, covers her eyes), the gymnast may stop immediately and request permission from the Chief Judge to either repeat the entire routine or start again from the point of interruption.

This would parallel the procedures for technical failure of the floor music. Effective immediately.

## 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

### GENERAL - continues

**6 Q:** Please clarify the following duty assigned to the meet referee on page 21 of the NCAA Rules Modifications: "Judge video of inquiry Routine (if you did not judge the routine)."

**A:** When an inquiry is officially submitted and the judging panel has unresolved differences, if the MR did not judge the routine in question live, then the MR should review the video replay at regular speed, one time only. The MR can then participate in the discussion with the panel. This video replay does not follow the video review rules. It is not the intent for the meet referee to dominate the panel discussion. Rather, the intent is for the meet referee to speak intelligently about the issues with the panel and later with the inquiring coach.

**7 Q:** Where is the official wording for when after the 2-minute transitions from event to event the 4-minute touch on the equipment begins?

**A:** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; Appendix VIII. Regular Season Meet Procedure; 3. A and B.

**8 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.

**9 Q:** Are nose and belly button studs 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.

**10 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.

**11 Q:** Does a Student-Athlete have to present to a judge at the end of her routine?

**A: No.** Presentation is required before and after a routine. However, presenting to a judge at the end of the routine is not required. Refer to the USAG Code of Points 2018-2022; Section 1 – General Information – Judging Panels – Chapter 1; C. Chief Judge; 12; Failure to present before and after exercise; Presentation to a judge is not required at the end of the exercise.

**12 Q:** Does a Student-Athlete have to remove the springboard after mounting the apparatus?

**A: Yes.** Refer to the USAG Code of Points 2018-2022; General; Section 1 – General Information – Judging Panels – Chapter 1. C. Chief Judge; 12. Takes the deduction from the Average Score for the following infractions. Failure to remove the board after the mount: 0.30 flat.

## 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

### Vault

**1 – Q:** Clarification Reminder: 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  $\frac{3}{4}$  (270) to 1/1 (360) LA turn in the first flight. Same as USAG Code of Points.

### Uneven Bars

**1 - Q:** If a student-athlete does an "E" release will she get +0.10 for the "E" release and +0.10 for a same bar release?

**A: No.**

Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Uneven Bars; 3.4. Difficulty Bonus: Same Bar D release move, or any E release move will receive an additional +0.10 bonus DV (Difficulty Bonus).

**2 - 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.

**3 - 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.

**4 - Q:** Student-Athlete finishes a routine with Clear Hip to Handstand (#3.304 "C") connected to a Toe Shoot to Handstand (#7.309 "C") connected to a Double Salto dismount (#8.304 "C") would she receive an UTL deduction?

**A: Yes.**

Refer to the 2021 NCAA Women's Gymnastic Rules Modifications; Uneven Bars; 3.2.f. Exercise must have minimum of a "D" dismount or "C" dismount IN bonus combination.

## 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

### Balance Beam

**1 - Q:** If a student-athlete does a switch leap mount (1.301 "C") directly connected into another switch leap (2.305 "C") does this count as a dance series?

**A:** Yes. Refer to the 2021 NCAA Women's Gymnastic Rules Modifications; 4. Balance Beam; 4.1.b.

**2 - Q:** Can you clarify the value of a free round-off landing on both legs?

**A: D.** Refer to the USAG Code of Points 2018-2022; Balance Beam Elements; Group 7-Walkovers and Cartwheels element number 7.403

**3 – Q:** 2021 NCAA WOMEN'S GYMNASTICS RULES MODIFICATION UPDATE.

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

**4 - 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.

**5 - 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.

**6 - 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.

**7 - Q:** Will a split leap mount on beam fulfill the balance beam special requirement for 180 degree split?

**A: No.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1. b and c. Also, the USAG Code of Points; Balance Beam; Elements Group 2; Leaps and Jumps and Section 4- Balance Beam- Compositional Categories; Chapter 2.2. b.

## 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

### Balance Beam - continues

**8 - Q:** On Balance beam a student-athlete completes as a dismount BHS-2 foot (#7.210 "B") BHS Step out (#7.208 "B") to a 1 1/2 Twisting dismount (#9.306 "C") She would receive +0.10 CV for the three acro elements including mounts and dismount as per USAG Bonus chapter 4. II.C.2. Would she receive an additional +0.10 CV under the NCAA Rules Modifications for a B or higher acro skill plus C or higher valued dismount?

**A: Yes.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.4 Connection Value Exceptions; 4.4. f.

**9 - 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.

**10 - 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.

**11 - 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.

**12 - 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.

**13 - Q:** Are the back layout salto and the front aerial the two exceptions on Balance Beam for Connection Value?

**A: Yes.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4.d.

**14 - Q:** Does the USAG Code of Points criteria for Sideward Acro to Backward Acro apply as written to NCAA?

**A: Yes.** Refer to the USAG Code of Points 2018-2022; Section 4 - Balance Beam – Compositional Categories – Chapter 2; III. Clarifications Regarding Series A. 1.a, b, and c.

## 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

### Floor Exercise

**1 - Q:** Where do we send floor music to for approval if it has human voice in it?

**A:** Refer to the USAG Code of Points 2018-2022; Floor Exercise; Section 5; Chapter 1; General Information; III. Music Regulations; A. 3. Any question regarding music containing words; a. the music and Music Approval Form (which will come from your Regional Technical Chair) should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2020 & 2021 USAG Rules and Polices.

**2 - 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.

**3 - Q:** Does the new floor exercise mixed series exception rule completely replace the previous single "C" Salto+ Dance+ Salto +0.10 CV?

**A: Yes.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.4. b. Also refer to edited statement that all updates are in bold on the first page of the 2021 NCAA Women's Gymnastics Rules Modifications.

**4 - Q:** What bonus would a student-athlete receive for doing a Round Off (5.105 "A"), 1 ½ twisting layout step-out- (8.301 "C"), Round Off (5.105 "A"), 1/1/2 twisting layout (8.301 "C")?

Also is there any concern with the value parts since the round-off and 1 ½ twist are consecutively in a similar order?

**A: +0.20 CV.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.4. Connection Bonus; d. Also, clarification by the USAG RTCC Committee concerning with the value parts being in a consecutively similar order. "They are considered different since the exits of the 2 one and a half saltos are different. One followed by a round off and one followed by nothing since it is the completion of the sequence".

Clarification Update: **5 - 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: +0.20** Refer to the USAG Code of Points: Section 5-Floor Exercise-Bonus -Chapter 4; C. and III. There is no additional bonus awarded under the 2021 NCAA Women's Gymnastics Rules Modifications.

**6 - Q:** On floor exercise a student-athlete compete a punch front full (#6.301 "C") connected to a Front layout 1/2 (#6.201 "B") connected to a Split Jump (#1.207 "B") connected to a Front tuck (#6.101 "A") will this fulfill the UTL requirement of 1 acro series with a C or better salto?

**A: No.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications Floor Exercise; 5.1 a. definition of acro series as a minimum of three acrobatic flight elements, with or without hand support. Also refer to the USAG Code of Points; Floor Exercise-Section 5-Compositional Categories- Chapter 2; 1.a. and e.

## 2021 NCAA WOMEN'S GYMNASTICS RULES NEWS – Q & A SUMMARY

### Floor Exercise - continues

**7 - Q:** If a student-athlete performs a double salto in the last tumbling pass and falls will she be awarded the additional +0.10 bonus?

**A: No.** Will follow the USAG Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4; III. "D/E" Bonus (D/E) - Level 10 ONLY. B. 1, 2, 3.

**8 - 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.

**9 - 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.

**10 - 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.

**11 - 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.

**12 - 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.

**13 - Q:** Does a two tumbling routine still need to have two "D" one acro or any E element?

**A: Yes.** Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.2; d. refers to the "UTL" for ALL routines. 5.2. e is an additional compositional requirement for 2 pass routine.