



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.

UPDATES: USAG CODE OF POINTS:

1. New Skills:

- a. Bars: Dismount - 8.301 "C": From High Bar- Back staldler to immediate salto forward tucked with ½ (180°) turn. CELESTINE
- b. Beam: 2.505 "E": Split leap forward with change of legs (180° separation after leg change) with ½ (180°) turn, landing with free leg lifted backward in a scale. BLUM
Beam: 2.505 "E": Split leap forward with change of legs (180° separation after leg change) with ½ (180°) turn, land and swing free leg backward to finish in a scale. DEAN

2. Add the following elements to the USAG Code of Points:

- a. Beam: #9.202 "B": Swing-through free (aerial) walkover forward with 1/1 twist dismount off end of beam.
- b. Beam: #9.302 "C": Swing-through free (aerial) walkover forward with 1/1 twist dismount off side of beam.
- c. Beam: Delete free (aerial) walkover forward with 1/1 twist off side of beam from #9.202 and to add it to #9.302 (C).

Balance Beam

Q: If a student-athletic performs a round-off back handspring mount (#1.315 "C") into a back layout (#8.304 "D") what would the total bonus be for this combination?

A: +0.30. C + D = +0.20. Refer to the USAG Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; II, B. Plus +0.10 for D. Also refer to the USAG Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; III. D/E Bonus; B.

Q: If a student-athletic performs a round-off back handspring mount (#1.315 "C") into a back layout step out (#8.304 "D") would this total combination fulfill the acro series special requirement?

A: Yes. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.1.a.

Q: If a student-athletic performs the following cat leap (#2.102 "A") connected to front aerial (#7.402 "D") connected to a split jump (#2.201 "B") what would the total bonus be for this combination?

A: +0.40. A+D = +0.10 CV, D + B = +0.20 CV. Refer to the USAG Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; II, D. Plus +0.10 for D. Also refer to the USAG JO Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; III. D/E Bonus; B.

Q: If an athlete does back handspring (#7.208 "B")--layout step out-(#8.304 "D") layout step out-(#8.304 "D") back layout full dismount(#9.206 "B")? do they get credit for a series since the first back handspring-layout start and finish on the beam?

A: No. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1.a. Acro series; last indent; -The acro series requirement may not be connected to the dismount and must stop on the beam.

Q: If an athlete does back handspring (#7.208 "B")-layout step out (#8.304 "D")-layout step out (#8.304 "D") -back layout full dismount (#9.206 "B") do they meet the dismount Special Requirement?

A: Yes. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1.e.

Q: What would be the total bonus awarded if an athlete does back handspring (# 7.208 "B")--layout step out-(#8.304 "D") layout step out (#8.304 "D") -back layout full dismount (#9.206 "B")?

A: +0.40. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4.e. example 3. BHS + Layout Step-out + Layout Step-out, B+D+D, +0.1 D, +0.2 CV & +0.1 additional.

Q: What is the connection bonus of a switch leap (#2.305 "C") directly connected to a gainer pike salto dismount (#9.309 "C") on balance beam?

A: +0.10 CV. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modification; 4. Balance Beam; 4.4; g.

Q: Would the connection bonus of a switch leap (#2.305 "C") directly connected to a gainer pike salto dismount (#9.309 "C") on balance beam fulfil the special requirement of a leap pass/dance-acro of .2?

A: No. Refer to the NCAA Women's Gymnastics Rules Modification; 4. Balance Beam; 4.1; b.

Floor Exercise

Q: What is the total bonus for Switch Leap (#1.204 “B”) connected to Switch Ring ½ (#1.411 “D”)

A: +0.20. Refer to the USAG Code of Points; Floor Exercise; Section 5. - Bonus; Chapter 4.II.C; and III D/E Bonus; C.

Q: What is the total bonus for Switch Ring (#1.311 “C”) connected to Switch Ring ½ (#1.411 “D”)

A: +0.30. Refer to the USAG Code of Points; Floor Exercise; Section 5. - Bonus; Chapter 4.II.C; and III D/E Bonus; C.