



## **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.

### **Clarification**

“UTL” Balance Beam: If a student-athlete’s acro series is completed but does not receive connective value (CV) due to a fall at the completion of the series the UTL deduction will not be taken. Refer to 2022 NCAA Women’s Gymnastics Rules Modifications; Balance Beam 4.2.d. If a student-athlete’s series is broken due to balance errors, extra steps or fall in the connection of the elements she would not receive connective value (CV) and loses Special Requirement. If there is not another D/E acro element or E dance element in her routine she would receive an UTL deduction. Again, refer to 2022 NCAA Women’s Gymnastics Rules Modifications 4.2.d

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### **Balance Beam**

**Q: If a student-athlete performs a handstand + lay out step out (#8.304 –D) + lay out step out (#8.304-D) for her series does she still need a D acro or E dance element?**

A: No. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.2.d. Also refer to the USAG Code of Points; Balance Beam – Section – 4; Bonus; Chapter Four; II. Principles for Awarding Connection Value Bonus; (CV); “D” + “D” + 0.20.

**Q: Would a side salto (#8.402 “D”) meet the requirement of a forward/side salto for compositional deductions?**

A: Yes. Refer to the USAG JO Code of Points; Floor Exercise; Group 7-Salto Sidewards, Abrabians.

**Q: What is the value of a Round off on to the board to a layout step out on beam?**

**A: D.** Refer to the USAG JO Code of Points; Balance Beam; Group 1- Mounts; # 1.416 –D.

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## **Floor Exercise**

**Q: A student-athlete on floor performs a 2 pass floor routine with the following skills in the following order: Round off, 1 ½ twist step out (#8.301”C”) connected to a Round off back handspring, 2/1 twist (#8.301 “C”); and Round off back handspring+2/1 tuck salto (#8.403”D”). Would she meet the special requirements for a 2 pass routine?**

**A: Yes.** Refer to the NCAA Rules Modification 2021-2022, Floor Exercise; 5.2.d.2