



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: VAULT: The following vaults have been evaluated by the WCGA Board of Directors and have received the following start value and proposed vault numbers for the 2022 competitive season until they can be revisited at the convention in May.

- a. 2.14 Tsukahara 1/4 – 3/4 turn front tuck -9.8
- b. 2.15 Tsukahara 1/4 – 3/4 turn front pike -9.9
- c. 2.16 Tsukahara 1/4 – 3/4 turn front layout -10

Uneven Bars

Q: Is it acceptable to do two giants before a D dismount?

A: Yes. Refer to the 2021-2022 NCAA Rules Modifications; Uneven Bars; 3.1 Uneven Bar Special Requirements; d. "C" dismount. If the following modification occurs: C dismount immediately preceded by same two (2) A or B elements = 0.10 deduction.

Q: If a student athlete performs a kip cast HS, half pirouette (# 2.301 - C) into an immediate toe front tuck dismount (#8.301- C) does it receive +0.10 CV and fulfill the dismount special requirement of a "C"?

A: Yes she would receive connective value of +0.10. Refer to the USAG Code of Points; Uneven Bars - Section 3 - Bonus - Chapter 4; II. A. 1, 2, 3; "C" + "C" = +0.10. Both ("C") Elements must have either Flight Phase or Long Axis (LA) turn of at least 180 degree. It would also fulfill the dismount special requirement. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; 3. Uneven Bars; 3.1 d.

Q: If a student-athlete on bars does a toe shoot to handstand (# 7.308 - C) + shoot over to handstand (# 4.404 - D) + toe shoot (#7.308 - C) to handstand (C). Is this +0.10 CV for each connection, even though it's using the same skills, just in a different order?

A: Yes. You would receive +0.20 CV. Refer to the USAG Code of Points; Uneven Bars; Section 3. General Information; VII. Recognition (Counting) of Value Parts. A. Any Uneven Bar Element listed in the Code of Points or USAG updates May Receive Value-Part Credit Two Times Provided the element occurs in a different connection (i.e. preceded or followed by a different value-part element).

Balance Beam

Q: If a student-athlete performs a salto forward tucked to cross or side stand (#8.401, D: or NCAA "E" if take-off 2 feet and land on two feet) connected to a backhand spring would she lose connection bonus similar to the front aerial?

A: No. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.4 .d.

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