



## **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.

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### **Vault**

**Q: Gymnast does a RO onto the board, never touches table, straddles back over table to a fall or stand. Does this count as a vault?**

**A:** Yes. Refer to the 2022 Women's Gymnastics Rules Modifications Vault; 2.3 second bullet and also refer to USAG Code of Points; Vaulting- Section 2-Optional Vault, II. General Information, F. Miscellaneous Vault Rules, 7. Unknown vault: if a Gymnast attempts a Vault listed on the Vault Value Chart for her level, but does not complete it, resulting in a vault that is not found on the chart, the Vault is scored "0"(VOID).

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### **Uneven Bars**

**Q: If a student-athlete does a giant full (#4.403 –"D") swing down to straddle back to handstand (#2.305-"C") is this considered a direct connection?**

**A:** Yes. Refer to the USAG Code of Points; Section 3- Uneven Bars-Bonus Level 10- II. A. Direct Connection of at least Two (2) Elements; Example number 5.

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## **Balance Beam**

**Q: If a student-athlete does a back handspring (#7.208-“B”) Salto back stretch with Step-out (#8.304-“D”) then later in her routine she performs a switch leap (#2.305-“C”) Salto back stretch with Step-out (#8.304-“D:), does the layout step-out in combination with her leap count towards the additional D/E needed even though she wouldn’t get D value the second time for the layout step-out?**

**A:** Yes. Refer to USAG Code of Points; Balance Beam-Section 4 -General Information-Chapter 1; V. A. Any Balance Beam Element listed in the USAG Code of Points or Updates may receive Value-Part Credit Two Times provided the element occurs in a Different Connection.

**Q: What is the value of a double back dismount off beam?**

**A:** E. Refer to the USAG Code of Points; Balance Beam Elements; Group 9-Dismounts #9.507-"E".

**Q: Would a double back dismount off beam satisfy the additional D/E requirement for college?**

**A:** Yes. Refer to the 2022 Women’s Gymnastics Rules Modifications; Balance Beam. 4.2. d. If a flight series is performed on the beam WITHOUT Connection Value (considered only those elements performed and stopped on the beam), then an additional D/E Acro element OR E dance element including mounts and dismounts, is required.

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