



## **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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### **Clarification**

#### **Floor Exercise: February 15, 2021**

**Q: If a student-athlete does a front handspring step out after her last pass would she receive an UTL deduction?**

**A:** No. Refer to 2021-2022 NCAA Women's Gymnastics Rules Modifications; 5.2. E. The Clarification: of an Acro dismount wording has been deleted.

### **General**

**Q: What is allowed for a 2- minute transition in competition?**

**A:** Refer to 2022 NCAA Women's Gymnastics Rules Modifications; Appendix VIII-Regular Season Meet Procedures; 3. Regular Season Rules Modifications and Meet Procedures; B. During Competition; 2. During the 2-minute transition, gymnasts are allowed to use matting around the apparatus to stretch, invert and prepare as needed for the 4-minute touch, however the apparatus must not be mounted or used for gymnastics skills during this time. On floor exercise, jumping, bouncing, running, stretching type of warm up activity is allowed however gymnastics skills are not allowed on the floor exercise apparatus. Gymnasts may use the vault runway to prepare for the 4-minute touch warm up on vault. A reminder that teams must stay on their event until the 2-minute transition begins.

**Q: Is a tongue ring allowed on a student-athlete?**

**A:** Yes. Refer to 2022 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and procedures 6.3. A hoop just as in the ears would not be allowed.

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## Balance Beam

**Q: What can count as a front/side acro skill on beam?**

**A:** Refer to 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.2. a. 2. Missing a forward/sideward Acro element with a minimum of A value flat .10. The following notes apply to both backward and forward/sideward Acro requirements: - Must be from Group 1-Mounts, 6-Rolls, 7-Walkovers/cartwheels or 8-Saltos.

**Q: If a student-athlete does a back handspring layout step out (8.304-D) for her series then later in her routine she does a handstand hold (# 5.106-A) to layout step out (8.304-D) into a full dismount would she receive +0.10 CV for the A+D in the dismount combination?**

**A:** No. Refer to the USAG Code of Points; Section 4-Balance Beam-Bonus-Chapter 4. II. A. Connections-Two (2) Acro Flight including One (1) ("C") Salto (excluding Mount and Dismount).

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## Floor Exercise

**Q: Is there a deduction for using 3 of more straddle shape jumps on floor exercise?**

**A:** No. Refer to the 2022 NCAA Rules Modifications; 1. Rules Overview: 1.1 this document lists the NCAA Special Requirements and Compositional Deductions in total. No other Special Requirements or Compositional Deductions are applicable to collegiate competition unless listed in this document. Please note that the NCAA rules modifications are in effect for both regular and post season competition unless otherwise noted.

**Q: A student-athlete performs the following routine. First pass, round off (5.105-A) back handspring (5.106-A) double salto in pike position (8.403-D), second pass; front handspring (5.102-A) front layout (6.201-B) front layout ½ twist (6.201-B) and third pass round off (5.105-A) back handspring (5.106-A) Double salto in tuck position (8.403-D) would she receive a deduction for UTL for not having an acro series of 3 acro flight elements with a C.?**

**A:** No. Refer to the 2022 NCAA Rules Modifications; Floor exercise; 5.1 a. acro series which is defined as a minimum of three acrobatic flight elements with or without hand support. Also, refer to 5.2. d. One (1) Acro Series (3 acro flight elements) with a C salto or higher. Also, one floor pass may fulfill more than one special Requirement or UTL requirement. See as well USAG Code of Points; Section 5-Floor Exercise-Compositional Categories-Chapter 2.1.a.