



***NCAA WOMEN'S GYMNASTICS
RULES ARCHIVE***

2021-2022

Rules Archive

This document is intended to be a supplement to the USA Gymnastics Code of Point and the NCAA Rules Modification document. The information included has been released through monthly newsletters to the judging community and the NCAA membership from October 2020 through March 2022 for the 2021 and 2022 championship seasons.

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Rules Archive

VAULT

January 15, 2022

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).

December 1, 2021

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

February 15, 2021

Clarification Reminder:

Clarifications: 2020 & 2021 Women's Gymnastics Rules Modifications: NCAA Group 4 Vaults described as a flic-flac with 1/1 (360) turn on: allow a 3/4 (270) to 1/1 (360) LA turn in the first flight. Same as USAG Code of Points.

Rules Archive

UNEVEN BARES

March 15, 2022

Clarification

Q: A student-athlete mounts the uneven bars with back to low bar, jumps to High Bar, Long Hang Kip (#1.106-“A”); Cast to Handstand (#2.201 –“B”) connected to a Back Giant Half Turn (#4.303-“C”) connected to Pike Jaeger (#5.505-“E”) falls touching the bar. Coach lifts gymnast to high bar and she precedes to perform the exact combinations of skill; Long Hang Kip (#1.106-“A”); Cast to Handstand (#2.201 –“B”) connected to a Back Giant Half Turn (#4.303-“C”) connected to Pike Jaeger (#5.505-“E”) connected to Overshoot Half Turn to low bar (#3.203-“C”). She dismounts with +0.10 dismount bonus. How would you count the repeated value parts?

A: On the first combination she would receive Jump to High bar, Long Hang Kip “A” Cast Handstand “B” + Back Giant ½ turn “C” Pike Jaeger “E” fall. She remounts and performs Long Hang Kip “A” Cast to Handstand “B” Back Giant ½ “C” Piked Jaeger “E” to Overshoot ½ Turn to low bar “C”. Since the Back Giant ½ turn “C” is performed a second time in the exact same connection value part credit is not awarded, no special requirement credit awarded and no connection value bonus (CV) awarded. Because the Pike Jaeger “E” is different with “C” Overshoot ½ “C” turn she would receive +0.10 CV (“E” + “C”), +0.10 D/E single bar release and +0.20 D/E/ bonus. Refer to the USAG Code of Points; Section 1- General Information – Evaluation of Optional Exercises - Chapter 3. A. and C.

March 1, 2022

Clarification

Q: Does an element preceding a “C” dismount have to have flight for connective value bonus?

A: It doesn’t have to have flight but if it is a C element it has to have turn or flight. Refer to USAG Code of Points; Section 3-Uneven Bars-Chapter 4.II. A. Level 10-Direct connections of at least two (2) elements “C” + “C” +0.10. Both elements must have either flight or long axis (LA) turn of at least 180 degrees.

Q: A student-athlete mounts the uneven bars with back to low bar, jumps to High Bar, Long Hang Kip (#1.106-“A”); Cast to Handstand (#2.201 –“B”) connected to a Back Giant Half Turn (#4.303-“B”) connected to Pike Jaeger (#5.505-“E”) falls touching the bar. Coach lifts gymnast to high bar and she precedes to perform the exact combinations of skill; Long Hang Kip (#1.106-“A”); Cast to Handstand (#2.201 –“B”) connected to a Back Giant Half Turn (#4.303-“B”) connected to Pike Jaeger (#5.505-“E”) connected to Overshoot Half Turn to low bar (#3.203-“C”). She dismounts with +0.10 dismount bonus. How would you count the repeated value parts?

A: On the first combination she would receive Jump to High bar, Long Hang Kip “A” Cast Handstand “B” + Back Giant ½ turn “C” Pike Jaeger “E” fall. When she remounts she would receive Long Hang Kip “A” Cast to Handstand “B” Back Giant ½ “C” Piked Jaeger “E” to Overshoot ½ Turn to low bar “C”. Since the Back Giant ½ turn “C” is performed a second time in the exact same connection value part credit is not awarded, no special requirement credit awarded and no connection value bonus (CV) awarded. Because the Pike Jaeger “E” is different with “C” Overshoot ½ “C” turn she would receive +0.10 CV (“E” + “C”), +0.10 D/E single bar release and +0.20 D/E/ bonus. Refer to the USAG Code of Points; Section 1- General Information – Evaluation of Optional Exercises - Chapter 3. A. and C.

February 15, 2022

Q: Does an element preceding a “C” dismount have to have flight for connective value bonus?

A: The element requires turn or flight. Refer to USAG Code of Points; Section 3-Uneven Bars-Chapter 4.II. A. Level 10-Direct connections of at least two (2) elements “C” + “C” +0.10. Both elements must have either flight or long axis (LA) turn of at least 180 degrees.

Q: Is hitting the foot on uneven bars an execution deduction?

A: Yes. Refer to USAG Code of Points; Section 3-Uneven Bars- Execution & Amplitude; IV. Medium Faults: 0.20. Hit on Apparatus with Foot/Feet.

January 15, 2022

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.

December 1, 2021

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).

November 1, 2021

Q: Does the cast 1/2 pirouette meet the special requirement of one longitudinal axis turn minimum of a C?

A: Yes. Refer to the USAG Code of Points; Uneven Bars Elements’ Group 2 – Cast/Counterswings # 2.301 Cast to Handstand with ½ turn in handstand phase – “C”. Also refer to 2022 Women’s Gymnastics Rules Modifications; Uneven bars 3. 3.1. c.

March 15, 2021

Q: Student-Athlete finishes a routine with Clear Hip to Handstand (#3.304 “C”) connected to a Toe Shoot to Handstand (#7.309 “C”) connected to a Double Salto dismount (#8.304 “C”) would she receive an UTL deduction?

A: Yes. Refer to the 2021 NCAA Women’s Gymnastic Rules Modifications; Uneven Bars; 3.2.f. Exercise must have minimum of a “D” dismount or “C” dismount IN bonus combination.

February 15, 2021

Q: Would a pike sole circle to handstand (# 7.309 “C”) to a double back dismount (#8.304 “C”) receive CV bonus for a direct connection of at least two elements “C” + “C” on Uneven Bars?

A: No. Refer to the USAG Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. II.

Q: Would a pike sole circle to handstand (# 7.309 "C") connected to another pike sole circle to handstand (# 7.309 "C") receive CV bonus for a direct connection of at least two elements "C" + "C"?

A: No. Refer to the USAG Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. II. Exception.

January 15, 2021

Q: If a student-athlete does an E release will she get +0.10 for the E release and +0.10 for a same bar release?

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Uneven Bars; 3.4. Difficulty Bonus; Same Bar D release move or any E release move will receive an additional +0.10 bonus DV (Difficulty Bonus).

Rules Archive

BALANCE BEAM

March 15, 2022

- Q: On beam, what is the difference between 2.301 Split jump with 1/2 turn (C skill) and 2.402 Straddle or Side Split jump with 1/2 turn from a cross or side position (D skill).
- A: 2.301 is done with legs split front to back with a half turn. “(first example in Code)” This is a “C” skill. This split position is not included in 2.402. 2.402 refers to the straddle and side split positions only. These jumps can be done with 1/2 or 3/4 turn. They may all be performed from cross or side positions. These are “D” skills. in the straddle position, the knees are up. In the side split, the legs are out to the side.
- Q: If a student-athlete performs a Front Aerial (#7.402 –D) connected to Back Handspring step out (#7.208-B), Back Handspring step out (#7.208-B) and then performs a Back Handspring (#7.208-B) connected to a “C” dismount would she receive connective bonus for the B + C dismount?
- A: No. Refer to the USAG Code of Points; Section 4 – Balance Beam – General Information- Chapter 1. V. A .3.

March 1, 2022

- Q: What is the value of a standing switch leap jump off two feet and landing on two feet?
- A: C. Refer to the USAG Code of Points; Balance Beam elements; Group 2 –Leaps, Jumps and Hops; #2.301-“C”; Split Jump with change of legs (minimum of 30 degrees leg separation) prior to split position.
- Q: If a student-athlete competes switch leap (#2.305-“C”) connected to another switch leap (#2.305-“C”) what connection value would she receive?
- A: +0.20. Refer to the USAG Code of Points; Section 4 –Balance Beam-Bonus-Chapter 4 elements; D. 1.

February 15, 2022

- Q: If a student-athlete does a dive cartwheel (#7.203-B) connected to a salto forward take off from one or two legs to extended tuck sit hand support (#8.301 –D) how much bonus would she receive?
- A: +0.30. Refer to the USAG Code of Points; Section 4-Balance Beam – Bonus - Chapter 4. II. B. Connections-Two Acro Flights (excluding dismount) “B” + “D” = +0.20 and III. D/E Bonus; C.
- Q: What is the deduction for not showing movement or choreography in different directions?
- A: Flat .05. Refer to the 2022 NCAA Rules Modifications; Balance Beam; 4.2. Beam Specific Compositional Deductions; c. Insufficient use of entire beam apparatus; 3.
- Q: If the student-athlete does a back hand spring (#7.208-B) connected to a back layout step out (#8.304 -D) back layout step out (#8.304 - D) with her feet hitting the beam and falls off. What bonus would she receive for this triple series?
- A: +0.10-“D”. Refer to the USAG Code of Points; Section 4-Balance Beam – Bonus-Chapter 4. I. L. and III. C. 1. Also refer to the 2022 NCAA Rules Modifications; Balance Beam; 4.3. 8.304.

- Q: If the student-athlete does a side aerial (#7.403- D) connected to a beat jump (#2.108-A) then on her last pass performs a cat leap (#2.109-A) side aerial (#7.403-D) with her feet hitting the beam and falls off. She remounts the beam and performs a cat leap (#2.109-A) side aerial (#7.403-D) into a back full dismount (#9.206-B). Would you give her credit to fulfill the special requirement of D acro + B salto?
- A: No. Refer to the USAG Code of Points; Section 4-Balance Beam – General Information; V Recognition of Value Parts: A. Any Balance Beam Element listed in the USAG Code of Points; or USAG Updates May receive Value-Part Credit Two times: provided the element occurs in Different Connection.

January 15, 2022

- 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.

December 15, 2021

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

- 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 Code of Points; Floor Exercise; Group 7-Salto Sideways, 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 Code of Points; Balance Beam; Group 1- Mounts; # 1.416 –D.

December 1, 2021

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.

November 1, 2021

Q: What is a switch leap half worth on beam?

A: A switch leap half on beam is an E. Refer to USAG Code of Points; Balance Beam Elements; # 2.505 "E".

Q: What is a standing split half worth when done facing the end of the beam?

A: A standing split half on beam when done facing the end of the beam is a C. Refer to USAG Code of Points; Balance Beam Elements; # 2.301 -"C".

Q: What is the bonus of a front handspring (B) connected to an aerial walkover with 1 ½ twist off beam?

A: +0.10 CV. Refer to the USAG Code of Points; Balance Beam Elements; Dismounts #9.302. Also refer to the 2022 Women's Gymnastics Rules Modifications; Balance beam; 4.4; f.

Q: What is bonus of a Front handspring (B) connected to rudi off of two feet (D) off the end of beam?

A: +0.10 CV + 0.10 D. Refer to the 2022 Women's Gymnastics Rules Modifications Balance Beam; 4.3; Elements Value different from Level 10; 9.304 on chart (D) and 4.4.f.

October 15, 2021

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 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.

March 15, 2021

- Q: Are the back layout salto and the front aerial the two exceptions on Balance Beam for Connection Value?
- A: Yes. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4.d
- Q: Does the USAG Code of Points criteria for Sideward Acro to Backward Acro apply as written to NCAA?
- A: Yes. Refer to the USAG Code of Points 2018-2022; Section 4 - Balance Beam – Compositional Categories – Chapter 2; III. Clarifications Regarding Series A. 1.a, b, and c.

February 15, 2021

- Q: What would the following beam series receive in bonus: front walkover aerial (#7.402 "D") + backhand spring step out (#7.208 B") + backhand spring step out (#7.208 B")?
- A: +0.30/ Refer to the 2021 NCAA Women's Gymnastics Rules Modification; Balance Beam; 4.4.e. Example #4.
- Q: If a student-athlete does a cartwheel for her side skill does she have to start and finish in a certain position?
- A: For a side skill to get credit it must move through sideward plane. Refer to the USAG Code of Points; Balance Beam; Section 4-Balance Beam-Compositional Categories-Chapter 2. IV.A.1.
- Q: If a student-athlete performs front walkover with hands on springboard/mat to rear support (sit) on beam (#1.114-A) will she receive a deduction for supplemental support for hands touching the board/mat after arriving on the beam in the sitting position?
- A: No. As reviewed by the USAG WTC Committee January 29, 2021 and clarified. No deduction should be taken.

Q: Would a Stag Ring Jump satisfy the 180 degree split requirement on balance beam?

A: No. Refer to the USAG Code of Points 2018-2022; Section 4 - Balance Beam - Compositional Categories - Chapter 2; Level 8/9/10-Special Requirements; 2.d. 180 degree split position in Cross (front-to-back) or Side/Straddle position. 1) Cross position must have Forward Leg extended. 2) No Special requirement awarded if Forward Leg finishes in a Stag position.

February 1, 2021

Q: Will a split leap mount on beam fulfil the balance beam special requirement for 180 degree split?

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1. b and c. Also the USAG Code of Points; Balance Beam; Elements Group 2; Leaps and Jumps and Section 4-Balance Beam- Compositional Categories; Chapter 2.2. b.

Q: On Balance beam a student-athlete completes as a dismount BHS-2 foot (#7.210 "B") BHS Step out (#7.208 "B") to a 1 1/2 Twisting dismount (#9.306 "C") She would receive +0.10 CV for the three acro elements including mounts and dismount as per USAG Bonus chapter 4. II.C.2. Would she receive an additional +0.10 CV under the NCAA Rules Modifications for a B or higher acro skill plus C or higher valued dismount?

A: Yes. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.4 Connection Value Exceptions; 4.4. f.

November 15, 2020

Q: If a student-athlete does a back handspring step out (# 7.208 "B") + back handspring step out (#7.208 "B") + Layout Step out (#8.309"D") connected to another back handspring step out (# 7.208 "B") to Salto backward double twist dismount (# 9.306 "C") will she receive the +0.10 Connective Value for B or higher acro skill connected to a "C" or higher valued dismount?

A: No. The third back handspring step out will receive a zero value part thus cannot be counted as a B or higher acro skill. Refer to the USAG Code of Points; Section 4- Balance Beam- General Information-Chapter 1.V.A.

Q: If a student-athletes routine has all difficulty and bonus, then ends with a run and single front full off the end of the beam (#9.304 "C") or a gainer full of the side (#9.308 "C") can you apply the flat .05 for distribution?

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; General Information; 1. Rules Overview 1.1.

Q: What is the total bonus for an Aerial Walkover (#7.403 "D") connected to a back handspring step out (# 7.20 "B") to Layout step out (#8.309"D")?

A: +0.50. Refer to the 2021 NCAA Women's Gymnastics Rules Modification; Balance Beam; 4.4. Connection Value Exceptions; Examples; e.5.

October 15, 2020

Q: If a student-athlete does a switch leap mount (1.301-"C") directly connected into another switch leap (2.305-"C") does this count as a dance series?

A: Yes. Refer to the 2021 NCAA Women's Gymnastic Rules Modifications; 4. Balance Beam; 4.1.b.

Q: Can you clarify the value of a free round-off landing on both legs?

A: D. Refer to the USAG Code of Points 2018-2022; Balance Beam Elements; Group 7-Walkovers and Cartwheels element number 7.403.

Rules Archive

FLOOR EXERCISE

March 15, 2022

Clarification

- Q: If a student-athlete does a Front tuck (#6.101- "A") Round-off (#5.105-"A") Back Handspring (#5.106- "A") Double Salto in tuck position (#8.403-"D") in her first pass in her floor routine, falls and injures herself and unable to continue, what would the start value be?
- A: 7.1. Missing 3 "B" and 1 "C" total 1.4. And missing exercise without dismount 0.30. Missing Special requirements; 3 different saltos; dance passage and no "C" in last pass total 0.6. Refer to the USAG Code of Points; Section 1- General Information Evaluation of Optional Exercises Chapter 3.1. A. and V.II and V.III. Also a 2.00 deduction is taken from the final average score by the Chief Judge if a gymnast performs a completed or incomplete exercise that is less than 30 seconds. Also refer to the 2022 NCAA Women's Gymnastics Rules Modification; Floor Exercise; 5.1.
- Q: Is there an execution deduction for a student-athlete pulling down her leotard during her floor routine?
- A: No. Refer to the USAG Code of Points; Section 1-General Information-Evaluation of Optional Exercise; Chapter 3. V.C. and Section 5- Floor Exercise- Execution and Artistry-Chapter 3.I. and II.

March 1, 2022

- Q: If a student-athlete does a Front tuck (#6.101- "A") Round-off (#5.105-"A") Back Handspring (#5.106- "A") Double Salto in tuck position (#8.403-"D") in her first pass in her floor routine, falls and injures herself and unable to continue, what would the start value be?
- A: 7.4. Missing 3 "B" and 1 "C" total 1.4. Missing Special requirements; 3 different saltos; dance passage and no "C" in last pass total 0.6. Refer to the USAG Code of Points; Section 1- General Information Evaluation of Optional Exercises Chapter 3.1. A. Also refer to the 2022 NCAA Women's Gymnastics Rules Modification; Floor Exercise; 5.1.
- Q: Would this 2-Acro Pass floor routine with 9 Value Parts receive a 10.0 Start Value? If no, what is the correct Start Value? Pass # 1. Round-off (#5.105-"A") Whip Salto (#8.102-"A") Back Handspring (#5.106- "A") Double Salto in tuck position (#8.403-"D"). Dance Pass: Switch Ring Leap (#1.311-"C") TourJete 1/1 turn (#1.409-"D") and finale Pass # 2: Front Handspring (#5.102- A") Front 1 ½ (#6.401-"D") connected to a Back Layout (#8.101-"A").
- A: No. SV 9.7 missing a B value part worth 0.30. Refer to the USAG Code of Points; Section 1- General Information Evaluation of Optional Exercises Chapter 3. A. and D. "Note: Judges and Coaches should check the two pass routine that it fulfills all requirements for designated value part elements.

February 1, 2022

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.

- Q: Is there a deduction for using 3 or 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.

December 15, 2021

- 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

October 15, 2021

- 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.

March 15, 2021

- Q: Does a two tumbling routine still need to have two "D" one acro or any E element?
- A: Yes. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.2; d. refers to the "UTL" for ALL routines. 5.2. e is an additional compositional requirement for 2 pass routine.

February 15, 2021

- Q: Will a front aerial walkover fulfill the forward/sideward requirement on floor exercise?
- A: No. Refer to 2021 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.1 and 5.2. a.2
- Q: If a student-athlete does a front handspring step out after her last pass would she receive an UTL deduction?
- A: Yes. Refer to NCAA Women's Gymnastics Rules Modifications; 5.2. Clarification: Acro dismount is defined as an Acro skill or Acro combination.

- Q: Student-athlete performs the following: front handspring double front (#6.502“E”), front layout, rudi (6.401 “D”), front handspring, front double full (# 6.501 “E”). Will she receive a deduction for 1st Special Requirement of “One Acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos?”
- A: No. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.1.a.
- Q: Student-athlete performs the following: front handspring double front (#6.502 “E”); front layout, rudi (6.401 “D”); front handspring, front double full (# 6.501 “E”). Will she receive a UTL deduction for no acro series?
- A: Yes. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.2.d.
- Q: The new floor exercise mixed series in the 2021 NCAA Women’s Gymnastics Rules Modifications states that it will meet the dismount requirement for the UTL. Will it meet the three acro series requirement for the UTL since the dance element breaks the series?
- A: The new floor exercise mixed series does not meet the UTL requirement for the acro series. An unbroken acro series is still required. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.1.d. The exception applies only to the dismount special requirement and dismount UTL. Also refer to NCAA Women’s Gymnastics Rules Modifications; Floor; 5.4.b.

February 1, 2021

- Q: On floor exercise a student-athlete compete a punch front full (#6.301”C”) connected to a Front layout 1/2 (#6.201 “B”) connected to a Split Jump (#1.207 “B”) connected to a Front tuck (#6.101 “A”) will this fulfill the UTL requirement of 1 acro series with a C or better salto?
- A: No. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications Floor Exercise; 5.1 a. definition of acro series as a minimum of three acrobatic flight elements, with or without hand support. Also refer to the USAG Code of Points; Floor Exercise-Section 5-Compositional Categories-Chapter 2; 1.a. and e.
- Q: If a student-athlete performs a double salto in the last tumbling pass and falls will she be awarded the additional +0.10 bonus?
- A: No. Will follow the USAG Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4; III. “D/E” Bonus (D/E) - Level 10 ONLY. B. 1, 2, 3.

January 15, 2021

- Q: Does the new floor exercise mixed series exception rule completely replace the previous single “C” Salto+ Dance+ Salto +0.10 CV?
- A: Yes. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.4. b. Also refer to edited statement that all updates are in bold on the first page of the 2021 NCAA Women’s Gymnastics Rules Modifications.
- Q: What bonus would a student-athlete receive for doing a Round Off (5.105-“A”), 1 ½ twisting layout step-out- (8.301-“C”), Round Off (5.105-“A”), 1/1/2 twisting layout (8.301-“C”) ? Also is there any concern with the value parts since the round-off and 1 ½ twist are consecutively in a similar order?
- A: +0.20 CV. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.4. Connection Bonus; d. Also clarification by the USAG RTCC Committee concerning with the value parts being in a consecutively similar order. “They are considered different since the exits of the 2 one and a half saltos are different. One followed by a round off and one followed by nothing since it is the completion of the sequence”.

November 15, 2020

Q: What is the total bonus for Rudi (#6.401“D”) connected to a straddle jump (#1.207 “B”) connected to a front salto (#6.101 “A”)?

A: +0.30. Refer to the 2021 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.4 Connection Bonus. Also refer to the USAG Code of Points; Section 5-Floor Exercise- Bonus-Chapter 4; C. and III.

October 15, 2020

Q: Where do we send floor music to for approval if it has human voice in it?

A: Refer to the USAG Code of Points 2018-2022; Floor Exercise; Section 5; Chapter 1; General Information; III. Music Regulations; A. 3. Any question regarding music containing words; a. the music and Music Approval Form (which will come from your Regional Technical Chair) should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2020 & 2021 USAG Rules and Polices.

Rules Archive

GENERAL UPDATES

March 15, 2022

Q: Are Pit Pillows allowed for release moves on Uneven Bars?

A: Yes. Refer to the USAG Code of Points: Section 3- Uneven Bars-General Information- Chapter 1. B. 1,2,3,4.

October 15, 2021

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 $\frac{1}{2}$ (180•) turn. CELESTINE
 - b. Beam: 2.505 "E": Split leap forward with change of legs (180• separation after leg change) with $\frac{1}{2}$ (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 $\frac{1}{2}$ (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).

March 15, 2021

Q: Does a Student-Athlete have to present to a judge at the end of her routine?

A: No. Presentation is required before and after a routine. However presenting to a judge at the end of the routine is not required. Refer to the USAG Code of Points 2018-2022; Section 1 – General Information – Judging Panels – Chapter 1; C. Chief Judge; 12; Failure to present before and after exercise; Presentation to a judge is not required at the end of the exercise.

Q: Does a Student-Athlete have to remove the spring board after mounting the apparatus?

A: Yes. Refer to the USAG Code of Points 2018-2022; General; Section 1 – General Information – Judging Panels – Chapter 1. C. Chief Judge; 12. Takes the deduction from the Average Score for the following infractions. Failure to remove the board after the mount: 0.30 flat.

February 15, 2021

Q: Have the concentration pause rule for beam and floor changed?

A: No. This has not changed from when I posted it in the December 15th, 2018 newsletter. You begin counting for a concentration pause when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements. Concentration pauses deductions will follow as per the USAG Code of Points.

Q: Are nose and belly button stud's permitted?

A: Yes. As long as it is a stud piercing there is no limit on the number on the student-athlete's body. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.3. Jewelry.

Q: If the event has begun (i.e. flag has been raised for the first competitor on that even) and the coach wishes to substitute a student-athlete into the lineup. Is it permissible to replace the teammate into a different number from where the other student-athlete came out?

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Appendix VIII-Regular Season Meets Procedures; 2. 3rd and 5th bullet.

February 1, 2021

Q: Will an out-of-uniform deduction be taken if the team is not all wearing the same mask?

A: No. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.2.

Q: Can a student-athlete wear a mask (either over the mouth and nose or pulled under the chin) while competing?

A: Yes. Go to usagym.org; click; Coronavirus (COVID-19) Updates and Resources; Re-Opening; Social Distance Flyers for your gym; fifth bullet; click on women.

Q: If a student-athlete wears a mask while competing, can she ask for a "do over" if there is an issue related to the mask during the routine?

A: Yes. Refer to the USAG Technical Committee Minutes Oct 22 & 24, 2020; Mask and Covid-19 Issues; Recommendation 1: If an athlete is mandated or chooses to wear a mask during competition, there will be no deduction for adjustment of said mask. Effective immediately and Recommendation 2: If the shifting of the mask during competition interrupts the gymnast's movement and/or becomes a safety issue (example, covers her eyes), the gymnast may stop immediately and request permission from the Chief Judge to either repeat the entire routine or start again from the point of interruption. This would parallel the procedures for technical failure of the floor music. Effective immediately.

Q: Please clarify the following duty assigned to the meet referee on page 21 of the NCAA Rules Modifications: "Judge video of inquiry Routine (if you did not judge the routine)."

A: When an inquiry is officially submitted and the judging panel has unresolved differences, if the MR did not judge the routine in question live, then the MR should review the video replay at regular speed, one time only. The MR can then participate in the discussion with the panel. This video replay does not follow the video review rules. It is not the intent for the meet referee to dominate the panel discussion. Rather, the intent is for the meet referee to speak intelligently about the issues with the panel and later with the inquiring coach.

Q: Where is the official wording for when after the 2-minute transitions from event to event the 4-minute touch on the equipment begins?

A: Refer to the 2021 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; Appendix VIII. Regular Season Meet Procedure; 3. A and B.

January 15, 2021

Q: Is it permissible to wear a tank leotard for competition?

A: Yes. Refer to the 2021 NCAA Women's Gymnastics Rules Modifications; Equipment; 6.2. Uniforms; a.1.

October 15, 2020

Q: Can a student-athlete have a permanent tattoo showing during competition?

A: Yes. Refer to NCAA Rules Modifications; Equipment. 6.2 Uniforms; 6.3. Jewelry. Also refer to the USAG Code of Points; Section1. General Information; Judging; Panels; Chapter 1.12.

