



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.

Clarification

Acro/Dance/Acro Mixed Series Bonus on Floor

- **MUST HAVE 2 DIRECTLY CONNECTED SALTOS** within the directly or indirectly connected pass
- The acro "C" **does not** have to be connected to the "A" dance element
- The mixed series **MUST** be directly connected (acro+dance+salto)
- It does not **STATE** the first skill in the mixed series **MUST** be a salto

Examples that meet this verbiage:

- Whip back + back 1 & ½ stepout + roundoff + straddle jump + front pike
- Front Full + front layout ½ + stag jump + front tuck
- Front layout + front Rudi + split jump + front tuck
- Whip + double full + straddle jump + layout stepout

Clarification

Uneven Bars

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.

Floor Exercise

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.

General

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.

Balance Beam

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.

Floor Exercise

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.