



**NCAA WOMEN'S GYMNASTICS – RECENT RULE CHANGES  
2017-2021**

The following list includes all rules modifications recommended by the NCAA Women's Gymnastics Committee and approved by the Playing Rules Oversight Panel. This list does not reflect changes that have been made by USA Gymnastics that the NCAA has accepted and not modified. The following list of modification are found in the NCAA Women's Gymnastics Rules Modification Document.

Rules change	Rationale	Modification Reference	Year
After one warming, technical verbal cues from coaches to their gymnasts incur a .20 deduction.	To address team going beyond acts of enthusiasm and support to aid a gymnast during competition.	1.4.	2017
Back Salto Stretched with Step-out receives <b>AND Aerial Walkover</b> will receive "D" bonus but will be considered as "C" value for purposes of awarding Connection Value in <b>Back Handspring Series only</b> (Step-out BHS, BHS to 2 Feet, Gainer BHS or <b>BHS Swing down to cross straddle sit; in any order</b> ).	Identical to the layout step-out exception, an aerial walkover + BHS (and variations) will receive bonus combination in an acro series under the premise it receives "C" value.	4.4.d	2017
Add the following element value. <b>#1.310 Ring Jump with 360 degree turn = D</b> #1.304 Switch leap ½ with ring =D Strug with Ring (tourjete ½ with ring)	There are very few "D" level jumps and leaps to choose from in the USAG Code of Points. This is intended to encourage diversity, it is unique, and is crowd pleasing.	5.3.	2017
Add. <b>+0 .2 Connection Bonus for C + C indirectly connected tumbling pass.</b> Example: RO+FF+Back Salto 1&1/2 twist+ RO+FF+Salto Backward with 2/1= C+C=+.2 CV	Encourage excitement and diversity in routines	5.4.	2017
Add that a .10 deduction will be taken from the team score for each violation.	Since there is no "red" card in the rules the intent is to better clarify the procedures for issuing and reporting yellow cards. A yellow card is the warning and then any subsequent unsportsmanlike behavior is -.10 off the team per violation.	6.5.b.3	2017

<p>Add that the coach in violation may remain on the competition floor for safety purposes only (i.e., spotting, equipment adjusting).</p>	<p>The safety of the gymnast should be the utmost importance a coach should not be removed from the competition floor for safety purposes.</p>	<p>6.5.b.4</p>	<p>2017</p>
<p>Failed video review results in a .10 deduction from team score.</p>	<p>Reduce unnecessary video reviews from occurring.</p>	<p>7.1.c</p>	<p>2017</p>
<p>Only one of the following mats: Stingmat, 4" Throw mat, 8" Skill cushion may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). Exception: Stingmats on floor are allowed, but they count as two mats if stacked. There shall be no more than two mats on the floor. Improper use of matting shall incur a .3 deduction for improper use of equipment.</p>	<p>Allowing student-athletes to stack a stingmat on the floor provides greater cushion for landings and is safer for the student-athlete. This protocol is currently allowed for the USA Gymnastics program, so athletes are accustomed to being able to use the mats in this manner.</p>	<p>6.1.p</p>	<p>2018</p>
<p>Vault number will be flashed for each competitor.</p>	<p>Flashing the vault number will provide judges the opportunity to have a visual concept of what a routine should look like before the routine occurs. This will lead to more accurate scoring</p>	<p>6.5.d</p>	<p>2018</p>
<p>Institutions must submit the vault(s) with a video and description of the vault(s) to the WCGA Board of Directors to receive a start value.</p>	<p>To allow student-athletes a start value for attempting vaults not currently listed on the NCAA Vault Chart.</p>	<p>1.6.</p>	<p>2019</p>
<p>Submitting a new element not found in the USAG Code of Points must be in writing and digitally to the respective Regional Technical Committee chair and Regional Junior Olympic Committee chair in order to be evaluated for Value-Part Credit.</p>	<p>To allow student-athletes to use elements not currently listed in the USAG Code of Points.</p>	<p>1.7.</p>	<p>2019</p>
<p>Modify the language for when an injury occurs as follows: When an injury occurs, the officials, coaches and athletic trainer may add time (up to 2 minutes) to assess the injury if deemed necessary. If the athlete is deemed able to resume their routine, the remount apparatus time for that apparatus will begin after the injury assessment has concluded.</p>	<p>Currently there is a limited time, for a student-athlete to be assessed following an injury before the individual must remount the apparatus. If a student-athlete does not remount the apparatus in the allotted time, they cannot finish their routine and the team score is impacted. This is a concern, given injuries that can occur during the sport and the committee feels more time is necessary to ensure student-athletes are safe when competing and not at risk for further injury.</p>	<p>1.3.e</p>	<p>2021</p>