



## **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 2022 -2023 NCAA Rules Modification Document and Meet Procedures?**

**A:** <https://www.ncaa.org/sports/2013/12/5/gymnastics-rules-of-the-game.aspx>

**Q: Where can I locate the Video Review Form, Inquiry Form, Routine Summary Form and Meet Referee Checklist?**

**A:** <https://www.ncaa.org/sports/2013/12/5/gymnastics-rules-of-the-game.aspx>

**Q: Where can I purchase the USAG DP Code of Points 2022-2026 First Edition?**

**A:** [usagym.org](http://usagym.org) Click on Member Services, then click on left column; Technical materials.

**UPDATE: 2022-2023 Women's Gymnastics Rules Modifications Document:**

**Floor Exercise: 5.4. Element Values Different from Level 10. #1.305; Switch-Side Leap with ½ Turn (180) = D.**

**Floor Exercise: 5.3.d.2. A 2-acro pass routine must include a minimum of a D element in one pass and a minimum of a D or +.2 CV in the other pass to meet the UTL requirement (may be in any order).**

**Add d.3. A 1-acro pass routine would NOT meet the UTL requirement.**

**UPDATES: USAG DP Code of Points:**

**1. New Skill:**

a. Balance Beam: Mount #1.301: Free Split Jump with change of legs (minimum of 360 leg separation) prior to split position-landing on one or two feet, approach at end of beam (Whipple).

**2. Bars-Beam:** Revise procedure for athlete falling due to equipment failure: If an athlete falls due to equipment failure, judging will resume at the point of interruption or the series combinations when the equipment failure occurred.

## Clarifications:

The role of the NCAA Women's Gymnastics Rules Interpreter is to interpret the gymnastics rules, which does not include evaluation and establishing of start value for specific routines for competition.

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## General

**Q: Does a team have to wear the same tank leotard in warm-ups during regular season?**

**A:** Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.2. Uniforms; a.

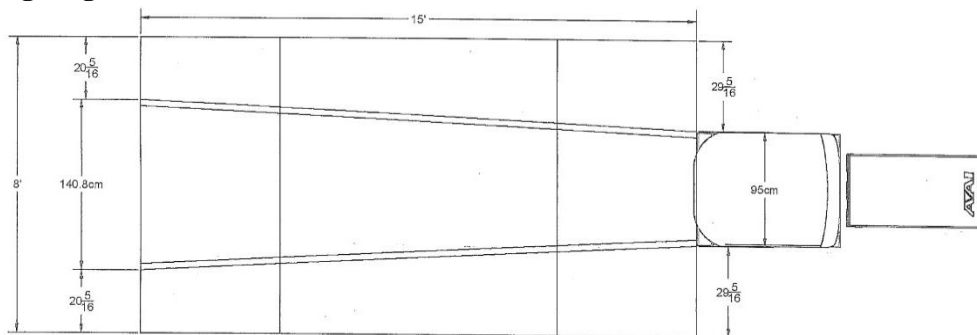
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## Vaulting

**Q. What are the new Mat Line parameters?**

- ADD Lines to landing mat in a funnel shape with the following dimensions:  
Width of the landing corridor at the table site: 95 cm  
Width of the landing corridor (end of bi-fold 4 inch mat): 138 cm
- Lines act as a visual guide for officials regarding direction
- Lines should be screened or taped onto 20 cm or bi-fold 4 inch landing mat. Any accessory matting placed on top of the mat would be marked with a chalk line (sting, 4 inch, 8 inch)

**Vault landing diagram:**



## Uneven Bars

**Q: Can a Tkatchev (# 4.405“D”) connected to a straddle back (#2.205 “B”) receive connection value?**

**A:** No. Refer to 2022-2026 USAG DP Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. Level 10 Only-“B” release element from HB to LB raises to “C” if directly follows “D/E” release without counterswing.

**Q: Can a Tkatchev (# 4.405“D”) connected to a straddle back to handstand (#2.305 “C”) receive connection value?**

**A:** Yes. Refer to 2022-2026 USAG DP Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. Direct Connection of at least Two Elements; “C” + “D/E” or “D/E” + “C”; +0.10.

## **Balance Beam**

**Q: Does the back handspring half turn to candle stick mount have a value?**

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Balance Beam Elements; Group 1. Mounts; 1.308; second description.

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## **Floor Exercise**

**Q: Does a side aerial count as a sideways a salto?**

A: No. Refer to the 2022-2026 USAG DP Code of Points; Section 5 Floor Exercise-Compositional Categories; Chapter 2. SR #2.d.1.

**Q: Is a round off back tuck to prone after the last acro pass allowed?**

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Section 5 Floor Exercise-Compositional Categories; Chapter 2. SR #4.d.1.

**Q: Can both a front layout step out and a front tuck step out be used as two different value parts for connective value bonus?**

A: Yes. Refer to the 2022-2026 USAG DP Code of Points-Section 5 Floor Exercise-General Information Chapter -Chapter 1.VI. B. 1.