



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 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 DEV Code of Points 2022-2026 First Edition?

A: usagym.org Click on Member Services, then click on left column; Technical materials.

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

Correction: Appendix III-Standards/Duties of Judges; 3. Each judge should enter competition site in uniform at least 45 minutes before the competition.

Appendix IV; Regular Season Meet Procedures has been reformatted and updated on the NCAA web site.

5. Floor Exercise; 5.3.d. 2; Should read "**In Addition**, a two (2)-acro pass routine must include a minimum of a D element in one pass and a minimum of a D or +.20 CV in the other pass (may be in any order).

General

Q: How do you come up with the 10 start value for a college routine?

A: Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; General Information; 1. Rules Overview; 1.5.a.

Vaulting

Q: In regard to new lines added on the vault landing mat, are there deductions if a student-athlete either steps out of bounds over the lines with either one foot or both feet (similar to FIG)?

A: The only deductions that can be applied are up to 0.30. Refer to the 2022-2026 USAG DEV Optional Code of Points; Section 2-Optional Vault - General Information; Landing; Deviation from straight direction; up to 0.30. Determined by initial contact with the mat. Also refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; 2.Vault; 2.8; third bullet; Act as a visual guide for officials regarding the current direction deduction (up to 0.30).

Uneven Bars

Q: What is the expectation for the amplitude of a Gienger release move on uneven bars?

A: The expectation of any release is hips at the height or above the bar. It is an up to 0.20 deduction for height of all releases. There is also a 0.10 deduction for under rotation of a flight element. As per NCAA Representative/Liaison on the USAG Technical Committee.

Balance Beam

Q: Are Mounts #1.208 “B” Jump to chest stand, 1/2 turn over shoulder to shoulder stand and #1.308 “C” Jump to chest stand 1/1 turn over shoulder to chest stand considered sideways elements for composition?

A: Yes. Mounts # 1.208 and #1.308 Silivas type mounts are considered because they travel sideways down the beam. As per NCAA Representative/Liaison on the USAG Technical Committee.

Floor Exercise

Q: Where does the ½ turn need to take place on the switch side ½ on floor in order to get credit?

A: For the switch side half, the last half can occur at any point. The first leg should swing forward to a minimum of 45 degrees prior to swinging backward. The 1/4 turn must occur in the air, NOT prior to the leg swinging backward. There is an up to 0.10 deduction for insufficient swing of the leg to 45 degrees. If the turn occurs early there is an up to 0.10 deduction for lack of precision of the turn. The last half can occur on the way down or in the air as long as the turn is complete. Generally, the switch side is shown, then the half. A 180 side split position is expected and if the half portion is incomplete there will also be an up to 0.20 deduction for incomplete turn. As per NCAA Representative/Liaison on the USAG Technical Committee.