



GYMNASTICS: Q&A

The newsletter is intended to supplement the NCAA Women's Gymnastics Rules Modifications Document, which is the official rules document for NCAA Women's Gymnastics. All references in the newsletter can be found within the NCAA Women's Gymnastics Rules.

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 DP 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:

There is a new update version for the 2022-2023 Women's Gymnastics Rules Modifications on the NCAA Web Page. Please refer to question number three on where to locate this update.

Correction: Balance Beam; 4.3; Element Values Different from Level 10; 2.406 should be 2.405.

General

Q: Does the injury assessment period apply to all events (VT, UB, BB, FX)?

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

Uneven Bars

Q: If a student-athlete does a cast handstand ½ turn # 2.301 - “C” to snap down back tuck # 8.309 – “C” what connective value would she receive?

A: +0.10 CV. Refer to the 2022-2026 USAG DP Code of Points; Section 3 – Uneven Bars Bonus- Chapter 4; II. a. "C" + "C" +0.10 CV. Both "C" elements must have either Flight Phase or Long Axis turn of at least 180 degree

Q: If a student-athlete does a cast handstand ½ turn # 2.301 -“C” clear hip snap down back tuck # 8.310 – “C” what connective value would she receive?

A: +0.10 CV. Refer to the 2022-2026 USAG DP Code of Points; Section 3 – Uneven Bars- Bonus- Chapter 4; II. a. "C" + "C" +0.10 CV. Both "C" elements must have either Flight Phase or Long Axis turn of at least 180 degree

Q: If a student-athlete has broken or torn grip, would she use the "point of failure" to repeat her exercise and not the whole routine?

A: No. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1. g.

Q: If a student-athlete performs a clear hip circle to handstand with ½ turn in handstand phase to reverse grip # 3.405 -”D” connected to snap down back tuck or pike position # 8.309 -”C” what bonus would she receive for this combination?

A: +0.20. Refer to the 2022-2026 USAG DP Code of Points; Section 3 – Uneven Bars- Bonus- Chapter 4; II. a. "D/E" + "C" or “C” + “D/E” +0.10 CV. “C” NOT required to have flight or turn. “D/E” are NEVER required to have flight or turn for CV. Also refer to the USAG DP Code of Points; III. D/E Bonus; D. 1.

Balance Beam

Q: On beam does a switch leg leap #2.305-”C” to piked gainer dismount off the end # 9.309-”C” receive CV?

A: Yes. Refer to the 2022-2023 NCAA Women’s Gymnastics Rules Modifications; Balance Beam; 4.4. f. C or higher dance element + C or higher valued dismount = +0.10 CV.

Q: Would a student-athlete receive bonus on beam if she performed a Round off #7.203- “B” connected to a Double Full dismount off the end of beam #9.306 “D”?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications. Refer to #4. Balance Beam; 4.4 Connection Value Exceptions; e. B or higher acro element + C or higher valued dismount = +0.10 CV (connection value). And also refer to 4.3 Elements Different from Level 10; 9.306 -“D”.

Q: Would a student-athlete receive bonus on beam if she performed a Switch Leg Leap #2.305-“C” connected to a Gainer Full dismount off the side of the beam #9.308 -“C”?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications. Refer to #4. Balance Beam; 4.4 Connection Value Exceptions; f. C or higher dance element + C or higher valued dismount = +0.10 CV (connection value).