



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:

In July, a modification was approved by the Women's Gymnastics Committee and PROP regarding coach and athlete conduct resulting in a "red card" (Conduct – Modifications 6.4.a and 6.4.b). The term "red card" is not used in women's gymnastics. An update to the specific language in Rule Modification 6.4 a and b Unsportsmanlike Conduct has been made to address the appropriate terminology. The modifications now address "a second yellow card" being issued. This can be found in the NCAA Rules Modification document on pages 11 and 12.

Addition: Balance Beam: 4.2 d. should read: If a flight series is performed on the beam WITHOUT Connection Value (considered only those elements performed and stopped on the beam), then an additional D/E Acro element including mounts and dismounts OR E dance element, including mounts **is required**. D/E Acro element directly connected to the dismount CANNOT fulfill the up to the level requirement.

Balance Beam

Q: Would a cartwheel with bending both arms finishing in a prone position on the beam meet the front/sidewards skill requirement?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Section 4 – Balance Beam - Compositional Categories - Chapter 2.IV.A.1. Forward/sideward elements MUST move through forward/sideward plane.

Q: What is the value of a split jump ¼ on beam?

A: B. Refer to the 2022-2026 USAG DP Code of Points; Beam Elements: # 2.201.

Q: The NCAA Gymnastics Rules Modification on balance beam special requirement states a minimum of 360 degree turn from Group 3 (no hand support). Would balance beam turns numbers #3.309, 3.409 and 3.509 fulfill this special requirement?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Balance Beam Elements; #3.309, 3.409 and 3.509. Each of these elements reference hands holding the leg as per description in the USAG DP Code of Points. Hand support referred to support on the beam.

Q: If a student-athlete performs the dismount element #9.202 -"C" (value different from Level 10) from a stand on one leg -swing free leg backward to front salto STRETCHED with 1/1 twist off the side or end of beam (Mabrey in Lay-Out), may it also be performed facing sideward on the beam?

A: No. Refer to the 2022-2026 USAG DP Code of Points; Balance Beam Elements; #9.202; from a stand on one leg-swing free leg backward to salto forward tucked 1/1 twist off the side or end of the beam (Mabrey). If the dismount is performed facing sideward on the beam it is not an element in the USAG DP Code of Points and would have to go through the process and have it evaluated. Refer to the 2022-2023 Women's Gymnastics Rules Modifications; General Information; 1. Rules Overview; 1.4.

Floor Exercise

Q: Does a side aerial count as a sideways salto with a minimum of an A value on floor exercise?

A: No. Refer to the 2022-2023 Women's Gymnastics Rules Modifications; Floor Exercise; 5.2. a.

Q: Would an isolated side salto be considered a front or side salto for the purpose of fulfilling the compositional requirement of having a front or side salto?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Floor Exercise Elements; Group 7-Saltos Sidewards, Arabians; #7.101 "A".

Q: If a student-athlete performs front layout #6.201 "B", front layout 1/2 turn #6.201 "B" would she receive special requirement for a two salto pass?

A: No. Refer to the 2022-2023 Women's Gymnastics Rules Modifications; Floor Exercise; 5.1.