

**SPECIAL REQUIREMENTS (0.2 EACH)**

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
a) Minimum of two bar changes. b) Two flight elements, minimum of two different C's OR a D and B (not to include dismount). c) One element with longitudinal axis (LA) turn, minimum of a C (not to include mount or dismount). d) C dismount. If C dismount immediately preceded by same two A or B elements = 0.10 deduction (not .20) taken from Start Value.	a) Acro series - Minimum of 2 flight elements, one element must be minimum of C with or without hand support (may include mount) OR an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an E acro element. Acro series may not be connected to the dismount and must stop on the beam. b) Dance or Dance/Acro series with a minimum of two elements, the dance element must be C or higher. Series may not connect to dismnt. c) A leap or jump requiring 180° split. (may be part of dance or mix series) d) Minimum of 360° turn from Group 3. No hand support permitted. e) <b>Minimum of C dismount.</b>	a) One Acrobatic <b>pass*</b> with two saltos, same or different, directly or indirectly connected. b) Three different saltos within the exercise. c) <b>The salto performed as the last isolated salto or within the last salto connection must be minimum C and it must be an acro pass*.</b> d) Dance passage with a minimum of two different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance VPs. *Acro Pass defined as 1 or more acro elements, 1 must be a C (minimum) salto

**COMPOSITION**

UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
a) Lack of variety in choice of elements and/or connections <u>0.05 flat</u> b) Insufficient distribution <u>0.05 flat</u> c) More than one <i>planned</i> squat/stoop on LB with or w/o sole circle to grasp HB (Following a fall a squat/stoop on is permitted w/ deduction) <u>0.1 each</u> d) Uncharacteristic elements <u>0.1 each</u> e) ¾ giant circle forward w/ or w/o grip change <u>0.1 each</u> f) Choice of elements not up to the competitive level (UTL) <u>0.1 flat</u> 1. A single bar release with a minimum of D value OR an E release element OR minimum of two D releases OR minimum two E level elements ( <i>excluding dismount</i> ) 2. Exercise must have minimum of D dismount OR C dismount with CV.	a) Lack of variety in choice of Acro elements 1. Missing backward Acro element-minimum A value <u>0.1 flat</u> Missing forward/sideward Acro element-min. A value <u>0.1 flat</u> b) Insufficient distribution <u>0.05 flat</u> Consider: Level of difficulty not maintained throughout the exercise. Most difficult elements placed in the same section of the exercise. c) Insufficient use of entire beam apparatus 1. Insufficient level changes throughout the exercise <u>0.05 flat</u> 2. Spatially (use the entire length of the beam) <u>0.05 flat</u> 3. Movement/Choreography fwd, bkwd, sdwd <u>0.05 flat</u> d) Choice of elements not up to the competitive level (UTL) <u>0.1 flat</u> If a flight series is performed on the beam WITHOUT Connection Value (consider only those elements performed on the beam), then an additional D/E Acro element <b>including mounts/dismounts OR an E dance element including mounts is required. D/E Acro directly connected to dismount CANNOT fulfill the UTL requirement.</b> <i>Note: If an Acro Series is completed but not awarded CV due to a FALL, the UTL deduction will NOT be applied.</i>	a) Lack of variety in choice of elements: 1. Lack of Dance Bonus from Groups 1 or 2 (minimum of +0.1 CV OR +0.1 D/E Bonus is required) <u>0.1 flat</u> 2. Missing backward salto with a minimum of A value <u>0.1 flat</u> Missing forward/sideward salto with a minimum of A value <u>0.1 flat</u> b) Insufficient distribution <u>0.05 flat</u> c) Insufficient use of the floor area – Spatially (Foot Pattern) <u>0.05 flat</u> d) Choice of elements not up to the competitive level <u>0.1 flat</u> 1. <i>For ALL routines:</i> - One E valued element (acro or dance) - OR two different D elements (one of which must be an Acro element) - An Acro dismount with C (minimum) salto in bonus combination OR D (minimum) salto 2. <b>A two (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 UTL (may be in any order.)</b> 3. <b>A one (1) Acro Pass routine would not meet UTL.</b>

**Element Value Exceptions**

Uprise Handstand with ½ = D  
 1-1/2 turn IN HS = E  
 Fwd/bkwd STALDER to HS also with ½ = D  
 Fwd/bkwd STALDER to HS with 1/1 turn = E  
 All 1/1 turn on 1 arm after HS (HEALY) = D  
**Dismounts:**  
 from HB, Toe on Front Pike ½ Twist = D  
 from HB, Back Stalder Front Tuck/Pike ½ Tw = D  
 from HB, Clear Support Front Tuck/Pike ½ = D  
 Flyaway 2/1 twist = D  
 Front Flyaway: 1 ½ twist = D      2/1 twist = E  
 Double Tuck Flyaway ½ Twist = E

**Element Value Exceptions**

Straddle Jump ¼ = C      Ring or Stag-Ring Leap/Jump = D  
**Tour Jete ¼ = E**      **Switch Side Leap ¼ = E**  
 2/1 Turn on 1 foot = E      2/1 Wolf Turn = E  
 Forward Salto one or two leg takeoff to sit = D  
 Backward Layout Stepout = D  
 Backward layout thru vertical to pike down, legs together = D  
**Dismounts:**  
 Swing leg to Fwd Salto stretched with 1/1 off end/side = C      Tucked = B  
 Gainer Salto Bkwd tucked/stretched w 1½ off side = D      2/1 (+) stretched = E  
 Gainer Salto backward tucked with 1/1 at end = D  
 Rudi tucked or stretched = D      Forward Salto stretched off 2 ft with 2/1 = E  
**Double Full = D**

**Element Value Exceptions**

Front salto piked = A  
 Ring jump or stag-ring jump with 1/1 turn = D  
**Switch Side ½ = D**

*New UB/BB/FX elements not found in the USAG Code of Points may be evaluated for Value-Part Credit using the USAG process (submission to respective RTC Chair & RDPC Chair)*

BONUS			9.4 START VALUE on UB, BB & FX (minimum +0.10 "D/E" & minimum +0.10 CV; remaining .4 may be DV or CV for maximum SV of 10.0)																																																											
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<p>*Both C elements <u>must have</u> flight or turn but If C connected to D/E then C <u>not</u> required to have flight/turn</p> <p>*If 2 C 3/6/7 skills connected then <u>do not</u> need turn/flight to receive CV <u>but</u> both C 3/6/7 skills must be different</p>			<p><b>EXCEPTIONS:</b> 1) B + C Acro Flight = No Bonus                  2) B+D Acro Flight: BHS+Layout Pike down w Ft together = +.1CV (not .2)                  3) Back HS Series w: Back Salto Layout Step-out (D) OR Aerial Walkover (D) -                  - Receives 'D' Bonus but considered 'C' for purposes of Connection Value                  - Inc. BHS Step-out or 2 Ft, Gainer BHS, BHS Swing-down. In any order  <b>Examples:</b> BHS + LO Step-out, B+D, receives +.1D &amp; NO CV (B+C)                  - Aerial WO + BHS, D+B, receives +.1D &amp; NO CV (C+B)                  - BHS+BHS+LO Step-out, B+B+D, receives +.1D, +.1CV, + Additional .1                  - RO+LO Step-out, B+D, receives +.1 D, +.2 CV (B+D, not a BHS Series)                  - BHS+LO+LO, B+D+D, receives +.1D, +.2CV (D+D), + Additional .1  <b>**Dsmnt Examples:</b> RO + 1 ½; Valdez + GainerLO 1/1; SwitchLeap + GainerLO 1/1</p>		<p>*Turn followed by Jump MAY receive CV if directly connected  <b>**Acro elements in mixed series must be salto or flight elements w or wo hands</b></p>																																																									
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EXECUTION			
UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE	
Insuff angle of arrival - Flight to HS on LB	Feet apart on side position landing of leap/jumps	Failure to hold ending pose for one second	.05
Swing forward or backward under horizontal	Hesitation in jump, press, swing to HS	Failure to show synchronization of music w/ ending pose	.10
Under-rotation of release/flight elements	Incorrect body position/alignment in Dance VPs	Feet apart on landing of leap/jump/hops	each → 0.1
Precision of handstand positions throughout	Lack of precision in Dance elements	Incorrect Rhythm during execution of direct connection	each → 0.1
Insufficient extension of glides/swing into kips	Group 3 Turns not performed in high relevé	Incorrect body position/alignment in dance VPs	each → 0.1
Poor rhythm in elements/connections	Landing too close to beam on dismount	Lack of precision in Dance elements	each → 0.1
Hesitation in jump or swing to HS	Concentration pause - 2 sec. each <u>0.10</u> More than 2 sec. each <u>0.2</u>	Failure to perform Group 2 Turns in high relevé	each → 0.1
Touch, brush of foot/feet on apparatus/mat	Rhythm of connection-dance/mixed/acro (not bkwd flight)	Concentration pause (2 sec. or more)	each <u>0.1</u>
Landing too close to bars on dismount	Insufficient split when required (Dance/Acro elements)	Legs not parallel to floor in split or straddle pike position	→ 0.2
Insufficient amplitude of elements (except*)	Legs not parallel to beam in split or straddle pike	Insufficient height of leaps/jumps/hops	each → 0.2
Insufficient dynamics	Insufficient dynamics	Insufficient height of Acro flights w hand support & Aerials	each → 0.2
Hit of foot/feet on apparatus	Insufficient height of leaps/jumps/hops	Insufficient height of Acro elements	→ 0.2
Incorrect padding (heel/hip)	Insufficient height of Acro Flights, Aerials & Saltos	Insufficient dynamics	→ 0.2
Insufficient height of salto dismount*	Insufficient sureness of performance – throughout	Insufficient variation in rhythm/tempo throughout	→ 0.2
Insufficient extension (open) of tuck/pike prior to landing dismount	Insufficient variation in rhythm/tempo – throughout	Relaxed/incorrect footwork in non-VPs throughout	→ 0.3
Insufficient Amplitude of casts*	Support of 1 leg against side of BB	Poor relationship of music & movement throughout	→ 0.3
Insufficient Angle of turn completion	Relaxed/incorrect footwork in non-VPs throughout	Insufficient height of saltos	each → 0.3
Hit of foot/feet on mat	Insufficient height of salto dismount	Insufficient extension (open) of tuck/pike prior to landing Acro elements	→ 0.3
Grasp on apparatus to avoid a fall	Additional movements to maintain balance on the beam	Incorrect body alignment/position/posture in non-VPs throughout	→ 0.3
Extra swing/cast (Max 0.5 per element)	Direction on gainer dismount off end of beam	Artistry/Presentation (Choreography, quality of movement, expression)	→ 0.3
Insufficient amplitude of B Clear hip circles*	Insufficient extension/open of tuck/pike prior to landing acro elem/dismount	Music with words/lyrics	CJ <u>1.00</u>
Full support on foot/feet on mat during routine	Incorrect body alignment/position/posture in non-VPs - throughout	Absence of music	CJ <u>1.00</u>
	Grasp of beam to avoid a fall <u>0.3</u> Use of supplemental support <u>0.3</u>		
	Artistry/Presentation (Choreography, quality of movement, expression) → 0.3		

**GENERAL**

Elements Required: 3A, 3B, 2C / **START VALUE(SV):9.4**

**SCORING**

Open scoring required at all meets.  
Judges are to sit apart. **(Except 6 judge panel on V & UB)**  
All scores will be flashed and rotated, but only the average score will be raised and rotated.  
Both the SV & the score will be flashed simultaneously.  
First judge shall give final score to flasher. Judges shall then simultaneously flash his/her SV while final scores and average score are being displayed.  
Judges will indicate when an "up to the level deduction" has been taken on UB, BB, and FX.

**SCORE RANGE**

The range of scores is determined by the two or four counting scores. If the average score is between those listed below then the two counting scores must be within the range of:

9.5 – 10.0	0.2
9.0 – 9.475	0.3
8.0 – 8.975	0.5
Below 8.0	1.0

Conferences should only occur when counting scores are out of range, if impossible SV/UTL or if inquiry submitted.

**TIMING:** BB/FX routines, & falls on UB/BB must be timed. There will be a 45 sec. FALL Time for UB & BB.  
**When an injury occurs, additional time (up to 2 min.) may be added to assess the injury if deemed necessary. If an athlete is deemed able to resume their routine, the 45 sec. fall time will begin after the injury assessment has concluded.**

**CONDUCT**

The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet

- A. **Gymnast's unsportsmanlike conduct:**  
-1<sup>st</sup> time will be a warning – **yellow card, information is provided to Head Coach, MR is notified**  
-2<sup>nd</sup> time a yellow card is issued, the MR is notified and there will be 0.10 deduction taken from the gymnast's score for that event (neutral deduction) by the MR or chief judge.
- B. **Coach's unsportsmanlike conduct:**  
-1<sup>st</sup> time will be a warning -- yellow card issued, info provided to Head Coach, MR is notified.  
-Second-time a yellow card is issued, MR is notified and a 0.10 deduction is taken from the team score for that event (neutral deduction) by the MR or chief judge. Coach in violation may remain on the floor for safety purposes only (ie. spotting, equipment adjustment).

**EQUIPMENT: All equipment must be used as intended by the manufacture.**

- A. The only allowable entry pads are the TAC-10 RO pads.
- B. The RO pad may be used only for RO Vaults or Front handspring onto the board entry vaults.
- C. Athletic tape or Velcro strips (NO CHALK) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. The tape measure is to be used to determine where to begin the approach for vault. Chalk only may be used on the student-athlete as needed (e.g., hands, feet, legs).
- D. 1 3/8" padded vault runway is required for all competitions and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82 feet if available). Exceptions to the minimum requirement will be made in cases where a host institution cannot provide 82 feet of runway due to venue limitations. In such cases, the host institution must notify visiting team(s) in writing, of the distance that will be provided, before meet contracts are signed. No deduction will be taken if a gymnast starts off the runway to begin her approach.
- E. Low bar must be adjustable to 165 centimeters (AAI 155cm-185cm from floor to top of rail +/- 1cm) and the high bar adjustable to 245 centimeters (AAI 235-265cm from floor to top of the rail +/-1cm) without the bar height adapters.
- F. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications (192 cm+/- 1cm).
- G. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- H. Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g.: honey and sugar, tuff skin, etc.) Water, Chalk, AAI solutions and AAI hand **Tac/10** towels are the only acceptable substances.
- I. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 1/2' from the base or leg of the respective apparatus. If more than 27 1/2' of matting exists, the maximum run distance may be used. [Note: the host institution need not provide more than the minimum which will be provided at NCAA regional and national competition]. Exceeding the length of the provided manufactured matting will result in .10 deduction from the gymnast's score.
- J. If a plywood board is used under the springboard for mounting bars and beam, then it must be a 1/2" plywood board with a non-skid surface on both sides.
- K. It is allowable to mount off a 4 inch mat on top of a sting on Uneven Bars and Balance Beam
- L. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- M. A minimum of 15 1/2' matting must be available on the dismount end of the beam.
- N. A chalk arc line may be placed on the corners of the floor exercise mat.
- O. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape (not chalk) to indicate the actual boundary lines. Failure to correctly mark the mat will result in a 0.10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.
- P. Only one of the following mats: Sting mat, 4" Throw mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). EXCEPTION: Sting mat 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 0.30 deduction for improper use of equipment.
- Q. Floor Exercise Field of Play: 12m x 12m +/-3cm. If tape line outside of line: (39.4 1/2 "x 39.4 1/2 " ).
- R. Beam and Vault Table measures from top of the beam and vault to floor. (125cm +/-1 /1/4 " ).

Prior to and during Competition: during 2-minute Transitions, gymnasts are allowed to use matting around the apparatus to stretch, invert & prepare as needed for the 4-min. touch, however the apparatus must not be mounted or used for gymnastics skills during this time. On FX jumping, bouncing, running, stretching type of warm-up activity is allowed however gymnastics skills are not allowed on the FX apparatus. Gymnasts may use the Vault runway to prepare for the 4-min. touch warm-up on Vault. (See NCAA Modifications)

**UNIFORMS**

An institution's official uniform and all other items of apparel (i.e., tights, t-shirts, warm-ups, tennis shoes) must be identical if worn on either practice or competition day. During the march in and awards ceremony, team members must be in identical warmup apparel. In addition, for NCAA competition, a gymnast will be considered "in uniform" if she has a name and/or number on her warm-up apparel and leotard as long as all team members use a similar font type and color. Names will include only the first initial of the first name and the full last name. Nicknames not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out.

- A. A student-athlete must wear a one-piece leotard and is allowed to wear any undergarments that are the same color of the leotard or are skin tone in color.
- B. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform." The gymnast must comply with the uniform rules or a 0.30 team deduction will be taken during team competition or off the individual's score during individual competition.

**JEWELRY**

Gymnasts are only permitted to wear stud piercings. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast's score for each occurrence.

**VERBAL CUES:** Technical Verbal cues by coach to own gymnast (applied after one warning is given) will incur a .20 deduction.

**OUT OF ORDER**

Out of Order (0.1 team score deduction)

**Coaches may change line-up order prior to the event beginning (flag raised by Head Judge for 1<sup>st</sup> competitor in line-up). Notify the scorer's table and chief judge.**  
**Following the start of the event (flag raised for team's first competitor on that event) coaches may remove and substitute an athlete in the identical line-up position. Notify the chief judge on that event.**

**VAULTING**

For all NCAA competition, the USAG Bonus Rule WILL NOT BE IN EFFECT.

Vault numbers will be flashed (see Appendix I, Vault Value Chart)

The gymnast will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault.

If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault.

If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.

1.00 deduction for touching the vault table with only one or with no hands taken by each judge

1.00 deduction for failure to land on the soles of feet first (includes fall) taken by each judge.

1.00 deduction for spotting assistance during the vault taken by each judge.

→ The 1.00 deduction is taken by each judge. If not in range, then a conference is called.

If a gymnast vaults prior to the judges hand or flag signal, the gymnast must repeat the vault for score and would receive a 0.50 deduction.

Lines shall be added in a funnel shape (FIG) on the landing mat and act as a visual guide for officials regarding the deduction for "Direction" (up to 0.30). Lines should be screened or taped onto the landing mat; any accessory matting placed on top of the landing mat are marked with a chalk line. See NCAA Rules Modifications for dimensions/diagram.

**Vaults not listed on the NCAA Vault Chart may receive a temporary start value from the WCGA (Women's Collegiate Gymnastics Association) Board of Directors. Vault must be submitted with video and description.**

**INQUIRY/VIDEO INQUIRY PROCEDURE**

1. Inquiries must be made in writing before the beginning of the next event.
2. Coach decides if they would like to submit a regular inquiry or video inquiry (See *Inquiry/Video Inquiry Form*)
3. Coach may consult with Meet Referee when making this decision.
4. In the case of a video inquiry, the coach cues up the video.
5. Coach provides written inquiry form & video, if applicable, to the Meet Referee.
6. Meet Referee should check inquiry form to determine if it is accurate & complete.
7. Meet Referee should take the inquiry form & video, if applicable, to the chief judge.
8. MR may conduct the inquiry meeting with panel, if time permits. The meeting should be conducted in a collegial, not an officious, manner.
  - Ensure SV, scores, UTL, composition are noted.
  - MR may ask questions, counsel panel & give personal opinion.
  - MR may require a score change for questions related to SV, VP, UTL, Composition (flat deductions), skill

- combinations, or neutral deductions under the following conditions:
- After the inquiry, or video inquiry, process has been completed (this allows the judges to correct their own error first).
  - If there is a split decision by the judging panel, the Meet Referee will make the final decision.
  - Meet Referee may require a score change for questions related to execution only in cases where there is a clear yes-no decision, e.g. feet hitting the bar, grabbing the beam, release move not touching the bar. The Meet Referee may not require a score change related to execution judgement calls such as amplitude, degree of split, degree of completion, or similar deductions.
9. The panel should make every effort to complete the inquiry process prior to the beginning of the next event, but may use their discretion so as not to disrupt the flow of the meet.
  10. Meet Referee: ensure score change is made at scorer's table if applicable.
  11. Meet Referee: ensure inquiry form is returned to the coach.

**VIDEO REVIEW PROCESS**

The following video review process will be used during all NCAA competitions.

In the event that an inquiry response is unsatisfactory to the coach, a video may be used for the purpose of review under the following conditions:

- A. Each team is allowed one review per meet.
- B. When an equipment failure may have occurred, the Meet Referee may use video (both real time or slow motion) to determine if and when the failure occurred and how to proceed.
- C. An institutional team video or television production footage must be used for the review. The video may be taken from any vantage point.
- D. All reviews must be specific to the performance or nonperformance of a particular Special Requirement, VALUE PART, combination of elements, UTL or neutral deductions (i.e., out of bounds).
- E. Reviews may not be used to evaluate a question of execution deductions, or composition. These requests will result in a 0.10 deduction.
- F. Reviews should be viewed in the speed that is to the advantage of the student-athlete. If necessary, video should be viewed in multiple speeds. Judges may use the zoom function if needed.
- G. The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet (as determined by the final score posted OR the return of the final inquiry, whichever is later). During this time, the scores are being verified by the judging panel and the head scorer's table.
- H. The coach requesting the review must provide a signed Video Review Form (VRF), cued video and team camera to the meet director (or host institution designee). The meet director (or host institution designee) will be responsible for delivering this information to the meet referee and event panel (the judges who judged the particular event) for their review on the competition floor. The coaches may not be present during the review.
- I. Reviews must be conducted in the presence of the meet referee and the event panel ONLY. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review is successful, the INDIVIDUAL'S score will be adjusted accordingly and TEAM score if it is a counting score.
- J. The results of the review will be noted on the VRF by the meet referee and returned to the meet director (or host institution designee) who will take the VRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRF to the coach.
- K. If a score is changed during an inquiry or video review, the skill or connection under review is subject to additional deductions for incompleteness or rhythm.
- L. Decisions rendered by the judges' review panel are final and cannot be overturned.

**MISC**

- **The NCAA Rules Modifications document lists the NCAA Special Requirements and Compositional Deductions in total. No other Special Requirements or Compositional Deductions are applicable to collegiate competition unless listed in this document. Please note that the NCAA rules modifications are in effect for both regular and post season competition unless otherwise noted.**
- **All NCAA competitions are conducted according to USAG Level 10 rules as of November 1. If the value of a USAG element on events other than vaulting is raised after November 1, the value will be effective immediately. If an element value is lowered after November 1, it will remain at the higher value for NCAA competition until the change is reviewed by the NCAA women's gymnastics committee.**

This document is a reference sheet only. Please refer back to the NCAA Women's Gymnastics Rules Modification Document and the USAG Code of Points, as well as the NCAA Women's Gymnastics Rules Newsletters for **official** language, updates, and clarifications. (Any typos/errors in this document are mine; please contact Deb Yohman at [dyohman@me.com](mailto:dyohman@me.com).) The NCAA Rules Interpreter is Chrystal Chollet-Norton; submit questions by email only, provide name & institution/judging region to [rulesncaagym@embarqmail.com](mailto:rulesncaagym@embarqmail.com)

