



## **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 DEV Code of Points 2022-2026 First Edition?**

**A:** <https://usagym.org> Click on Member Services, then click on left column; Technical materials.

### **Clarification**

Uneven Bars: Any "E" release element or Single Bar "D" release element will receive an additional +0.10 bonus D/E (Difficulty Bonus).

Regular Inquiry/ Video Inquiry – There is NO LIMIT to the number of inquiry/video inquiries during a meet. The inquiry/ video inquiry must be submitted in writing, with or without a video cued up, before the beginning of the next event. If you choose to submit a video inquiry and the score is changed, you **CANNOT USE IT TO SUBMIT FOR A VIDEO REVIEW** at the end of the meet. Only a failed inquiry/ video inquiry can be used for a Video Review at the end of the meet.

Video Review – A team may only submit ONE video REVIEW per meet, and only at the conclusion of the meet. And it can only be submitted after a failed inquiry, **EVEN** if that inquiry was a video inquiry. You would submit the Video Review form along with the video cued up at the end of the meet.

## General

**Q: How far back should we refer to the question and answer and the interpretation in NCAA Gymnastics Rules newsletters?**

**A:** Prior year rules news questions and answers apply if the current rules modifications have remained the same during a rules change year. Therefore, all questions asked in the past are still applicable if they pertain to rules modifications that have not changed.

**Q: Is it true that all competing student-athletes are allowed to take at least one turn on the equipment even if it exceeds the four minute warm up time?**

**A:** No. Refer to 2022-2023 NCAA Women's Gymnastics Rules Modifications; Appendix IV Regular season Meet Procedures; 3.2.c.

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## Vaulting

**Q: If a mat is placed on top of the landing mat at vault that has the funnel lines on it and the coach does not mark the top mat with the funnel line is there a deduction?**

**A:** No. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Vaulting; 2.8. Act as a visual guide for officials regarding current direction deduction (up to 0.30).

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## Uneven Bars

**Q: If a student-athlete performs a cast handstand ½ turn (#2.301 “C”) to straddle jaeger (#5.405 “D”) touches the bar then falls. She remounts the bars and repeats the same combination and completes the connection. Would she receive bonus connection?**

**A:** No. Refer to the 2022-2026 USAG DEV Code of Points; Section 3 – Uneven Bars – General Information; F.1 and 2.

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## Balance Beam

**Q: Does a student-athlete’s beam routine need to show choreography in three different directions?**

**A:** Yes. Refer to the 2022-2023 NCAA Women’s Gymnastics Rules Modifications; General Information; Rules Overview; 1.1. This 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 the document. Please note that the NCAA rules modifications are in effect for both regular and post season competitions.

**Q: Student-athlete competes back handspring step out (#7.208 ”B”) connected to back handspring step out (#7.208 ”B”) connected to a double full dismount (#9.306 ”D”). How much bonus would she receive?**

**A:** +0.20 CV and +0.10 “D” DV. Refer to the 2022-2023 USAG DEV Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; C. 3. and IV. a.1.a. The WCPC has made a clarification statement: Balance Beam Dismount Principle of Connection Value: There is a max of +0.2- CV in the dismount.

## Floor Exercise

**Q: Is there a new deduction for failure to hold ending pose on floor exercise?**

**A:** Yes. Refer to the 2022-2023 USAG DEV Code of Points; Section 5 – Floor Exercise – Executions and Artistry – Chapter 3. III. Specific FX Execution Deductions: Failure to hold ending pose for one second; +0.05.

**Q: Does the switch side leap with half turn have to show two positions to receive “D” credit on floor, i.e., must the gymnast show the side split with both knees up before beginning the half turn?**

**A:** A switch side leap is described in the code as a split leap with leg change and 1/4 turn to a split side or straddle pike position. If NCAA is adding the 1/2 to be the D then the side split or straddle pike should be shown prior to the 1/2. As per the USAG RTCC/NCAA Liaison.

**Q: It is correct that one of the requirements for UTL on all floor routines is to have an “E” level salto or 2 “Ds” (one of which must be an Acro element)?**

**A:** Yes. Refer to the 2022-2023 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.3.d.2.

**Q: Where do I find out about questions regarding music containing words?**

**A:** Refer to the 2022-2026 USAG DEV Code of Points; Section 5 – Floor Exercise – General Information – Chapter VI. A.

**Q: In order to meet value parts requirement on floor would the same skill count twice?**

**A:** Yes. Refer to the 2022-2026 USAG DEV Code of Points; Section 5 – Floor Exercise – General Information – Chapter 1; VI. A. Any FX Element May Receive VP Credit Two Times Provided:\* Repeated elements MUST occur in a different connection. (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev Code of Points (COP)*– whether it received VP credit or not)