



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

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

In addition, should read

6.4 UNSPORTSMANLIKE 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. First time will be a warning – yellow card (information provided to the head coach).
 2. Second time a yellow card is issued, there will be a .10 deduction taken from the team score as a neutral deduction.
- b. Coach's unsportsmanlike conduct:
 1. First time will be a warning – yellow card (information provided to the head coach).
 2. Second time a yellow card is issued, there will be a .10 deduction taken from the team score as a neutral deduction.
 3. The coach in violation may remain on the competition floor for safety purposes only (i.e., spotting, equipment adjusting).

RE CLARIFICATION:

USAG JO Code of Points: 2018-2022; Concentration Pauses Balance Beam and Floor Exercise • You begin counting for a concentration pause when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements. Concentration pauses deductions will follow as per the 2022-2026 USAG DEV Code of Points; Section 4 – Balance Beam – Bonus, Chapter 3, III, Specific Execution Deductions.

Uneven Bars

Q: What is the Connective Value of a Weiler Kip (#3.407“D”) connected to another Weiler Kip?

A: +0.20. Refer to the USAG DEV Code of Points; Section 3 - Uneven Bars - Bonus - Chapter 4; II. A. Level 10 - Direct Connections of at Least Two Elements (continued); D/E are Never Required to have Flight or Turn for CV. Also refer to "D" + "D" or more Difficult +0.20.

Balance Beam

Q: What is the value of a Mabrey (#9.202) if it is performed in a layout position?

A: C. Refer to the NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.3. Elements Different From Level 10; 9.202; 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) -"C" in tucked "B".

Floor Exercise

Q: Can the UTL specification:”An acro dismount with “C” (minimum) salto in bonus combination or a “D” (minimum) salto and the one E value element (acro or dance) be combined as the last “E” salto for no UTL deduction?

A: Yes. As long as the "E" is a salto and not a dance element it will fulfill the "C" requirement for the dismount. Refer to the USAG DEV Code of Points; Section 1- General Info-Evaluation of Optional Exercise- Chapter 3; III. D.