



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.

Clarifications

Update Balance Beam: Mounts that have hands on the board to finish on the beam will not be considered for forward or sideways. As per the USAG RTC NCAA Technical/ Liaison.

Vault Matting:

A maximum of a **7.87"** (20 cm) competition base mat may be used.

A maximum total of **18"** (45.72 cm), including the competition base mat, may be used

Using either a **7.09"** (18 cm) or **7.87"** (20 cm) competition base, plus any combination of the following supplemental mats, for a maximum total of **18"** (45.72 cm) for all mats combined:

*one - **8"** (20.32 cm) skill cushion + one - **2"** (5.08 cm) sting mat = **10"** (25.4 cm) total or

*two - **4"** (10.16 cm/ each) throw mats + one - **2"** (5.08 cm) sting mat = **10"** (25.4 cm) total

General

Q: Where can I locate the USAG Gymnastics New Element Evaluation Form which is required when submitting a new element for a value?

A: <https://usagym.org/PDFs/Forms/Women/NewElementEval.pdf>

Q. Where can I locate the USAG RTCC and RDPC Chairs email information that we need to send the Gymnastics New Element Evaluation form to?

A: https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2022/2022_2023_w_rulespolicies.pdf

Q: Are we allowed to compete in a tank leotard for a “cause” meet?

A: Yes. Refer to the 2022-2023 NCAA Women’s Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.2. a.1.

Q: How do we treat connecting wolf turns (1/1, 2/1, 3/1) on beam and floor?

A: Concerning Wolf Turns, some elements are not connectable. This would be one as there would be a stop between the two. As per the USAG RTC NCAA Technical/ Liaison.

Uneven Bars

Q: What is the expectation of a Gienger release coming from a back swing?

A: On releases that come from a back swing, one should consider the biomechanics of the skill and adjust expectations of what is possible. As per the USAG RTC NCAA Technical/ Liaison.

Balance Beam

Q: In what category is a butterfly on beam located?

A: Group 7- Walkovers, Cartwheels, etc.: # 7.503 “E” All different elements Butterfly. Refer to the USAG DEV Code of Points; Balance Beam Elements.

Q: Will a Round-off back handspring mount at the end of beam (#1.415 “D”) handspring step-out (#7.208 “B”) connected to a salto backward stretched with step-out (#8.304 “D”) fulfill the special requirement of an acro series?

A: Yes. Refer to the 2022-2023 Women's Gymnastics Rules Modification; 4. Balance Beam; 4. 1.a

Q: Will a Round-off back handspring mount at the end of beam (#1.415 “D”) connected to a salto backward stretched with step-out (#8.304 “D”) fulfill the special requirement of an acro series?

A: Yes. Refer to the 2022-2023 Women's Gymnastics Rules Modification; 4. Balance Beam; 4. 1.a.

MAXIMUM ALLOWABLE VAULT MATTING

(inches)	(inches)
7.09" base mat	7.87" base mat
1 – 8" skill cushion	1 – 8" skill cushion
1 – 2" sting mat	1 – 2" sting mat
OR	OR
7.09" base mat	7.87" base mat
2 – 4" (each) skill cushions	2 – 4" (each) skill cushions
1 – 2" sting mat	1 – 2" sting mat
(centimeters)	(centimeters)
18 cm base mat	20cm base mat
1 – 20.32 cm skill cushion	1 – 20.32 cm skill cushion
1 – 5.08 cm sting mat	1 – 5.08 cm sting mat
OR	OR
18 cm base mat	20cm base mat
2 – 10.16 cm (each) skill cushions	2 – 10.16 cm (each) skill cushions
1 – 5.08 cm sting mat	1 – 5.08 cm sting mat