



## **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.

### **Announcement**

I would like to announce to everyone, both coaches and judges, that I will be stepping down as your NCAA Women's Gymnastics Rules Interpreter at the end of my contract in August. After 34 years as NCAA college coach and 10 years as your NCAA Gymnastics Interpreter I felt that it was time to, as you say "hang up the grips" on my NCAA career. I have enjoyed working with all of you judges and coaches through my years as your interpreter. Noel has posted the job on the NCAA web site and it is the goal to get someone hired as soon as possible to shadow me the last few months of my contract. I will be attending the coaches convention in May and will look forward to seeing everyone.

## Clarification

**Vault:** The NCAA does not specify when a twist must occur within a salto, only how much twist must be completed during the flight phase of the salto.

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## General

**Q: What can a student-athlete do during a bye or during the two minute transition period?**

**A:** Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Appendix IV – Regular Season Meet Procedures; 3.2.

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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 then connects to a half turn over shoot to handstand (#4.404 “D”) What bonus would she receive?**

**A:** +0.50. +0.20 CV, +0.20 DV and +0.10 single bar release bonus. Refer to Section 3 – Uneven Bars – Bonus – Chapter 4. VII. C.2.b. and III. D.1. Also refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Uneven Bars; 3.4.

**Q: If a student-athlete performs a clear hip to handstand (#3.304 “C”) connected to a Pike Sole Circle (#7.309“C”) connected to a Double Flyaway in tuck position (#8.304“C”) what connective bonus would she receive?**

**A:** +0.10 CV. Refer to the USAG DEV 2022-2026 Code of Points; Section 3 - Uneven Bars - Bonus - Chapter 4; II. Principles for Awarding Connection Value Bonus; "C" + "C" = +0.10; Both "C" elements must have either Flight phase or Long Axis turn of at least 180. EXCEPTION: Connection of TWO 3/6/7 - flight or turn is NOT required, but the elements MUST be different.

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## Balance Beam

**Q: If a student-athlete does a split on the beam in the middle of her routine does it count as an A skill?**

**A:** No. As per USAG RTCC Liaison; If it isn't listed as an element in the USAG DEV Code of Points it is not a skill. Mounts are not the same as a skill on beam.

**Q: Does the USAG DEV Code of Points pivot turn on beam compositional deduction apply to NCAA?**

**A:** No. Refer to the 2022-2023 NCAA Women's gymnastics Rules Modifications; General Information; 1. Rules Overview; 1.1.

**Q: What is the bonus on balance beam for a Side Aerial (7.402”D”) connected to a Round off (#7.203”B”)?**

**A:** +0.30. Refer to the USAG DEV Code of Points; Section 4 - Balance Beam - Bonus - Chapter 4; II. b. and IV. A. 1.a.

**Q. If a student-athlete dismounts with a round off, one and a half dismount off beam and only presents to the crowd would you take a deduction for not presenting to the judge at the end of the routine?**

**A.** No. As per USAG/RTCC NCAA Liaison, there is no deduction as long the student-athlete presents to someone or the apparatus; the landing mat is considered part of the equipment.

**Floor Exercise**

**Q: Would a Salto forward stretched with 2/1 twist (#6.501"E") to an immediate Sissonne (#1.110 "A") fulfill the dance compositional requirement?**

**A:** No. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Floor Exercise; 5.3.a.1.