



***WOMEN'S GYMNASTICS
RULES NEWSLETTER
ANNUAL ARCHIVE***

2022-23
UPDATED 3/21/2023

Rules Archive

This document is intended to be a supplement to the USA Gymnastics Code of Points and the NCAA Rules Modification document. The information included has been released throughout the 2022-23 season within monthly newsletters published by the NCAA Rules Interpreter. These newsletters were distributed to the judging community and the NCAA membership from October 2022 through March 2023 for the 2023 season.

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UPDATED March 21, 2023

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GENERAL/ CLARIFICATIONS/UPDATES

NCAA WOMEN'S GYMNASTICS RULES NEWS #11

MARCH 15, 2023

Q: For non-conference home meets are we required to have the 30-minute open stretched warm up?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Appendix IV – Regular Season Meet Procedures; 3. 1. a.

NCAA WOMEN'S GYMNASTICS RULES NEWS #10

MARCH 1, 2023

Update:

Refer to the NCAA Website for the updates to the 2022-2023 Supplemental Procedures and Forms to the NCAA Rules Modifications Documents.

NCAA WOMEN'S GYMNASTICS RULES NEWS #9

FEBRUARY 15, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #8

FEBRUARY 1, 2023

Clarification

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.

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.

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 DEV 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.

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #5

DECEMBER 15, 2022

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>

NCAA WOMEN'S GYMNASTICS RULES NEWS #4

DECEMBER 1, 2022

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

Correction: Appendix III-Standards/Duties of Judges; 3. Each judge should enter competition site in uniform at least 45 minutes before the competition.

Appendix IV; Regular Season Meet Procedures has been reformatted and updated on the NCAA web site.

Q: How do you come up with the 10 start value for a college routine?

A: Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; General Information; 1. Rules Overview; 1.5.a.

NCAA WOMEN'S GYMNASTICS RULES NEWS #3

NOVEMBER 15, 2022

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

There is a new update version for the 2022-2023 Women's Gymnastics Rules Modifications on the NCAA Web Page. Please refer to question number three on where to locate this update.

Q: Does the injury assessment period apply to all events (VT, UB, BB, FX)?

A: Yes. Refer to the 2022-2023 Women's Gymnastics Rules Modifications; General Information; 1. Rules Overview; 1.5. e.

NCAA WOMEN'S GYMNASTICS RULES NEWS #2

NOVEMBER 1, 2022

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

In July, a modification was approved by the Women's Gymnastics Committee and PROP regarding coach and athlete conduct resulting in a "red card" (Conduct – Modifications 6.4.a and 6.4.b). The term "red card" is not used in women's gymnastics. An update to the specific language in Rule Modification 6.4 a and b Unsportsmanlike Conduct has been made to address the appropriate terminology. The modifications now address "a second yellow card" being issued. This can be found in the NCAA Rules Modification document on pages 11 and 12.

NCAA WOMEN'S GYMNASTICS RULES NEWS #1

OCTOBER 15, 2022

UPDATES: USAG DP Code of Points:

- 1. New Skill:** a. Balance Beam: Mount #1.301: Free Split Jump with change of legs (minimum of 360 leg separation) prior to split position-landing on one or two feet, approach at end of beam (Whipple).
- 2. Bars-Beam:** Revise procedure for athlete falling due to equipment failure: If an athlete falls due to equipment failure, judging will resume at the point of interruption or the series combinations when the equipment failure occurred.

Clarifications: The role of the NCAA Women's Gymnastics Rules Interpreter is to interpret the gymnastics rules, which does not include evaluation and establishing of start value for specific routines for competition

Q: Does a team have to wear the same tank leotard in warm-ups during regular season?

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

3/21/2023

VAULT

NCAA WOMEN'S GYMNASTICS RULES NEWS #9

FEBRUARY 15, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #8

FEBRUARY 1, 2023

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).

NCAA WOMEN'S GYMNASTICS RULES NEWS #6

JANUARY 1, 2023

Clarification

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

NCAA WOMEN'S GYMNASTICS RULES NEWS #5

DECEMBER 15, 2022

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

Appendix I - NCAA Vault Chart has been reformatted and updated on the NCAA web site.

Q: What type of tape needs to be used for the vault lines? Are the measurements from inside or outside the tape line?

A: Refer to AAI Equipment Supplier Specs: #1. Tape size - 2" white tape; the same product is used on floor exercise. #2. Measurements are for the outside of the tape lines, which is consistent with floor exercise (white tape is inbounds on a single color carpet). #3. The 140.8 is the spread distance at 15'6" (landing mat length) and the 138 cm is the spread distance at 15' (4" bi-folding throw mat). Add tape to a 4" throw or sting mat, in line with the landing mat lines that are permanent on the base landing mat.

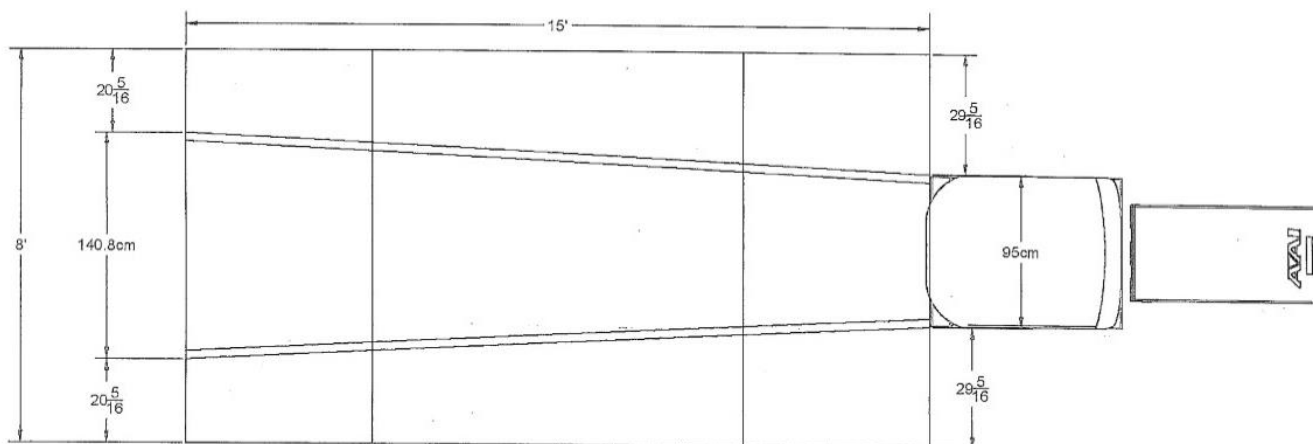
Q: In regard to new lines added on the vault landing mat, are there deductions if a student-athlete either steps out of bounds over the lines with either one foot or both feet (similar to FIG)?

A: The only deductions that can be applied are up to 0.30. Refer to the 2022-2026 USAG DEV Optional Code of Points; Section 2-Optional Vault - General Information; Landing; Deviation from straight direction; up to 0.30. Determined by initial contact with the mat. Also refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; 2.Vault; 2.8; third bullet; Act as a visual guide for officials regarding the current direction deduction (up to 0.30).

Q. What are the new Mat Line parameters?

- ADD Lines to landing mat in a funnel shape with the following dimensions:
Width of the landing corridor at the table site: 95 cm
Width of the landing corridor (end of bi-fold 4 inch mat): 138 cm
- Lines act as a visual guide for officials regarding direction
- Lines should be screened or taped onto 20 cm or bi-fold 4 inch landing mat. Any accessory matting placed on top of the mat would be marked with a chalk line (sting, 4 inch, 8 inch)

Vault landing diagram:



3/21/2023

UNEVEN BARS

NCAA WOMEN'S GYMNASTICS RULES NEWS #11

MARCH 15, 2023

Q: If a student-athlete's grip breaks during her routine can she repeat her routine or must she start where the grip broke?

A: She is allowed to repeat the entire routine. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1.g.

Q: Is it allowable for a coach to hold the low bar while spotting a transition element?

A: Yes. There is no deduction currently in the 2022-2026 USAG DEV Code of Points; as per our USAG RTCC NCAA Technical/Liaison. It is also acceptable for a coach to lean on the bar. Referred to in the 2022-2026 USAG DEV Code of Points; Section 3 - Uneven Bars; General Information, V. Spotting Regulations: g.

NCAA WOMEN'S GYMNASTICS RULES NEWS #10

MARCH 1, 2023

Q: Do non-salto "D" release moves meet the UTL and the +0.10 Bonus for single bar release?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Uneven Bars: 3.2. f.1. A single bar release with a minimum of "D" value and 3.4.

Q: What is the deduction for lack of amplitude on release elements on uneven bars?

A: Medium Faults: up 0.20. Refer to the 2022-2026 USAG DEV Code of Points; Section 3 – Uneven Bars – Execution & Amplitude – Chapter 3.

NCAA WOMEN'S GYMNASTICS RULES NEWS #9

FEBRUARY 15, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #8

FEBRUARY 1, 2023

Clarification

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

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #7

JANUARY 15, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #6

JANUARY 1, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #4

DECEMBER 1, 2022

Q: What is the expectation for the amplitude of a Gienger release move on uneven bars?

A: The expectation of any release is hips at the height or above the bar. It is an up to 0.20 deduction for height of all releases. There is also a 0.10 deduction for under rotation of a flight element. As per NCAA Representative/Liaison on the USAG Technical Committee.

NCAA WOMEN'S GYMNASTICS RULES NEWS #3

NOVEMBER 15, 2022

Q: If a student-athlete does a cast handstand ½ turn # 2.301 - "C" to snap down back tuck # 8.309 – "C" what connective value would she receive?

A: +0.10 CV. Refer to the 2022-2026 USAG DP Code of Points; Section 3 – Uneven Bars Bonus- Chapter 4; II. a. "C" + "C" +0.10 CV. Both "C" elements must have either Flight Phase or Long Axis turn of at least 180 degrees.

Q: If a student-athlete does a cast handstand ½ turn # 2.301 -"C" clear hip snap down back tuck # 8.310 – "C" what connective value would she receive?

A: +0.10 CV. Refer to the 2022-2026 USAG DP Code of Points; Section 3 – Uneven Bars- Bonus- Chapter 4; II. a. "C" + "C" +0.10 CV. Both "C" elements must have either Flight Phase or Long Axis turn of at least 180 degrees.

Q: If a student-athlete has broken or torn grip, would she use the "point of failure" to repeat her exercise and not the whole routine?

A: No. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1. g.

Q: If a student-athlete performs a clear hip circle to handstand with ½ turn in handstand phase to reverse grip # 3.405 -"D" connected to snap down back tuck or pike position # 8.309 -"C" what bonus would she receive for this combination?

A: +0.20. Refer to the 2022-2026 USAG DP Code of Points; Section 3 – Uneven Bars- Bonus- Chapter 4; II. a. "D/E" + "C" or "C" + "D/E" +0.10 CV. "C" NOT required to have flight or turn. "D/E" are NEVER required to have flight or turn for CV. Also refer to the USAG DP Code of Points; III. D/E Bonus; D. 1.

NCAA WOMEN'S GYMNASTICS RULES NEWS #1

OCTOBER 15, 2022

Q: Can a Tkatchev (# 4.405"D") connected to a straddle back (#2.205 "B") receive connection value?

A: No. Refer to 2022-2026 USAG DP Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. Level 10 Only - "B" release element from HB to LB raises to "C" if directly follows "D/E" release without counter swing.

Q: Can a Tkatchev (# 4.405"D") connected to a straddle back to handstand (#2.305 "C") receive connection value?

A: Yes. Refer to 2022-2026 USAG DP Code of Points; Section 3-Uneven Bars-Bonus-Chapter 4. Direct Connection of at least Two Elements; "C" + "D/E" or "D/E" + "C"; +0.10.

3/21/2023

BALANCE BEAM

NCAA WOMEN'S GYMNASTICS RULES NEWS #11

MARCH 15, 2023

Q: A student-athlete performs a front tuck (#8.401 "D") on balance beam and falls. She remounts and performs the same front tuck (#8.401 "D") connected to a back handspring. Would she receive DV bonus for the "D" front tuck?

A: Yes. Refer to the 2022-2026 USAG DEV Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; V. Bonus Restriction B. 2. a & b.

NCAA WOMEN'S GYMNASTICS RULES NEWS #10

MARCH 1, 2023

Q: If a student-athlete performs a Front Aerial (# 7.402 "D" in the beginning of her routine then later in the routine performs a Front Aerial (#7.402 "D") stops then standing Back Tuck (# 8.303 "C") would you take the deduction for UTL?

A: No. Refer to the December 15, 2021, Newsletter Clarification: "UTL" Balance Beam: If a student-athlete's acro series is completed but does not receive connective value (CV) due to a fall at the completion of the series the UTL deduction will not be taken. Refer to 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.2.d. If a student-athlete's series is broken due to balance errors, extra steps or fall in the connection of the elements she would not receive connective value (CV) and loses Special Requirement. If there is not another D/E acro element or E dance element in her routine she would receive an UTL deduction. Again, refer to 2022 NCAA Women's Gymnastics Rules Modifications 4.2.d.

NCAA WOMEN'S GYMNASTICS RULES NEWS #9

FEBRUARY 15, 2023

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 is not 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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #8**FEBRUARY 1, 2023**

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #7**JANUARY 15, 2023**

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".

NCAA WOMEN'S GYMNASTICS RULES NEWS #6**JANUARY 1, 2023****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

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #4**DECEMBER 1, 2022**

Q: Are Mounts #1.208 "B" Jump to chest stand, 1/2 turn over shoulder to shoulder stand and #1.308 "C" Jump to chest stand 1/1 turn over shoulder to chest stand considered sideways elements for composition?

A: Yes. Mounts # 1.208 and #1.308 Silivas type mounts are considered because they travel sideways down the beam. As per NCAA Representative/Liaison on the USAG Technical Committee.

Correction: Balance Beam; 4.3; Element Values Different from Level 10; 2.406 should be 2.405.

Q: On beam does a switch leg leap #2.305-"C" to piked gainer dismount off the end # 9.309-"C" receive CV?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4. f. C or higher dance element + C or higher valued dismount = +0.10 CV.

Q: Would a student-athlete receive bonus on beam if she performed a Round off #7.203- "B" connected to a Double Full dismount off the end of beam #9.306 "D"?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications. Refer to #4. Balance Beam; 4.4 Connection Value Exceptions; e. B or higher acro element + C or higher valued dismount = +0.10 CV (connection value). Also refer to 4.3 Elements Different from Level 10; 9.306 -"D".

Q: Would a student-athlete receive bonus on beam if she performed a Switch Leg Leap #2.305-"C" connected to a Gainer Full dismount off the side of the beam #9.308 -"C"?

A: Yes. Refer to the 2022-2023 NCAA Women's Gymnastics Rules Modifications. Refer to #4. Balance Beam; 4.4 Connection Value Exceptions; f. C or higher dance element + C or higher valued dismount = +0.10 CV (connection value).

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

Addition: Balance Beam: 4.2 d. should read: If a flight series is performed on the beam WITHOUT Connection Value (considered only those elements performed and stopped on the beam), then an additional D/E Acro element including mounts and dismounts OR E dance element, including mounts is required. D/E Acro element directly connected to the dismount CANNOT fulfill the up to the level requirement.

Q: Would a cartwheel with bending both arms finishing in a prone position on the beam meet the front/sideways skill requirement?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Section 4 – Balance Beam - Compositional Categories - Chapter 2.IV.A.1. Forward/sideward elements MUST move through forward/sideward plane.

Q: What is the value of a split jump ¼ on beam?

A: B. Refer to the 2022-2026 USAG DP Code of Points; Beam Elements: # 2.201.

Q: The NCAA Gymnastics Rules Modification on balance beam special requirement states a minimum of 360 degree turn from Group 3 (no hand support). Would balance beam turns numbers #3.309, 3.409 and 3.509 fulfill this special requirement?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Balance Beam Elements; #3.309, 3.409 and 3.509. Each of these elements reference hands holding the leg as per description in the USAG DP Code of Points. Hand support referred to support on the beam.

Q: If a student-athlete performs the dismount element #9.202 -"C" (value different from Level 10) 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), may it also be performed facing sideward on the beam?

A: No. Refer to the 2022-2026 USAG DP Code of Points; Balance Beam Elements; #9.202; from a stand on one leg-swing free leg backward to salto forward tucked 1/1 twist off the side or end of the beam (Mabrey). If the dismount is performed facing sideward on the beam it is not an element in the USAG DP Code of Points and would have to go through the process and have it evaluated. Refer to the 2022-2023 Women's Gymnastics Rules Modifications; General Information; 1. Rules Overview; 1.4.

NCAA WOMEN'S GYMNASTICS RULES NEWS #1

OCTOBER 15, 2022

UPDATES: USAG DP Code of Points:

1. New Skill:

a. Balance Beam: Mount #1.301: Free Split Jump with change of legs (minimum of 360 leg separation) prior to split position-landing on one or two feet, approach at end of beam (Whipple).

Q: Does the back handspring half turn to candle stick mount have a value?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Balance Beam Elements; Group 1. Mounts; 1.308; second description.

3/21/2023

FLOOR EXERCISE

NCAA WOMEN'S GYMNASTICS RULES NEWS #10

MARCH 1, 2023

Q: In the case of one judge giving credit for a Switch Ring Leap (#1.311“C”) connected to a Tour Jete (#1.209 “B”) and the other judge giving credit for a Switch Ring Leap (#1.311“C”) connected to Tour Jete with additional 1/2 turn landing on one or both feet (Strug) (#1.309 “C”) does this fall under the Video Review Process; 7.1 d or 7.1 e for an inquiry?

A: It would fall under 7.1. d. Refer to 2022-2023 USAG DEV Code of Points; Section 5 – Floor Exercise General Information; Chapter 1 F. Specific Element Technique Clarification; #6; element # 1.309 and # 9.

NCAA WOMEN'S GYMNASTICS RULES NEWS #9

FEBRUARY 15, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #8

FEBRUARY 1, 2023

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)

NCAA WOMEN'S GYMNASTICS RULES NEWS #7

JANUARY 15, 2023

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.

NCAA WOMEN'S GYMNASTICS RULES NEWS #5

DECEMBER 15, 2022

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

In Addition: Floor Exercise; 5.2. a. should read: One acrobatic pass with two (2) saltos (same or different), OR one acrobatic pass with two (2) directly connected saltos. An acrobatic pass is defined as above in 5.1. Aerials are NOT considered saltos.

NCAA WOMEN'S GYMNASTICS RULES NEWS #4

DECEMBER 1, 2022

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

5. Floor Exercise; 5.3.d. 2; Should read “**In Addition**, a two (2)-acro pass routine must include a minimum of a D element in one pass and a minimum of a D or +.20 CV in the other pass (may be in any order).

Q: Where does the ½ turn need to take place on the switch side ½ on floor in order to get credit?

A: For the switch side half, the last half can occur at any point. The first leg should swing forward to a minimum of 45 degrees prior to swinging backward. The 1/4 turn must occur in the air, NOT prior to the leg swinging backward. There is an up to 0.10 deduction for insufficient swing of the leg to 45 degrees. If the turn occurs early there is an up to 0.10 deduction for lack of precision of the turn. The last half can occur on the way down or in the air as long as the turn is complete. Generally, the switch side is shown, then the half. A 180 side split position is expected and if the half portion is incomplete there will also be an up to 0.20 deduction for incomplete turn. As per NCAA Representative/Liaison on the USAG Technical Committee.

NCAA WOMEN'S GYMNASTICS RULES NEWS #2

NOVEMBER 1, 2022

Q: Does a side aerial count as a sideways salto with a minimum of an A value on floor exercise?

A: No. Refer to the 2022-2023 Women’s Gymnastics Rules Modifications; Floor Exercise; 5.2. a.

Q: Would an isolated side salto be considered a front or side salto for the purpose of fulfilling the compositional requirement of having a front or side salto?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Floor Exercise Elements; Group 7-Saltos Sideways, Arabians; #7.101 “A”.

Q: If a student-athlete performs front layout #6.201 ”B”, front layout 1/2 turn #6.201 “B” would she receive special requirement for a two salto pass?

A: No. Refer to the 2022-2023 Women’s Gymnastics Rules Modifications; Floor Exercise; 5.1.

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

Floor Exercise: 5.4. Element Values Different from Level 10. #1.305; Switch-Side Leap with ½ Turn (180) = D.

Floor Exercise: 5.3.d.2. A 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 the UTL requirement (may be in any order).

Add d.3. A 1-acro pass routine would NOT meet the UTL requirement.

Q: Does a side aerial count as a sideways a salto?

A: No. Refer to the 2022-2026 USAG DP Code of Points; Section 5 Floor Exercise-Compositional Categories; Chapter 2. SR #2.d.1.

Q: Is a round off back tuck to prone after the last acro pass allowed?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points; Section 5 Floor Exercise-Compositional Categories; Chapter 2. SR #4.d.1.

Q: Can both a front layout step out and a front tuck step out be used as two different value parts for connective value bonus?

A: Yes. Refer to the 2022-2026 USAG DP Code of Points-Section 5 Floor Exercise-General Information Chapter -Chapter 1.VI. B. 1.