



## **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.

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### **General**

**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.

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### **Uneven Bars**

**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.

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## **Balance Beam**

**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.