



Women's Gymnastics 2022-24 Rules cycle Rules Newsletter # 12 October 15, 2023

Rules Resources

The NCAA Rules Interpreter is Janette Doucette, email address wgym.ncaa.rules@outlook.com

Please submit rules questions by electronic mail only. Please provide your name, position and institution, or if a judge, include your name, rating and state. Rules Interpreter cannot answer questions from parents or fans.

The 2023-24 NCAA Rules Modification Document and Meet Procedures is found at <https://www.ncaa.org/sports/2013/12/5/gymnastics-rules-of-the-game.aspx>

The Women's Gymnastics Supplemental Procedures and Forms document, which contains Video Review Form, Inquiry /Routine Summary Form and Meet Referee Checklist is found at <https://www.ncaa.org/sports/2013/12/5/gymnastics-rules-of-the-game.aspx> *Update to be posted soon*

The USAG Women's Developmental Program Optional 2022-26 Code of Points (USAG Dev Prog CoP) is purchased from <https://usagym.org/women/development/optionals/> Click on choice of Full/mini size book or eBook and follow directions

**Updates to the USAG Dev Prog CoP are found on <https://members.usagym.org/pages/women/updates/jo.html> Includes USAG Dev Prog CoP replacement pages, Committee meeting minutes and a slideshow overview.

The Women's Program Rules & Policies (R & P) can be downloaded from <https://usagym.org/women/rules/> Click on current year's version

UPDATE TO RULES MODIFICATION:

In the chart in Bars 3.3, the element #8.307 Front Flyaway with 2/1 twist has been changed with a new element number of #8.407 in USAG Dev Program (and value from a C to a D). It will remain on the list in the Rules Modifications as an E Value Part exception.

General

Q: How do I request a value part evaluation for new element?

A: Send all new element evaluations in writing to the university's USAG Regional Technical Committee Chair (RTCC). *Reference: USAG Dev Prog CoP, Section 1 General Info, Chapter 3 Evaluation of Optional Exercises, I.D. Elements not Listed in Dev CoP. (page GENERAL-18).*

To find how to contact your USAG RTCC, refer to Women's Program R & P, USAG Program National Committee directory pages for the associated region.

Uneven Bars

Q: Is the dismount on bars required to be a C salto?

A: No. The Uneven Bars Special Requirement for NCAA does not specify a salto, just a C dismount.
Reference: NCAA Rules Modifications, Section 3. Uneven Bars, Special Requirements 3.1.d.

Q: Does the $\frac{3}{4}$ Giant “empty” swing deduction apply after a mount or catching a release on the HB, then reverse direction (back swing) and perform an uprise to handstand (#2.303)?

A: No. If, for example, the gymnast performs a hecht mount over the LB(#1.209), the swing forward is the natural swing from the mount, and the backswing is a necessity to perform the uprise. So there is no extra swing, and the deduction does not apply. *Reference: USAG Dev Prog CoP Section 3 Uneven Bars, Chapter 2.III, Specific Compositional Deductions chart (page BARS-29); Uneven Bars elements #2.303 and #1.209.*

Q: Does the $\frac{3}{4}$ Giant “empty” swing deduction apply after passing through a giant 1/1 turn (#4.403) to partial giant swing forward to counter swing back to perform the uprise to handstand (#2.303)?

A: No, it would not be an extra (“empty”) swing. As with the example above, it is a swing inherent to the conclusion of one skill connecting to the swing that is the beginning of the next element. This is the same principle as the giant 1/1 turn connected to counterswing to a straddle back handstand (#2.305), as described in the *USAG Dev Prog CoP, Section 3 Uneven Bars, Chapter 4 Bonus, Direct Connection of at Least Two Elements C + D/E, example 5 (page BARS-41).*

Q: In the Rules Modification under Bars, the number 2.301 is a D. Does that mean all the elements numbered 2.301 are a D?

A: No. In the chart on Bars, under 3.3 “Element Values Different from Level 10”, it lists a specific group of elements on bars that use a Healy technique (1/1 turn (360°) on one arm after handstand), that are given a D value for NCAA (while C in Level 10). The individual element name accompanies the skill number, to distinguish between that specific skill and others under the same number, per the text of each element in the skill chart of the USAG Dev Program COP. Since the other skills under the #2.301 (half-turns in handstand) are not Healy technique cast handstands, they are not considered the exception elements for D value in NCAA in the chart. *Reference: USAG Dev Prog CoP, Uneven Bars element #2.301.*

Balance Beam

Q: If the gymnast performs an E value skill (example, aerial cartwheel #7.703) directly connected to a B dismount (example back layout full twist #9.206), will it fulfill the Special Requirement?

A: No, the dismount must be a C. *Reference: NCAA Rules Modifications, Beam section, Special Requirements 4.1.e.*

Q: When performing a handstand (#5.106) on the beam, can the gymnast hold it in a split position? Can the gymnast kick up to the handstand from a kneeling position?

A: Yes, the gymnast may show a split position in the handstand, and may kick up to handstand from a kneeling position. Please note that the handstand must be held for 2 seconds in order to receive the “A” value part credit. *Reference: USAG Dev Prog CoP, Balance Beam element #5.106 text.*

Q: Is element # 6.205 (rolling 360° on the stomach along the beam back to the stomach) considered a side acro skill?

A: Yes. Element #6.205, defined as a “Roll *sideward*, body tucked or stretched”, is therefore a sideward acro skill, and Group 6-Rolls are within the parameters for the composition requirement of a sideward acro skill. *References: USAG Dev Prog CoP, Balance Beam element #6.205; NCAA Rules Modifications Beam section 4.2.a.2.*

Q: Does a chest stand mount (#1.103) to side rolling to a sit position count as a forward or sideward acro element for acro direction composition?

A: No. In the current USAG CoP update, acro mounts are given a designation of FA (Forward Acro)/SA (Sideward Acro)/BKA (Backward Acro) to identify direction of acro for use in the composition requirement of acro elements performed in different directions. Under the skill description for the chest stand (#1.103), it does not include the notation FA or SA. In addition, although the gymnast has a rolling action to the side to exit the element, it cannot be identified as a sideward roll, since a roll would require a full 360° rotation, which in your example the gymnast does not rotate fully 360°. *Reference: USAG Dev Prog CoP Element Charts for Beam, page BEAM-45 for explanation in block; Balance Beam element #1.103 and element #6.205.*

Q: For a performance of an inward turn, is the gymnast required to place her free leg behind her support leg at the end of the full turn to receive credit? Or can she step forward out of the inward turn?

A: For an inward turn, just as for the outward turn, the placement of the free leg is not what identifies the completion of the turn. The degree of turn is determined by the direction of the support leg’s foot when the heel lifts, then when it drops, onto the beam. Therefore, the free leg may be placed in either location for the inward turn. *Reference: USAG Dev Prog COP, Beam Chapter 1 Section V.E.3.b.1 Required Technique for Recognition of Value Parts, turns (page BEAM-10).*

Floor Exercise

Q: Where can I request a review of floor exercise music to verify that it follows music selection rules regarding use of human voice?

A: You would send a copy of the music with a request of review to the university’s USAG Regional Technical Committee Chair (RTCC). *Reference: USAG Dev Prog CoP, Floor Exercise Section 5, Chapter III Music Regulations A.3 (page FLOOR-3). To find how to contact your USAG RTCC, refer to Women’s Program R & P, USAG Program National Committee directory pages for the associated region.*

Q: Would a D + A dance combination fulfill the Dance Bonus composition requirement, even though it doesn’t receive Connection Value bonus?

A: Yes. The Dance Bonus composition deduction is fulfilled with either a Connection Value (CV) bonus combination OR a D/E dance element bonus (in combination or not). *Reference: NCAA Rules Modifications, Section 5.3.a.1, Floor Specific Composition deductions.*

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The following pages are a special attachment of a compilation by the Rules Interpreter of the May 2023 USAG Committee meetings updates that impact NCAA rules.

2023 USAG Committee Meeting Updates that Impact NCAA Rules

For abbreviations below:

COP refers to the USAG Women's Dev Program Optional Code of Points, found at <https://usagym.org/women/development/optionals/>

R&P refers to the Women's Program Rules & Policies at <https://usagym.org/women/rules/>

Additional notations in **red** made by the Rules Interpreter for ease of reading.

From the Joint National Development Program Committee/ National Technical Committee meeting on May 15, 2023, items that PASSED

DEDUCTION CHANGES:

COP - VAULT / BARS / BEAM / FLOOR / GENERAL: add an option for a **0.15** deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.

COP - VAULT / BARS / BEAM / FLOOR / GENERAL: Update the language for squat on landing (*hips lower than knees – up to 0.30*) for landing positions on Vault, UB/BB dismounts, and BB/FX Acro elements, and amend the VT figures depicting squat on landing deduction.

COP - VAULT / BARS / BEAM / FLOOR: add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees), “Lands in squat position, then falls”= **up to 0.30 + 0.50**

COP - VAULT: reduce the deduction for “Prescribed LA turn begun too early” under Support/Repulsion Phase from Up to 0.50 to **Up to 0.30** for all vaults.

COP - VAULT: change the deduction for under-rotation of salto vaults from a flat 0.10 to **Up to 0.10**.

EQUIPMENT

R&P: BARS: chalk or water may not be added to the rails or mats once the exercise has begun / while on the competitive equipment.

COP - BARS: ELEMENT CHANGES

- Add description to element: to BARS #2.205 element description: From cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang.

→FRONT SALTO DISMOUNTS WITH TWIST --CHANGES:

- Adding to element to B column box: #8.107 b – add a ½ turn to salto and move to B Element column, resulting in a new element #8.207 c. →**NEW VALUE B**

- Include another option to element: #8.207 (now b) – add to end of description “or from a counterswing”.
- #8.307 (C) From HB — swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2/1 (720°) twist ⇒ Change to #8.407 (D).
→ WAS LISTED AS AN E FOR NCAA, SO JUST A NUMBER CHANGE
- b. #8.407 (D) From HB—swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2 ½ (900°) twist ⇒ Change to #8.507 (E).
→ WAS NOT LISTED AS DIFFERENT FOR NCAA, BUT NOW AN E

COP - BARS: **NEW VALUES** for elements with ½ turns that finish on the same side of the bar (short side ½ (180°) turns):

- 3.105 (A) Clear Hip circle with ½ (180°) turn on upswing at horizontal (HB height) to 45° from vertical
- 3.205 (B) Clear Hip circle with ½ (180°) turn on upswing at 21° to 44° from vertical
- 6.104 (A) Clear stalder circle backward with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical
- 6.201 (B) Clear stalder circle backward with ½ (180°) turn on the upswing at 21° to 44° from vertical.
- 7.109 (A) Pike sole circle backward (toe on & off) with ½ (180°) turn on the upswing at horizontal (HB height) to 45° from vertical
- 7.209 (B) Pike sole circle backward (toe on & off) with ½ (180°) turn on the upswing at 21° to 44° from vertical

COP - BEAM: add to description of Beam Mount #1.210 “or from cross handstand to front walkover exit”. This mount variation would receive designation as a forward Acro element.

COP – BEAM: add variation of element #1.204 – From rear stand (back toward beam), jump to clear straddle flight over the Beam to land in front support.

COP - BEAM: Recommendation to accept the sub-committee’s suggested Beam mounts as designated forward/sideward/backward Acro skills. Designations will be included in the Beam elements section of the COP. **See the block explanation on page BEAM-45**

COP – BEAM: **NEW ELEMENT - E** : #2.501 (E) Rader: Jump with change of legs (minimum of 30° leg separation) and ¼ (90°) turn to straddle-pike or side-split in side position (180° leg separation) with additional ¼ (90°) turn to finish in cross position.

Link to video: <https://www.youtube.com/shorts/YqX0M1O2mCI>

COP - BEAM / FLOOR: Levels 6-10 add to the Beam and Floor Specific Element Technique Clarification section: Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element. (Insufficient split = up to 0.2)

COP - FLOOR: for Levels 6 – 10: Decrease the Chief Judge deduction on Floor Exercise for “Coach on the FX area (inside the border marking)” from 0.50 to **0.30**.

COP - FLOOR: for L8-10 - When last salto does not receive VP credit due to a spot, no deduction of 0.3 will be taken from the Start Value (SV) for No attempt to Perform Last Salto with VP Credit.

COP - FLOOR: clarification on Floor Exercise that all forward and backward roll variations will receive an “A” Value Part, regardless of final position.

COP - FLOOR: add to Floor element # 7.101 (side salto): “A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement or Composition purposes.”

COP – FLOOR: **ELEMENT CHANGES:**

- Add to #2.301 “or 2½ (900°) turn” **on one foot - NEW SKILL – C**

→ **HOP WITH FREE LEG ABOVE HORIZONTAL AND TURN IN AIR:**

- #1.214 (B) - 2nd element - Hop with 1/1 (360°) turn, free leg extended above horizontal-take-off from one leg ⇒ MOVE to #1.314 c. **NOW C**
- Hop with 1½ (540°) turn, free leg extended above horizontal-take-off from one leg ⇒ MOVE to #1.414 d. **NOW D**
- Hop with 2/1 (720°) turn, free leg extended above horizontal-take-off from one leg ⇒ MOVE to 1.514. **NOW E**

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