



Women's Gymnastics 2022-24 Rules Cycle Rules Newsletter # 13 November 1, 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 and institution, or if a judge, include your name and state.

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>

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 can be downloaded from <https://usagym.org/women/rules/> Click on current year's version.

Clarification from WCGA for the hold deduction:

Rules Modification 1.7 On Vault, Uneven Bars and Balance Beam – Failure to hold the finishing position of 1 second = an additional 0.5

From WCGA: The gymnast must show a controlled finish position (legs straight, arms up) for 1 second at the completion of the routine. This position must be held facing the direction in which they landed. If the gymnast fails to hold the finish position for 1 second, a .05 deduction will be taken. All applicable landing deductions will be taken until the gymnast holds a controlled finish position for 1 second.

If a gymnast falls on the landing/dismount, the hold deduction **would NOT be taken.**

Vault

Q: For the deduction for failure to correctly apply the Vault landing lines on the top landing mat surface – is the 0.2 Team deduction applied one time for the team, or for each gymnast when the lines are missing?

A: Clarification from the WCPC: The 0.2 final team score deduction is applied as a ONE TIME TEAM DEDUCTION per competition. *Reference: Rules Modifications, Equipment Penalties section 6.2.c*

Q: A gymnast is training to perform a Cuervo Vault (USAG vault #2.405): a handspring – ½ twist to backward pike salto. What is vault number in the NCAA Vault Value Chart?

A: It is vault number 1.12: handspring—pike salto ½ twist. The NCAA Vault Value Chart does not distinguish the *timing* of the post-flight twist for salto vaults with a twist, unlike in the USAG Dev Prog COP. *Reference: Rules Modification, Appendix I. NCAA Vault Value Chart; USAG Dev Prog COP, Vault element #2.405*

Balance Beam

Q: For a front roll mount on beam (#1.107), the code simply says, “roll forward”, but the drawing shows it finishing a stand. Will a swing-through exit of this mount be considered the same value/skill? Also, can you please confirm that this mount will count as a front/side skill for composition?

A: Yes. The gymnast will still be given element value if she exits the roll in a swing-through, since she has completed the required action of rolling 360° rotation over her head that defines a roll. The skill number 1.107 shows the designation of “FA”, so it is considered a Forward Acro element to fulfill the composition requirement. *Reference: USAG Dev Prog COP Balance Beam element #1.107; for FA explanation block, see page BEAM-45.*

Floor Exercise

Q: The salto performed as last isolated salto or within the last salto connection must be a minimum C for the special requirement. If an athlete performs a butterfly forward (#5.104) at the end, is it considered a salto or dance element? Would the butterfly fulfill this special requirement or receive the 0.2 deduction?

A: No, the butterfly, element #5.104, is an “A” acro element and is not considered a salto. If the butterfly is performed at the end of the routine (after the last acro pass containing a C salto), it would not fulfill the special requirement, nor would it have a 0.2 deduction as not being a last C value salto. It would just add an A value part. *Reference: USAG Dev Prog COP Floor Ex element #5.104; Rules Modifications, Section 5. Floor Exercise, Special Requirements 5.2.c.*

Q: Will the side salto on Floor Ex fulfill the front/side skill composition requirement?

A: Yes, if she takes off from two feet to the side salto. There is a new clarifying box inserted into the element diagram on FX (element #7.101), that states if the side salto has a one-foot take off, it will appear as an aerial/side salto, and will not be considered a salto for the special requirement or composition (acro direction). *Reference: USAG Dev Prog COP Floor Exercise element #7.101.*

Supplement: Examples of applying the *hold in finishing position* 0.5 deduction for VT, UB, and BB landings, from the WCGA:

Q: What if the gymnast lands and turns toward the judge(s)/crowd with arms up and holds the finish position for 1 second

A: .05 deduction will be taken for not holding the finish position for 1 second in the direction of the landing prior to turning to present.

Q: What if the gymnast sticks the landing, holds for 1 second in the landing position with arms in front, but fails to hold the finish position for 1 second?

A: .05 deduction will be taken

Q: What if the gymnast sticks the landing, holds for 1 second in the landing position and then holds the finish position for 1 second?

A: No deduction will be taken

- Q:** What if the gymnast finishes while moving in the direction of the landing, but never stops completely before turning to the judge(s)/crowd?
- A:** All applicable landing deductions will be taken (up to -.4) and an additional .05 will be taken for failing to hold the finish position for 1 second
- Q:** What if the gymnast finishes short of the twist being attempted on the dismount or vault and continues the turn during the landing phase, but comes to a complete stop and holds the finish position for 1 second?
- A:** All applicable execution and landing deductions will be taken, but the additional .05 hold deduction will not be taken.
- Q:** What if a gymnast falls, stands up, and then holds the finish position for less than 1 second?
- A:** No deduction will be taken
- Q:** What if a gymnast is injured during a routine, or upon landing, and cannot complete the hold in the finish position for 1 second?
- A:** If an injury occurs and the gymnast cannot complete the exercise, or vault, standing, the .05 hold deduction should **NOT** be taken.
- Q:** What if the team runs onto the mat and interferes with the completion of the routine before the finish position is held for 1 second?
- A:** .05 deduction will be taken
- Q:** What if you hold the finish position for 1 second with your arms down?
- A:** .05 deduction will be taken
- Q:** What if a gymnast turns quickly after landing and holds the finish position NOT in the direction they landed?
- A:** .05 deduction will be taken
- Q:** What if a gymnast HOLDS the finish position for 1 second in the direction she lands, but does not close her heels
- A:** All applicable execution and landing deductions will be taken, but the additional .05 hold deduction will not be taken.

Janette Doucette
NCAA Women's Gymnastics Rules Interpreter
wqym.ncaa.rules@outlook.com