



Women's Gymnastics 2022-24 Rules Cycle

Rules Newsletter # 14

November 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 and institution, or if a judge, include your name and state.

The 2023-24 NCAA Rules Modification Document and Meet Procedures direct link is:

https://ncaaorg.s3.amazonaws.com/championships/sports/gymnastics/rules/2023-24PRWGY_RulesModifications.pdf

The Women's Gymnastics Supplemental Procedures and Forms document, which contains Video Review Form, Inquiry /Routine Summary Form and Meet Referee Checklist, direct link is:

https://ncaaorg.s3.amazonaws.com/championships/sports/gymnastics/rules/2023-2024PRWGY_SupplementalForms.pdf

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.

Corrections:

1. Correction to November 1, 2023 newsletter, Clarification statement pg 1 and Supplement title pg 2:

Hold finish position deduction is **0.05** (not 0.5).

2. Correction to Oct 15 2023 newsletter: question 1 in Balance Beam, it should read:

Q: If the gymnast performs an E value skill (example, **aerial round-off #7.503**) 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.

Clarification:

The following clarification for Balance Beam UTL rule is repeated from the Rules Newsletter of December 15, 2021. This UTL clarification still applies to the 2022-24 Rules Cycle:

“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 gymnast breaks a series on beam due to balance error, extra steps or fall in the connection of the elements, she would not receive CV**

and loses Special Requirement (SR). If there is not another D/E acro element or E dance element in her routine, she would receive an UTL deduction.”

Reference: 2023-24 Rules Modification Beam 4.2.d Choice of elements UTL; Rules Newsletter #16 December 15, 2021, from the NCAA Rules News Archive, direct link:

https://ncaaorg.s3.amazonaws.com/championships/sports/gymnastics/rules/Dec2021PRWGY_Dec15RulesNewsletter.pdf

Note: this clarification only addresses eligibility for UTL in a broken series. It does not change how value part (VP) credit is awarded for elements in the routine.

Reference: USAG Dev Prog COP Section 4 Balance Beam, Chapter 1 General Info, Recognition of Value Parts 4.1.V.A.4 (page BEAM-7).

The following questions are examples of application of this clarification:

Q-1: If a gymnast breaks her acro series on beam due to a balance error, would she receive a UTL deduction because she has no credit for the series?

A-1: Deduct UTL -0.1 if there is no additional D/E acro element or E dance element in the routine.

Q-2: A gymnast performs an aerial cartwheel (#7.403), stops, steps back, then performs an aerial cartwheel – back handspring (#7.208) series but breaks the series due to a balance error. There is no other D/E acro or E dance in the routine. Does the gymnast receive a UTL deduction?

A-2: No. UTL is awarded because the first aerial cartwheel received a D VP and counts as the additional D/E acro element. The 2nd aerial cartwheel receives zero VP but is part of a planned acro series, so the beam series UTL clarification applies.

Q-3: If a gymnast performs an aerial cartwheel (#7.403) – back handspring (#7.208) series and breaks the series due to a balance error, then later in her routine performs a second solo aerial cartwheel (#7.403), does she receive a UTL deduction?

A-3: Yes, -0.1 UTL is taken. The 2nd aerial cartwheel, performed in the same connection (stand to stand) receives zero VP, and therefore cannot be used for UTL.

Q-4: If a gymnast performs an aerial cartwheel (#7.403) – back handspring (#7.208) series and breaks the series due to a balance error, then later performs a cat leap (#2.109) – aerial cartwheel (#7.403) in a series, does she receive a UTL deduction?

A-4: No. UTL is awarded because the 2nd aerial cartwheel is performed in a different connection and receives D acro VP, and therefore counts as an additional D/E acro element.

General

Q: Does the NCAA follow the same leotard rules as in the USAG Dev Program, in terms of leggings, shorts, head covering, etc.?

A: No. The uniform/leotard regulations for the NCAA gymnasts are solely determined by the NCAA. The USAG Dev Program COP leotard specifications do not apply in NCAA competitions. There is a waiver process through the NCAA office for exceptions to the leotard specifications, to allow for leggings, head coverings, etc. The signed waiver document notes the specific athlete who is given the exception to the rules regarding the leotard. Reference: Rules Modification Section 6.3. Uniforms

Q: What is included in the deduction of 0.2 for “improper use of equipment” in Rules Modification Equipment Penalties paragraph 6.2.a.?

A: This information in paragraph 6.2.a. was written to provide a numeric deduction for any Section 6 Equipment paragraphs that do not have a deduction already identified. Section 6 specifies how the equipment is to be used. If it is not used in the specified manner, then apply the 0.2 “improper use of

equipment” deduction. If an equipment rule is not written in the Rules Modifications, then refer to the equipment rule in USAG Dev Prog COP.

Specifically,

6.2.b. **use of foreign substances on hands or feet**= 0.2 deduction (clarified = TEAM deduction)

6.2.e. **unauthorized/additional supplemental mats on FX** = 0.2 deduction (clarified = TEAM deduction) *NOTE: This is different than the USAG deduction of 0.3.*

6.1.h. **using plywood under mounting board without a non-slip surface** = 0.2 TEAM deduction.

Other equipment-based deductions not specified in Rules Modification, such as “failure to remove the board after the mount” are applied as written in the USAG Dev Prog COP.

Reference: Rules Modifications Section 6.2.a.; USAG Dev Prog COP Section 1 General Information, Chapter 1 Judging Panels, Chief Judge Deductions table (pages GENERAL-7-9).

Balance Beam

Q: An athlete performs the front roll mount (#1.107) with a stop on her back for some leg choreography, then rolls to her feet. Does this count as a forward acro element?

A: Yes. The rolling action over the head is complete, and it would receive credit as a front roll mount (#1.107), marked “FA” as a forward acro element for composition.

Reference: USAG Dev Prog COP Balance Beam element #1.107; “FA” explanation block on page BEAM-45.

Q: If a gymnast taps the end of the beam with her foot prior to a dismount, will there be a deduction?

A: Possibly. The tapping of the foot on the end of the beam while preparing for a dismount (with no other purposeful choreography involved) is an example of “unnecessary adjustments and/or steps without choreography” taken under Artistry –Lack of variety in Choreography. It would be part of the general impression under this category.

Reference: USAG Dev Prog COP, Beam Section 4, Chapter 3 Execution and Artistry, Table IV Insufficient Artistry Throughout the Exercise, on page BEAM-30.

Q: If the gymnast is performing choreography while tapping her foot on the end of the beam before the dismount, is there a deduction?

A: No. If the gymnast adds choreography (looking purposeful) to this tapping of the foot movement, then it would not be considered “unnecessary adjustments and/or steps without choreography” and would not warrant a deduction under Artistry.

Reference: USAG Dev Prog COP, Beam Section 4, Chapter 3 Execution and Artistry, Table IV Insufficient Artistry Throughout the Exercise, on page BEAM-30.

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