



Women's Gymnastics 2022-24 Rules Cycle

Rules Newsletter # 16

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Rules Resources

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

Please submit any questions for rule interpretation 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.

General

Q: Does the USAG rule for chalk markings allowed on the landing mat for a visual cue apply to NCAA?

A: Yes. Reference: USAG Women's R&P Chapter 10 Apparatus Specifications, II.D (page 103)

Q: Where do I find the affiliation rules for judges?

A: The *Collegiate JAS Judge's Manual* for the 2024 season, pages 8-9.

Q: Where can I find the procedures for a video inquiry? What are the criteria for viewing the video inquiry?

A: The procedures for the written inquiry and video inquiry process is found under "Meet Referee During Meet Duties" checklist in the *Supplemental Procedures and Forms* document. However, missing from that list is the criteria to view the video. This was clarified by the JAS Committee: **the video may be viewed by the judging panel in regular speed or in slow motion to the advantage of the gymnast, and it may be viewed multiple times.**

Additional clarifications that still apply: the video inquiry is treated the same as a written inquiry where it must be presented before the beginning of the next rotation; there are no limits to the

number of video inquiries submitted; any failed inquiry (video or written) may be appealed through the Video Review process.

Reference: Rules Newsletter #8 Feb 1, 2023, Clarifications of Video Inquiry; 2023-24 Supplemental Procedures and Forms Document, Meet Referee During Meet Duties page 6.

Vault

Q: In Rules Modifications 6.1.c., it states that “Chalk only may be used on the student-athlete as needed (e.g. hands, feet, legs)”. Are water, AAI solutions and AAI hand Tac/10 towels also acceptable, as written in Rules Modifications 6.2.b.?

A: Yes. Clarified by the WCPC.

Q: Does the new USAG rule for “Chalk ONLY (no tape) may be placed on the hand placement mat” apply to NCAA?

A: Yes. *Reference: USAG Women’s R&P Chapter10 Apparatus Specifications, under Vault VII.c. (page 105)*

Balance Beam

Q: If an athlete lays over the beam with her lead leg in a stag position (bent) and holds for 2 seconds, does it count as the A element #5.104?

A: No. The text of #5.104 specifically describes the pose as “free lying with large leg amplitude.” This means that in order for an athlete to receive A value credit for this skill, her lead leg needs to be straight and up high in the air, not in a low bent stag position. This high leg position gives it more difficulty to warrant an A value.

Reference: USAG Dev Prog COP Beam element #5.104, page BEAM-69.

Q: Can an athlete perform element #1.113 with one hand on the board and the other on the beam, as she performs the cartwheel to front support mount? Is it a sideward element?

A: Element #1.113: a cartwheel with hands on the springboard to finish in front support on the beam allows a variation of one hand placed on the beam. This element is not marked as a sideward acro element (SA) on the chart. So, it does not fulfill the side element compositional requirement.

Reference: USAG Dev Prog COP Beam element #1.113, page BEAM-50.

Q: When a gymnast performs a chest stand on beam, are the gymnast's arms required to grasp under the beam as shown in the picture in the COP to receive an "A" value mount? Or can she perform a chest stand with her hands on top of the beam with elbows pointing toward the ceiling?

A: Yes. The athlete may perform the chest stand mount (#1.108) with the hands on top of the beam and elbows bent and pointing up to the ceiling to receive the A value part. The method of support is flexible.

Reference: USAG Dev Prog COP Beam element #1.108, page BEAM-46.

Q: The athlete performs a back handspring step out, gainer back salto stretched with 1/1 off the end of the beam and lands on the end mat. Does the dismount count as element #9.308 and receive C value?

A: No. The element #9.308 gainer back salto stretched with a 1/1 twist is specifically noted to be to the side of the beam, with a sideward trajectory, which gives it the added difficulty to warrant a C value

part. When it is performed off the end of the beam, it is a gainer (one foot take-off) variation of #9.206, salto backward stretched with 1/1, which is a B. To receive the C value part, the athlete must land to the side of the beam, on the mat placed at the side of the beam.

Reference: USAG Dev Prog COP Beam element #9.308, page BEAM-94 and Beam element #9.206, page BEAM-92.

Floor Exercise

Q: Can the stag-ring jump full receive D credit if it has a take-off from one foot?

A: Yes. The stag-ring jump with 1/1 turn (#1.310) can be performed from a single-leg take-off and still be valued as a D in NCAA. Since it is not written specifically in the COP, it may be awarded comparable value part credit for the root element (the stag-ring 1/1 turn). It's also of note that #1.210 identifies both a ring jump and ring leap as the same element with different take-off styles.

Reference: USAG Dev Prog COP Section 5 Floor, 5.1.VI.A.1.a. Recognition of Value Parts; Floor elements #1.210 and #1.310, page FLOOR-48

Q: For a 2-acro pass routine, can an A + C + A direct acro combination (+0.2 CV) fulfill the UTL requirement?

A: Yes. For the UTL requirement with a 2-acro pass routine, one pass must have a D, and the other pass may have a D or +0.2 CV bonus from any combination of A, B or C elements that receives +0.2 in total Connection Value bonus. The A+A+C direct connection bonus rule (+0.1) may be split into two- A+C direct connection bonus rules (+0.1 each = total +0.2) to the advantage of the gymnast when the C element is in the middle.

Reference: Rules Modifications, section 5.3.d.2 for UTL of a 2-acro pass routine; USAG Dev Prog COP Section 5 Floor, Chapter 4 Bonus, 5.4.II.B Direct connection bonus page FLOOR-33, and 5.4.II.C Direction connection Bonus with 3 or more elements, page FLOOR-38

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