



Women's Gymnastics 2022-24 Rules Cycle

Rules Newsletter # 15

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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.

Balance Beam

Q: If a gymnast initiates a salto during a beam dismount, but is under-rotated and lands on all fours, is the 0.3 deduction for no dismount applied?

A: No. As long as the salto is initiated, this deduction is not taken. *Reference: USAG Dev Prog COP, Section 4 Beam, Chapter 1 Mount and Dismount Regulations 4.1.IV.B.5.b.*

Q: If a gymnast performs a back handspring (#7.208) – back layout step-out salto (#8.404) series on beam, then later performs a standing back layout step-out salto (also with 2-foot takeoff), does she fulfill the UTL requirement?

A: Yes. The athlete has performed the two back layout step-out saltos in different connections, so the D value part for the second salto can count towards UTL. (Reminder: Only receive DV bonus once)

Reference: USAG Dev Prog COP Section 4 Balance Beam, Chapter 1 General Info, Recognition of Value Parts 4.1.V.A.1 (page BEAM-6). Rules Modifications Section 4.2.d.

Q: A gymnast performs the following two series: back handspring – aerial cartwheel, then aerial cartwheel – beat jump. What is the bonus for CV and DV?

A: +0.4. The back handspring (#7.208) to swing through the free leg to an aerial cartwheel (#7.403) receives +0.2 CV (B + D) and +0.1 DV for the aerial. Later in the routine, the aerial cartwheel – beat jump (#2.108) receives +0.1 CV (A + D) but no DV bonus for a second aerial cartwheel.

Reference: USAG Dev Prog COP Section 4 Beam, Chapter 4 Bonus, 4.4.II.B. (pg BEAM-23) and 4.4.II.D (pg BEAM-35); USAG Dev Prog COP Section 4 Balance Beam, Chapter 1 General Info, Recognition of Value Parts 4.1.V.A.1 (page BEAM-6).

Q: Do the following jumps count as 3 different elements: straddle jump, straddle jump 1/4 turn, straddle jump 1/2 turn?

A: The cross-facing straddle jump (#2.202) is a B. In NCAA, both cross-facing and side-facing straddle jump with 1/4 turn are valued the same (C) and are #2.302. When two elements are under the same number, the rules specify that “the addition of a 1/4 turn does NOT make the element different, unless specifically listed in the COP”. Therefore, the side-facing straddle jump (#2.302) is the SAME as both straddle jump with 1/4 turn elements.

However, the straddle jump 1/2 turn (#2.402) is considered DIFFERENT from the other two, with a different number and value.

Reference: Rules Modifications, Beam 4.3 Element values different from Level 10; USAG Dev Prog COP Section 4 Beam Chapter 1 General Info, 4.1.V.B.2.b. Elements considered different for counting VPs (page BEAM-8); USAG Dev Prog COP Balance Beam elements #2.202, #2.302, and # 2.402.

Q: Is there a composition rule that limits the number of straddle jumps in a beam routine?

A: No. The NCAA Rules Modifications specify the ONLY Composition deductions applied in NCAA, and this composition deduction is not in the Rules Modifications.

Reference: Rules Modifications 1.1, Beam Section 4.2 Specific Compositional Deductions.

Q: When performing a switch leap (into a gainer dismount), is a step allowed in between to count as a connection and receive the dismount bonus? Specifically: switch leap land on left leg, step right leg, swing left leg gainer pike salto off the end of the beam.

A: Yes. The switch-leg leap (#2.305) land on left leg, step right leg, swing left leg gainer back pike salto off the end (#9.309) does connect. A gainer salto is described as starting “from stand on one leg, swing the free leg through...” (see element #9.108 description). So, as connections work, the free leg on the first element (right leg) is the take-off leg of the second element (the “stand” part of the gainer as she steps right), then the swing of the left leg initiates the salto portion of the gainer.

But do be aware if the gymnast kicks the right leg above 45° as stepping into the gainer element, it will break the series.

References: USAG Dev Prog COP Section 4 Beam, Chapter 2 Compositional Categories, III. Clarifications Regarding Series, 4.2.III.A. (pg BEAM-24) and 4.2.III.B. – under the NOTE (pg BEAM-25); Broken series described in 4.2.III.A.4.g. (pg BEAM-24)

Floor Exercise

Q: Can you verify if the wolf jump with 3/4 turn is a B value part?

A: Yes, it is a B. The wolf jump with 3/4 turn is the same as element #1.216 wolf jump 1/2 turn, since it is just adding 1/4 turn and does not have a different element number listed in the COP.

Reference: Section 5 Floor Ex, Chapter 1 General Information 5.1.VI.B.2.b. Element performed with different degrees of turn, page FLOOR-7.

Q: The element #1.201, the double stag jump with 1/1 (360°), is listed in the COP as a B element. The NCAA Rules Modification states that #1.310 Ring jump or stag-ring jump with 1/1 (360°) is valued as a D. Can you verify if #1.201 is a B or C value part?

A: Element #1.201 is a B. The double stag jump 1/1 turn is different than the double stag RING jump 1/1 turn (#1.310). The difference is the ring position – with the back arched so the back foot is up at head height and the head is released backward past a vertical line (looking at the ceiling). NCAA specifies #1.310 as a D value part.

Reference: USAG Dev Prog COP Section 5 Floor Ex, Chapter 1 General Information, 5.1.VI.F.4. Specific Element Technique Clarifications, ring jump (page FLOOR-10); Rules Modifications 5.4

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