



# Women's Gymnastics 2022-24 Rules Cycle

## Rules Newsletter #20

### March 1, 2024

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#### *Rules Resources*

The NCAA Rules Interpreter is Janette Doucette, email address [wgym.ncaa.rules@outlook.com](mailto: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](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](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.

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#### **General**

**Q: If the video provided with a video inquiry is inconclusive to point out that a specific judging decision was incorrect, then does that mean that the original decision must hold?**

**A: No**, the video inquiry does not require that the initial panel decisions must stand if the video provided does not give additional clarity to a specific judging decision.

The *video inquiry* involves using a video as a tool to bring a potentially helpful visual component to the inquiry process. The video may or may not provide the clarity expected by the coach. Once the video inquiry is submitted (as with any inquiry), a second evaluation of the routine occurs (relative to allowable categories) as an inquiry meeting is held. This inquiry meeting involves a collegial discussion of what judgements were made, and if any changes to those judgements are warranted by what could be seen in the video. If the judges determine that the video does not provide additional clarity to the initial judging decision(s) in question, then the inquiry meeting determines if any changes to their decision(s) should occur. As always, an inquiry may result in a score that is raised, stays the same, or is lowered, and any unsatisfactory inquiry result may be submitted by the coach as a Video Review at the end of the competition.

*Reference: USAG Dev Prog COP Section 1 General Info - Chapter 4 Unusual Judging Situations - Inquiries III.D.2. page GENERAL-27; Supplemental Procedures and Forms, Meet Referee During Meet Duties.*

**Q: Are tank leotards permitted at a dual meet?**

**A: Yes.** The only stipulation is that all leotards are identical and not swimwear.

*Reference: Rules Modifications 6.3 Uniforms, and NCAA Women's Gymnastics 2023-24 Pre-Championship Manual, Section 1.8 Uniforms.*

**Q: Can a team wear leotards that are all the same, but have different words on the back?**

**A: No.** Gymnast's names may be included on the leotard - but not nicknames, nor different words.

*Reference: Rules Modifications 6.3 Uniforms.*

**Q: What is the allowable supplemental matting for dismounts on Bars?**

**A:** Up to 9 inches (24 cm) of any combination of supplemental landing mats are permitted on top of the competition landing mats for Bars dismounts. This would mean that a maximum stack of two 4-inch landing mats and a sting mat, **or** an 8-inch skill cushion and a sting mat is permitted.

*Reference: USAG Women's Prog R&P, Chapter 10 Apparatus Specifications, II.C.b. Supplemental matting, page 104.*

**Q: If the gymnast is in the finish position for 1 second but is pumping her fists or flashing a symbol over their head during the 1-second "hold", should the hold deduction be taken?**

**A: Yes.** If fists or hands are moving actively (overhead) while showing the finish position for the 1 second, a deduction would be taken. The finish position hold is without movement for 1 second. Per WCPC Clarification.

**Q: If the gymnast does not hold for 1 FULL second, but comes close, should the hold deduction be taken?**

**A: Yes.** The hold in the finish position rule stipulates 1 second. It is up to the judges to determine if one second has passed or not, and then apply the deduction appropriately.

*Reference: Rules Modifications 1.7, Rules Newsletter Nov 1, 2023.*

**Q: Can the gymnast close her heels together as she is standing to the finish position without a deduction?**

**A: Yes.** She may close her heels (without additional foot movement) while transitioning from the landing position to the finish position (straight legs, arms up) with no deduction. The 1-second timing for the hold would begin once she is standing in the finish position.

*Reference: Rules Modifications 1.7, Rules Newsletter Nov 1, 2023 and Feb 1, 2024.*

**Q: Does the deduction for arm swings/trunk movement on a stuck landing (up to 0.2) apply to NCAA?**

**A: Yes.** It has not been specified in the Rules Modifications as different from the USAG Dev Prog COP.

*Reference: USAG Dev Prog COP Section 1 General Info - Chapter 3 Evaluation of Optional Exercises - V.C. General Deductions table, page GENERAL-21.*

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## Balance Beam

**Q: Gymnast performs a front aerial, lands on the support leg, the free leg swings forward with a slight balance error before going back to the scale position and holding for one second, in an attempt of a front aerial to scale (element #7.502). Does she receive the E?**

**A: No.** In order to receive the E value part for #7.502, the free leg is allowed to drop slightly and then move to the scale, and held 2 seconds. The balance error before the scale will negate the E value part. It may receive a D for a front aerial walkover (#7.402).

*Reference: USAG Dev Prog COP Beam Elements #7.402 and 7.502; clarification by the USAG Women's Technical Committee.*

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