



NCAA Women's Gymnastics Rules Cycle 2022-24 Rules Newsletter Archive for 2023-2024

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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. Coaches: Please provide your name and institution. Judges: please provide 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://usagym.org/women/development/updates/> 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.

The new element evaluation form can be downloaded from the USAG Women's Development Program website, under "forms" at <https://static.usagym.org/PDFs/Forms/Women/NewElementEval.pdf> .

General

Rules Newsletter #12 – October 15, 2023

UPDATE TO RULES MODIFICATION:

In the chart in Bars 3.3, the element #8.307 Front Flyaway with 2/1 twist has been changed with a new element number of **#8.407** in USAG Dev Program (and value from a C to a D). It will remain on the list in the Rules Modifications as an E Value Part exception.

Q: How do I request a value part evaluation for new element?

A: Send all new element evaluations in writing to the university's USAG Regional Technical Committee Chair (RTCC). *Reference: USAG Dev Prog COP Section 1 General Info – Chapter 3 Evaluation of Optional Exercise – I.D. Elements not Listed in Dev COP (page GENERAL-18).*

To find how to contact your USAG RTCC, refer to Women's Program R & P – USAG Program National Committee directory pages for the associated region.

NOTE FOR ARCHIVE: This October 15th issue included a special attachment of a compilation by the Rules Interpreter of the May 2023 USAG Committee meetings updates that impact NCAA rules. It is not repeated in this document, since those updates are in the current USAG Dev Program COP.

Rules Newsletter #13 – November 1, 2023

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 0.05

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.**

NOTE FOR ARCHIVE: The supplement of application examples of this rule is attached at the end of this Rules Archive document, under **Attached Supplement.**

Rules Newsletter #14 – November 15, 2024

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)

Rules Newsletter #16 – December 15, 2023

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.

Rules Newsletter #17 – January 15, 2024

Q: Is there an archive summary of the 2022-23 rules newsletters available?

A: Yes, there are two sources: the NAWGJ.org website >NCAA>Rules & Clarifications >Rules News Archives (scroll to the bottom) and click in the box “select files”. It will drop down the listing of all the previous newsletters, to include (at the top) a Rules News Archive published on Mar 21, 2023. The

[NCAA.org Women's Gymnastics Rules of the Game](https://www.ncaa.org/women/gymnastics-rules-of-the-game) website also lists current Rules Newsletters, with the Rules Newsletter Archive compilation for 2022-23 available under March 2023.

Q: Once a written inquiry is submitted for a routine, and it fails, can the coach follow up with a video inquiry, or should it be handled with the video review procedures?

A: A video review is the only avenue for the coach to appeal an inquiry result. A coach may not substitute a video inquiry for a video review in the event that the coach is unsatisfied with the results of a (written) inquiry.

Reference: Rules Modifications Section 7.1 Video Review Process, first paragraph.

Q: Can a coach submit both a written inquiry and a video inquiry on the same routine?

A: No. Clarified by the JAS Committee.

Rules Newsletter #18 – February 1, 2024

Q: On Vault, Bars and Beam: Does the one second hold occur before or after heels come together?

A: After. The clarification of the hold deduction states, “All applicable landing deductions will be taken until the gymnast holds a controlled finish position for 1 second.” Since putting the heels together is considered a required landing adjustment (must be together or 0.05 - 0.1 deduction), there would be a deduction if the heels are not together when showing the hold. Therefore, ideally, for no deduction, the gymnast should put her heels together, THEN hold 1 second in the finish position (legs straight, arms up).

References: Rules Newsletter #13 Nov 1 23, Clarification for hold in finish position deduction, and Supplemental Examples of hold deduction – last Q&A; USAG Dev Prog COP, Section 1 General – Chapter 3 Optional Exercises – V. Execution – C. General deduction listing, Small Faults – Lands with Feet Apart, page GENERAL-21.

Q: Is a pit pillow an allowable mat at an NCAA competition?

A: The “pit pillow” (alternate skill cushion) is not allowed for use in competition as a landing mat. It is allowed only for use in vaulting warm-ups or for bar releases (in and out as needed), if it is available at the meet site.

References: USAG Women’s Prog Rules & Policies Chapter 10 Equipment Specifications – Vault VII.H.4. on page 107, - and – Uneven Bars X.G, page 109.

Q: Is there a deduction for a mat sliding when a gymnast lands?

A: No, there is no deduction for mat sliding in the rules. However, any landing deductions would be taken.

Rules Newsletter #19 – February 15, 2024

Q: During the 4-minute touch warm-up period, can gymnasts warm-up using the mats/Floor Ex areas that are open (no other team is using)?

A: No. A gymnast may NOT use the “open” event to warm-up once the competition has started. They may only use the matting surrounding the event on which they are currently competing. Per clarification by the WCGA. *Reference: Rules Modifications Appendix IV Regular Season Meet Procedures, 3.2.c.*

Q: Can you explain when it is appropriate to submit an inquiry related to a neutral deduction or unusual occurrence? What exactly is a neutral deduction or unusual occurrence?

A: Neutral Deductions are those that are listed as Chief Judge Deductions, meaning deductions taken from the average score of the judging panel. These deductions include overtime on Beam/Floor Ex, stepping outside the Floor Ex boundary lines, failure to remove the board after a mount, and the like. The Chief Judge Deduction Table begins on page GENERAL-7 in the *USAG Dev Prog COP, Section 1 General Information - Chapter 1 Judging Panels*. Each event section also highlights specific Chief Judge Deductions for that event on pages VAULT-2 to -4, BARS-30, BEAM-27, and FLOOR-25.

Additional neutral deductions specifically for the NCAA competitions are listed in the *Rules Modifications 6.2, 6.3, 6.4, and 6.5*, such as failure to correctly apply the Vault landing lines on the top landing mat, or gymnast out of uniform.

Unusual Occurrences are if something happens that is not usual during the progress of an exercise, such as equipment failure, incomplete exercise, or stopping the routine because of a bleeding wound. Examples are listed in the *USAG Dev Prog COP, Section 1 - General Info - Chapter 4 Unusual Judging Situations* starting on page GENERAL-26.

Q: What happens if a gymnast performs her whole routine, but one judge missed the routine (due to a pen failure, for example) and cannot give a score?

A: The Chief Judge, after consultation with the Meet Referee, would notify the coach the score of the judge who evaluated the routine, and offer a choice of two options to proceed:

1. Accept the score as the final score, or
2. The gymnast repeats the routine and the second set of scores will count.

Reference: USAG Dev Prog COP, Section 1 General Info – Chapter 4 Unusual Judging Situations – IV. Judge Inadvertently Misses the Exercise, page GENERAL-28.

Q: Are athletes allowed to wear a nose septum ring?

A: No. The nose septum ring is NOT allowed, since it is a hoop-style piercing. Please note that a nose hoop ring or hoop earrings are also not allowed. Only stud piercings are permitted.

Reference: Rules Modification 6.4 Jewelry.

Q: Can a Meet Referee call a conference if the two scores are within range and the start values are both 10.0?

A: No. A Conference may only occur when:

- counting scores are out of range,
- if there is an impossible Start Value,
- an UTL that can have an impact on the average score, or
- if an inquiry is submitted.

There is no published rule that states that a Meet Referee (MR) can call a conference, except when the MR is presenting a valid inquiry form to a judging panel. However, the MR may offer opinion/counsel during conferences if they are called due to the permitted circumstances.

Reference: Rules Modification 6.6.f; Supplemental Procedures – Meet Referee During Meet Duties.

Q: If a walking Meet Ref observes an out of bounds infraction on Floor Ex and the panel of judges did not see it, does she/he have the authority to tell the Chief Judge of the observation so the deduction may be taken? Is there a procedure for how she/he provides this information to the Chief Judge?

A: The duties of the Meet Referee do not include observing and notifying the Floor Exercise judging panel of out of bounds infractions. The out of bounds determination is assigned to the line judge, or, in the case of no designated line judge, to the judging panel. Any member of the Floor judging panel may notify the Meet Referee if an out of bounds deduction was inadvertently not entered in the scoring system, so the Meet Referee can make the change at the scorer's table.

Reference: Supplemental Procedures and Forms Document – Meet Referee During Meet Duties; USAG Women's Prog R&P, Chapter 6 General Meet Info – G.7.a. Scoring; USAG Dev Prog COP Section 1 General Info – Chapter 2 Scoring – III.E.1. Time Frame for Changing a Score.

Q: What are the deductions if the coach touches the equipment while a gymnast is competing?

A: Vault: There is no penalty if a coach inadvertently touches the vault table or makes contact with the Safety Zone mat while standing between the board and vault table (inside domain). This location is permitted with no penalty for Round-off entry vaults ONLY. If Coach stands there for any other style of vault, it's a 0.5 deduction.

Bars: There is no penalty for a coach to lean on the bars while spotting (without necessarily touching the gymnast). However, the coach cannot remain between the bars for the whole routine (0.1 deduction).

Beam: There is no mention of allowing the coach to touch the beam, even during spotting. The coach cannot remain beside the beam for the entire routine (0.1 deduction).

Floor: The coach receives a 0.3 deduction if she/he steps within the FX boundaries, except to remove an object which may impede/endanger the athlete, or when placing/removing/adjusting a supplemental mat.

Currently, there is no specific rule or deduction listed to indicate that a coach cannot touch the vault, bars or beam while not actively spotting the gymnast while she is competing.

References: USAG Dev Prog COP-- Section 2 Vault – Chapter 1 General Info – 2.I.E.3. Coaching deductions, pg. VAULT-4; Section 3 Uneven Bars – Chapter 1 General Info – V. Spotting Regulations 3.1.V.G and 3.1.V.F., pg. BARS-4; Section 4 Beam - Chapter 1 General Info – 4.1.III.E. Spotting Regulations, pg. BEAM-4; Section 5 Floor Ex - Chapter 1 General Info – 5.1.VA Coach on FX Area, pg. FLOOR-4.

Rules Newsletter #20 – March 1, 2024

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.

Q: After a gymnast completes her routine, the team runs up to celebrate with the gymnast, blocking the view between the judges while they are performing their open scoring process. Is there any penalty for blocking the judges view during celebrations?

A: No. The procedure available would be for judges to contact the MR, who can politely remind the team to be aware of the obstruction of judges' view while they are flashing their scores, for the sake of keeping the meet moving along. There is a penalty if the obstruction of view occurs during a routine performance.

Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – V.F. page FLOOR-5.

Q: If a floor exercise panel judge raises her/his hand to signify an out of bounds infraction, and the Chief Judge either did not see the signal, or inadvertently failed to take the deduction off the score, can the Meet Referee then step in and request the Chief Judge change the score to reflect the deduction?

A: Yes. If the floor exercise panel judge who raised her/his hand to signify an out of bounds noted that the CJ inadvertently failed to include the deduction in the final score, then the panel judge should contact the CJ as soon as feasible to make the correction. In addition, if the Meet Referee, while observing the floor exercise routine, saw the out of bounds signal from a floor panel judge (or line judge) and noted that the deduction was not taken from the final score as flashed, she/he may check with the judge who signaled the out of bounds to confirm, then verify with the CJ if the neutral deduction was taken from the average score. If it was inadvertently missed, the Meet Referee may facilitate the change of the score to ensure the integrity of the neutral deduction application process.

References: USAG Dev Prog COP Section 1 General Info – Chapter 2 Scoring – III.E.1.a. under Re-evaluation of Exercise, page GENERAL-14; USAG Women's Prog R&P Chapter 6. General Meet Info – G. Scoring – 7.a., page 63 (newest version); Supplemental Procedures document, Meet Referee During Meet Duties.

Q: Per our conference manual, the open stretch period is 20 minutes long. May this open stretch time be permitted instead of the open stretch period designated as 30 minutes in the Rules Modifications?

A: Yes. The first paragraph in Appendix IV Regular Season Meet Procedures allows for coaches to agree, in writing, to alter warm-up and competition format. If coaches do not agree, then the Rules Modifications warm-up and meet procedures are to be followed.

Reference: Rules Modification Appendix IV Regular Season Meet Procedures – first paragraph and 3.1.a., 4.2 and 5.2.

Q: Are teams allowed to claim control over their starting event of the 15-minute event warm-up while in the last 5 minutes of the 30-minute open stretch period?

A: There is nothing published in the rules that allows the teams to claim control over their starting warm-up event while still in the 30 min open stretch period. However, as per the first paragraph in Appendix IV noted above, if coaches agreed in writing to this change in warm-up format, then it may occur. If it is not agreed upon, then all events are open to everyone during open stretch as stated in the Rules Modifications.

Reference: Rules Modification, Appendix IV.3 for Regular Season Meet Procedure – first paragraph and 3.1.a., 4.2 and 5.2.

Vault

Rules Newsletter #13 – November 1, 2023

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

Rules Newsletter #16 – December 15, 2023

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 – Vault VII.c. (page 105)*

Rules Newsletter #17 – January 15, 2024

Q: A gymnast runs and hits the board moving forward (like going for a handspring), does NOT invert, jumps onto her feet on the table, runs across it and lands on the landing mat. Is it a balk or a vault?

A: **It is a vault.** The WCPC has clarified that “since the gymnast went OVER the table, it would be considered a Vault.” Note: since it is not a vault listed in the vault table as performed, it is void.

Reference: Rules Modification Vault Section 2.3, second bullet

Rules Newsletter #18 – February 1, 2024

Q: If an athlete is performing a Yurchenko vault and the hand mat slides during the roundoff portion of the vault, is this considered equipment failure? Would she be able to repeat the vault?

A: **No.** In USAG Dev Prog COP, Section 2 Vaulting – I. Apparatus Specifications, 2.I.E.2. (page VAULT-2), it states that “If hand placement mat slips on the runway, it is NOT considered apparatus or personal equipment failure” and “This is NOT a reason to repeat the Vault without penalty”.

Uneven Bars

Rules Newsletter #12 – October 15, 2023

Q: Is the dismount on bars required to be a C salto?

A: No. The Uneven Bars Special Requirement for NCAA does not specify a salto, just a C dismount.
Reference: NCAA Rules Modification Section 3. Uneven Bars – Special Requirements 3.1.d.

Q: Does the ¾ Giant “empty” swing deduction apply after a mount or catching a release on the HB, then reverse direction (back swing) and perform an uprise to handstand (#2.303)?

A: No. If, for example, the gymnast performs a hecht mount over the LB (#1.209), the swing forward is the natural swing from the mount, and the backswing is a necessity to perform the uprise. So, there is no extra swing, and the deduction does not apply. *Reference: USAG Dev Prog COP Section 3 Uneven Bars – Chapter 2.III Specific Compositional Deductions chart (page BARS-29); Uneven Bars elements #2.303 and #1.209.*

Q: Does the ¾ Giant “empty” swing deduction apply after passing through a giant 1/1 turn (#4.403) to partial giant swing forward to counter swing back to perform the uprise to handstand (#2.303)?

A: No, it would not be an extra (“empty”) swing. As with the example above, it is a swing inherent to the conclusion of one skill connecting to the swing that is the beginning of the next element. This is the same principle as the giant 1/1 turn connected to counterswing to a straddle back handstand (#2.305), as described in the *USAG Dev Prog COP Section 3 Uneven Bars – Chapter 4 Bonus, Direct Connection of at Least Two Elements C + D/E, example 5 (page BARS-41).*

Q: In the Rules Modification under Bars, the number 2.301 is a D. Does that mean all the elements numbered 2.301 are a D?

A: No. In the chart on Bars, under 3.3 “Element Values Different from Level 10”, it lists a specific group of elements on bars that use a Healy technique (1/1 turn (360°) on one arm after handstand), that are given a D value for NCAA (while C in Level 10). The individual element name accompanies the skill number, to distinguish between that specific skill and others under the same number, per the text of each element in the skill chart of the USAG Dev Program COP. Since the other skills under the #2.301 (half-turns in handstand) are not Healy technique cast handstands, they are not considered the exception elements for D value in NCAA in the chart. *Reference: USAG Dev Prog COP Uneven Bars element #2.301.*

Balance Beam

Rules Newsletter #12 – October 15, 2023

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.* (this entry has the element number correction as noted in Rules Newsletter #13)

Q: When performing a handstand (#5.106) on the beam, can the gymnast hold it in a split position? Can the gymnast kick up to the handstand from a kneeling position?

A: Yes, the gymnast may show a split position in the handstand, and may kick up to handstand from a kneeling position. Please note that the handstand must be held for 2 seconds in order to receive the “A” value part credit. *Reference: USAG Dev Prog COP Balance Beam element #5.106 text.*

Q: Is element # 6.205 (rolling 360° on the stomach along the beam back to the stomach) considered a side acro skill?

A: Yes. Element #6.205, defined as a “Roll *sideward*, body tucked or stretched”, is therefore a sideward acro skill, and Group 6-Rolls are within the parameters for the composition requirement of a sideward acro skill. *References: USAG Dev Prog COP Balance Beam element #6.205; NCAA Rules Modifications Beam section 4.2.a.2.*

Q: Does a chest stand mount (#1.103) to side rolling to a sit position count as a forward or sideward acro element for acro direction composition?

A: No. In the current USAG CoP update, acro mounts are given a designation of FA (Forward Acro)/SA (Sideward Acro)/BKA (Backward Acro) to identify direction of acro for use in the composition requirement of acro elements performed in different directions. Under the skill description for the chest stand (#1.103), it does not include the notation FA or SA. In addition, although the gymnast has a rolling action to the side to exit the element, it cannot be identified as a sideward roll, since a roll would require a full 360° rotation, which in your example the gymnast does not rotate fully 360°. *Reference: USAG Dev Prog COP Element Charts for Beam, page BEAM-45 for explanation in block; Balance Beam element #1.103 and element #6.205.*

Q: For a performance of an inward turn, is the gymnast required to place her free leg behind her support leg at the end of the full turn to receive credit? Or can she step forward out of the inward turn?

A: For an inward turn, just as for the outward turn, the placement of the free leg is not what identifies the completion of the turn. The degree of turn is determined by the direction of the support leg’s foot when the heel lifts, then when it drops, onto the beam. Therefore, the free leg may be placed in either location for the inward turn.

Reference: USAG Dev Prog COP Beam – Chapter 1 Section V.E.3.b.1 Required Technique for Recognition of Value Parts – turns (page BEAM-10).

Rules Newsletter #13 – November 1, 2023

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.*

Rules Newsletter #14 – November 15, 2024

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.VA.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.

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, 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, page BEAM-30.

Rules Newsletter #15 – December 1, 2023

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.VA.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.VA.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.VB.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., page BEAM-24 and 4.2.III.B. – under the NOTE page BEAM-25; Broken series described in 4.2.III.A.4.g., page BEAM-2.

Rules Newsletter #16 – December 15, 2023

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.

Rules Newsletter #17 – January 15, 2024

Q: If an athlete performs a series of BHS + BHS + layout step-out (B+B+C) and then later performs a BHS + layout 1 ½ twist dismount, can she receive CV for the dismount, even though she performed 3 different BHS's throughout using different connections?

A: Each element can be repeated a second time with a different connection (into or out of it) to receive VP both times. If those two performances are successful, a repeated third time cannot receive VP. In your example, if all three back handsprings are step-out (#7.208), the THIRD time would be 0 VP regardless of connections and not eligible for CV bonus in the dismount series.

However, if your gymnast is performing at least 2 different numbered back handsprings, each with different connections, she will receive CV for the dismount. For example, if she performs her acro series as gainer back handspring (#7.211)- back handspring step-out (#7.208)- back layout salto step-out (#8.304), then later performs a dismount series of back handspring step-out (#7.208) to back layout salto 1 ½ twist (#9.306) => she receives VP for every back handspring. The gainer back

handspring is a different element (different #) and the next two back handsprings are in different connections.

Reference: USAG Dev Prog COP Section 1 General – Chapter 3 Evaluation of Optional Exercises 1.3.I.C pages GENERAL 16-17

Q: How much is a front aerial-back handspring-back layout step out triple series worth on beam and why?

A: The front aerial walkover (#7.402=D) – back handspring (#7.208=B) – back salto layout step-out (#8.304=D) series happens to be specifically listed as an example in the *Rules Modifications in Beam Connection Value Exceptions 4.4.d.5*, showing a **total of +0.5**.

The breakdown:

- B+C+C or greater acro series receives **+0.2 CV** in the bonus rules.
- The D value part elements each receive DV bonus: **+0.1** for the front aerial and **+0.1** for the back layout step-out.
- Then the additional bonus for the 3-element acro series (*Rules Modification 4.4.d*) adds **+0.1** to the series.

Reference: USAG Dev Prog COP Section 4 Bea – Chapter 4 Bonus, 4.4.C Connections of 3 Acro Flight Elements – second rule B+C+C, page BEAM-34; Rules Modifications 4.4.c and 4.4.d.

Q: There are several beam mounts that are not given FA/SA/BKA directional designations for acro direction composition, such as a jump press handstand mount from the side of the beam with ¼ turn (cartwheel finish to lunge, #1.210), or chest stand (#1.108). Why?

A: The elements to be used for forward (FA), side (SA) or backward (BKA) acro composition can only come from Groups 1-Mounts, 6-Rolls, 7-Walkovers/cartwheels, and 8-Saltos. The USAG Technical Committee determined that the root skills of these handstand/hold mounts are in the Group 5- Holds/Stands, which are not considered FA/SA/BKA eligible elements, so maintained that concept in designating direction for acro mount elements.

Reference: Rules Modifications Beam section, 4.2.a.2; USAG Dev Prog COP Beam element charts.

Q: Does a front kick to handstand count as FA and side kick to handstand count as SA (both #5.106)?

A: No. Group 5- Holds/Stands cannot be used for forward, side or backward acro composition.

Reference: Rules Modifications Beam section, 4.2.a.2.

Q: For element #4.103 (side body wave), I was wondering if you could give specific details of each position the athlete must pass through/hold, to receive A value part credit?

A: For an A value part credit to be given to a side body wave to balance stand for 2 second #4.103, judges need to see a large (obvious) side contraction (bending in the waist, tipping upper body and head) to one side, then the other (legs optional), moving smoothly, to finish standing in high relevé and held for 2 seconds.

Reference: USAG Dev Program COP Beam element #4.103, and block description of 'balance stand', on page BEAM-67.

Q: Is there a minimum number of dance shapes required on beam?

A: No. There is no requirement in the Rules Modifications.

Q: A gymnast performs back handspring (#7.208) connected to back layout (#8.304) in series but falls on the layout without touching the beam with either foot. Will she get the UTL deduction, no D bonus and no acro series credit?

A: The athlete will NOT receive the following: acro series, D value part, +0.1 DV, CV bonus for the series, nor will the series attempt be eligible to fulfill UTL. The acro series received no credit due to a 0 VP, not because of a break in the series or a fall on the second value part element.

References: USAG Dev Prog COP Section 4 Beam – Chapter 1 General Info – V. Recognition of VP, 4.1.V.D.2. Element incomplete, page BEAM-10; Rules Modifications 4.2.d.; Rules Newsletter #14 November 15, 2023, Clarification for UTL.

Q: A gymnast on beam performs the following: a front aerial landed with a large wobble and falls off the beam. She gets back up, does another front aerial, stops, performs some backward choreography and then performs a third front aerial connected to a back handspring. How do I count value parts, bonus, acro series, and UTL?

A: Referring to the rule of using an element multiple times, value part credit is awarded when an element is performed a third time in the case that the first or second time it was NOT awarded.

- First time front aerial walkover (#7.402) = D. It is performed isolated. The gymnast receives no +0.1 DV due to the fall.
- Second time front aerial walkover (#7.402) = 0 value part. It is performed isolated, so considered the same as the first front aerial walkover.
- Third time front aerial walkover (#7.402) connected to back handspring (#7.208) = awarded D+B acro series (fulfills SR), D value part for the front aerial, and it receives the +0.1 DV.
- The gymnast receives 0 CV acro series bonus, due to the NCAA connection value exception rule for that particular series (*Rules Modifications 4.4.c.*)
- UTL is awarded: since the acro series does not have CV bonus, an additional D/E acro or E dance element is required (*Rules Modifications 4.2.d.*). She did perform a separate front aerial walkover (first time performance) that received a D, so it fulfills this requirement.

References: USAG Dev Prog COP Section 4 Beam – Chapter 1 General Information – V. Recognition of Value Parts, 4.1.V.A.4.d. EXCEPTION, page BEAM-7; Section 4 Beam – Chapter 4 Bonus – V. Bonus Restrictions, 4.4. V.B.2. Repeated D/E Element, page BEAM-41.

Q: Gymnast performs a switch split leap #2.305 and takes 2 steps forward. Later in the routine Gymnast performs switch split leap #2.305 + switch split leap #2.305. For the 3rd Switch Split Leap, will the gymnast receive "C" value part credit, Special Requirement Dance Series 0.2 credit, and + 0.2 (C+C) CV credit?

A: No. VP credit is awarded for an element performed for the third time only if NOT previously awarded VP credit for the first and second time.

- The first switch split leap (#2.305) is performed isolated (standing to standing) = C VP awarded.
- The second switch split leap (#2.305) is performed from standing -to- connect to a switch split leap = C VP awarded (different exit than the first time).
- The third switch split leap (2.305) = 0 VP, regardless of connections. This means that the series of switch split leap - switch split leap is considered C + 0 in VP, therefore no special requirement dance series is awarded, and no connection value (CV) bonus is awarded.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 1. General Information – V. Recognition of Value Parts, 4.1.VA.4.d EXAMPLE 2, page BEAM-7.

Rules Newsletter #19 – February 15, 2024

Q: Can you give some clarification on what is “supplemental support”, and when is the deduction taken?

A: Supplemental support is more than an incidental brush by a foot on the mat or beam base. If the gymnast uses the **mat or beam base** to sustain a pose (as a static balance support point) or to help execute an element (uses as a source of force), then this is considered supplemental support, and would incur the 0.3 deduction. Using the underside surface of the balance beam itself does not count as supplemental support, as it is used by many elements in the code (for example, chest stand #1.108).

Reference: USAG Dev Prog COP Section 4 Balance Beam – Chapter 3 Execution and Artistry table – Large Faults under the Use of Supplemental Support, page BEAM-29.

Q: Can you explain the difference between the two similar beam dismounts under #9.202, and which one has the NCAA exception for a C: the front aerial full twist dismount of the end of the beam and the “Mabrey”, a front salto stretched with a full twist.

A: The element skill chart for #9.202 has two elements in it, with two different take-off styles.

- The first element is the front aerial walkover with 1/1 twist, where the gymnast steps forward onto the front leg, and *kicks* the back leg upward and over, which is an aerial take-off style. That is the B element off the end of the beam.
- The second element, a “Mabrey”, is a salto forward - tucked #9.202. This salto has a gainer-style of take-off - it's described in the element box as “from a *stand on one leg - swing the free leg backward* to *salto* forward tucked with 1/1 twist off the side or end of beam.”
- The NCAA exception chart (Rules Modifications 4.3) states the exception element within #9.202 is described as the “Mabrey” - the gainer front salto - in a STRETCHED position for the C value, and the tucked position remains a B value. Unfortunately, there is no diagram to show this element; however, the lower diagram in #9.302 shows the swing of the leg more accurately while dismounting off the end of the beam.

The two elements move similarly once in the air, but the way the element propels off the beam makes it either an aerial or a single-leg take off (gainer) salto.

Reference: USAG Dev Prog COP – Beam element chart #9.202; Rules Modifications 4.3

Q: While performing a dismount on beam, a gymnast knocks off the beam end cap while falling. Does this count as equipment failure? Is the gymnast allowed to repeat her dismount series?

A: Per clarification by the USAG Women’s Technical Committee: “If a gymnast knocks off the beam end cap with her foot during her dismount, after the cap is replaced, the gymnast may repeat her dismount and the judging continues from the point of interruption. This is not considered equipment failure.” The gymnast may repeat her dismount series after a reasonable amount of rest time.

Reference: USAG Dev Prog COP Section 1 General Info – Chapter 4 Unusual Judging Situations – II.A. Continue from the Point of Interruption.

Rules Newsletter #20 – March 1, 2024

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.

Rules Newsletter #21 – March 15, 2024

Q: A gymnast performs a salto sideward tucked (#8.402), landing sideways on the beam, drops her chest and swings her arms downward to backward behind her (beyond the thighs) before she jumps to connect to a backward salto tucked with 1.5 twist dismount (#9.306) off the side of the beam. Is the connection considered broken?

A: **Yes.** A sideward to backward acro flight series is considered broken if the arms move low to the thighs or further back after landing the first element in the connection, which then means it is not an immediate take-off to the backward dismount. This arm movement is not an upward to backward circle allowed for a connection to a gainer-style element.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 2. Compositional Categories – III Clarification Regarding Series, 4.2.III.A.1.a & c, page BEAM-24.

Floor Exercise

Rules Newsletter #12 – October 15, 2023

Q: Where can I request a review of floor exercise music to verify that it follows music selection rules regarding use of human voice?

A: You would send a copy of the music with a request of review to the university's USAG Regional Technical Committee Chair (RTCC). *Reference: USAG Dev Prog CoP, Floor Exercise Section 5, Chapter III Music Regulations A.3 (page FLOOR-3). To find how to contact your USAG RTCC, refer to Women's Program R & P, USAG Program National Committee directory pages for the associated region.*

Q: Would a D + A dance combination fulfill the Dance Bonus composition requirement, even though it doesn't receive Connection Value bonus?

A: Yes. The Dance Bonus composition deduction is fulfilled with either a Connection Value (CV) bonus combination OR a D/E dance element bonus (in combination or not). *Reference: NCAA Rules Modifications Section 5.3.a.1, Floor Specific Composition deductions.*

Rules Newsletter #13 – November 1, 2023

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.*

Rules Newsletter #15 – December 1, 2023

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

Rules Newsletter #16 – December 15, 2023

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 Modification 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

Rules Newsletter #17 – January 15, 2024

Q: What is the bonus for the following tumbling pass: salto forward tucked (#6.101)- round off (#5.105)-salto backward layout 1½ twist (#8.301)- salto forward layout salto (#6.201), A + C + B?

A: +0.2 total. This pass shows an example of overlapping indirect (A+B+C) and direct bonus rules (C+B) but only one rule may be applied in this case. The bonus application rule states that we can only overlap one counting skill (use it twice) when determining bonus connections with 3 or more elements. In this case, the direct bonus (B+C=+0.2) is applied - to the benefit of the gymnast - and the indirect rule (A+B+C indirect = +0.1) would not apply.

Reference: USAG Dev Prog COP Section 5 Floor Exercise – Chapter 4 Bonus, 5.4.I.I connection of 3 or more elements, page FLOOR-29 – and 5.4.II.D Connections of 3 or more elements, Example 3, page FLOOR-38.

Q: Can a coach step onto the floor to remove a four inch or sting mat during a floor routine with no deduction?

A: Yes. A coach may step on the floor ex mat without penalty “when placing, adjusting, or removing a mat”. *Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Information, 5.1.VA. Coach on FX Area, page FLOOR-4.*

Rules Newsletter #18 – February 1, 2024

Q: Is a waterfall (front toss to seated position) a value part skill on floor?

A: Yes. The element is listed in the USAG Dev Prog COP as element #5.103 - an aerial walkover forward in a tucked position to a two-foot landing. It is noted in the box within the diagram that it would “appear as a kick-over salto forward”. This is an A element and is NOT considered a salto for Special Requirement or Compositional purposes. It is an allowable variation to land on one leg to a seated position and maintain the A value.

Reference: USAG Dev Prog COP Floor Exercise element #5.103

Rules Newsletter #19 – February 15, 2024

Q: Drawing a small chalk arc line is permissible in the floor corners. Are additional tape or chalk lines in the corners or on the floor permissible?

A: Yes, additional small chalk lines are permitted on the floor area, but tape is not allowed on the Floor Exercise mat. However, it is not permissible to put other marks on the supplemental landing mats other than any taped boundary lines.

Reference: USAG Dev Prog COP Section 1 General – Chapter 1 Judging Panels – Chief Judge deduction Table under Excessive Use of Magnesia, page GENERAL-9; Section 5 Floor Ex – Chapter 1 General Info 5.1.I.B.4, page FLOOR-2

Q: If a marked supplemental landing mat slides out of bounds upon landing with the gymnast on it, is the gymnast out of bounds and would then receive the deduction?

A: If the mat slides, and the gymnast is now standing, or takes steps, outside the Floor Exercise boundaries, she is considered out of bounds. If she takes a step inside the taped lines on the supplemental mat, but the step is outside the Floor Exercise boundary lines, she is considered out of bounds.

Resource: USAG Dev Prog COP Section 5 Floor Ex – Chapter 3 Execution – I. Chief judge Deductions chart, page FLOOR-23

Q: Does the rule for multiple performances of the same element stated in the Feb 1st Rules Newsletter (Balance Beam, Q#3) apply to Floor Exercise as well? So, if a gymnast has one acro pass front layout-rudi and the second pass a front layout-front layout, will she receive credit for both layouts in the second pass?

A: The rule for using the same skill multiple times applies on all events. So, in this example, the first two performances of the front layout salto are each given B value part because they have different entrance/exit. The third front layout salto receives 0 VP regardless of entrance/exit since the first two performances were successful, and she would not receive credit for the second acro pass.

Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General info – VI. Recognition of Value Parts, 5.1.VI.A.3., page FLOOR-6.

Attached Supplement

Rules Newsletter #13 – November 1, 2023

Supplement: Examples of applying the *hold in finishing position* 0.05 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.