



Women's Gymnastics 2022-24 Rules Cycle

Rules Newsletter #21

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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: 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.

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 Procedures, first paragraph and 3.1.a., 4.2 and 5.2.

Balance Beam

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.

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