

**2007 NCAA  
Women's  
Gymnastics**

**Rules Modifications**

*Effective September 20, 2006*





## 2007 NCAA RULES MODIFICATIONS

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# 2007 NCAA RULES MODIFICATIONS

## CHANGES IN BOLD

### GENERAL INFORMATION

#### 1. LEVEL of COMPETITION

- 1.1 The National Collegiate Women's Gymnastics Championships and all meets used to qualify will be conducted according to the Junior Olympic Women's Code of Points, (Level 10) as of 11/1/06. [Note: If the value of a skill (JO) on events other than vaulting is raised after 11/1/06, it will be effective immediately.] All rules and guidelines for execution and compositional deductions as applied to the USAG-JO program (Level 10) will be used with the following collegiate modifications/clarifications.

**If an element value is lowered after 11/1/06 then it will remain at the higher value for collegiate competition until the change is reviewed at the coaches convention.**

- 1.2 .10 deduction for competing out of order (taken from team score).
- 1.3 **Choice of elements "up to the competitive level" will now be defined by basic requirements for each event.**
- 1.4 **The "up to the competitive level" deduction will be standardized at a flat .10.**

### EVENT SPECIFIC MODIFICATIONS

#### 2. VAULT SPECIAL REQUIREMENTS

- 2.1 Collegiate Vault Value Chart (Effective September 2006).
- 2.2 Gymnasts will perform one vault, the score of which will count. A gymnast will be afforded three attempts to go over the vault table one time. Touching the board and/or the vault table, without going over the vault table, counts as one of the three attempts.
- 2.3 No deduction if gymnast's lead arm bends during a  $\frac{1}{4}$  on or Tsukahara entry vault. Deduct for bending of second arm (same as JO level 10).
- 2.4 1.00 deduction for touching the vault table with only one or with no hands.
- 2.5 1.00 deduction for failure to land on feet first (includes fall).
- 2.6 1.00 deduction for spotting assistance during the vault.

#### 3. UNEVEN PARALLEL BARS

- 3.1 UNEVEN BAR SPECIAL REQUIREMENTS (.2 each taken off Start Value)
- Minimum of two (2) bar changes.
  - Two (2) flight elements, minimum of two (2) different C's OR a D and B.
  - One element with longitudinal axis (LA) turn, minimum of C (not to include dismount).

- d. C dismount with the following modification: C dismount immediately preceded by same two A or B elements = .10 deduction (not .20).

### 3.2 UNEVEN BAR SPECIFIC COMPOSITIONAL DEDUCTIONS

- a. Lack of variety in choice of elements and/or connections ..... up to .20  
Consider:  
 1. Overuse of one group of elements.  
 2. Overuse of specific element or variation of that element.  
 3. Overuse of same element for connections.  
 4. Elements of highest value connected primarily to elements of lowest value.
- b. Insufficient distribution of the elements ..... up to .10  
Consider:  
 1. Level of difficulty not maintained throughout the exercise  
 2. Most difficult elements placed in the same section of the exercise
- c. More than one squat/stoop on LB with/without sole circle to grasp high bar .....each .10  
Reminder: After a fall, judging resumes once the gymnast performs an element listed in the JO Code; therefore, if she resumes with a glide kip, squat on, and has already performed a squat/stoop on, the deduction will be applied.
- d. Uncharacteristic elements .....each .10  
Examples:  
 1. Squat on LB bar and ½ turn on feet to grasp high bar.  
 2. Swing forward on HB, place feet on LB to stand with or without ½ turn unless followed by a circling move.
- e. ¾ giant circle forward with or without grip change .....each .10  
 This is not considered an element and it will break a connection.
- f. Choice of elements not up to the competitive level ..... flat .10**
1. **Choice of elements up to the “competitive level” will now be defined by the following basic standards:**
- A release sequence (minimum C+C+D in any order or D+D)
  - OR a pirouetting sequence (minimum C+C+D in any order or D+D)
  - OR a combination of release & pirouette (minimum C+C+D in any order or D+D)
  - OR a dismount sequence (minimum C+C+D in any order or D+D)
  - OR minimum two “D” releases
- Exercise must have minimum of a “D” release as part of, or in addition to, the above.**
2. When applying this compositional deduction, consider not only the value part of the release element, but also:
- the type of release element;
  - the direct connection with other release elements and/or other elements of higher value; and
  - the total number of release elements in the exercise above the minimum.

### 3.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. **Uprise backward to handstand on HB with ½ turn = D**
- b. Giant ½ Turn (blind) + 1/1 Healy (any direction) = D (same as JO Level 10)
- c. All other elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique) = D (listed below)
- 2.301 Cast Healy
  - 2.303 Uprise Healy



**Tuck  
Straddle  
Straight/beat  
Split (includes ring, stag, and double stag)**

**Sheep  
Ring  
Wolf**

- o More than one leap/jump/hop element to prone. .... each .10
- b. Insufficient distribution of the elements ..... up to .10  
Consider:
  1. Level of difficulty not maintained throughout the exercise.
  2. Most difficult elements placed in the same section of the exercise.
- c. Insufficient use of entire beam apparatus
  1. Insufficient level changes throughout the exercise..... up to .10  
Consider:
    - o Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying)].
    - o No longer required to touch the beam with a part of the torso and/or head.
  2. Spatially (use the entire length of the beam) ..... up to .10
  3. Directionally (movement/choreography forward, backward and sideward)..... up to .10
- d. **Choice of acro elements not up to the competitive level.....flat .10**

**Choice of elements up to the “competitive level” will now be defined by the following basic standards:**

- o **If a flight series without connective bonus is performed, then an additional D acro skill is required (mounts and dismounts may be included).**
- o **Any balance beam dismount of C value is up to the level of competition and will not receive a deduction in this category.**

**4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.**

- a. #2.307 Stag-ring leap or jump with front leg stag or straight = D
- b. #8.301 Salto forward take off from one leg to a sit = D
- c. #8.304 Salto backward stretched with step-out = D
- d. #8.305 Gainer salto backward stretched, also with leg change in flight = D
- e. #8.401 Salto forward take off from one leg to a stand = D
- f. #8.404 Salto backward stretched throughout (no pike down) with legs together = E  
 Salto backward stretched through vertical and then pike down, with legs together = D  
 Salto backward stretched and then pike before vertical, with legs together = C (pike)
- g. #9.108 Gainer salto stretched with ½ twist, to side of beam = B (tuck & pike = A); In collegiate program, same values when gainers are performed forward.
- h. #9.202 Stand on 1 leg – swing free leg backward to a front aerial with 1/1 twist in stretched position off side of beam = C
- i. #9.308 Gainer salto backward stretched with 1/1 twist, to side of beam = C (tuck = B)
- j. #9.407 Double salto backward tucked or piked = E
- k. Tuck front 1/1 dismount off beam to the side landing parallel to the beam = C
- l. Two foot take off back salto (any position) 1 ½ twist dismount off side = C
- m. Two foot take off back salto (any position) 1/1 twist dismount off side = B
- n. Wolf Open Swing Down (Back Salto in Wolf position, open to swing down) = C

**4.4 CONNECTION VALUE EXCEPTIONS.**

- a. B+D Acro Flight--BHS + Layout step-out = no connection value
- b. B+E Acro Flight--BHS + Layout with feet together = +.10 (not +.20)
- c. B+B+D 3 Acro Flight Elements--any variation or order of 2 BHS's and a layout step-out = +.10 (not +.20)

## 5. FLOOR EXERCISE

### 5.1 FLOOR EXERCISE SPECIAL REQUIREMENTS (.2 each taken off Start Value).

- a. One acro series with two (2) saltos, same or different.
- b. Three (3) different saltos within the exercise.
- c. Dance series with a minimum of two (2) elements (leaps/jumps/hops or turns), one element valued C or higher.
- d. Minimum of C salto as the last salto or in the last connection of saltos OR a bonus combination in the last connection of saltos.

### 5.2 FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of elements
  1. Lack of variety in dance elements
    - o **Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill. .... .10**

**Clarification:** Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

**Examples of different shapes:**

<b>Pike</b>	<b>Cat</b>
<b>Tuck</b>	<b>Sheep</b>
<b>Straddle</b>	<b>Ring</b>
<b>Straight/beat</b>	<b>Wolf</b>
<b>Split (includes ring, stag, and double stag)</b>	

- o More than one leap/jump/hop to prone position ..... each .10
2. Lack of variety in acro elements ..... up to .10
  - o Minimum of one forward/sideward salto and a minimum of one backward salto (A value or higher)
- b. Insufficient distribution of the elements ..... up to .10

Consider:

  1. Level of difficulty not maintained throughout the exercise.
  2. Most difficult elements placed in the same section of the exercise.
- c. Insufficient use of the floor area
  1. Spatially (floor pattern) ..... up to .10
  2. Directionally (movement/choreography forward, backward and sideward) ..... up to .10
- d. Choice of acro elements
  1. Lack of a minimum of C salto in exercise ..... .30
  2. **Acro elements not up to the competitive level ..... flat .10**

**Choice of elements up to the “competitive level” will now be defined by the following basic standards:**

- o **One tumbling pass with a D salto or better**

**AND**

- **An acro dismount with a C in bonus combination or a minimum of a D skill.**

**Clarification: Acro dismount is defined as an acro skill or an acro combination.**

- 3. Prone landings
  - More than one acro element to prone landing ..... each .10
  - Maximum of two prone landings will be allowed. One from dance and one from acro elements.
  - 1 ¼ saltos to prone landing retain the same value as the root element.

5.3 **ELEMENT VALUES DIFFERENT FROM LEVEL 10**

#6.201 Front salto piked = A

**ADDITIONAL COLLEGIATE MODIFICATIONS**

**6. EQUIPMENT and PROCEDURES**

6.1 **EQUIPMENT**

- a. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters.
- b. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications.**
- c. ½" plywood may be used under the springboard for mounting bars and beam.
- d. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- e. A chalk arc line may be placed on the corners of the floor exercise mat.
- f. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnasts' hands and feet as needed for safety.
- g. No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed.
- h. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average.
- i. The maximum run distance for mounts on uneven bars and balance beam during championships competition is 27 ½'. If more than 27 ½' of matting exists, the maximum run distance must be marked. If the gymnast exceeds the 27 ½' run distance a .10 deduction will be assessed.
- j. A minimum of 15 ½' must be available on the opposite side of the beam.

## 6.2 LANDINGS

Reminder: Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges or failing to show a controlled landing prior to turning to present to the judges will result in a deduction).

## 6.3 OPEN SCORING AND START VALUE

- a. Open scoring will be used during the regular season, regional competition and the national championship.
- b. Judges are to sit apart.
- c. All scores will be flashed and rotated, but only the average score will be raised and rotated.

### **d. Both the start value and the score will be flashed simultaneously.**

**First, judge shall give final score to flasher. Judges shall then simultaneously flash his/her start value while final scores and average score are being displayed.**

- e. Score verification procedures will be in place at regionals and each day of competition at nationals.
- f. Reminder: The allowable score range between the two counting scores follows JO.

## 6.4 UNIFORM

- a. Long-sleeve, short-sleeve or sleeveless (including backless) one-piece leotards are permitted. Swimsuit apparel is permitted during practice and warm-up at championship events provided the apparel meets all other uniform regulations, including those outlined in the 2007 NCAA National Collegiate Women's Gymnastics Championships Handbook.
- b. Deduction of .10 for leotard above the hipbone. A warning must be given first.
- c. There is no deduction for a matching (i.e., color of leotard or skin-tone in color) sports bra that is exposed. During championships competition, gymnasts must wear briefs that match the color of the leotard or be skin-tone in color.
- d. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules prior to returning to the competition.

## 6.5 UNSPORTSMANLIKE CONDUCT

The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet.

- a. Gymnasts unsportsmanlike conduct:
  1. First-time will be a warning (MR is notified).
  2. Second-time the MR is notified and there will be a .10 deduction taken from the gymnasts' score for that event by the MR or chief judge.
- b. Coach unsportsmanlike conduct:
  1. First-time will be a warning -- yellow card (MR is notified).
  2. Second-time MR is notified there will be a .10 deduction taken from the team score by the MR for each violation.

## 7. VIDEO REVIEW PROCESS

7.1 **The following video review process will be used for the 2006-07 regular season. It will not be used during the National Collegiate Women's Gymnastics Regionals or Championships.**

**In the event that an inquiry response is unsatisfactory to the coach, a video tape may be used for the purpose of review under the following conditions:**

- a. Each team is allowed **one** review per meet.
- b. The institutional team video must be used for the review.
- c. A review that is denied would result in a .3 deduction from the team score.
- d. All reviews must be specific to the performance or nonperformance of a particular skill, combination of skills or neutral deductions (i.e., out of bounds).
- e. Reviews **may not** be used to evaluate a question of execution deductions.
- f. The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet. During this time, the scores are being verified by the judging panel and the head scorer's table and if done correctly would not add any additional time to the meet since the coach requesting the review has to provide the team's own camera with the deduction in question already queued up for review.
- g. The coach requesting the review must provide a signed Video Review Form (VRF) (Appendix II), queued video and team camera to the meet director (or host institution designee). The meet director (or host institution designee) will be responsible for delivering this information to the meet referee and event panel (the judges who judged the particular event) for their review. The coaches may not be present during the review.
- h. Reviews must be conducted in the presence of the meet referee and the event panel. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review fails, judges may not change their scores, but 0.3 will be deducted from the team score. If the review is successful, the score will be adjusted accordingly.
- i. The results of the review will be noted on the VRF by the meet referee and returned to the meet director (or host institution designee) who will take the VRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRF to the coach.
- j. Decisions rendered by the judges' review panel are final and cannot be overturned

Questions regarding interpretations of **NCAA Rules Modifications** shall be addressed to:

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**Associate Director of Event Management**  
**University of Georgia**  
**100 Smith Street**  
**Athens, Georgia 30603**

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## APPENDIX I – NCAA VAULT VALUE CHART

Group 1 - Handsprings				Group 3 - Round-Off Entry			
1.1	Handspring		8.8	3.1	RO, FF	Handspring	8.8
1.2	Yamashita		8.8	3.2	RO, FF	1/1 Twist Off	9.2
1.3	Handspring	1/2	8.8	3.3	RO, FF	1 1/2 Twist Off	9.5
1.4	Yamashita	1/2	9.0	3.4	RO, FF	2/1 Twist Off	9.9
1.5	Handspring	1/1	9.2	3.5	RO, FF	Back Tuck	9.5
1.6	Yamashita	1/1	9.3	3.6	RO, FF	Back Tuck 1/2	9.8
1.7	Handspring	1 1/2	9.5	3.7	RO, FF	1/2 Front Tuck	9.8
1.8	Yamashita	1 1/2	9.6	3.8	RO, FF	Back Tuck 1/1	9.9
1.9	Handspring	2/1	10.0	3.9	RO, FF	1/2 Front Tuck 1/2	9.9
1.10	Handspring	2 1/2	10.0	3.10	RO, FF	Back Tuck 1 1/2	10.0
1.11	Handspring	3/1	10.0	3.11	RO, FF	Back Tuck 2/1	10.0
1.12	Handspring	Front Tuck	9.8	3.12	RO, FF	Back Pike	9.6
1.13	Handspring	Front Tuck 1/2	9.9	3.13	RO, FF	Back Pike 1/2	9.9
1.14	Handspring	1/2 Back Tuck	9.9	3.14	RO, FF	1/2 Front Pike	9.9
1.15	Handspring	Front Tuck 1/1	10.0	3.15	RO, FF	Back Pike 1/1	10.0
1.16	Handspring	1/2 Back Tuck 1/2	10.0	3.16	RO, FF	1/2 Front Pike 1/2	10.0
1.17	Handspring	Front Tuck 1 1/2	10.0	3.17	RO, FF	Back Layout	9.8
1.18	Handspring	Front Pike	9.9	3.18	RO, FF	Back Layout 1/2	10.0
1.19	Handspring	Front Pike 1/2	10.0	3.19	RO, FF	1/2 Front Layout	10.0
1.20	Handspring	1/2 Back Pike	10.0	3.20	RO, FF	Back Layout 1/1	10.0
1.21	Handspring	Front Layout	10.0	3.21	RO, FF	1/2 Front Layout 1/2	10.0
1.22	Handspring	Front Layout 1/2	10.0	3.22	RO, FF	Back Layout 1 1/2	10.0
1.23	Handspring	1/2 Back Layout	10.0	3.23	RO, FF	Back Layout 2/1	10.0
1.24	Handspring	Front Layout 1/1	10.0	3.24	RO, FF	Back Layout 2 1/2	10.0
1.25	Handspring	Front Layout 1 1/2	10.0	3.25	RO, FF	Double Back	10.0
1.26	Handspring	Front Layout 2/1	10.0	3.26	RO, FF 1/2	1/1	9.3
1.27	Handspring	Double Front Tuck	10.0	3.27	RO, FF 1/2	1 1/2	9.5
1.28	1/2 on	1/2	8.9	3.28	RO, FF 1/2	2/1	10.0
1.29	1/2 on	1/1	9.1	3.29	RO, FF 1/2	Front Tuck	9.9
1.30	1/2 on	1 1/2	9.5	3.30	RO, FF 1/2	Front Tuck 1/2	10.0
1.31	1/2 on	2/1	9.9	3.31	RO, FF 1/2	1/2 Back Tuck	10.0
1.32	1/2 on	2 1/2	10.0	3.32	RO, FF 1/2	Front Tuck 1 1/2	10.0
1.33	1/1 on	Handspring	9.6	3.33	RO, FF 1/2	Front Pike	10.0
1.34	1/1 on	Yamashita	9.6	3.34	RO, FF 1/2	Front Pike 1/2	10.0
1.35	1/1 on	1/2	9.6	3.35	RO, FF 1/2	1/2 Back Pike	10.0
1.36	1/1 on	1/1	9.8	3.36	RO, FF 1/2	Front Layout	10.0
1.37	1/1 on	1 1/2	10.0	3.37	RO, FF 1/2	Front Layout 1/2	10.0
1.38	1/1 on	2/1	10.0	3.38	RO, FF 1/2	1/2 Back Layout	10.0
1.39	1/1 on	Front Tuck	10.0	3.39	RO, FF 1/1	1/1	9.7
1.40	1/1 on	Front Pike	10.0	3.40	RO, FF 1/1	1 1/2	9.9
1.41	1/1 on	Front Layout	10.0	3.41	RO, FF 1/1	2/1	10.0
1.42	FHS (onto board) Handspring	Front Tuck	9.9	3.42	RO, FF 1/1	Back Tuck	10.0
1.43	FHS (onto board) Handspring	Front Tuck 1/2	10.0	3.43	RO, FF 1/1	1/2, Front Tuck	10.0
1.44	FHS (onto board) Handspring	Front Pike	10.0	3.44	RO, FF 1/1	Back Pike	10.0
1.45	FHS (onto board) Handspring	1/1 Twist off	9.3	3.45	RO, FF 1/1	Back Layout	10.0
1.46	FHS (onto board) Handspring	1 1/2 Twist off	9.6	3.46	RO, FF 1 1/2	1/1	10.0
1.47	FHS (onto board) Handspring	2/1 Twist off	10.0				
Group 2 - Tsukaharas (1/4 to 1/2 on)				Additional Collegiate Vaulting Rules			
2.1	Tsukahara	Handspring	8.8				
2.2	Tsukahara	Back Tuck	9.5				
2.3	Tsukahara	Back Tuck 1/2	9.8				
2.4	Tsukahara	1/2 to 3/4 Front Tuck	9.8				
2.5	Tsukahara	Back Tuck 1/1	9.9				
2.6	Tsukahara	1/2 to 3/4 Front Tuck 1/2	9.9				
2.7	Tsukahara	Back Tuck 1 1/2	10.0				
2.8	Tsukahara	Back Pike	9.6				
2.9	Tsukahara	Back Pike 1/2	9.9				
2.10	Tsukahara	1/2 to 3/4 Front Pike	9.9				
2.11	Tsukahara	Back Pike 1/1	10.0				
2.12	Tsukahara	1/2 to 3/4 Front Pike 1/2	10.0				
2.13	Tsukahara	Back Layout	9.8				
2.14	Tsukahara	Back Layout 1/2	10.0				
2.15	Tsukahara	1/2 to 3/4 Front Layout	10.0				
2.16	Tsukahara	Back Layout 1/1	10.0				
2.17	Tsukahara	1/2 to 3/4 Front Layout 1/2	10.0				
2.18	Tsukahara	Back Layout 1 1/2	10.0				
2.19	Tsukahara	Back Layout 2/1	10.0				
2.20	Tsukahara	Back Layout 2 1/2	10.0				
2.21	Tsukahara	Double Back Tuck	10.0				

\*Vault numbers will not be flashed but vault groups will be.  
 \*All twisting should be completed at the apex of the vault with increasing deductions taken the later the twist is completed.  
 \*Tsukahara vaults may be performed with 90° to 180° turn in the preflight.  
 \*No deduction should be taken for a bent lead arm when performing Tsukahara vaults.  
 \*1/4 on, 1/4 off, in opposite directions should be judged as a handspring vault.  
 \*There is a 1.0 deduction for one or no hands touching vault table.  
 \*There is a 1.0 deduction for spotting assistance during the vault.  
 \*There is a 1.0 deduction for not landing on feet first.  
 \*During the 3-minute touch warm-up, each vaulter is guaranteed two times over the vaulting table.







**APPENDIX V – JUDGES EVALUATION FORM**

Location of Meet: \_\_\_\_\_  
 \_\_\_\_\_

Date of Meet: \_\_\_\_\_  
 \_\_\_\_\_

TEAMS: \_\_\_\_\_  
 \_\_\_\_\_

Judges	LAST NAME, FIRST INITIAL	State of Residence	Level	Event - HJ or AJ	Did judge use NCAA rules consistently[Y/N]?	Did judge use open scoring (Y/N)?	Overall Rating (A=Best D=needs education)	Recom. for Regl [Y/N]	Recom Regl. Meet Ref [Y/N]	Recom. for Nat'ls [Y/N]
1										
2										
3										
4										
5										
6										
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If needed, please provide comments:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 Institution

\_\_\_\_\_  
 Completed by

\_\_\_\_\_  
 Date

**Coaches: Please complete a form for each meet within 10 days of the competition and forward to D'Ann Keller at the NCAA National office (via fax 317/917-6237 or email dkeller@ncaa.org).**