



## GYMNASTICS: Q&A

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**Q: (Contact) Who is the NCAA Rules Interpreter?**

A: Crystal Chollet-Norton; [rulesncaagym@embarqmail.com](mailto:rulesncaagym@embarqmail.com)

**Q: (Submission) May I submit my rules questions by voice mail or text message?**

A: No. Please submit rules questions by electronic mail only. Please provide your name, institution and, if a judge, your name and region to the email.

**Q: (Submission) Has the September 1st 2016-17 NCAA Gymnastics Rules Modifications been updated?**

A: Yes. New update is dated September 30<sup>th</sup>. It can be found on the NCAA Web site listed below.

<http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>

**Q: (Submission) Can the Meet Referee be on the competition floor during warm-ups?**

A: Yes. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modification and Meet Procedure; Appendix VII-Meet Referee Checklist.

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**Q: (Uneven Bars) Would a toe shoot to handstand to a double back dismount receive connective value?**

A: No. Refer to the USA JO Code of Points; Uneven Bars; Section III. Chapter Four; Bonus; A. C+C; in most cases, both "C" elements must have either flight phase or a long axis (LA) turn of at least 180 degrees.

**Q: (Uneven Bars) What is the connective value for the following combination; clear hip to handstand ("C") toe on toe off to handstand ("C") to geinger ("D"); C+C+D.**

A: +.0.20. Refer to the USA JO Code of Points; Uneven Bars; Section III. Chapter Four; Bonus; A. C+C +0.10; Exception; For a connection of two (2) elements from Groups 3,6,and/or 7, turn or flight is NOT required, but elements must be DIFFERENT and C + D or D + C=+0.10.

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**Q: (Balance Beam) Can a "D" or "E" mount or dismount be used as the additional D acro on beam for fulfilling the "up to the level requirement?"**

A: Yes. Refer to USA JO Code of Points; Elements; Mounts and Dismounts.

**Q: (Balance Beam) If a student-athlete performs a back handspring layout step out salto to split jump would she receive connective value?**

A: Yes. Refer to USA JO Code of Points; Balance Beam; Section IV; Chapter 4; Bonus; II. D. Connection of Two; Dance/Acrobatic Flight Elements or the reverse; B +D=+0.20.

**Q: (Balance Beam) If a student-athlete performs a back handspring layout step out salto to a split jump would she still have to do the extra D acro skill or E dance skill to fulfill the up to the level requirement?**

A: Yes. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; d. Choice of Elements not up to the competitive level.

