



GYMNASTICS: Q&A

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

A: Crystal Chollet-Norton; 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) Where can I locate the August 1st updated 2016-17 NCAA Gymnastics Rules Modifications?

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

Q: (Submission) Where can I locate NCAA Women's Gymnastics Interpretations Archives?

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

Q: (Submission) On Vault, Uneven Bars and Balance Beam are judges supposed to be taking .05 for landings that have feet apart and heels don't come together as the gymnast stands to present?

A: Yes. Refer to the USAG Joint Meeting Junior Technical Committees, May 11, 2014; VIII. General and Vault and the USAG JO Code of Points; Vault; Section II: II General Information; G. Specific Apparatus Deductions; 5.

Q: (Vaulting) Can tuff skin be sprayed on the vault table?

A: No. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; h.

Q: (Vaulting) What is the allowable matting for vaulting?

A: Refer to the 2016 & 2017 USAG Women's Program Rules and Policies; Chapter 8. Apparatus Requirements Junior Olympic Competitions; I. General Considerations; G. Matting Height Specifications.

Q: (Balance Beam) How long must the scale be held on element 8.501-Salto forward tuck, take-off from one leg to stand on one leg, passing free leg backward to finish in a scale (leg horizontal or above)?

A: 2 sec. Refer to USAG JO Code of Points; Balance Beam Elements; Group 8; saltos.

Q: (Balance Beam) What is the value of beat jump to one foot?

A: Value A. Refer to USAG JO Code of Points; Balance Beam elements; Group 2-Leaps, Jumps and Hops; 2.108; third example: Stretched jump with change/beat of legs.

Q: (Floor Exercise) Is there a minimum difficulty requirement needed for a student-athlete leap pass of indirect/direct connection on floor for special requirements?

A: No. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.1. d. There would be a deduction for Floor Specific Compositional Deductions; Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2. a. 1.

Q: (Floor Exercise) If a student-athlete does a layout to prone body position as her last pass would this count as her last tumbling pass?

A: No. Refer to USAG JO Code of Points; Floor Exercise; Section V. Chapter 2; Compositional Categories; II. Special Requirements; 2.d and 4.c.

Q: (Floor Exercise) Can you place a tape line in the middle of the floor exercise mat?

A: No. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; 6.1; n. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape (not chalk) to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. TAPE MAY NOT BE PLACED IN THE CENTER OF THE FLOOR EXERCISE MAT. This would incur a .30 deduction for improper use of equipment as stated under 6. Equipment and Procedures.

UPDATES: January 15th Newsletter: This refers to verbal cues only.

(Q) Is it allowable for the coaching staff member to coach a student-athlete during competition (non-verbal and verbal cues) during regular and post season?

No: Refer to USAG JO Code of Points; Section 1. General Information; C. Chief Judge; 12.k.