



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 include your name, institution and, if a judge, your name and region in the email.

Q: (Vaulting) Do the USAG JO vaulting deductions "too long in support and angle of repulsion for non-salto vaults" apply to NCAA as well?

A: Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; General Information; 1. Rules Overview; 1.3.

Q: (Uneven Bars) If a student-athlete on uneven bars does a squat on and half turn to the high bar, does the student-athlete receive a 0.10 deduction for uncharacteristic element?

A: Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars; 3.2; Uneven Bars Specific Compositional Deductions; d. Uncharacteristic elements; each 0.10; Example; 1.

Q: (Uneven Bars) What is the value of a tuck toe front half twist off bars?

A: C. Refer to USAG JO Code of Points; Uneven Bars Elements; Group -8 Dismounts; 8.301-"C"; from HB-under swing (toe-on or clear) to salto forward tucked or pike-also with ½ (180) twist.

Q: (Uneven Bars) If a student-athlete falls and does not complete a dismount would the deductions taken be 0.2 from start value for no C dismount and 0.30 from start value for no dismount?

A: Yes. Refer to NCAA 2016 & 2017 NCAA Rules Modifications and Meet Procedures; General Information; 1. Rules Overview; 1. And 3. Uneven Bars; 3.1; d.

Q: (Uneven Bars) Would the student-athlete receive an "up to the level deduction" if she attempts a "C" in bonus combination in her dismount series but does not receive bonus because of a fall?

A: No. The student-athlete has performed a "C" dismount in a bonus combination. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars: 3.2; f. 2. (Does not receive bonus because of the fall but still performed bonus combination to meet compositional requirement)

Q: (Uneven Bars) If a student-athlete performs a tkatchev and misses both of her hands and this is her only "D" value part would you take "up to the level"?

A: Yes. Refer to USAG JO Code of Points; Uneven Bars; Chapter 1; General Information; VII Recognition (Counting) of Value Parts.

Q: (Balance Beam) Is the jump to a front support, swing leg around $\frac{3}{4}$ of a turn to end in a sit on beam an "A"?

A: No: Refer to USAG JO Code of Points; Appendix 5; Beam Symbols Values; revised July 2015.

Q: (Balance Beam) What is the value of the double stag ring jump on beam?

A: D. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 4. Balance Beam: 4.3; Element Value Different From Level 10; 2.307-Leap/Hop Jumps; Ring or Stage-ring leap or jump (rear leg at head height)-"D"

Q: (Balance Beam) Student-athlete competes forward backward series but does not connect the series and therefore does not have a series in her routine. She competes another D tumbling skill in her routine. Since she did not receive Special Requirement credit for series does that mean she also loses 0.10 Up to the Level?

A: No. The student-athlete has the additional "D" so meets "up to the level". Refer to 2016 & 2017 NCAA Women's Gymnastics rules Modifications and Meet Procedures; 4. Balance Beam; 4.3; d.

Q: (Balance Beam) Would you take an "up to the level" if a student-athlete preforms a back handspring layout step out for her series then later in the routine she does a standing back layout step out for her additional "D".

A: No: She has an additional "D" value part. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modification and Meet Procedures; 4. Balance Beam; 4.2.

Q: (Balance Beam) Is it permissible for a student-athlete to mount off a board that is on top of a "4" inch mat and a sting mat?

A: No. Refer to USAG Rules and Policies; Chapter 8; Apparatus Requirements; Junior Olympic Competition; 1. General Consideration; G. Matting Height Specification; 1. and H. Spring board/Mounting Specification; 4. Olympic levels: A board used to mount Bars or Beam may be placed on the competition landing mat(s) (one or two 10-12 cm mats or one 20 cm). The board may also be placed on the allowable competition landing mats plus the supplemental matting of 5-10 cm (sting mat **OR** 4" throw mat type skill cushions).

Q: (Floor Exercise) Is it permissible for a student- athlete to punch off a sting mat on floor?

A: Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; 6.1. Equipment; o. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

Q: (Floor Exercise) If a student-athlete does a double turn with the free back leg in attitude position would the skill receive "D" credit?

A: Yes. Refer to USAG JO Code of Points; Floor Exercise Elements; Group 2-Turns; 2.402; 2 /1 or 2 1/2 (720-900) with free leg at or above horizontal from start to end of turn "D". Also refer to Floor Exercise; Chapter 1. VI. Recognition (counting) of Value Parts; F. Required Technique for the Recognition of Value Parts; 5. Specific Element Technique Clarification; J. Turn with free leg at or above horizontal from start to end of turn. The free leg may be bent or extended but the entire leg must be a minimum of horizontal.

Q: (Floor Exercise) The student-athlete performs a round off back handspring to salto 1/1/2 connected to a front layout and falls on her dismount series. Would the student-athlete receive an "up to the level" deduction?

A: No: The student-athlete has performed an Acro dismount with a C (minimum) salto in a bonus combination. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2. (Does not receive bonus because of the fall but still performed bonus combination to meet compositional requirement)

Clarification: Video Review: A video review is only permitted at end of meet for an inquiry that has failed. Video Review form must be completed and submitted along with cued video. Coach may not participate in process with officials. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedure; 7. Video Review Process; 7.1.

Notification: The Board of Directors has recommended, and the NCAA Women's Gymnastics Committee has approved, a change to the color, design and display mechanism of the "Up to the Level" Card now in use. Effective for the competitions beginning **January 29, 2016**, you are *required* to implement the following changes to the "Up to the Level" Card:

The 'Up to the Level' Card:

1. Shall be a 4" by 6".
2. Shall be **BRIGHT/NEON ORANGE** in color.
3. Shall have "UTL" printed on it in LARGE LETTERS.
4. Shall be displayed in a "holder" (similar to a table setting place card holder)
OR be a tent like structure.
5. Both the card and the "holder" shall be provided by the home team for each judges' table. (Officials will therefore NOT have to travel with these cards.)

It is permissible to make these changes to the "Up to the Level" Card beginning **January 22, 2016**, however, it is *required* beginning **January 29, 2016**

