



GYMNASTICS: Q&A

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

A: Crystal Chollet-Norton; rulesncaagym@embarqmail.com

Q: (Submission) REMINDER: 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. If I do not receive this information I will not answer your question.

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

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

Q: (Submission) Is it allowable for another team to video tape the opposing team's student-athletes?

A: No. Refer to the USAG 2016 & 2017 Women's Rules and Policies; Chapter 1; Membership; IV. Coaches' Specific Responsibilities; D. Be Professional; 4. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area). Coaches are permitted to record their **OWN** gymnasts' exercise for personal use but should not in any way interfere with the competition.

Q: (Vaulting) Can the long RO pad be turned and used sideways?

A: Yes. Refer to the 2016 & 2017 USAG Women's Program Rules and Policies; Chapter 8. Apparatus Requirements Junior Olympic Competitions; II. Vault; B. Runway Specifications; 2.

Q: (Uneven Bars) If a student-athlete does a handstand shoot over (Bail) does the skill need to go to a handstand?

A: No. Refer to the USAG JO Code of Points; Uneven Bar Elements; 4.304-From handstand on HB-long swing forward (bail) with ½ turn and flight over LB to hand on LB is a "C" and does not have to go to handstand. Uneven Bar Element; 4.404-From handstand or hang on HB, long swing forward with a ½ (180) turn and flight to handstand on LB is a "D". If the handstand position on the low bar is not within 20 degree of vertical it receives a deduction.

Q: (Balance Beam) If a beat jump (#2.108) lands on one foot would it still receive "A" value?

A: Yes. Refer to the USAG JO Code of Points; Balance Beam; Chapter 1; General Information; V. Recognition (Counting) of Value Parts; A.1.

Q: (Balance Beam) What is the value of a Split jump ¼ turn (2.201) on balance beam in NCAA Competitions?

A: Split Jump ¼ turn (2.201) is a B. Refer to the USAG JO Code of Points; Balance Beam Elements; Leaps and Jumps. Verses (2.202) Straddle pike or straddle split jump performed with a ¼ which is a "C". Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.3. Elements Value Different from Level 10.

Q: (Balance Beam) What is the connection value of a switch leap (2.305) directly connected to a split jump (2.202)?

A: +0.10. Refer to USAG JO Code of Points; Balance Beam; Chapter 4. Bonus; II. D. Connections of Two; Dance Elements; B + C.