



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) Is it mandatory for the Chief Judge to call a conference when the scores are out of range?

A: Yes. Refer to the USAG JO Code of Points; General Information; Chapter 1. II. C. Chief Judge; 8. Verifies that scores fall within the proper range and 11. c. The judges may change their scores, but are not obliged to do so; however, if the scores are out of the allowable range, adjustment must be made. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range; d. If the judges are unable to compromise, the Chief Judge may mandate that the scores be brought into the allowable range.

Q: (Submission) On floor exercise a student-athlete does a wolf 1 ½-"D". One judge calls it a wolf full. She needs the D. Is this a video reviewable situation?

A: Yes. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 7. Video Review Process; d. All reviews must be specific to the performance or nonperformance of a particular Value Part, combination of skills or neutral deductions (i.e., Out of bounds) and Appendix II. NCAA Video Review Form; third block down; Individual skill.

Q: (Submission) On floor exercise after warm ups are completed a student-athlete steps on the floor exercise mat in between athletes and before she is to compete and does a back handspring on the floor exercise mat. Would this be a deduction?

A: Yes. Refer to the USAG JO Code of Points; General Information; Chapter One; II. C. Chief Judge; 12. J. A deduction would be give after a warning.

Q: (Uneven Bars) What is the maximum amount of matting allowed on a release move on bars on top of the 20cm base mat?

A: The maximum amount of inches allowed on a release move on bars on top of the 20 cm base mat is 9 inches. An additional 8-inch skill cushion is allowed on top of the 9 inches as protection on a release element; however, the 8-inch skill cushion must be removed immediately after the release element has been performed. Refer to Chapter 8; Apparatus Requirements Junior Olympic Competitions; 1. General Consideration; g. Matting Height Specifications; 1.a. 2 and 2. Supplemental Matting; (Skill Cushions) For Vault, Bars, and Beam; 1; and III. Uneven Bars; c. 4. Also refer to the USAG JO Code of Points, Uneven Bars; Section III. B.1.

Q: (Uneven Bars) Can a student-athlete mount the low bar with a kip off an eight skill cushion?

A: Yes. Refer to the USAG JO Code of Points; Uneven Bars; Chapter 1 General Information; I. Apparatus Regulations; C. Matting Regulations for Mounts; 1. For mounts without the use of a board, the gymnast may stand on one 12 cm or 20 cm mat or two 12 cm competition landing mats; * The gymnast may also stand on an additional " up to 8-inch" skill cushion (sting, throw mat, or 8" skill cushion) that is placed on the competition landing mat(s). Also refer to USAG JO Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; H. 5.

Q: (Uneven Bars) If a student-athlete does a cast handstand to high bar, ½ pirouette, swing back to a straddle back what would the value be of elements performed?

A: Refer to the USAG JO Code of Points; Uneven Bar Elements; "C" -2.301 Cast to handstand with 1/2 turn in handstand phase plus a "B" - 2.205 Hang on HB-Counterswing backward in straddle or pike with flight over LB to hang on LB. * Receives "C" if it directly follows (without forward counterswing) a "D or " release element.

A: Q: (Balance Beam) On balance beam can turns be included in the dance series?

A: Yes. Refer to the USAG JO Code of Points; Balance Beam Elements; Group 3. Turns.

Q: (Balance Beam) What is the value of a scale on beam holding the back leg in a 180 degree position for two seconds?

A: "A". Refer to the USAG JO Code of Points; Balance Beam Elements; Group 5; Holds/Stands; 5.101. "A"-Scale forward, support leg extended or bent and free leg above horizontal (2 sec), also with hand holding free leg.

A: Q: (Floor Exercise) What is the bonus value of the following leap pass on floor exercise; Switch side, popa to a wolf 1 ½ which all are connected?.

A: Total + 0.40. Refer to the USAG JO Code of Points; Floor Exercise; Chapter V. Chapter 4; Bonus; II. C. 1. C+C - +0.10; 4. C+D/E or more difficult+0.20 and III "D/E" Bonus; C. 2. +0.10.