



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

**Q: (Submission) How long is the student-athlete expected to be still when sticking a dismount or vault?** Same as USAG controlled landing. Also refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 1. Rules Overview; 1.1 & 1.3.

**Q: (Submission) May a coach inquire about an exhibition routine?**

A: Yes. Refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; IV. Inquiry Form and Appendix VIII; 2. 15 bullet down.

**Q: (Submission) May a coach submit a routine evaluation form for an exhibition routine?**

A: Yes. Refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; III; Routine Summary Form and Appendix VIII; 2. 15 bullet down.

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**Q: (Vaulting) Is it permissible for a team to tape a line down the center of the round-off entry mat?**

A: Yes. Nowhere in the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures, the USAG JO Code of Points or the 2015 & 2016 USA Women's Program Rules and Policies does it state that a student-athlete can't place a tape line down the center of the round-off entry mat.

**Q: (Vaulting) What is the correct technique/timing of for Yurchenko Arabian ½ front layout vault?**

A: Refer to the NCAA Vault Comparison Chart under notifications.

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**Q: (Uneven Bars) My student-athlete performed a blind half to a Jaeger, missed catching the Jaeger, but her hands did touch the uneven bar; she then finished with a minimum of a "D" dismount or "C" dismount in bonus combination. Would she receive an "up to the level" deduction?**

A: No. Your student-athlete would receive value part credit for the Jaeger. Refer to USAG JO Code of Points; Uneven Bars; Chapter One; VII Recognition of Value Parts. She would not receive the bonus "D". She would not receive an "up to the level" deduction. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars; 3.2; Uneven Bar Specific Compositional Deductions; f. Choice of elements not up to the competitive level; flat .10; 1. Choice of elements "up to the competitive level" will now be defined by the following basic standards; - A single bar release with a minimum of "D" value - OR a release move valued as an "E" - OR minimum of two "D" releases- OR minimum two "E" level skills 2. Exercise must have minimum of a "D" dismount or "C" dismount in bonus combination.

**Q: (Uneven Bars) If a student-athlete bar routine has less than five elements do you take the USAG JO deduction for a short routine?**

A: Yes. Refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 1. Rules Overview; 1.1 and 1.3.

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**Q: (Balance Beam) If a student-athlete performs a front aerial "D" with a wobble would she receive the "D" bonus?**

A. Yes, Refer to USAG JO Code of Points; General Information; Chapter 3; V. Bonus; B. D/E Bonus (Applies to Level 10 Only); 2. "D/E" Bonus may be awarded for "D" and "E" elements that are performed successfully; that is, without a fall or spotting deduction.

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**Q: (Floor Exercise) Would a floor routine with the following acro receive an "up to the level" deduction; 1<sup>st</sup> pass; Front handspring, front salto double twist; 2<sup>nd</sup> pass; Front handspring, front layout, front layout; 3<sup>rd</sup> pass; Front handspring, front salto 1 ½ twist? A. Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.1 a. (definition of acro series) and 5.2; d. 1. - One Acro SERIES with a C salto or better.**

**Q: (Floor Exercise) Is a back layout 1.5 connected to a front layout full a total of +0.20, in connective value?**

A. Yes. Refer to USAG JO Code of Points; Floor Exercise; Section V; Chapter 4; Bonus; II Principles for Awarding Connection Value on Floor Exercise; B. Direct connection of: Two or more Saltos or Acrobatic Elements with Flight and without Hand Support (Aerials); 7) C + C and More Difficult - +0.20.

**Q: (Floor Exercise) Is there a minimum time for a floor exercise routine?**

A. The only minimum time for a floor exercise routine is under Timing Regulations. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1; II; Timing Regulations; C. Short Exercise; Floor routine is less than 30 seconds (either complete or incomplete); 1. Deduct for any missing Value Parts from the Start Value; 2. Deduct for any missing Special Requirements from Start Value; 3. Chief Judge deducts 2.00 from the average score.

**Q: (Floor Exercise) A student-athlete competes a routine with only 2 tumbling passes, do all 3 elements of the "up to the competitive level" still apply?**

A. Yes. All routines must meet up to the level. A 2 tumbling pass routine must meet additional requirement. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2; d. 1 & 3

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**Notifications: Included in newsletter: Vault Comparison Chart, See attached information.**

**NCAA Vault Comparison: Prepared by WCPC and NCAA Rules Interpreter.**

NEW VAULT VALUE - 9.95 SV	SIMILAR VAULTS (same amount of twist) - 10.0 SV	
<b>3.20 RO FF - Back LAYOUT 1/1 (9.95)</b>	<b>3.15 RO FF - Back PIKE 1/1 (10.0)</b>	<b>3.21 RO FF - 1/2 FRONT Layout 1/2 (10.0)</b>
Requires <b>STRETCH of 180 degrees</b> thru majority of 2nd Flight Phase.	Requires <b>PIKE of 90 degrees</b> minimum thru majority of 2nd Flight Phase.	Requires <b>1/2 twist off table prior to vertical followed by FRONT layout</b> (stretch
<b>Applicable deductions:</b>	<b>Applicable deductions:</b>	<b>Applicable deductions:</b>
* Prescribed LA Turn begun too early (Support Phase) Up to 0.30	Prescribed LA Turn begun too early (Support Phase) Up to 0.30	<b>* Prescribed LA Turn begun too early (Support Phase) Up to 0.30</b>
*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10	*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10	<b>*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10</b>
* Failure to maintain stretched body (pike down to facilitate landing) Up to .30	*Insufficient extension(open) of body before landing: Insufficient &/or late extension Up to .25  Total absence of extension <b>.30</b>	Failure to maintain stretched body (pike down to facilitate landing) Up to .30
*Insufficient STRETCH position (hip angle 135- 179) Up to .30  *Arch Up to .30	*Insufficient PIKE (91-135 degree bend in hips) Up to .30	<b>*Insufficient STRETCH position (hip angle 135- 179) Up to .30</b>  <b>*Arch Up to .30</b>
*Prescribed LA turn begun too late Up to .50	*Prescribed LA turn begun too late Up to .50	*Prescribed LA turn begun too late Up to .50
*Prescribed LA turn incomplete Up to .30	*Prescribed LA turn incomplete Up to .30	*Prescribed LA turn incomplete Up to .30

NEW VAULT VALUE - 9.95 SV	SIMILAR VAULT - 10.0 SV
<b>3.18 RO FF - BACK Layout 1/2 (9.95)</b>	<b>3.19 RO FF - 1/2 FRONT Layout (10.0)</b>
Requires <b>BACK Layout (180 degree stretch) off table &amp; thru vertical</b> with 1/2 twist before landing	Requires <b>1/2 twist off table prior to vertical</b> followed by <b>FRONT layout</b> (180 degree stretch).
<b>Applicable deductions:</b>	<b>Applicable deductions:</b>
* Prescribed LA Turn begun too early (Support Phase) Up to 0.30	* Prescribed LA Turn begun too early (Support Phase) Up to 0.30
*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10	*INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10
* Failure to maintain stretched body Up to 0.30	* Failure to maintain stretched body Up to 0.30
*Insufficient STRETCH position (hip angle 135- 179) Up to .30 *Arch Up to .30	*Insufficient STRETCH position (hip angle 135- 179) Up to .30 *Arch Up to .30
*Prescribed LA turn begun too late Up to .50	*Prescribed LA turn begun too late Up to .50
*Prescribed LA turn incomplete Up to .30	*Prescribed LA turn incomplete Up to .30

