

2007 NCAA WOMEN'S RULE MODIFICATIONS

The NCAA National Collegiate Women's Gymnastics Championships and all meets used to qualify will be conducted according to the Junior Olympic Women's Code of Points, (Level 10) as of 11/1/06. [Note: If the value of a skill (JO) on events other than vaulting is raised after 11/1/06, it will be effective immediately.] The Special Requirements and Composition Rules for the collegiate program are stated in this presentation and in the 2007 Collegiate Gymnastics Handbook. These **REPLACE** the special requirements and composition rules from the JO Level 10 Code--if there is a JO composition deduction that is not listed in the college code here then you should **NOT** take it in collegiate competition. Element values that differ from the JO code will also be listed here and in the handbook.

The complete NCAA Rules Clarifications Handbook (Effective September 20, 2006) and the clarifications (December 6, 2006) can be accessed on the NAWGJ.org website in addition to the NCAA website.

MEET RESPONSIBILITIES

- Standards and Duties for Judges are available on NCAA website
- Regard all meets as part of national qualification system
- **Judges must be seated separately**
- **Individual Scores and Start Values must be flashed independently**
- Inquiries handled by Meet Referee or Acting MR
- Routine Summary Form should only be completed after score sheets are signed
- Score sheets should be signed off the competitive floor

Please also remember that judges are NOT permitted to observe warmups and should not be on the floor of the competition until march in and the start of meet.

GENERAL

- *.10 deduction for competing out of order (taken from team score) Make sure that you have an official printed score sheet before you begin the competition*
- **Time frame for changing a score: Once the final average score is submitted to the scoring system, it may not be changed unless an inquiry results in a score change. Inquiries must be submitted within 5 minutes of the end of the rotation.**
- *Compositional Deductions: Choice of elements up to the “competitive level” will now be defined by BASIC STANDARDS for each event.*

ARTISTRY

Artistry relative to NCAA:

- Execution and Artistry are listed together in the JO Code of Points (Balance Beam on Page 145-146 and Floor Exercise Page 241-242).
- As Artistry is aligned with Execution (and separate from Compositional Categories) I believe we are correct to use the category as it is NOT a compositional deduction. This is not to be used subjectively but only applied as listed in the JO Code of Points.

COMPOSITION

Application of compositional deductions for all events:

The Rules Modifications document lists the NCAA Special Requirements and Compositional Deductions **in total**, rather than in addition to, the JO Requirements. No other Special Requirements or Compositional Deductions are applicable to NCAA competition unless listed in the NCAA document. The deductions/values that are listed modify, supplement or replace the specific JO rules.

CLARIFICATION: The meaning of this statement refers judges to the NCAA document which lists only the deductions that should be applied at NCAA meets. Judges should use only the compositional deductions listed in the collegiate rules. It is not meant that both sets of (JO and NCAA) compositional deductions are to be applied.

Example:

Floor Exercise: There is no full turn requirement for NCAA. This composition requirement is NOT included in the collegiate modification list because it is NOT applicable. It is not a special requirement and it is not listed as a compositional deduction in the NCAA modifications. There is a special requirement of a dance series with a minimum of two (2) elements (leaps, jumps, hops, or turns) one element valued at a “C” or higher. A turn MAY be included in the dance series.

In regard to execution deductions, skill values, bonus and connective values, the JO rules act as the foundation document but are SUPERCEDED by the collegiate rules. In other words, any skills that are valued differently or bonus rules that differ for collegiate gymnastics are listed in the collegiate modifications document and overrule the information in the JO document. There are specific skills listed in the NCAA rules modifications that have different values than in the JO program.

VAULT SPECIAL REQUIREMENTS

- Collegiate Vault Value Chart (Effective September, 2006)
- Gymnasts will perform one vault, the score of which will count. A gymnast will be afforded three attempts to go over the vault table one time. Touching the board and/or the vault table, without going over the vault table, counts as one of the three attempts.
- No deduction if gymnast's lead arm bends during a 1/4 on or Tsukahara entry vault. Deduct for bending of second arm. (same as JO level 10)
- 1.00 deduction for touching the vault table with only one or with no hands.
- 1.00 deduction for failure to land on feet first (**includes fall**).
- 1.00 deduction for spotting assistance during the vault.

UNEVEN BARS

Gymnasts now have 45 seconds to remount apparatus after a fall

SPECIAL REQUIREMENTS

(.2 each taken off Start Value)

- *Minimum of two (2) Bar changes.*
- *2 Flight elements, minimum of 2 different C's OR a D and B.*
- *One element with LA (longitudinal axis) turn, minimum of C (not to include dismount).*
- *C Dismount with the following modification: C dismount immediately preceded by same 2 A or B elements = .1 deduction (not .2).*

UNEVEN BAR SPECIFIC COMPOSITIONAL DEDUCTIONS

1. Lack of variety in choice of elements and/or connections *up to .2*

Consider:

- *Overuse of one group of elements*
- *Overuse of specific element or variation of that element*
- *Overuse of same element for connections*
- *Elements of highest value connected primarily to elements of lowest value*

2. Insufficient distribution of the elements *up to .1*

Consider:

- *Level of difficulty not maintained throughout the exercise*
- *Most difficult elements placed in the same section of the exercise*

3. More than one squat/stoop on LB with or without sole circle to grasp high bar *each .1*

- *Reminder: After a fall, judging resumes once the gymnast performs an element listed in the JO Code; therefore, if she resumes with a glide kip, squat on, and has already performed a squat/stoop on, the deduction will be applied.*

4. Uncharacteristic elements *each .1*

Examples:

- *a. Squat on LB bar and 1/2 turn on feet to grasp high bar.*
- *b. Swing forward on HB, place feet on LB to stand with or without 1/2 turn unless followed by a circling move.*

5. 3/4 giant circle forward with or without grip change *each .1*

- *This is not considered an element and it will break a connection.*

6. **Choice of elements not up to the competitive level** .1

Choice of elements up to the “competitive level” will now be defined by the following basic standards:

- *A release sequence (minimum C + C + D in any order or D + D)*
- *Or a pirouetting sequence (minimum C + C + D in any order or D + D)*
- *Or a combination of release and pirouette
(minimum C + C + D in any order or D + D)*
- *Or a dismount sequence (minimum C + C + D in any order or D + D)*
- *OR minimum two “D” releases*

**Exercise must have the minimum of a “D” release as part of, or in addition to, the above. Only one skill in the combination has to contain a turn or release to fulfill the requirement.*

ELEMENT VALUES DIFFERENT FROM LEVEL 10:

Giant 1/2 turn (blind) + 1/1 Healy (any direction) = D (same as JO Level 10)

Elements that include a 1/1 (360°) turn completed on one arm after handstand phase in the descent phase (Healy technique) = D or E as listed below

- 2.301 Cast handstand healy "D"
- 2.303 Uprise to handstand healy "D"
- 3.305 Clear Hip to handstand healy "D"
- 4.303 Back Giant healy "D"
- 5.302 Front Giant healy "D"
- 6.301 Forward Stalder "D"
- 6.401 Forward Stalder to healy " E"
- 6.304 Back Stalder "D"
- 6.404 Back Stalder to healy " E"
- 7.308 Front Sole Circle to healy "D"
- 7.309 Back Sole Circle healy "D"

***The value of the stalder was inadvertently left out of the 2007 Rules Modification document.**

CLARIFICATION: A stalder (forward or backward), straddled or in-bar, to handstand with or without a 1/2 turn = D

CLARIFICATION: A stalder (forward or backward), straddled or in-bar, to handstand with a 1/1 turn = E

Amplitude of body turn completion for Healties

Angle Achieved

• 0 - 30°

• 31 - 45°

• 46 - 90°

• >90°

Deduction

No deduction

.05

.10

.20

BEAM SPECIAL REQUIREMENTS

(.2 each taken off of the Start Value)

- *Acro series: Minimum of 2 flight elements, one element must be a minimum of C with or without hand support (both elements must start and finish on the beam).*
- *Dance series with a minimum of 2 elements, one element C or higher.*
- *A leap or jump requiring 180 degree split. (This may be part of the dance series)*
- *Minimum of 360 degree turn from Group 3. No hand support permitted.*
- *Minimum of C dismount, or B dismount preceded by and directly connected to any C element (acro or dance).*

BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS

1. Lack of variety in choice of elements
 - a. Missing a backward acro element with a minimum of A value .1
 - b. Missing a forward/sideward acro element w/min of A value .1

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The following five (5) notes apply to both backward and forward/sideward acro requirements.

- Must be from Groups 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels, or 8- Saltos
- The round-off is considered a sideward element.
- A jump backward (Flic-flac take-off) with 1/2 twist to walkover forward (Arabian walkover or salto) is considered a forward element.
- A Flic-flac 1/4 or 3/4 to handstand is considered a backward element.
- A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast.

2. Lack of variety in choice of dance elements

.1

Gymnasts are required to show at least 2 different shapes in leaps and/or jumps with shape defined as the body position reached at the peak of the skill

Clarification: Entry technique (scissors, 1 foot takeoff, 2 foot takeoff) does not change the shape of the skill.

Examples of different shapes: Pike, Cat, Tuck, Sheep, Straddle, Ring, Straight/Beat, Wolf, Split (includes ring, stag, and double stag).

More than one leap/hop element to prone

each .1

2. Insufficient distribution of the elements

up to .1

Consider:

- *a. Level of difficulty not maintained throughout the exercise.*
- *b. Most difficult elements placed in the same section of the exercise.*

3. Insufficient use of entire beam apparatus

a. Insufficient level changes throughout the exercise up to .1

Consider:

- Level changes by the performance of elements and/or connections*

Look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying)

- No longer required to touch the beam with a part of the torso and/or head*

b. Spatially (use the entire length of the beam) up to .1

c. Directionally (movement/choreography forward, backward & sideward) up to .1

4. **Choice of acro elements not up to the competitive level** .1

Choice of elements up to the “competitive level” will now be defined by the following basic standards:

- If a flight series without connective bonus is performed, then an additional D acro skill is required. (Mounts/dismount included)
- Any balance beam dismount of C value is up to the level of competition and will not receive a deduction in this category.

Examples (not an inclusive list):

bhs + bhs + layout and gainer full dismount

bhs + layout and punch front and rdoff dble full dsmnt

bhs + bhs + back tuck and punch front rudi dsmount

bhs + layout and gainer layout and rdoff + dble back dsmnt

gainer bhs + bhs + layout and gainer full dismount

bhs + onodi and gainer full dismount

Bhs + back pike and rdoff + double back dismount

ELEMENT VALUES DIFFERENT FROM LEVEL 10:

- **#2.307** Stag-ring leap or jump with front leg stag or straight = D
- **#8.301** Salto forward take off from one leg to a sit = D
- **#8.304** Salto backward stretched with step-out = D
- **#8.305** Gainer salto backward stretched, also with leg change in flight = D
- **#8.401** Salto forward take off from one leg to a stand = D
- **#8.404** Salto backward stretched throughout (no pike down)
w/legs together = E
Salto backward stretched through vertical and then pike down, with legs together = D
Salto backward stretched and then pike before vertical, with legs together = C (pike)
- **#9.108** Gainer salto stretched with 1/2 twist, to side of beam = B (tuck & pike = A); In collegiate program, same values when gainers are performed forward.

- **#9.202** Stand on 1 leg - swing free leg backward to a front aerial with 1/1 twist in stretched position off side of beam = C
- **#9.308** Gainer salto backward stretched with 1/1 twist, to side of beam = C (tuck = B)
- **#9.407** Double salto backward tucked or piked = E

- Tuck front 1/1 dismount off beam to the side landing parallel to the beam = C
- Two foot take off back salto (any position) 1 1/2 twist dismount off side = C
- Two foot take off back salto (any position) 1/1 twist dismount off side = B
- Wolf open swing down (back salto in Wolf position, open to swing down) = C

CONNECTION VALUE

EXCEPTIONS:

- **B+D Acro Flight BHS + layout step-out = no connection value**
- **B+E Acro Flight--BHS + layout with feet together = +.10 (not +.20)**
- **B+B+D 3 Acro flight elements - any variation or order of 2 BHS's and a layout step-out = +.10 (not +.20)**

FLOOR EXERCISE SPECIAL REQUIREMENTS

(.2 each taken off Start Value)

- *One acro series with two (2) saltos, same or different.*

**Note: The JO change allowing only a two element series combination or two directly connected saltos is not in use for NCAA for the 2007 season as this is a special requirement change and was not voted upon by the NCAA committee. It may be reviewed for the future.*

- *Three different saltos within the exercise.*
- *Dance series with a minimum of two (2) elements (leaps/jumps/hops or turns), one element valued C or higher.*
- *Minimum of C salto as the last salto or in the last connection of saltos
OR a bonus combination in the last connection of saltos.*

FLOOR--SPECIFIC COMPOSITIONAL DEDUCTIONS

1. **Lack of variety in choice of elements** .1
 - a. *Lack of variety in dance elements* - Gymnasts are required to show at least 2 different shapes in leaps and/or jumps with shape defined as the body position reached at the peak of the skill. Clarification: Entry technique (scissors, 1 foot takeoff, 2 foot takeoff, etc.) does not change the shape of the skill.
Examples of different shapes: Pike, Cat, Tuck, Sheep, Straddle, Ring, Straight/Beat, Wolf, Split (includes ring, stag, double stag)
Tourjete 1/2 + Split 1/1 AND Straddle Jump
Switch Side + Popa + Schushunova AND Split Jump
Double Turn + Popa AND Wolf Full
Cat leap 2/1 AND Wolf 1/1
Switch ring leap AND Wolf 1/1 with 1 leg takeoff
Double Turn + Popa + Wolf 1/1
Tuck Jump 2/1 + Straddle Jump
 - b. *More than one leap/jump/hop to prone position* each .1

b. *Lack of variety in acro elements* *up to .1*

Minimum of one forward/sideward salto and a
minimum of one backward salto (A value or higher) *up to .1*

2. Insufficient distribution of the elements *up to .1*

Consider:

- *Level of difficulty not maintained throughout the exercise.*
- *Most difficult elements placed in the same section of the exercise.*

3. Insufficient use of the floor area

a. Spatially (floor pattern) *up to .1*

b. Directionally (movement/choreography
forward, backward and sideward) *up to .1*

4. Choice of Acro element

- a. Lack of a minimum of “C” salto in exercise .3
- b. Acro elements not up to the competitive level .1**

Basic Standard:

- *One tumbling pass with a D salto or better*
- *An acro dismount with a C in bonus combination OR a minimum of a D skill*

Clarification: Acro dismount is defined as an acro skill or acro combination

Examples (not inclusive list):

doubleback pike, back 1 1/2 + front layout, hs, front rudi

whip back + double tuck, hsp + front layout 1/1, RO+ff+

double tuck

full-in, hs+front layout + front layout, RO+ff+ dble tuck

Double tuck, hs, rudi, layout stepout

ELEMENT VALUE DIFFERENT FROM LEVEL 10:

- *6.201 Front salto piked A

3. Prone landings

- More than one acro element to a prone landing each .1
*Maximum of two prone Landings will be allowed.
One from dance and one from acro elements*
- 1 1/4 saltos to prone landing retain the same value of the root skill.

LANDINGS

- **Reminder: Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges. (i.e., celebrating on the mat prior to presenting to the judges or failing to show a controlled landing prior to turning to present to the judges will result in a deduction)**

OPEN SCORING AND START VALUE

- Open scoring will be used during the regular season, regional competition and national championship.
- Judges are to sit apart.
- All scores will be flashed and rotated, but only the average score will be raised and rotated.
- **All start values will be flashed simultaneously as well as all scores will be flashed simultaneously.**
- Score verification procedures will be in place at regionals and each day of competition at nationals.
- **Reminder:** The allowable score range between the two counting scores follows JO guidelines.

UNIFORM

- Long-sleeve, short-sleeve or sleeveless (including backless) one-piece leotards are permitted. Swimsuit apparel is permitted during practice and warm-up at championship events provided the apparel meets all other uniform regulations, including those outlined in the 2006 NCAA National Collegiate Women's Gymnastics Championships Handbook.
- Deduction of .10 for leotard above the hipbone. A warning must be given first.
- There is no deduction for a matching (i.e., color of leotard or skin-tone in color) sports bra that is exposed. During championships competition, gymnasts must wear trunks that match the color of the leotard or be skin-tone in color.
- The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules prior to returning to the competition.

UNSPORTSMANLIKE **CONDUCT**

- The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet:

Gymnasts unsportsmanlike conduct:

- a. 1st time will be a warning (MR is notified)
- b. 2nd time the MR is notified and there will be a .10 deduction taken from the gymnasts' score for that event by the MR or chief judge.

Coach unsportsmanlike conduct:

- a. 1st time will be a warning -- yellow card (MR is notified)
- b. 2nd time MR is notified there will be a .10 deduction taken from the team score by the MR for each violation.

VIDEO REVIEW

- **The following is an experimental rule for the 2007 regular season and will not be used during the NCAA National Collegiate Women's Gymnastics Championships or NCAA Regionals Championships. The video review rule will be evaluated at the conclusion of the 2007 season to determine future application.**
- **The video review must be conducted in real time. The video footage cannot be viewed in slow motion for review by any members of the review panel.**
- **In the event that an inquiry response is unsatisfactory to the coach, a video tape may be used for the purpose of review under the following conditions:**

- 1. Each team is allowed one review per meet.**
- 2. The institutional team video must be used for the review.**
- 3. A review that is denied would result in a .3 deduction from the team score.**
- 4. All reviews must be specific to the performance or nonperformance of a particular skill, combination of skills or neutral deductions (i.e., out of bounds)**
- 5. Reviews may not be used to evaluate a question of execution deductions.**
- 6. The review must be submitted to the meet director within 5 minutes following the conclusion of the meet.**

- 7. The coach requesting the review must provide a signed Video Review Request Form (VRRF), queued video and team camera to the meet director. The meet director will be responsible for delivering this information to the meet referee and event panel for their review. The coaches may not be present during the review.**
- 8. Reviews must be conducted in the presence of the meet referee and the event panel. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review fails, judges may not change their scores, but 0.3 will be deducted from the team score. If the review is successful, the score will be adjusted accordingly.**
- 9. The results of the review will be noted on the VRRF by the meet referee and returned to the meet director who will take the VRRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRRF to the coach.**
- 10. Decisions rendered by the judges' review panel are final and cannot be overturned.**

EQUIPMENT

- Low bar must be adjustable to 165 cm and the high bar adjustable to 245 cm without the bar height adapters.
- 1/2" plywood may be used under the springboard for mounting bars and beam.
- If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- A chalk arc line may be placed on the corners of the floor exercise mat.

Except for a small mark *on the top surface of the beam*, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnasts' hands and feet as needed for safety.

- **No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed.**
- **If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average.**
- **The maximum run distance for mounts on uneven bars and balance beam during championships competition is 27 1/2'. If more than 27' 1/2' of matting exists, the maximum run distance must be marked. If the gymnast exceeds the 27 1/2' run distance a .10 deduction will be assessed.**
- **A minimum of 15 1/2' must be available on the opposite side of the beam.**

This document has been prepared primarily for the education of judges involved in officiating NCAA competitions in the 2007 season. Always refer to the NCAA rules document for the precise wording and application of the rules.

Prepared by Carole Ide, President, NAWGJ and National JAS assigner.

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You should visit the NAWGJ.org website to receive updates on the presentation, A copy of the complete NCAA 2007 Rules document is accessible along with the clarifications released on December 6, 2006.