



GYMNASTICS: Q&A

General Information

Q: Who is the NCAA Rules Interpreter?

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

Q: 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.

Q: Where can I locate the updated 2017 & 2018 NCAA Gymnastics Rules Modifications

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

UPDATES: USAG CODE OF POINTS:

1. New Skills:

- a. Bars: #7.510-Ramier-"E"- Pike sole circle backwards through handstand with 1/1 (360) turn in flight to hang on high bar.
- b. Beam: #2.401-"D" From a side stand, split jump with a ½ turn to end in side position.
- c. Floor: #1.411-Trevor-"D"-Split leap forward with leg change and ½ turn to ring leap.

2. General: To add the variance +/- to all equipment specifications listed in the Women's Rules and Policies. All measurements for and apparatus and mats are measured from the floor. They are independent measurements, NOT cumulative.

3. Balance Beam: Clarification: A kick above 45 degrees will break a connection of two acro elements on Beam, such as cartwheel-cartwheel, as stated in the Women's JO Code of Points. When evaluating the continuity of a dance connection or a mixed connection of dance to acro, the height of the free leg at the finish of the first element (such as a cat leap or hitch-kick) will not be the sole cause for breaking the dance or mixed series, however, if the free leg position drops and lifts again or if the trunk stops forward movement, the series would be considered broken.

Balance Beam

Q: Is a split jump ¼ (2.201) a "C" for college on beam?

A: No. Refer to NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 4. Balance Beam; 4.3 Element Values Different from Level 10.

Floor Exercise

Q: Where do we send floor music to for approval if it has human voice in it?

A: Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1: General Information: III. Music Regulations; A. 3. If a coach has any question of the music containing words the music should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2017 & 2018 USAG Rules and Policies.

Q: A student-athlete performs the following passes on Floor. 1st pass; Punch 2/1 Front-E: 2nd pass; Round off Layout; 3rd pass Punch front layout to front full. Will she receive an “up to the competitive level” deduction?

A: Yes. Refer to the 2017 & 2108 NCAA Women’s Gymnastics Rules Modifications and Meet Procedure; 5. Floor Exercise; 5.2.d. Choice of Elements.

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