



GYMNASTICS: Q&A

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

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

Q: (Submission) When is a warning for coaching a student-athlete during her routine given?

A: Refer to USAG JO Code of Points Chapter 1. II. Duties and Responsibilities of Meet Officials; C. Chief Judge; 12. k. Technical verbal cues by coach or teammate(s) to own gymnast (applies after one warning has been given). Examples of technical cues: "hollow", "pull", "breathe" etc. EXCEPTION: If the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example-what comes next in the routine or to repeat a missed requirement), a deduction of 0.20 is taken from the average without warning. This deduction is taken only once, regardless of the number of cues given.

Q: (Submission) Can a NCAA student-athlete repeat a routine due to a camera flash?

A: No. Refer to 2016 & 2107 NCAA Women's Gymnastics Rules Modifications and Procedures; 1. Rules Overview; 1.1 and USAG 2015 & 2016 Rules and Policies; Chapter 5; Duties of Meet Officials; Chief Judge; C. 10. a.

Q: (Floor Exercise) If a student-athlete attempts dance bonus on floor exercise but does not earn the bonus would she receive a composition deduction for lack of dance bonus? (Example, a student-athlete attempts a wolf 1 ½ (D-1.416) however she is more than 90 degrees short.

A: Yes. Refer to the USAG JO Code of Points; Floor Exercise; Section V. Chapter 1. General Information; VI. Recognition (counting) of Value Parts; F.3. Turning Jumps/Leaps/Hops/ and Turns on one foot with 360 or more; if missing 90 degree or more of the turn; award the Value Part for the element performed, as listed in the JO Code of Points. Also refer to 2016 & 2017 NCAA Rules Modification; 5; Floor Exercise; 5.2; a. 1.

Q: (Equipment) Is a sting mat allowed under a 4 inch mat for landings?

A: Yes. Refer to USA Gymnastics 2015 & 2016 Women's Program Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; 1. General Consideration; G. Matting Height Specifications; 1. Competition Landing Mats for Vault, Bars, Beam, and 2. Supplemental Matting (Skill Cushions) for Vault, Bars, and Beam: a. Junior Olympic; 1.

