



## 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 provide your name, institution and, if a judge, your name and region to the email.

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**Q: (Floor Exercise) Is it permissible for a student-athlete to do a single element jump taking off and landing on a 4" mat?**

A: No. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; o. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

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**Clarification- Vault:**

All vaults described as having a 1/1 (360) LA turn in the first flight phase with a backward salto in the second flight phase may be performed with  $\frac{3}{4}$  (270 degree) to 1/1 (360 degree) LA turn in the first flight. Refer to the USA JO Code of Points; Section II. Optional Vault; II. General Information; F. Miscellaneous Vault Rules; 13.

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**Cheat Sheet/ERRATA:**

Please change on Balance Beam; Element Value Exception; to read-Straddle pike or straddle split jump performed with  $\frac{1}{4}$ =C.

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**Clarification "Up to the Level" Card:** Refer to 2016 & 2107 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; Appendix VI-Standards/Duties of Judges -Judges will be responsible to indicate when they take an "up to the level" deduction on the bars, beam and floor. This will be indicated by a white index card. Recommended by NAWGJ that it be 4"x 6" in size.

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**Notification:** Reminders that all cheat sheets not printed by NCAA are unofficial. Refer to NCAA Women's Gymnastics Rules Modifications or JO Code of Points.

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