



GYMNASTICS: Q&A

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

A: Crystal Chollet-Norton; 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.

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.

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.

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.

Q: (Floor Exercise) Would a floor routine with the following acro receive an "up to the level" deduction; 1st pass; Front handspring, front salto double twist; 2nd pass; Front handspring, front layout, front layout; 3rd 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

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

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

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| NEW VAULT VALUE - 9.95 SV | SIMILAR VAULTS (same amount of twist) - 10.0 SV | |
| 3.20 RO FF - Back LAYOUT 1/1 (9.95) | 3.15 RO FF - Back PIKE 1/1 (10.0) | 3.21 RO FF - 1/2 FRONT Layout 1/2 (10.0) |
| Requires STRETCH of 180 degrees thru majority of 2nd Flight Phase. | Requires PIKE of 90 degrees minimum thru majority of 2nd Flight Phase. | Requires 1/2 twist off table prior to vertical followed by FRONT layout (stretch |
| Applicable deductions: | Applicable deductions: | Applicable deductions: |
| * Prescribed LA Turn begun too early (Support Phase) Up to 0.30 | 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 | *INSUFFICIENT EXACTNESS of LA TURN (2nd Flight Phase) Up to .10 |
| * 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 .30 | 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 | *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 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 |
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| 3.18 RO FF - BACK Layout 1/2 (9.95) | 3.19 RO FF - 1/2 FRONT Layout (10.0) |
| Requires BACK Layout (180 degree stretch) off table & thru vertical with 1/2 twist before landing | Requires 1/2 twist off table prior to vertical followed by FRONT layout (180 degree stretch). |
| Applicable deductions: | Applicable deductions: |
| * 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 |

