



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 provide your name, institution and if a judge your name and region to the e-mail.

Q: (Submission) Where can I locate the September 1st updated 2016-17 NCAA Gymnastics Rules Modifications?

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

Q: (Submission) May a judge watch open warm-ups?

A: No. Refer to the 2016 & 2017 NCAA Gymnastics Rules Modifications and Meet Procedures; Appendix VI- Standard/Duties of Judges; 4. Duties and responsibilities and Appendix VIII- Regular Season Meet Procedures; #1. Judges may be on the competition floor preparing for the meet during team introductions and three minutes 30-second touch only.

Q: (Uneven Bars) Is it permissible to place the board on an 8 -inch skill cushion to mount the uneven bars?

A: No. Refer to USAG Gymnastics JO Code of Points; Uneven Bars; Chapter 1; General Information; C. Matting Regulations for Mounts; 2. b. The board or folded panel mat may NOT be placed on an 8-inch skill cushion. Also refer to USAG 2015-16 Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; 1. General Consideration; H. 4. e.

Q: (Uneven Bars) What deductions does the NCAA use for the Healy angle deductions?

A: Refer to the USAG Gymnastics JO Code of Points; Uneven Bars; Chapter 2; IV. Specific Execution Deductions; G. Amplitude of Body at Turn Completion of Turn; 2.

Q: (Uneven Bars) What are the "up to the level" requirements on Uneven Bars?

A: Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars; 3.2; Uneven Bars Specific Compositional Deductions; 3.2. f.

Q: (Floor Exercise) If a student-athlete does a switch side + straddle jump will this fulfill all leap requirements?

A: Yes. Refer to NCAA 2016 & 2017 Rules Modifications and Meet Procedures; Floor Exercise; 5.1.d.

Q: (Floor Exercise) Is a Double Back Tuck and a Double Back Pike considered two different elements?

A: Yes. Refer the USAG Gymnastics JO Code of Points; General Information; Chapter 3; 1. Value Parts; C. #3 and Section V. Floor Exercise; Chapter 1; General Information; VI. Recognition (counting) of Value Parts; B.2.a. 1.

Q: (Floor Exercise) What is the bonus for the following dance combinations; straddle full (popa) 1.307(C) + wolf full 1.316 (C) + wolf full (C)?

A: +0.20. Refer to USAG Gymnastics JO Code of Points; Section V. Floor Exercise; Chapter 4; Bonus; II.C.1. C +C – Same or Different Element from Group 1 or 2.

UPDATE CORRECTIONS 2016 & 2017 NCAA Women's Gymnastics Rules Modification. Please see the updated correction as of September 30th. On page 12; Appendix I-NCAA Vault Value Chart; Additional Collegiate Vaulting Rules-Section 2; last line should read;" **Each team will be allotted a four-minute touch warmup. For the NCAA championships, an additional 60 seconds will be added for the all-around and individual event competitors. The all-around and individual event competitors are guaranteed two times over the vault.**" On page 20; Appendix VIII-Regular Season Meet Procedures; 2. Meet Procedures; 6 bullet, should read; " **As competitors arrive at each event for competition there will be a 4:00 touch warm up on each event. All participants on each event may use the entire touch warm up time and all warm ups will begin at the same time, regardless of duration. Additionally, there will be a 2:00 transition between each event beginning at the conclusion of the march in ceremony when all teams reach their respective corrals, and after each rotation when the final competitor's initial score is flashed. The PA announcer will announce the beginning of the two-minute transition period.** Note of Clarification: the total touch warm up time is 4 minutes total. No additional time can be added on.

NOTIFICATIONS:

#1. The newsletter will now be on a Bi-weekly format starting on October 15, 2015. Unless there are three or more questions for the upcoming newsletter one will not be posted until the next date.

#2. Coaches Reminder: Recommend that the Video Review Process be provided on the back side of the NCAA Video Review Form and that gymnast name or number be placed on the NCAA Video Review Form.