



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 email.

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

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

Q: (Submission) Where can I locate NCAA Women's Gymnastics Interpretations Archives?

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

Q: (Vaulting) What is the total allowable warm up time for the one-touch on vaulting?

A: 4:00 minutes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Appendix VIII Regular Season Meet Procedures; 2. Meet Procedures; 6th bullet down.

Q: (Uneven Bars) What is the total bonus for the following combination. Toe- on-toe off (C) + Stadler (D) + Double back dismount (C) off bars?

A: +0.30; +0.10-D; C+D +0.20 Connective Value. Refer to the USAG JO Code of Points; Section III; Uneven Bars; Chapter 4; Bonus; II.A. C+D or D+C; and D+C Bonus; III.A.C.1.

Q: (Balance Beam) Would the mount #1.404 Three Flying Flairs (Homma) satisfy the front or sideward acro requirement?

A: No. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 4.2; a.1. Missing a forward/sideward ACRO element with a minimum of A requirement flat .10. Not all mounts are considered Acro skills and only Acro mounts will meet the requirement.

Q: (Balance Beam) Do the beam judges have to sit on different sides of the beam?

A: No. Refer to 2016 & 2107 NCAA Women's Gymnastics Rules Modifications; Appendix VI- Standard/ Duties of Judges; 4. 5th indent down. Judges must be seated separately on the competitive floor.

Q: (Balance Beam) A student-athlete performs Flic Flac-Layout Step out-Beat Jump, there are no other D or E Acro or E dance in the routine. Does the "up to the level" deduction apply?

A: Yes. Refer to the 2026 & 2017 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.2 d. Choice of Elements not up to the competitive level-flat 0.10. Choice of Elements "up to the level" will now be defined by the following basic standards.

-If a flight series is performed on the beam WITHOUT Connection Value (consider only those skills performed on the beam), then an additional D Acro element OR E dance element, including mount and dismount, is required.

Q: (Floor Exercise) What is the bonus for a student-athlete who performs a punch Rudi + back handspring + Straddle jump + Front tuck?

A: +0.10-D. Refer to the USAG JO Code of Points; Section V; Floor Exercise; Chapter 4; Bonus; III. D/E Bonus. C.1.

Q: (Floor Exercise) What are the requirements on Floor Exercise needed to fulfill the "Up to the Level" requirement?

A: Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2; d. Choice of Elements: 1. Elements not "up to the competitive level"; flat .10. Choice of elements "up to the competitive level" will now be defined by the following basic standards (flat .10 deduction if missing any or all):

- One E valued element (acro or dance)
- OR Two different D elements (one of which must be an acro element)
- One Acro SERIES with a C salto or better:
- An Acro dismount with a C (minimum) salto in bonus combination OR a D (minimum) salto

Clarification: Acro dismount is defined as an Acro skill or an Acro combination.

Q: (General) What is the deduction for a team who fails to observe the warm up time on the one-touch?

A: If the team fails to observe specific warm up time, then the flat 0.20 deduction would be taken from the team score after warning, as referenced in the USAG JO Code of Points; Chapter One; II. C. Chief Judge; 12. j.