



## **GYMNASTICS: Q&A**

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### **General Information**

**Q: Who is the NCAA Rules Interpreter?**

**A:** Chrystal Chollet-Norton; [rulesncaagym@embarqmail.com](mailto:rulesncaagym@embarqmail.com)

**Q: 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: Where can I locate the most updated 2020 & 2021 NCAA Rules Modification Document and Meet Procedures?**

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

**Clarifications: 2020 & 2021 Women's Gymnastics Rules Modifications:**

**NCAA Group 4 Vaults described as a flic-flac with 1/1 (360) turn on: allow a ¾ (270) to 1/1 (360) LA turn in the first flight. Same as USAG JO.**

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### **Vaulting:**

**Q: Are you allowed to have tape lines on the round off entry pad?**

**A:** Yes. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and Procedures; 6.1 c. Also refer to the 2019 & 2021 USAG JO Women's Gymnastics Rules and Policies; Chapter 8. II. Vault. B.1.c and 2.f.d.

**Q: Have the angle of repulsion deductions for a handspring double full vault changed?**

**A:** No. Refer to the USAG JO Code of Points 2018-2022; Section 2-Optional Vault-General Information; H. Support/Repulsion Phase; Angle of Repulsion applies to: Level 8/9/10 Non-Salto Vaults from any Group.

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### **Uneven Bars:**

**Q: Does the release move #2.406 "D" –Bullock have to come from a handstand?**

**A:** No. Refer to the USAG JO Code of Points 2018-2022; Uneven Bars; Elements; Group 2-Cast/Counterswing; #2.406; On HB-Counterswing to front salto straddle to catch the same bar (Bullock).

## **Balance Beam:**

**Q: Would a side aerial (D) connected to a back layout full dismount receive an UTL deduction?**

**A:** No as long as all other compositional UTL requirements are fulfilled as stated in the 2020-2021 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.2.d.

**Q: Is there an execution deduction for bending too far forward into a back handspring on Balance Beam?**

**A:** No. This is a technique and no execution deductions can be taken as per the USAG JO Technical Committee.

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## **Floor Exercise**

**Q: Does a student-athlete still need a three skill tumbling pass?**

**A:** Yes. You need One (1) Acro Series with a C salto or better to fulfill the "up to the competitive level" on floor exercise. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.2.d.

**Q: If a student-athlete performs an E acro skill in the first pass, round off layout stepout in second pass and in last pass a front handspring, front full, front pike would she receive an UTL deduction.**

**A:** No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.2.d.

**Q: Would a Tour Jete full connected to a wolf full fulfill the dance passage requirement on floor?**

**A:** Yes. Refer to the USAG JO Code of Points 2018-2022; Floor Exercise; Section 5-Floor Exercise-Compositional Categories-Chapter 2; Level 8,9,10 Special Requirements; 3. Dance Passage; e. Also refer to Floor Exercise Elements Group 1-Leaps, Jumps and Hops; #1.409- Tour Jete with additional 1/1 turn (369) to land on both feet and # 1.316-Wolf hop or jump (one leg tucked, one leg extended forward-both extended leg & thigh of bent leg at or above horizontal) with 1/1 turn(360)-take off from one or both legs.