



GYMNASTICS: Q&A

General Information

Q: Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton; 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 Document.

Use of Training or Competition Facility

It is permissible for teams to use training facility or competition facility prior to arriving on-site for the competition if the host institution has approved this request in advance. Refer to the NCAA Women's Gymnastics Rules Modifications; Appendix VIII. Regular Season Meet Procedures; 3. Regular Season Rules Modifications and Meet Procedures. The following governs only from the time the athletic training room opens for all teams at the competition venue the day of the competition to the conclusion of that competition.

Gymnasts may not mount the equipment or use it for gymnastics-specific or inverted skills prior to the start of the 30-minute open stretch & warm-up period listed in #1a. Matting surrounding each event (including FX itself & Vault runway only) may be used for visualization, provided the equipment itself is not mounted or used for gymnastics-specific or inverted skills.

Unsportsmanlike Conduct Reporting

For all NCAA Women's Gymnastics regular season meets, if the student-athlete or coach is sited for unsportsmanlike conduct the opposing team's coach/ athletic department will report the infraction to the conference office of the institution that incurred the infraction. If the institution is a member of an independent gymnastics conference, the report will go to main conference office the athletic department is affiliated with.

Uneven Bars

Q: What is the bonus awarded to a student-athlete when she executes an E release on the same bar in a C+ E combination? Example: Cast ½ turn in handstand connected to Pike Jeager.

A: +0.40. Cast 1/2 turn in handstand (#2.301 C) connected to Pike Jeager (#5.505 E) would receive +0.20 in D/E bonus, +0.10 Connection Value and +0.10 DV; Same Bar D release move or any E release. Refer to the USAG JO Code of Points Section 3 Uneven Bars; Bonus Chapter 4. II. Level-10 Direction of at least two elements; "C" + "D/E" or "D/E " + "C" - +0.10 CV and III (D/E) Bonus C.2. Also refer to the NCAA Women's Gymnastics Rules Modifications; 3. Uneven Bars; 3.4.

Balance Beam

Q: Would a front full off the end of the beam (C) have to be directly connected to D acro?

A: No. Refer to the 2020 & 2021 NCAA Women's Gymnastics Rules Modification Document; 4. Balance Beam; 4.1. e.

Q: Does a backward roll fulfill the backward element on balance beam?

A: Yes. Refer to the USAG JO Code of Points; 2018-2022; Balance Beam; Beam Elements; Group 6-Rolls; #6.104-A; Roll backward: start and end position, as well as hand position is optional.