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 updated 2017 & 2018 NCAA Gymnastics Rules Modifications?

Clarification: The role of the NCAA Women’s Gymnastics Rules Interpreter is to interpret the gymnastics rules, which does not include evaluation and establishing of start value for specific routines for competition.

Clarification: Vaulting Chart: Vault 2.1 should read as follows: Tsukhara-Repulsion off-8.8, Vault 2.31 should read as follows: FHS (Onto Board) Tsukahara-Repulsion off-8.9 and Vault 3.1 should read as follows: RO, FF-Repulsion off- 8.8.

Repost: Balance Beam: February 1, 2016 Newsletter

Q: Would you take an "up to the level" if a student-athlete preforms a back handspring layout step out for her series then later in the routine she does a standing back layout step out for her additional "D".


Uneven Bars

Q: If a student-athlete performs a bail to handstand or straddle back to handstand then steps down into a “roundy round” is this considered a squat on in the rule concerning only allowing for one squat on in a bar routine?
A: Yes. Refer to the USAG JO Code of Points; Uneven Bars; Chapter 2; III. Specific Compositional Deductions; D. More than one squat on/stoop on LB, with or without sole circle, to stand & jump to grasp high bar. (Applicable to Level 10 only)

Q: If a student-athlete performs a “D” release move on Uneven Bars. She touches the uneven bars with her hands but can’t catch the bar. She is missing a “D” element for bonus thus having a 9.9 start value. Will she also receive a deduction for “up to the level” for not having a 10 start value?

A: No. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modification; Uneven Bars; 3.2; f. Choice of elements not up to the competitive level will now be defined by the following basic standards; 1.

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**Balance Beam**

Q: Would a switch leg leap to a gainer full dismount receive a connection bonus of +0.10?

A: No. Refer to the USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II. C and D. Also refer to Balance Beam Chapter 2; Clarification Regarding Series.

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**Floor Exercise**

Q: What is the bonus for a Rudi directly connected to an “A” jump?

A: Total bonus is +0.20. The student-athlete would receive +0.10 “D” for the “D” salto and +.10 CV for “D” Salto connected to “A” jump. Refer to USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus; C. 2. D-Salto +A-Jump (This order only).

Q: What is the bonus for a punch front step out to round off back layout one and a half (1/1/5) punch front?

A: Total bonus is +0.10 CV. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus; II. B. A + C = +0.10.

Q: If a student-athlete performs a round off back layout one and a half (1/1/5) punch front tuck salto for her last pass will she receive an “up to the level” deduction?

A: No. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2. d. Choice of Elements; 1. –An Acro dismount with C (minimum) salto in bonus combination OR a D (minimum) salto.

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