VAULT

_NCAA Women’s Gymnastics Rules Newsletter #6_  
**February 15, 2018**

**Q:** How many total inches are allowed on top of the competition base mat for vaulting?

**A:** 9” +/- Refer to USAG JO Code of Points; Vaulting; Sectional 11; 1. Apparatus Specification/Rulings; G, the USAG JO 2017 & 2018 Rules and Policies: Chapter 8. Apparatus Requirements Junior Olympic Competitions; I. General Consideration; G. Matting Height Specifications; 2; and October 15, 2017 Newsletter.

_NCAA Women’s Gymnastics Rules Newsletter #5_  
**February 1, 2018**

**Q:** What would be the deduction if a student-athlete vaults prior to judge’s hand or flag signal?

**A:** The student-athlete must repeat the vault for a score and would receive a .50 deduction. Refer to 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Vault; 2.7.

_NCAA Women’s Gymnastics Rules Newsletter #3_  
**December 15, 2017**

**Clarification:** **Vaulting Chart:** Vault 2.12 should read as follows: Tsukhara-1/4 to 3/4 Front Pike 1/2 turn: 10.0.
UNEVEN BARS

NCAA Women’s Gymnastics Rules Newsletter #5 February 1, 2018

Q: If a student-athlete finishes her uneven bar routine with a toe shoot to handstand into a double back dismount would she receive an “Up to the Level” deduction?

A: Yes. Refer to the USAG JO Code of Points; Uneven Bars: Chapter 4; Bonus; II. A. Level 10; C+C: 0.10. In most cases both “C” elements must have either flight phase or a long axis (LA) turn of at least 180 degrees. Exception: for a connection of two (2) elements from Group 3,6, and/or 7, turn or flight is not required, but elements must be different.

Q: If a student-athlete falls on her dismount bonus combination would she receive an UTL deduction?

A: No. The student-athlete met all the criteria as stated in the 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Uneven Bars; f. 2.

NCAA Women’s Gymnastics Rules Newsletter #4 January 15, 2018

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.

NCAA Women’s Gymnastics Rules Newsletter #3 December 15, 2017

Q: Does a bail fulfill the requirement on Uneven Bars as a LA turn?

A: Yes. Refer to the USAG JO Code of Points; Uneven Bars Elements; Group 4; 4.304; Giant Swing Backward; From Handstand on HB-long swing forward (bail) with ½ turn and flight over LB to hang on LB.
Q: What is the bonus combination for the following combination: Tkatchev # 4.405, “D” to straddle back to horizontal # 2.205 “B”?

A: +.10 for “D”. Refer to USAG JO Code of Points; Uneven Bars; Chapter 4; Bonus; II. A. C+D or D +C; 5.
BALANCE BEAM

NCAA Women’s Gymnastics Rules Newsletter #7  March 1, 2018

Q: If the only forward or sideward element in a student-athletes beam routine is a front full dismount would the athlete receive the 0.10 composition deduction for no forward element?

A: Yes. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Balance Beam; 4.2; a.1.

NCAA Women’s Gymnastics Rules Newsletter #6  February 15, 2018

Q: Will a gainer back handspring connected to back layout step out receive +0.10 connective value plus +0.10 D for total bonus of +0.20?

A: No. The total bonus would be +.10 for D. Refer to 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Balance Beam; 4.4 Connection Value bonus on beam; 2. Back Salto Stretched with Step-out and Aerial walkover will receive “D” bonus but will be considered as “C”: value for purpose of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 feet, Gainer BHS or BHS Swing down to cross sit; in any order).

Q: What is the bonus connection for a kick over front tuck connected to a back handspring?

A: +0.30. Refer to the USAG JO Code of Points; Balance Beam; Chapter 4; Bonus II. B. Connection of (2) Acrobatic Flight Elements (Excluding the Dismount) and III. D/E Bonus.

Q: Is there an arm height requirement on a one arm back handspring on beam?

A: No. Refer to USAG JO Code of Points; Balance Beam elements; Group 7- Walkovers, Cartwheel, etc...# 7.308 Flic-flac with step-out with support on one arm or flic-flac with ½ twist after hand support and # 7.310 Flic -flac with support on one arm with legs together, landing on both legs in stand.

NCAA Women’s Gymnastics Rules Newsletter #5  February 1, 2018

Q: What would the following combination on beam receive: Cat leap, side aerial, switch leap, beat jump?

A: Total bonus; 0.40. Connective value of +0.30 and + 0.10 for “D”. Refer to the USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II. B; D and III. D/E Bonus; C.

NCAA Women’s Gymnastics Rules Newsletter #4  January 15, 2018

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.

NCAA Women’s Gymnastics Rules Newsletter #2  November 15, 2017
Q: If a student-athlete performs a salto sideward in tuck position (D) and a side aerial (D) will she receive credit for two different D skills?

A: Yes. Refer to USAG JO Code of Points; Balance Beam Elements; Group 7- 7.403; “D” and Group 8- 8.402; “D”.

NCAA Women’s Gymnastics Rules Newsletter #1 October 15, 2017

Q: Is a split jump ¼ (2.201) a “C” for college on beam?

FLOOR EXERCISE

NCAA Women’s Gymnastics Rules Newsletter #7
March 1, 2018

Q: A student-athlete lands her tumbling pass and continues to stumble out of bounds. What would be her the total deductions?

A: 0.50. Refer to USAG JO Code of Points; Floor Exercise; Chapter 3; B Medium faults; 14. Large step or jump on landing (approximately 3 feet) and Chapter 1. General Information; II. C.12.c.

Q: If a student-athlete or coaching staff touches or catches the student-athlete performing a “D” tumbling pass after she lands to stop her momentum would she receive D bonus?

A: No. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1. V.E. 2.

NCAA Women’s Gymnastics Rules Newsletter #6
February 15, 2018

Q: If a student-athlete performs a front layout half twist connected to a straddle jump and then performs a punch rudi straddle jump will she receive bonus for her rudi straddle jump even though it is her second straddle jump?

A: Yes. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1; VI; Recognition (Counting) of Value Parts; A. Any Floor Exercise element listed in the Jr. Olympic Code of Points or JO updates may receive Value Part credit two (2) times in an exercise, provided that the element occurs in a different connection (that is, preceded and/or followed by a different element)

Q: Is a side somi considered a salto or an aerial?

A: It is a salto. Refer to USAG JO Code of Points; Floor Exercise Elements; Group 7-Salto Sideward, Arabians; # 7.101.

Q: If a student-athlete touches or catches the performing student-athlete when, or after she lands an element to stop her momentum would the 0.50 deduction be applied?

A: Yes. If the student-athlete is caught or touched out bounds the 0.50 deduction for “spotting” is applied. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1. V.E. Clarified by the USAG RTCC Committee, February 7th, 2018 to include any person as well as the coaches.

Q: If a student-athlete fails to perform an acro series in her floor routine will she receive an UTL deduction?

A: Yes. Refer to the 2017 & 2018 NCAA Women’s Rules Modifications; Floor Exercise; 5.2; Floor Specific Compositional deductions; d. Choice of Elements; 1. Elements not up to the competitive level will receive a flat .10. Choice of elements “up to the competitive level” will now be defined by following basic standards (flat .10 deduction if missing any or all). One Acro SERIES with a C salto or better.

NCAA Women’s Gymnastics Rules Newsletter #5
February 1, 2018
Q: The student-athlete performs the following routine: Round off handspring full twisting double back; switch side leap connected to popa; round off back handspring layout 1 ½ punch front (falls), then finishes with round off back hand spring rebound as her last pass. What would be the deductions for this routine?

A: The round off back handspring rebound is a acro combination and therefore the last pass of this routine, but it does not fulfill the Special requirement of a "C" dismount. It also does not fulfill the UTL requirement so the .1 UTL deduction would be taken as well. Refer to these deductions in the 2017 & 2018 NCAA Gymnastic Rules Modifications; Floor Exercise; 5.1; c. and 5.2; d. The student-athlete would also receive a 0.30 from start value for no attempt to perform a "last salto". Refer to the USAG JO Code of Points; Floor Exercise; Chapter 2; Compositional Categories; II; A. 4.b. The start value would be a 9.3.

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.

Q: My student-athlete performs a double back as her third tumbling pass and then does a back salto to a prone position to finish her floor routine would there a .2 deduction off the start value?

A: No. Refer to the USAG JO Code of Points; Floor Exercise; Chapter Two; Composition Categories; II. Special Requirements; 4. c. The following flight elements without hand support are NOT considered saltos and cannot be used to fulfill this special requirement; 2. Salto –like elements that land in a sitting, prone or split position.

Q: My student-athlete performs a double back in her first pass then later for her second pass performs a full and a half front tuck. Will she receive a deduction for choice of elements for a routine with only two tumbling passes?
A:  Yes. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.2; d. Choice of elements; 3.

**NCAA Women’s Gymnastics Rules Newsletter #2**  November 15, 2017

Q: If a student-athlete performs a C +C dance combination but the series is considered broken and has no other dance bonus (D or another connection) will she receive the flat .10 deduction?

A: Yes. Refer to 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.2. a.1 and USAG JO Code of Points; General Information; Chapter 3; V. Bonus; A. Connection Value; 4.

**NCAA Women’s Gymnastics Rules Newsletter #1**  October 15, 2017

Q: Where do we send floor music to for approval if it has human voice in it?

A: Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1: General Information: III. Music Regulations; A. 3. If a coach has any question of the music containing words the music should be sent to the Regional Technical Committee Chairman for their region. This information can be found in 2017 & 2018 USAG Rules and Policies.

Q: A student-athlete performs the following passes on Floor. 1st pass; Punch 2/1 Front-E: 2nd pass; Round off Layout; 3rd pass Punch front layout to front full. Will she receive an “up to the competitive level” deduction?

GENERAL INFORMATION

NCAA Women’s Gymnastics Rules Newsletter #7

Clarification:

Balance Beam: UTL; If a student-athlete performs on balance beam:

- a flight series containing connection value (may include mount)
- or an additional D acro skill (may include mount or dismount)
- or an E dance element

A fall or break in the connection will not trigger an UTL deduction. However, if the student-athlete is not awarded VP credit for a skill (or has no attempt at a flight series/additional D acro/ E dance at all) then UTL deduction would be taken. Refer to 2017 & 2018 NCAA Women’s Gymnastics Rules Modification; Balance Beam; 4.2; d. Also refer to the USAG JO Code of Points; Balance Beam; Chapter 1; V. Recognition (Counting) Value Parts; A.4. Also, the question about not performing any series was answered in a previous newsletter.

Q: During video review, is it permissible to question connections or combinations?

A: Yes. Refer to the 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Appendix II- NCAA Video Review Form; fourth block down; Connection or Combinations.

Q. Video Review: Is it permissible to use a video review to determine whether or not the judges gave a popa on balance beam which then would impact the UTL?


Q: Is there a rule in place to where and how judges should be placed in relationship to an event? Example, both on same side, close and far from the event?

A. No. The only reference to seating arrangement deals with all judges must be seated separately on the competition floor. Refer to 2017 & 2018 NCAA Women’s Gymnastics Rules Modifications; Appendix VI; Standards/Duties of Judges; 4 and Appendix VIII; Regular Season Meet Procedures; 1. Judging.

Clarification Inquires: Judges must process all inquiries before the start of the next event. Refer to the NCAA 2017 & 2018 NCAA Rules Modifications; Appendix VI-Standards/Duties of Judges.

Reminder: Past NCAA newsletters are still applicable to judging NCAA gymnastics.
Reminder: March 15, 2017 Newsletter: On floor exercise after warm ups are completed a student-athlete steps on the floor exercise mat in between athletes and before she is to compete and does a back handspring on the floor exercise mat. Would this be a deduction?

A: Yes. Refer to the USAG JO Code of Points; General Information; Chapter One; II. C. Chief Judge; 12. J. A deduction would be give after a warning.

_NCAA Women’s Gymnastics Rules Newsletter #4_ January 15, 2018

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

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".


_NCAA Women’s Gymnastics Rules Newsletter #3_ December 15, 2017

Clarification: Vaulting Chart: Vault 2.12 should read as follows: Tsukhara-1/4 to 3/4 Front Pike 1/2 turn: 10.0.

_NCAA Women’s Gymnastics Rules Newsletter #2_ November 15, 2017

Q: If a coach is given verbal warning on technical cues and then gives another technical clue after the first warning where will the .20 deduction apply?

A: The deduction will be taken from the student-athlete’s average score on that event. Refer to USAG JO Code of Points; General Information; Chapter 1. II; Duties and Responsibilities of the Meet Officials; Chief Judge; k.

Q: Is it permissible for an NCAA gymnastics college coach to bring in a judge to judge routines after January 1st?

A: Yes. Refer to NCAA Interpretation; Involvement of Judges in Practice Activities in Diving, Equestrian and Gymnastics; Division 1. Date Issued; November 11, 2009; Date Published December 18, 2009. Interpretation: The academic and membership affairs staff determined that in diving, equestrian and gymnastics (sports in which competition is judged), an institution may allow a judge to observe institutional practice sessions and display event scores without including the individual in the institution's coaching limitations in the applicable sport, provided the individual does not interact with student-athletes and does not provide any analysis to coaching staff members.

[References: NCAA Bylaws 11.7.1.1.1 (countable coach) and 11.7.1.1.1.4 (use of outside consultants); and an official interpretation (February 11, 1993, Item No. 9)]
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

UPDATES: USAG CODE OF POINTS:

1. **New Skills:**
   a. Bars: #7.510-Ramier-“E”- Pike sole circle backwards through handstand with 1/1 (360) turn in flight to hang on high bar.
   b. Beam: #2.401-“D” From a side stand, split jump with a ½ turn to end in side position.
   c. Floor: #1.411-Trevor-“D”-Split leap forward with leg change and ½ turn to ring leap.

2. **General:** To add the variance +/- to all equipment specifications listed in the Women’s Rules and Policies. All measurements for and apparatus and mats are measured from the floor. They are independent measurements, NOT cumulative.

3. **Balance Beam:** Clarification: A kick above 45 degrees will break a connection of two acro elements on Beam, such as cartwheel-cartwheel, as stated in the Women’s JO Code of Points. When evaluating the continuity of a dance connection or a mixed connection of dance to acro, the height of the free leg at the finish of the first element (such as a cat leap or hitch-kick) will not be the sole cause for breaking the dance or mixed series, however, if the free leg position drops and lifts again or if the trunk stops forward movement, the series would be considered broken.
VAULT

NCAA Women’s Gymnastics Rules News #16
March 1, 2017

Q: Can the long RO pad be turned and used sideways?


NCAA Women’s Gymnastics Rules News #15
February 15, 2017

Q: Can tuff skin be sprayed on the vault table?


Q: What is the allowable matting for vaulting?


NCAA Women’s Gymnastics Rules News #14
February 1, 2017

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


NCAA Women’s Gymnastics Rules News #12
December 15, 2016

Q: Can the rectangular RO pad be placed short ways across the vault runway?

A: Yes. Refer to USA Gymnastics 2016 & 2017 Women’s Program Rules and Policies; Chapter 8; II. Vault; B. 2.

NCAA Women’s Gymnastics Rules News #7
March 1, 2016

Q: Is it permissible for a team to tape a line down the center of the round-off entry mat?

A: Yes. Nowhere in the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures, the USAG JO Code of Points or the 2015 & 2016 USA Women's Program Rules and Policies does it state that a student-athlete can’t place a tape line down the center of the round-off entry mat.

Q: (Vaulting) What is the correct technique/timing of for Yurchenko Arabian ½ front layout vault?

A: Refer to the NCAA Vault Comparison Chart under notifications.
Q: Do the USAG JO vaulting deductions “too long in support and angle of repulsion for non-salto vaults” apply to NCAA as well?

UNEVEN BARS

**NCAA Women’s Gymnastics Rules News #17**

March 15, 2017

Q: What is the maximum amount of matting allowed on a release move on bars on top of the 20cm base mat?

A: The maximum amount of inches allowed on a release move on bars on top of the 20 cm base mat is 9 inches. An additional 8-inch skill cushion is allowed on top of the 9 inches as protection on a release element; however, the 8-inch skill cushion must be removed immediately after the release element has been performed. Refer to Chapter 8; Apparatus Requirements Junior Olympic Competitions; 1. General Consideration; g. Matting Height Specifications; 1.a. 2 and 2. Supplemental Matting; (Skill Cushions) For Vault, Bars, and Beam; 1; and III. Uneven Bars; c. 4. Also refer to the USAG JO Code of Points, Uneven Bars; Section III. B.1.

Q: Can a student-athlete mount the low bar with a kip off an eight skill cushion?

A: Yes. Refer to the USAG JO Code of Points; Uneven Bars; Chapter 1 General Information; I. Apparatus Regulations; C. Matting Regulations for Mounts; 1. For mounts without the use of a board, the gymnast may stand on one 12 cm or 20 cm mat or two 12 cm competition landing mats; * The gymnast may also stand on an additional " up to 8-inch" skill cushion (sting, throw mat, or 8" skill cushion) that is placed on the competition landing mat(s). Also refer to USAG JO Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; H. 5.

Q: If a student-athlete does a cast handstand to high bar, ½ pirouette, swing back to a straddle back what would the value be of elements performed?

A: Refer to the USAG JO Code of Points; Uneven Bar Elements; "C" -2.301 Cast to handstand with 1/2 turn in handstand phase plus a "B" - 2.205 Hang on HB-Counterswing backward in straddle or pike with flight over LB to hang on LB. * Receives "C" if it directly follows (without forward counterswing) a "D or " release element.

**NCAA Women’s Gymnastics Rules News #16**

March 1, 2017

Q: If a student-athlete does a handstand shoot over (Bail) does the skill need to go to a handstand?

A: No. Refer to the USAG JO Code of Points; Uneven Bar Elements; 4.304-From handstand on HB-long swing forward (bail) with ½ turn and flight over LB to hand on LB is a “C” and does not have to go to handstand. Uneven Bar Element; 4.404-From handstand or hang on HB, long swing forward with a ½ (180) turn and flight to handstand on LB is a “D”. If the handstand position on the low bar is not within 20 degree of vertical it receives a deduction.
NCAA Women’s Gymnastics Rules News #14  
February 1, 2017

Q: 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.

NCAA Women’s Gymnastics Rules News #12  
December 15, 2016

Q: If a student-athlete performs element 4.403- "D" Backward giant with 1/1 turn (360) in handstand with hop on first turn (turns in same direction) is that considered a "D" release?

A: No. None of the various techniques listed under 4.403 back giant 1/1 are considered flights as stated in the USAG JO Code of Points. Refer to USAG JO Code of Points; Uneven Bars; Chapter 1; General Information; VII. I. Required Technique for the Recognition of Value Parts (page 68); 8. e. If an element with a hop-grip change also has a LA (longitudinal axis) turn, the hop-grip change to a different grip must be completed prior to the initiation of the turn to be considered a flight element (exception: Back Giant hop 1/1-4.502).

Q: If a student-athlete performs element 4.303 “C”-Handstand on HB-giant circle backward with hop ½ turn to reverse grip followed by 5.302 “C”- Front giant would it get C + C +0.10 bonus.

A: No. Refer to USAG JO Code of Points; Uneven Bars; Chapter 4; Bonus; II. A. C+C.

NCAA Women’s Gymnastics Rules News #11  
December 1, 2016

Q: If a student-athlete does a flat shoot over (one that lands in a horizontal shape) directly connected from a D/E release move would this count as an LA turn for the Uneven Bar requirement?

A: Yes. Refer to USAG JO Code of Points; Uneven Bar Elements; Group 4 - Giant Swings Backwards; 4.204-From hang on HB-long swing forward with ½ (180) turn and flight over LB to hang on LB. *Receives “C” if it immediate follows a “D” or “E” release element.

NCAA Women’s Gymnastics Rules News #9  
October 15, 2016

Q: If a student-athlete does a #7.410-”D” Inner front support on LB-Pike sole circle backward through handstand with flight to hang on HB (Maloney) connected to # 4.404-“D” From handstand or hang on NB, long hang swing forward with a ½ turn and flight to handstand on LB would this fulfill the “up to the level” requirement?

A: Yes. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; Uneven Bars; 3.2. f.
Q: My student-athlete performed a blind half to a Jaeger, missed catching the Jaeger, but her hands did touch the uneven bar; she then finished with a minimum of a "D" dismount or "C" dismount in bonus combination. Would she receive an "up to the level" deduction?

A: No. Your student-athlete would receive value part credit for the Jaeger. Refer to USAG JO Code of Points; Uneven Bars; Chapter One; VII Recognition of Value Parts. She would not receive the bonus "D". She would not receive an "up to the level" deduction. Refer to the 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars; 3.2; Uneven Bar Specific Compositional Deductions; f. Choice of elements not up to the competitive level; flat .10; 1. Choice of elements "up to the competitive level" will now be defined by the following basic standards; - A single bar release with a minimum of “D” value - OR a release move valued as an “E” - OR minimum of two “D” releases- OR minimum two “E” level skills. 2. Exercise must have minimum of a “D” dismount or “C” dismount in bonus combination.

Q: If a student-athlete bar routine has less than five elements do you take the USAG JO deduction for a short routine?


Q: If a student-athlete on uneven bars does a squat on and half turn to the high bar, does the student-athlete receive a 0.10 deduction for uncharacteristic element?

A: Yes. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars; 3.2; Uneven Bars Specific Compositional Deductions; d. Uncharacteristic elements; each 0.10; Example; 1.

Q: What is the value of a tuck toe front half twist off bars?

A: C. Refer to USAG JO Code of Points; Uneven Bars Elements; Group -8 Dismounts; 8.301-“C”; from HB-under swing (toe-on or clear) to salto forward tucked or pike-also with ½ (180) twist.

Q: If a student-athlete falls and does not complete a dismount would the deductions taken be 0.2 from start value for no C dismount and 0.30 from start value for no dismount?

Q: Would the student-athlete receive an “up to the level deduction” if she attempts a “C” in bonus combination in her dismount series but does not receive bonus because of a fall?

A: No. The student-athlete has performed a “C” dismount in a bonus combination. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 3. Uneven Bars: 3.2; f. 2. (Does not receive bonus because of the fall but still performed bonus combination to meet compositional requirement).

Q: If a student-athlete performs a tkatchev and misses both of her hands and this is her only "D" value part would you take “up to the level”?

A: Yes. Refer to USAG JO Code of Points; Uneven Bars; Chapter 1; General Information; VII Recognition (Counting) of Value Parts.

Q: Would a toe shoot to handstand to a double back dismount receive connective value?

A: No. Refer to the USA JO Code of Points; Uneven Bars; Section III. Chapter Four; Bonus; A. C+C; in most cases, both “C” elements must have either flight phase or a long axis (LA) turn of at least 180 degrees.

Q: What is the connective value for the following combination; clear hip to handstand ("C") toe on toe off to handstand ("C") to geinger ("D"); C+C+D?

A: +.0.20. Refer to the USA JO Code of Points; Uneven Bars; Section III. Chapter Four; Bonus; A. C+C +0.10; Exception; For a connection of two (2) elements from Groups 3,6,and/or 7, turn or flight is NOT required, but elements must be DIFFERENT and C + D or D + C=+0.10.

NCAA Women’s Gymnastics Rules News #1
October 15, 2015 (Updated)

Q: 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: 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: 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.
**BALANCE BEAM**

*NCAA Women’s Gymnastics Rules News #17*  
**March 15, 2017**

**Q:** On balance beam can turns be included in the dance series?

**A:** Yes. Refer to the USAG JO Code of Points; Balance Beam Elements; Group 3. Turns.

**Q:** What is the value of a scale on beam holding the back leg in a 180 degree position for two seconds?

**A:** “A”. Refer to the USAG JO Code of Points; Balance Beam Elements; Group 5; Holds/Stands; 5.101. “A”-Scale forward, support leg extended or bent and free leg above horizontal (2 sec), also with hand holding free leg.

*NCAA Women’s Gymnastics Rules News #16*  
**March 1, 2017**

**Q:** If a beat jump (#2.108) lands on one foot would it still receive “A” value?

**A:** Yes. Refer to the USAG JO Code of Points; Balance Beam; Chapter 1; General Information; V. Recognition (Counting) of Value Parts; A.1.

**Q:** What is the value of a Split jump ¼ turn (2.201) on balance beam in NCAA Competitions?

**A:** Split Jump ¼ turn (2.201) is a B. Refer to the USAG JO Code of Points; Balance Beam Elements; Leaps and Jumps. Verses (2.202) Straddle pike or straddle split jump performed with a ¼ which is a “C”. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; 4. Balance Beam; 4.3. Elements Value Different from Level 10.

**Q:** What is the connection value of a switch leap (2.305) directly connected to a split jump (2.202)?

**A:** +0.10. Refer to USAG JO Code of Points; Balance Beam; Chapter 4. Bonus; II. D. Connections of Two; Dance Elements; B + C.

*NCAA Women’s Gymnastics Rules News #15*  
**February 15, 2017**

**Q:** How long must the scale be held on element 8.501-Salto forward tuck, take-off from one leg to stand on one leg, passing free leg backward to finish in a scale (leg horizontal or above)?

**A:** 2 sec. Refer to USAG JO Code of Points; Balance Beam Elements; Group 8; saltos.

**Q:** What is the value of beat jump to one foot?

**A:** Value A. Refer to USAG JO Code of Points; Balance Beam elements; Group 2-Leaps, Jumps and Hops; 2.108; third example: Stretched jump with change/beat of legs.
Q: 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: Do the beam judges have to sit on different sides of the beam?

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

Q: 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: Is element #1.114-“A” Front walkover with hands on springboard to rear support (sit) on the beam considered a forward skill?

A: Yes. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 4. Balance Beam; 4.4. d. Back Salto Stretched with Step-out receives “D” bonus but will be considered as “C” value for purposes of
awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet, or gainer BHS; in any order).

Q: What is the bonus if a student-athlete does a side aerial + back layout step out?
A: +0.40. Refer to USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; II. B. Connections of Two (2) Acrobatic Flight Elements (excluding the Dismount); D+D= +0.20. Also refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; 4. Balance Beam; 4.3; Elements Values Different from Level 10; 8.304- D+0.10. Refer to USAG JO Code of Points; Balance Beam; Chapter 4; Bonus; III. “D/E” Bonus; C.1.

Q: What is the value of a gainer tuck full off the end of the beam?
A: Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modification; Balance Beam; 4.3; Elements Value Different from Level 10; 9.309; Dismount Gainer salto tuck with 1/1 twist off end of beam; “D”.

Q: Does a layout back handspring on balance beam receive connection bonus?
A: No. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; Balance Beam; 4.4. Connection Value Exceptions; d. Back Salto Stretched with Step-out received “D” bonus but will be considered as “C” value for purposes of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet or gainer BHS; in any order).

Q: Is the jump to a front support, swing leg around ¾ of a turn to end in a sit on beam an “A”?
A: No: Refer to USAG JO Code of Points; Appendix 5; Beam Symbols Values; revised July 2015.

Q: What is the value of the double stag ring jump on beam?
A: D. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 4. Balance Beam: 4.3; Element Value Different From Level 10; 2.307-Leap/Hop Jumps; Ring or Stage-ring leap or jump (rear leg at head height)-“D.”

Q: Student-athlete competes forward backward series but does not connect the series and therefore does not have a series in her routine. She competes another D tumbling skill in her routine. Since she did not receive Special Requirement credit for series does that mean she also loses 0.10 Up to the Level?
A: No. The student-athlete has the additional “D” so meets “up to the level”. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 4. Balance Beam; 4.3; d.
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".


Q: Is it permissible for a student-athlete to mount off a board that is on top of a “4” inch mat and a sting mat?

A: No. Refer to USAG Rules and Policies; Chapter 8; Apparatus Requirements; Junior Olympic Competition; 1. General Consideration; G. Matting Height Specification; 1. and H. Spring board/Mounting Specification; 4. Olympic levels: A board used to mount Bars or Beam may be placed on the competition landing mat(s) (one or two 10-12 cm mats or one 20 cm). The board may also be placed on the allowable competition landing mats plus the supplemental matting of 5-10 cm (sting mat or 4” throw mat type skill cushions).


Q: Under choice of elements on beam can the “E” skills requirement be in the mount or dismount?

A: Yes. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modification and Meet Procedures; 4. Balance Beam; 4.2; Beam Specific Compositional deductions; d. Choice of Elements “up to the competitive 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 mounts and dismounts, is required.

Q: Is Split Jump ¼ (2.201) a “C” for college on beam?

A: No. Refer to NCAA Women’s Gymnastics Rules Modification and Meet Procedures; 4. Balance Beam; 4.3; Elements Values Different from Level 10.

NCAA Women’s Gymnastics Rules News #3 December 1, 2015

Q: Can a “D” or “E” mount or dismount be used as the additional D acro on beam for fulfilling the “up to the level requirement?”

A: Yes. Refer to USA JO Code of Points; Elements; Mounts and Dismounts.

Q: If a student-athlete performs a back handspring layout step out salto to split jump would she receive connective value?

A: Yes. Refer to USA JO Code of Points; Balance Beam; Section IV; Chapter 4; Bonus; II. D. Connection of Two; Dance/Acrobat Flight Elements or the reverse; B +D=+0.20.

Q: If a student-athlete performs a back handspring layout step out salto to a split jump would she still have to do the extra D acro skill or E dance skill to fulfill the up to the level requirement?

FLOOR EXERCISE

NCAA Women’s Gymnastics Rules News #17  March 15, 2017

Q: (Floor Exercise) What is the bonus value of the following leap pass on floor exercise; Switch side, popa to a wolf 1 ½ which all are connected?

A: Total + 0.40. Refer to the USAG JO Code of Points; Floor Exercise; Chapter V. Chapter 4; Bonus; II. C. 1. C+C - +0.10; 4. C+D/E or more difficult+0.20 and III “D/E” Bonus; C. 2. +0.10.

NCAA Women’s Gymnastics Rules News #14  February 15, 2017

Q: Is there a minimum difficulty requirement needed for a student-athlete leap pass of indirect/direct connection on floor for special requirements?

A: No. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.1. d. There would be a deduction for Floor Specific Compositional Deductions; Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2. a. 1.

Q: If a student-athlete does a layout to prone body position as her last pass would this count as her last tumbling pass?

A: No. Refer to USAG JO Code of Points; Floor Exercise; Section V. Chapter 2; Compositional Categories; II. Special Requirements; 2.d and 4.c.

Q: Can you place a tape line in the middle of the floor exercise mat?

A: No. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; 6.1; n. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape (not chalk) to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. TAPE MAY NOT BE PLACED IN THE CENTER OF THE FLOOR EXERCISE MAT. This would incur a .30 deduction for improper use of equipment as stated under 6. Equipment and Procedures.

NCAA Women’s Gymnastics Rules News #14  February 01, 2017

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

NCAA Women’s Gymnastics Rules News #13  January 15, 2017

Q: Will a side aerial fulfill the compositional requirement for a forward or sideward salto on floor exercise?

A: No. Refer to the USAG JO Women’s Code of Points; Floor Exercise Elements; Group 5-walkovers, cartwheels, #5.104-side aerial not considered a salto.

Q: What is the element value of a Ring jump with 1/1 turn (360) on floor exercise.

A: “C”. Refer to the USAG JO Code of Points; Floor Exercise Elements; Group 1 – Leaps, Jumps and Hops; #1.310.

CLARIFICATIONS:

Q: Is it allowable for the coaching staff member to coach a student-athlete during competition (non-verbal and verbal cues) during regular and post season?

A: No. Refer to USAG JO Code of Points; Section 1. General Information; C. Chief Judge; 12.k.


Q: What is the total bonus for a Front handspring-Rudi-Straddle jump on Floor exercise?

A: +0.20. Refer to USAG JO Code of Points; Floor Exercise; Chapter 4; Bonus; II. C. 3: B+D/E; +0.10 bonus, and Chapter 4; Bonus; III. “D/E” Bonus; C. 1. “D” element each receive +0.10 Bonus.

Clarification

Q: December 1st Newsletter Does a student-athlete need to have a pass on floor exercise with 3 elements in it?

A: No for Floor Exercise Special Requirement as stated in December 1st newsletter. However, yes for “up to the level”. Refer to Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.2; d. 1.

NCAA Women’s Gymnastics Rules News #11  December 1, 2016

Q: Is the connection value for a front layout + front layout ½ on floor still .1 connection bonus?

A: Yes. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications; 5. Floor Exercise; 5.4 Connection Bonus; c. Bonus combination B+B must be 2 different skills to receive +.1. Example #1:
Front layout+front layout= no connection bonus; Example #2: Front layout+front layout ½=+.1 connection bonus.

Q: Does the above question change with a jump out of the connection?
A: No. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; 5. Floor Exercise; 5.4 Connection Bonus; b.

Q: Is a front handspring + Rudi + back layout .3 bonus?
A: Yes. Refer to the USAG JO Code of Points: Floor Exercise; Chapter 4; Bonus; II. B. Direct Connection of: Two or More Saltos or Acrobatic Elements with Flight and Without Hand Support (Aerials); 5. A/B +D/E= +0.20 connection bonus. Also refer to USAG JO Code of Points: Floor Exercise; Chapter 4; Bonus; III. "D/E" Bonus; C. 1. "D" element each receive +0.10 Bonus.

NCAA Women’s Gymnastics Rules News #9 October 15, 2016

Q: Where do we send floor music to for approval if it has human voice in it?
A: Refer to USAG JO Code of Points; Floor Exercise; Chapter 1; General Information; III. Music Regulations; A.3. If a coach has any question of the music containing words the music should be sent to the Regional Technical Committee Chairman from their region. This information can be found in the 2016 & 2017 USAG Rules and Policies.

NCAA Women’s Gymnastics Rules News #8 April 1, 2016

Q: If a student-athlete attempts dance bonus on floor exercise but does not earn the bonus would she receive a composition deduction for lack of dance bonus? (Example, a student-athlete attempts a wolf 1 ½ (D-1.416) however she is more than 90 degrees short.
A. Yes. Refer to the USAG JO Code of Points; Floor Exercise; Section V. Chapter 1. General Information; VI. Recognition (counting) of Value Parts; F.3. Turning Jumps/Leaps/Hops/ and Turns on one foot with 360 or more; if missing 90 degree or more of the turn; award the Value Part for the element performed, as listed in the JO Code of Points. Also refer to 2016 & 2017 NCAA Rules Modification; 5; Floor Exercise; 5.2; a. 1.

NCAA Women’s Gymnastics Rules News #7 March 1, 2016

Q: Would a floor routine with the following acro receive an “up to the level “deduction; 1st pass; Front handspring, front salto double twist; 2nd pass; Front handspring, front layout, front layout; 3rd pass; Front handspring, front salto 1½ twist?
A. Yes. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.1 a. (definition of acro series) and 5.2; d. 1. - One Acro SERIES with a C salto or better.
Q: Is a back layout 1.5 connected to a front layout full a total of +0.20, in connective value?

A. Yes. Refer to USAG JO Code of Points; Floor Exercise; Section V; Chapter 4; Bonus; II Principles for Awarding Connection Value on Floor Exercise; B. Direct connection of: Two or more Saltos or Acrobatic Elements with Flight and without Hand Support (Aerials); 7) C + C and More Difficult - +0.20.

Q: Is there a minimum time for a floor exercise routine?

A. The only minimum time for a floor exercise routine is under Timing Regulations. Refer to the USAG JO Code of Points; Floor Exercise; Chapter 1; II; Timing Regulations; C. Short Exercise; Floor routine is less than 30 seconds (either complete or incomplete); 1. Deduct for any missing Value Parts from the Start Value; 2. Deduct for any missing Special Requirements from Start Value; 3. Chief Judge deducts 2.00 from the average score.

Q: A student-athlete competes a routine with only 2 tumbling passes, do all 3 elements of the “up to the competitive level” still apply?

A: Yes. All routines must meet up to the level. A 2 tumbling pass routine must meet additional requirement. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 5. Floor Exercise; 5.2; d. 1 & 3.

NCAA Women's Gymnastics Rules News #6 (correction update-1/30/16) February 1 2016

Q: Is it permissible for a student-athlete to punch off a sting mat on floor?

A: Yes. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; 6.1. Equipment; o. Only one of the following mats: Sting mat, 4” Throw mat, 8” Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

Q: If a student-athlete does a double turn with the free back leg in attitude position would the skill receive “D” credit?

A: Yes. Refer to USAG JO Code of Points; Floor Exercise Elements; Group 2-Turns; 2.402; 2 /1 or 2 1/2 (720-900) with free leg at or above horizontal from start to end of turn "D". Also refer to Floor Exercise; Chapter 1. VI. Recognition (counting) of Value Parts; F. Required Technique for the Recognition of Value Parts; 5. Specific Element Technique Clarification; J. Turn with free leg at or above horizontal from start to end of turn. The free leg may be bent or extended but the entire leg must be a minimum of horizontal.

Q: The student-athlete performs a round off back handspring to salto 1/1/2 connected to a front layout and falls on her dismount series. Would the student-athlete receive an “up to the level” deduction?

A: No: The student-athlete has performed an Acro dismount with a C (minimum) salto in a bonus combination. Refer to 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet
Procedures; 5. Floor Exercise; 5.2. (Does not receive bonus because of the fall but still performed bonus combination to meet compositional requirement).


Q: Would a Wolf Hop or jump (A-1.116), passe’ turn, chasse to Shuschunova Jump Full Turn (C-1.308) fulfill the special requirement of a leap series on floor?

A: No. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; Floor Exercise; 5.1. Floor Exercise Special Requirements; d. Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance Value Part elements.

Q: If a student-athlete performs a double back tuck and falls, and this was one of her two different "D"s for "up to the level" would she receive the flat deduction for "up to the level"?

A: If the double back tuck landed on the bottom of the feet it would will be recognized as a "D" value part and would fulfill the "up to the level " compositional requirement. Refer to USAG JO Code of Points; General Information; Chapter 3; I. Value Parts; F. and Floor Exercise; Chapter I. General Information; VI. Recognition (counting) of Value Parts; 4; and E. Consideration for Awarding Value Part Credit when a fall occurs. If she didn't land on her feet first then the student-athlete would not receive value part credit and skill would be considered a zero and the "up to the level" would be taken if she only had one "D" skill.

Q: Is it permissible for a coach to place a mat for one tumbling pass then move it a few feet for a different tumbling pass later in the routine?

A: Yes. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; 6.1. Equipment; o. Only one of the following mats: Sting mat, 4” Throw mat, 8” Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment. Key statement is per tumbling/leap combination. Also refer to the USAG JO Code of Points; Section V. Floor Exercise; Chapter 1; General Information; V. Coach on Floor Exercise Mat/Spotting Regulations; A. For Levels 6-10, no deduction is applied if a coach inadvertently steps onto the corner area of the Floor Exercise mat when placing, adjusting the placement of, or removing the mat.

NCAA Women’s Gymnastics Rules News #4 December 15, 2015

Q: Is it permissible for a student-athlete to do a single element jump taking off and landing on a 4” mat?

A: No. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; 6. Equipment and Procedures; o. Only one of the following mats: Sting mat, 4” Throw mat, 8” Skill cushion or one allowable mat may be used per tumbling pass/leap combination (i.e., a gymnast may
not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30.

**NCAA Women's Gymnastics Rules News #2**  
*November 1, 2015*

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

**A:** Yes for Special Requirements. Refer to NCAA 2016 & 2017 Rules Modifications and Meet Procedures; Floor Exercise; 5.1.d. Also refer to 5.2. Floor Specific Compositional Deductions; a. 1. and d.1.

**Q:** 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 Elements from Group 1 or 2.

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**NCAA Women’s Gymnastics Rules News #1**  
*October 15, 2015 (Updated)*

**Q:** 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:** 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:** 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.
Q: Is it mandatory for the Chief Judge to call a conference when the scores are out of range?
A: Yes. Refer to the USAG JO Code of Points; General Information; Chapter 1. II. C. Chief Judge; 8. Verifies that scores fall within the proper range and 11. c. The judges may change their scores, but are not obliged to do so; however, if the scores are out of the allowable range, adjustment must be made. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range; d. If the judges are unable to compromise, the Chief Judge may mandate that the scores be brought into the allowable range.

Q: On floor exercise a student-athlete does a wolf 1 ½ -”D”. One judge calls it a wolf full. She needs the D. Is this a video reviewable situation?
A: Yes. Refer to the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; 7. Video Review Process; d. All reviews must be specific to the performance or nonperformance of a particular Value Part, combination of skills or neutral deductions (i.e., Out of bounds) and Appendix II. NCAA Video Review Form; third block down; Individual skill.

Q: On floor exercise after warm ups are completed a student-athlete steps on the floor exercise mat in between athletes and before she is to compete and does a back handspring on the floor exercise mat. Would this be a deduction?
A: Yes. Refer to the USAG JO Code of Points; General Information; Chapter One; II. C. Chief Judge; 12. A deduction would be given after a warning.

Q: Is it allowable for another team to video tape the opposing team’s student-athletes?
A: No. Refer to the USAG 2016 & 2017 Women’s Rules and Policies; Chapter 1; Membership; IV. Coaches’ Specific Responsibilities; D. Be Professional; 4. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area). Coaches are permitted to record their OWN gymnasts' exercise for personal use but should not in any way interfere with the competition.

Q: On Vault, Uneven Bars and Balance Beam are judges supposed to be taking .05 for landings that have feet apart and heels don’t come together as the gymnast stands to present?
A: Yes. Refer to the USAG Joint Meeting Junior Technical Committees, May 11, 2014; VIII. General and Vault and the USAG JO Code of Points; Vault; Section II: II General Information; G. Specific Apparatus Deductions; 5.

NCAA Women’s Gymnastics Rules News #13 January 15, 2017

Q: Is the “up to competitive level” card shown if the student-athlete does not meet the requirement?
A: Yes. Refer to the NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; Appendix VI-Standards/Duties of Judges; 4. Duties and Responsibilities; 7th bullet down.


Q: For regular season dual meets must the NCAA host institution provide line judges on floor exercise?

Q: If a student-athlete has a skill that was created and evaluated for value, but is not in the code, can we give the form we received back from the NCAA/USAG (with the description and value of the skill) to the meet referee before the meet, so the meet referee can share it with the judges on that event prior to the start of the competition?
A: Yes. Refer to the USA Gymnastics New Element Evaluation Form. Go to the USAG Web site; click on Women; click on forms; scroll down to Meet Forms; 7th bullet down.

NCAA Women’s Gymnastics Rules News #11 December 1, 2016

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 August 1st updated 2016-17 NCAA Gymnastics Rules Modifications?

Q: Where can I find what is allowable matting for placement of a springboard for mounting both uneven bars and balance beam?
A: Refer to 2016 & 2017 USAG Women’s Program Rules and Policies; Chapter 8; Apparatus Requirements Junior Olympic Competitions; H. 4.
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 August 1st updated 2016-17 NCAA Gymnastics Rules Modifications?


Q: Video does not clearly show that the judgement was correct or incorrect. Is the .3 deduction for failed review applied in this situation?

A: Yes. Without conclusive video evidence to the contrary, the ruling made during the meet stands. As per Modifications 7.1.c - a review that fails results in a .3 deduction.

Q: May the Meet Referee preview a video or should/may they advise coach whether or not to proceed with a video review?

A: No. As per Modifications 7.1.i - Reviews must be conducted in the presence of Meet Referee and event panel only. There is no provision for a Meet Referee to conduct a preview for advisory purposes. They may remind the coach of the consequence (.3 deduction) of a failed review.

Q: When is a warning for coaching a student-athlete during her routine given?

A: Refer to USAG JO Code of Points Chapter 1. II. Duties and Responsibilities of Meet Officials; C. Chief Judge; 12. k. Technical verbal cues by coach or teammate(s) to own gymnast (applies after one warning has been given). Examples of technical ques: "hollow", "pull", "breathe" etc. EXCEPTION: If the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example-what comes next in the routine or to repeat a missed requirement), a deduction of 0.20 is taken from the average without warning. This deduction is taken only once, regardless of the number of cues given.

Q: Can a NCAA student-athlete repeat a routine due to a camera flash?


Q: How long is the student-athlete expected to be still when sticking a dismount or vault?

A: Same as USAG controlled landing. Also refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; 1. Rules Overview; 1.1 & 1.3.

Q: May a coach inquire about an exhibition routine?
A. Yes. Refer to NCAA 2016 & 2017 NCAA Women's Gymnastics Rules Modifications and Meet Procedures; IV. Inquiry Form and Appendix VIII; 2. 15 bullet down.

Q: May a coach submit a routine evaluation form for an exhibition routine?

A. Yes. Refer to NCAA 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; III; Routine Summary Form and Appendix VII; 2 15 bullet down.

Q: Can you inquire if the judges show the white index card that an “up to the level” has been taken?

A: Yes. Refer to the 2016 & 2017 NCAA Women's Gymnastic Rules Modification and Meet Procedures; Appendix IV - NCAA Inquiry Form; Inquiries must be made in writing before the beginning of the next event and must pertain strictly to (a) Start Value (difficulty, special requirements and bonus values); (b) Compositional Requirements; and (c) Clarification of Neutral Deductions or Unusual Performance Occurrences/Falls. When all Start Values are 10.0, only inquiries about items b. and c. are permissible (circle the appropriate item below).

a. Start Value  
b. Specific (flat) Compositional Requirements  
c. Neutral Deductions or Unusual Performance Occurrences/Falls

Q: Is it required to have the NCAA Inquiry form on the back side of the Routine Summary Form?

A: No: Refer to the 2016 & 2017 NCAA Women's Gymnastic Rules Modification and Meet Procedures; Appendix IV - NCAA Inquiry Form; Recommended that the NCAA Inquiry Form be on the back side of the Routine Summary Form.

Q: Since the judges are not allowed to watch warm-ups do they have to have a room or can pipe and drape be used in an arena?

A: There is no reference to the judges’ room in either the 2016 & 2017 NCAA Women's Gymnastic Rules Modification and Meet Procedures or the Host Championship Operational Manual relating to where the judges’ room needs to be before the competition.

NCAA Women’s Gymnastics Rules News #3 December 1, 2015
Q: Has the September 1st 2016-17 NCAA Gymnastics Rules Modifications been updated?


Q: Can the Meet Referee be on the competition floor during warm-ups?

NCAA Women’s Gymnastics Rules News #1

October 15, 2015 (Updated)

Q: 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: 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 September 1st updated 2016-17 NCAA Gymnastics Rules Modifications?

Q: Do we need to keep a paper trail at regular season meets?
A: No. Refer to NCAA 2016 & 2107 Rules Modifications and Meet Procedures 6. Equipment and Procedures; 6.6. Open Scoring, Start Value, Scoring Range and Inquires; e. Score verification procedures will be in place at regionals and for each session at nationals.
GENERAL / UPDATES/ NOTIFICATIONS

NCAA Women’s Gymnastics Rules News #15                                      February 15, 2017

UPDATES: January 15th Newsletter: This refers to verbal cues only.

(Q) Is it allowable for the coaching staff member to coach a student-athlete during competition (non-verbal and verbal cues) during regular and post season?

No: Refer to USAG JO Code of Points; Section 1. General Information; C. Chief Judge; 12.k.

NCAA Women’s Gymnastics Rules News #14                                       February 01, 2017

Q: 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.

NCAA Women’s Gymnastics Rules News #13                                       January 15, 2017

CLARIFICATIONS:

Q: Is it allowable for the coaching staff member to coach a student-athlete during competition (non-verbal and verbal cues) during regular and post season?

A: No. Refer to USAG JO Code of Points; Section 1. General Information; C. Chief Judge; 12.k.


Clarification

(Balance Beam) Choice of Elements not up to the competitive level-----flat .10.

A student-athlete who does not attempt a flight series on beam at all but has the additional D Acro element OR E dance element, including mounts and dismounts WILL receive an “UTL” compositional deduction as well as the Special Requirement deduction of 0.20.

NCAA Women’s Gymnastics Rules News #11                                       December 1, 2016

Q: (Floor Exercise) Does a student-athlete need to have a pass on floor exercise with 3 elements in it?

A: No. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; 5. Floor Exercise; 5.1. Floor Exercise Special Requirements (.20 each taken off Start Value); a. One acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos. (If the two (2) saltos are not directly connected, they must be included in an acrobatic series, which is defined as a minimum of three acrobatic flight elements, with or without hand support. (aerials are NOT considered saltos).
UPDATES: NEW SKILL ADDED TO USAG CODE OF POINTS:

I. UNEVEN BARS:


2. Clear pike circle backward, disengage legs prior to a clear support at or above horizontal “C”, # 7.313. If the element is performed within 20 degrees of vertical, award “D” value- # 7.413.

3. Handstand on high bar, swing down between bars, swing forward with ½ (180) turn above high bar height within 21-44 degree of vertical –“B”, # 4.201.

4. (Front flyaway in tuck, pike, or layout) Swing down in regular grip between the bars with grip change to cross grip and ½ (180) turn in range of hang position and swing backward-upward to salto forward, tucked, piked or stretched- “A”, #8.107.

NOTIFICATIONS:

#1. The newsletter will again be on a Bi-weekly format starting on October 15, 2016. Unless there are three or more questions for the upcoming newsletter one will not be posted until the next date.

UPDATES: NEW SKILL TO USAG CODE OF POINTS:

I. BEAM:

1. #3.506-“E”- 3/1 turn in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of turn-George.

2. #3.406- “D”- 2/1 or 2 ½ turn in tuck stand one leg, free leg in for horizontal, rising to finish turn in stand-Swartzentruber.

3. #8.401- “D”- Salto forward tucked, take off from one leg to land on one knee and one foot simultaneously- Hawthorne.

4. #7.403-“D”- Free aerial round-off, from stand on one leg, swing free leg through backward, landing on both legs-Burgess.

5. #8.303-“C”-Salto backward tucked with step-out and ¼ (90) turn to land in side stand-DeVries.
NOTIFICATIONS:

#1. The newsletter will again be on a Bi-weekly format starting on October 15, 2016. Unless there are three or more questions for the upcoming newsletter one will not be posted until the next date.

**NCAA Women’s Gymnastics Rules News #7**  
*March 1, 2016*

**Notifications:** Included in newsletter: Vault Comparison Chart, See attached information.

**Notification:** Reminders that all cheat sheets not printed by NCAA are unofficial. Refer to NCAA Women’s Gymnastics Rules Modifications or JO Code of Points.

**NCAA Women’s Gymnastics Rules News #6**  
*(correction update-1/30/16)*  
*February 1, 2016*

**Clarification: Video Review:** A video review is only permitted at end of meet for an inquiry that has failed. Video Review form must be completed and submitted along with cued video. Coach may not participate in process with officials. Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedure; 7. Video Review Process; 7.1.

**Notification:** The Board of Directors has recommended, and the NCAA Women’s Gymnastics Committee has approved, a change to the color, design and display mechanism of the "Up to the Level" Card now in use. Effective for the competitions beginning January 29, 2016, you are required to implement the following changes to the "Up to the Level" Card:

**The 'Up to the Level' Card:**

1. Shall be a 4" by 6".
2. Shall be **BRIGHT/NEON ORANGE** in color.
3. Shall have "UTL" printed on it in LARGE LETTERS.
4. Shall be displayed in a “holder” (similar to a table setting place card holder)
   
   **OR** be a tent like structure.
5. Both the card and the "holder" shall be provided by the home team for each judges' table. (Officials will therefore NOT have to travel with these cards.)

It is permissible to make these changes to the "Up to the Level" Card beginning January 22, 2016, however, it is required beginning January 29, 2016.

**NCAA Women’s Gymnastics Rules News #4**  
*December 15, 2015*

**Clarification- Vault:**
All vaults described as having a 1/1 (360) LA turn in the first flight phase with a backward salto in the second flight phase may be performed with ¾ (270 degree) to 1/1 (360 degree) LA turn in the first flight. Refer to the USA JO Code of Points; Section II. Optional Vault; II. General Information; F. Miscellaneous Vault Rules; 13.

**Cheat Sheet/ERRATA:**

Please change on Balance Beam; Element Value Exception; to read-Straddle pike or straddle split jump performed with ¼=.

**Clarification “Up to the Level” Card:** Refer to 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications and Meet Procedures; Appendix VI-Standards/Duties of Judges -Judges will be responsible to indicate when they take an “up to the level” deduction on the bars, beam and floor. This will be indicated by a white index card. Recommended by NAWGJ that it be 4”x 6” in size.

**NCAA Women’s Gymnastics Rules News #2**

*November 1, 2015*

**UPDATE CLARIFICATION 2016 & 2017 NCAA Women’s Gymnastics Rules Modification.** Please change the wording in the 2016 & 2017 NCAA Women’s Gymnastics Rules Modifications; September 30th; page 20; Appendix VIII-Regular Season Meet Procedures; 1. Judging. First Bullet to read; Judges are prohibited from entering the competition floor until the march-in. Rationale -- This follows the same procedures at NCAA Regionals and Nationals.

**NCAA Women’s Gymnastics Rules News #1**

*October 15, 2015 (Updated)*

**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.