



2009-10 NCAA Women's Gymnastics Rules Clarifications - #2
Answers in Red (2/3/10)

Question 1: FLOOR EXERCISE

SPECIAL REQUIREMENT ACRO: The gymnast competes the following four tumbling passes:

front layout + front layout 1 1/2
front layout 1/1 + front tuck
roundoff + layout stepout
front layout 1 ½

This gymnast meets all Special Requirements for tumbling:

1. She has One Acrobatic series with two (2) saltos (same or different), OR **two (2) directly connected saltos**.
2. She has **three (3) different saltos** within the exercise.
3. The salto performed as **the last isolated salto** or within the last salto connection **is minimum "C"**.

She would receive a flat .10 deduction under composition for Choice of Acro not being up to the competitive level because she does not have "one acro SERIES with a C salto or better". (See 5.2.d.2). Therefore, no deduction from Start Value for Special Requirements but flat .10 deduction under composition.

SPECIAL REQUIREMENT DANCE PASSAGE:

Follow JO rules: both skills in the dance passage must be *different* Group 1 elements listed in the JO Code.

UNDER COMPOSITION :

Lack of variety in dance elements – gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill flat .10

The intention of the NCAA committee has always been that the shape at the END (or peak) of the jump/leap is the determining shape, regardless of the entry or technique used to get there. Hence, SPLIT leap same shape as SPLIT jump and switch leg SPLIT leap. Anything ending in the straddle/side split shape is the same SHAPE regardless of how one gets into it. A switch wolf is a different SHAPE from a switch side. The NCAA modifications list nine (9) distinct "shapes", of which 2 different ones are required. The same shape can have a variety of entries, but a different entry does not necessarily guarantee a different (ending) shape.

Question 2: BALANCE BEAM

Some confusion has arisen on Balance Beam regarding the additional D required if the acro series does not have CV bonus. Please note that the following clarification is being provided and has also been shared with the collegiate judging community.

Choice of Acro elements not up to competitive level..... **flat .10**

- If a flight series without connective value is performed, then an additional **D** acro skill is required (mounts and dismounts MAY be included).

Example: a backhandspring- layout stepout is performed as the acro flight series. (No CV bonus to this series, only the D bonus).

The gymnast will need to perform an additional D outside of this flight series.

The D performed may be the SAME "D." It does not specify that it must be a different D.

Question 3: BEAM DISMOUNT

As of February 5, 2010, the following VALUE will be in EFFECT:

Beam Dismount 9.202 (second element listed in JO code of points) says "From a stand on one leg - swing free leg backward to front salto **TUCKED** with 1/1 twist off side or end of beam (Mabrey)" = B

For NCAA competition, Beam Dismount 9.202 (second element listed in JO code of points):

*"From a stand on one leg -- swing free leg backward to front salto **STRETCHED** with 1/1 twist off side or end of beam" = C*

*Note: After a thorough review by the WCPC in collaboration with the NCAA Women's Gymnastics Committee, the decision has been made to accept the value for #9.202 in the **STRETCHED** position as a "C". The skill previously had been valued as a "C" and was removed from the NCAA Rules Modifications since it was believed to have been valued the same as JO. The skill in TUCKED position is a "B" in JO. The JO Code of Points has not established a value for this element in the **STRETCHED** position; unfortunately this was not caught by either the WCPC nor the NCAA women's gymnastics committee during our annual review of the rules.*

Question 4: SUBSTITUTION

Listed under NCAA Rules Modifications:

1.3 All rules and guidelines for execution deductions as applied to the JO level 10 rules will be used with the following collegiate modifications:

a. .10 deduction for competing out of order (taken from team score).

Directly from the NCAA Championships Handbook:

Meet Procedures. These procedures apply to all meets, regardless of the number of participating teams:

d. Substitution(s) may be made after an event begins (i.e., flag raised for team's first competitor on that event) by notifying the chief judge at that event. The substitute must replace the teammate in the same lineup position.

Changes in the lineup may be made before the start of an event by notifying the NCAA scoring coordinator, who will notify the scorer's table and the chief judge. Once a team begins an event (chief judge raises the flag for the first student-athlete), a substitute may replace a gymnast in that same position in the lineup by notifying the head scorer and chief judge at the event; the order of competition may not be changed. A gymnast who is removed from one event lineup may compete in other events.

If in the course of a competition the flag has been raised and the gymnast has signaled, *a substitution may not take place in that position*. If a gymnast has begun her approach to the equipment and does not mount the apparatus or vault that is considered a "balk".

Examples:

2.3 Vaulting – Gymnast will perform one vault, the score of which will count. A gymnast will be afforded three attempts to go over the vault table one time. Touching the board and/or the vault table, without going over the vault table, counts as one of the three attempts.

If the gymnast begins her run and does not go over the vault that is a "balk" (one of her 3 attempts). She now has two more attempts to go over the vault table. Should she not continue she would be awarded a "0" for her attempt that was not completed. Should she complete her vault on her second or third attempt ***she receives her score without penalty***.

Uneven Bars and Balance Beam – Mount Attempts

The gymnast may have two attempts to mount the bars or beam without penalty (provided that she has not touched the board/or apparatus or run under underneath the bars or beam on either attempt; i.e.: *balked*). An attempt without mounting is considered a "balk".

A gymnast may "balk" two times without deduction. She may take one more approach; however, on the third attempt, EACH judge will take a 0.5 deduction. The gymnast is not permitted a fourth approach. (See pages 52 and 134 of the JO Technical Code for a more complete explanation on awarding bonus.)

If the chief judge signals the gymnast and the gymnast signals and/or begins her approach to the equipment she has initiated her performance and another gymnast may not be substituted in her position. If this athlete is not in the correct order in the line-up then the .10 deduction for competing out of order would be applied.

To keep it simple, once the gymnast salutes in an NCAA competition she has begun her routine.