

# 2008-09 NCAA Women's Gymnastics Rules Modifications

Changes are in bold type – updated as of August 1, 2008.



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## 2008-09 NCAA RULES MODIFICATIONS

**\*\* CHANGES IN BOLD \*\***

### GENERAL INFORMATION

#### 1. RULES OVERVIEW

- 1.1 This document lists the NCAA Special Requirements and Compositional Deductions in total, rather than in addition to, the Junior Olympic (JO) Women's Code of Points Requirements (Level 10). No other special requirements or compositional deductions are applicable to collegiate competition unless listed in this document. In all other cases the deductions/values modify, supplement or replace the specific JO level 10 rules. Please note that the NCAA rules modifications are in effect for both regular and post season competition unless otherwise noted.
- 1.2 The National Collegiate Women's Gymnastics Championships and all competition used to qualify for the championships will be conducted according to JO level 10 rules as of 11/1/08. [Note: If the value of a JO skill on events other than vaulting is raised after 11/1/08, the value will be effective immediately. If an element value is lowered after 11/1/08 then it will remain at the higher value for collegiate competition until the change is reviewed by the women's gymnastics committee.]
- 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).
  - b. Choice of elements "up to the competitive level" will now be defined by basic requirements for each event.
  - c. The "up to the competitive level" deduction will be standardized at a flat .10.
  - d. The "insufficient distribution of elements" deduction will be standardized at a flat .05.

#### 2. SKILL VALUES NOW THE SAME AS JO LEVEL 10

The following is a list of skills and their values that were different than JO Level 10 during the 2007-08 season. These skills are now the same as JO Level 10 for the 2008-09 season.

##### 2.1 VAULT

No deduction if gymnast's lead arm bends during a ¼ on or Tsukahara entry vault. Deduct for bending of second arm.

##### 2.2 UNEVEN BARS

Giant ½ Turn (blind) + 1/1 Healy (any direction) = D

##### 2.3 BALANCE BEAM

- a. Tuck front 1/1 dismount off beam to the side landing parallel to the beam = C
- b. Two foot take off back salto (any position) 1 ½ twist dismount off side = C
- c. Two foot take off back salto (any position) 1/1 twist dismount off side = B
- d. #8.401 - Salto forward take off from one leg to a stand = D
- e. #9.308 - Gainer salto backward stretched with 1/1 twist, to side of beam = C (tuck = B)

Connection values for balance beam (these combinations may be performed in any order)

- a. B+D Acro Flight--BHS + Layout step-out = no connection value
- b. B+E Acro Flight--BHS + Layout stretched throughout (no pike down) with feet together= +.20
- c. B+B+D 3 Acro Flight Elements--any variation or order of 2 BHS's and a layout step-out = +.10 (not +.20)

2.4 EQUIPMENT

Sting mats are no longer allowed for use as a Round-off (RO) entry hand placement mat for vault. The only allowable entry pad is the **AAI TAC-10 RO pad**.

**EVENT SPECIFIC MODIFICATIONS**

**3. VAULT SPECIAL REQUIREMENTS**

- 3.1 Collegiate Vault Value Chart (effective September 2008). Vault numbers will not be flashed but vault groups will be.
- 3.2 Gymnasts 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.
- 3.3 1.00 deduction for touching the vault table with only one or with no hands.
- 3.4 1.00 deduction for failure to land on feet first (includes fall).
- 3.5 1.00 deduction for spotting assistance during the vault.
- 3.6 ¼ on, ¼ off, in opposite directions should be judged as a handspring vault.
- 3.7 Tsukahara vaults may be performed with 90° to 180° turn in the preflight.
- 3.8 During the 3-minute touch warm-up, each vaulter is guaranteed two times over the vaulting table.
- 3.9 All twisting should be completed at the apex of the vault with increasing deductions taken the later the twist is completed.

**4. UNEVEN BARS**

- 4.1 UNEVEN BAR SPECIAL REQUIREMENTS (.20 each taken off Start Value)
  - a. Minimum of two (2) bar changes.
  - b. Two (2) flight elements, minimum of two (2) different C's OR a D and B.
  - c. One element with longitudinal axis (LA) turn, minimum of C (not to include dismount).
  - d. C dismount with the following modification: C dismount immediately preceded by same two A or B elements = .10 deduction (not .20).
- 4.2 UNEVEN BAR SPECIFIC COMPOSITIONAL DEDUCTIONS
  - a. Lack of variety in choice of elements and/or connections.....up to .20  
Consider:
    - 1. Overuse of one group of elements.

2. Overuse of specific element or variation of that element.
3. Overuse of same element for connections.
4. Elements of highest value connected primarily to elements of lowest value.

b. Insufficient distribution of the elements ..... flat .05

Consider:

1. Level of difficulty not maintained throughout the exercise
2. Most difficult elements placed in the same section of the exercise

c. More than one squat/stoop on LB with/without sole circle to grasp high bar ..... each .10

Reminder: After a fall, judging resumes once the gymnast performs an element listed in the JO Level 10; therefore, if she resumes with a glide kip, squat on, and has already performed a squat/stoop on, the deduction will be applied.

d. Uncharacteristic elements ..... each .10

Examples:

1. Squat on LB bar and ½ turn on feet to grasp high bar.
2. Swing forward on HB, place feet on LB to stand with or without ½ turn unless followed by a circling move.

e. ¾ giant circle forward with or without grip change ..... each .10

This is not considered an element and it will break a connection.

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:

- o A release sequence (minimum C+C+D in any order or D+D)
- o OR a pirouetting sequence (minimum C+C+D in any order or D+D)
- o OR a combination of release & pirouette (minimum C+C+D in any order or D+D)

Clarification: Only one skill in the **above** combinations has to contain a turn or release to fulfill the requirement.

- o OR a dismount sequence (minimum C+C+D in any order or D+D)
- o OR minimum two “D” releases

Exercise must have minimum of a “D” release as part of, or in addition to, the above AND a minimum of “D” dismount or “C” dismount in bonus combination.

2. When applying this compositional deduction, consider not only the value part of the release element, but also:
  - o the type of release element;
  - o the direct connection with other release elements and/or other elements of higher value; and
  - o the total number of release elements in the exercise above the minimum.

4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. Uprise backward to handstand on HB with ½ turn = D
- b. All other elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique) = D (listed below)
  - o 2.301 Cast Healy
  - o 2.303 Uprise Healy
  - o 3.305 Clear Hip Healy
  - o 4.303 Back Giant Healy
  - o 5.302 Front Giant Healy
  - o 7.308 Front Sole Circle Healy
  - o 7.309 Back Sole Circle Healy

- c. Amplitude of body at turn completion for Healies:

<u>Angle Achieved</u>	<u>Deduction</u>
0 - 30°	No deduction
31 - 45°	.05
46 - 90°	.10
>90°	.20

- d. Value of the Stalder:
  1. Stalder (forward or backward), straddled or in-bar, to handstand with or without a ½ turn = D
  2. Stalder (forward or backward), straddled or in-bar, to handstand with a 1/1 turn = E

<b>5. BALANCE BEAM</b>
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5.1 BEAM SPECIAL REQUIREMENTS (.20 each taken off of the Start Value)

- a. Acro series - Minimum of two (2) flight elements, one element must be a minimum of C with or without hand support (both elements must start and finish on the beam).
- b. Dance series with a minimum of two (2) elements, one element C or higher.
- c. A leap or jump requiring 180° split. (This may be part of the dance series.)
- d. Minimum of 360° turn from Group 3. No hand support permitted.
- e. Minimum of C dismount, or B dismount preceded by and directly connected to any C element (acro or dance).

5.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS

- a. Lack of variety in choice of elements
  1. Missing a backward acro element with a minimum of A value..... flat .10  
 Missing a forward/sideward acro element with a minimum of A value..... flat .10

- The following five (5) notes apply to both backward and forward/sideward acro requirements.
- Must be from Groups 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels, or 8- Saltos.
  - The round-off is considered a sideward element.
  - A jump backward (BHS) with ½ twist to walkover forward (Arabian walkover or salto) is considered a forward element.
  - A BHS ¼ or ¾ to handstand is considered a backward element.
  - A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast.

2. 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

Clarification: Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

These are different shapes:

Pike	Cat
Tuck	Sheep
Straddle (side split or piked)	Ring (requires head release)
Straight/beat	Wolf
Split (forward, includes stag and double stag)	

- More than one leap/jump/hop element to prone..... each .10

b. Insufficient distribution of the elements..... flat .05

Consider:

1. Level of difficulty not maintained throughout the exercise.
2. Most difficult elements placed in the same section of the exercise.

c. Insufficient use of entire beam apparatus

1. Insufficient level changes throughout the exercise.....up to .10

Consider:

- Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low, and low (kneel, squat, sit, lying)].
- No longer required to touch the beam with a part of the torso and/or head.

2. Spatially (use the entire length of the beam).....up to .10

3. Directionally (movement/choreography forward, backward and sideward).....up to .10

d. Choice of acro 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:

- If a flight series without connective bonus is performed, then an additional D acro skill is required (mounts and dismounts may be included).
- Any balance beam dismount of C value is up to the level of competition and will not receive a deduction in this category.

5.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. Wolf open swing down (back salto in wolf position, open to swing down) = C
- b. #2.307 Stag-ring leap or jump with front leg stag or straight = D
- c. #8.301 Salto forward take off from one leg to a sit = D
- d. #8.304 Salto backward stretched and then pike before vertical, with legs together = C (pike)
- e. #8.404 Salto backward stretched through vertical and then pike down, with legs together = D

- f. #9.108 Gainer salto stretched to the side of the beam with a ½ twist = B; (tuck & pike = A)
- g. In collegiate program, same values when gainers are performed forward.

5.4 CONNECTION VALUE EXCEPTIONS.

These combinations may be performed in any order.

B+D Acro Flight--BHS + Layout, stretched then pike down with feet together = +.10 (not +.20)

**Back salto stretched with step-out and gainer back salto stretched with step-out will still be considered as 'D' value when awarding connection value for mixed series (dance+ acro flight or reverse).**

JO example:

- Split Jump + Lay out Step Out, B + D, gets B + C Connection Value of .1

NCAA Example:

- Split Jump + Lay out Step Out, B + D, gets B + D Connection Value of .2

<b>6. FLOOR EXERCISE</b>
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6.1 FLOOR EXERCISE SPECIAL REQUIREMENTS (.20 each taken off Start Value).

- One (1) acro series (acro series consists of minimum of three (3) acro flight elements with or without hand support).
- Two (2) directly connected saltos or one (1) acro series with two (2) saltos, same or different.
- Three (3) different saltos within the exercise.
- Dance series with a minimum of two (2) elements (leaps/jumps/hops or turns), one (1) element valued C or higher.
- Minimum of C salto as the last salto or in the last connection of saltos OR a bonus combination in the last connection of saltos.

6.2 FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

a. Lack of variety in choice of elements

1. Lack of variety in dance elements

- o 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  
Clarification: Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill.

These are different shapes:

Pike	Cat
Tuck	Sheep
Straddle (side split or piked)	Ring (requires head release)
Straight/beat	Wolf
Split (forward includes stag and double stag)	

- o More than one (1) leap/jump/hop to prone position ..... each .10

2. Lack of variety in acro elements.....up to .10

- o Minimum of one (1) forward/sideward salto and a minimum of one (1) backward salto (A value or higher)

b. Insufficient distribution of the elements..... flat .05

Consider:

1. Level of difficulty not maintained throughout the exercise.
2. Most difficult elements placed in the same section of the exercise.

c. Insufficient use of the floor area

1. Spatially (floor pattern).....up to .10

2. Directionally (movement/choreography forward, backward and sideward).....up to .10

d. Choice of acro elements

1. Lack of a minimum of C salto in exercise..... .30

2. Acro 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:

- o One (1) tumbling pass with a D salto or better (**could occur in any tumbling pass**)

AND

- o An acro dismount with a C in bonus combination or a minimum of a D skill

Clarification: Acro dismount is defined as an acro skill or an acro combination.

3. Prone landings

- o More than one (1) acro element to prone landing..... each .10
- o Maximum of two (2) prone landings will be allowed. One from dance and one from acro elements.
- o 1 ¼ saltos to prone landing retain the same value as the root element.

6.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10

#6.201 Front salto piked = A

## 7. EQUIPMENT and PROCEDURES

### 7.1 EQUIPMENT

- a. Sting mats are no longer allowed for use as a Round-off (RO) entry hand placement mat for vault. The only allowable entry pad is the **AAI TAC-10 RO pad**.
- b. No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed.
- c. **1 3/8" padded vault runway is required for all competition and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82 feet if available). Exceeding the length of the manufactured runway will result in a .10 deduction from the gymnast's score. Exceptions to the minimum requirement will be made in cases where institutions cannot provide 82 feet of runway due to venue limitations in which case the host institution must notify visiting team(s) in writing of the distance that will be provided before meet contracts are signed.**
- d. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters.
- e. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications.
- f. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- g. The **minimum** run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 1/2' from the base or leg of the respective apparatus. **If more than 27 1/2' of matting exists, the maximum run distance may be used. [Note: the host institution need not provide more than the minimum which will be provided at NCAA regional and national competition]. Exceeding the length of the provided manufactured matting will result in .10 deduction from the gymnast's score.**
- h. If a plywood board is used under the springboard for mounting bars and beam, then it must be a 1/2" plywood board with a non-skid surface on both sides.
- i. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- j. A minimum of 15 1/2' matting must be available on the dismount end of the beam.
- k. A chalk arc line may be placed on the corners of the floor exercise mat.
- l. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average.

## 7.2 LANDINGS

Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges or failing to show a controlled landing prior to turning to present to the judges will result in a deduction).

## 7.3 OPEN SCORING, START VALUE and SCORING RANGE

- a. Open scoring will be used during the regular season, regional competition and the national championship.
- b. Judges are to sit apart.
- c. All scores will be flashed and rotated, but only the average score will be raised and rotated.
- d. Both the start value and the score will be flashed simultaneously.

First, judge shall give final score to flasher. Judges shall then simultaneously flash his/her start value while final scores and average score are being displayed.

- e. Score verification procedures will be in place at regionals and each day of competition at nationals.
- f. **The range of scores is determined by the two counting scores. If the average score is between those listed below then the two counting scores must be within the range of:**

<b>9.5 – 10.0</b>	<b>.20</b>
<b>9.0 – 9.475</b>	<b>.30</b>
<b>8.0 – 8.975</b>	<b>.50</b>
<b>Below 8.0</b>	<b>1.0</b>

**Conferences should occur only when the two counting scores are out of range, if there is an impossible start value that can have an impact on the average score, OR if there is an inquiry submitted.**

**Example: Judge 1 score is 9.5 and Judge 2 score is 9.8, the average is 9.65. Since the average (9.65) falls in the top range, the two scores must be no more than .20 apart. Since they are .30 apart a conference between the judges is warranted.**

## 7.4 UNIFORMS

All competitors are required to be in identical team issued uniforms for all official practices, warm ups and competitions including the awards ceremony.

- a. Gymnasts must wear one-piece leotards that include briefs that are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color for all team members.
- b. Leotard straps must be a minimum of 2 cm ( $\frac{7}{8}$ "") in width.
- c. Swimsuit apparel is permitted during practice and warm up only provided the apparel meets all other requirements.
- d. Deduction of .10 for leotard above the hipbone. A warning must be given first.
- e. During the individual event finals, individual leotards may be worn that meet all other apparel requirements.
- f. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules or a .30 team deduction will be taken during team competition or a .30 deduction off the individual's score during individual competition.

## 7.5 JEWELRY

Gymnasts are only permitted to wear one stud per ear. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast's score for each occurrence.

## 7.6 UNSPORTSMANLIKE CONDUCT

The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet.

### a. Gymnast's unsportsmanlike conduct:

1. First-time will be a warning (MR is notified).
2. Second-time the MR is notified and there will be a .10 deduction taken from the gymnast's score for that event by the MR or chief judge.

### b. Coach's unsportsmanlike conduct:

1. First-time will be a warning -- yellow card (MR is notified).
2. Second-time MR is notified there will be a .10 deduction taken from the team score by the MR for each violation.

## 8. VIDEO REVIEW PROCESS

- 8.1 The following video review process will be used for the regular season only. *It will not be used during the National Collegiate Women's Gymnastics Regionals or Championships.*

In the event that an inquiry response is unsatisfactory to the coach, a video tape may be used for the purpose of review under the following conditions:

- a. Each team is allowed one review per meet.
- b. The institutional team video must be used for the review. No other video or television screens may be used for the viewing of the video. **Whenever possible, the team video should be taken from the same vantage point as the official.**
- c. A review that fails results in a .30 deduction from the team score.
- d. All reviews must be specific to the performance or nonperformance of a particular skill, combination of skills or neutral deductions (i.e., out of bounds).
- e. Reviews may not be used to evaluate a question of execution deductions. These requests will result in a .30 deduction.
- f. Reviews may not be viewed in slow motion.
- g. The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet. During this time, the scores are being verified by the judging panel and the head scorer's table and if done correctly would not add any additional time to the meet since the coach requesting the review has to provide the team's own camera with the deduction in question already cued up for review.
- h. The coach requesting the review must provide a signed Video Review Form (VRF) (Appendix II), cued video and team camera to the meet director (or host institution designee). The meet director (or host institution designee) will be responsible for delivering this information to the meet referee and event panel (the judges who judged the particular event) for their review. The coaches may not be present during the review.
- i. Reviews must be conducted in the presence of the meet referee and the event panel ONLY. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review fails, judges may not change their scores, the .30 will be deducted from the team score. If the review is successful, the score will be adjusted accordingly.
- j. The results of the review will be noted on the VRF by the meet referee and returned to the meet director (or host institution designee) who will take the VRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRF to the coach.
- k. Decisions rendered by the judges' review panel are final and cannot be overturned

## APPENDIX I – NCAA VAULT VALUE CHART

Group 1 - Handsprings				Group 3 - Round-Off Entry			
1.1	Handspring		8.8	3.1	RO, FF	Handspring	8.8
1.2	Yamashita		8.8	3.2	RO, FF	1/1 Twist Off	9.2
1.3	Handspring	1/2	8.8	3.3	RO, FF	1 1/2 Twist Off	9.5
1.4	Yamashita	1/2	9.0	3.4	RO, FF	2/1 Twist Off	9.9
1.5	Handspring	1/1	9.2	3.5	RO, FF	Back Tuck	9.5
1.6	Yamashita	1/1	9.3	3.6	RO, FF	Back Tuck 1/2	9.8
1.7	Handspring	1 1/2	9.5	3.7	RO, FF	1/2 Front Tuck	9.8
1.8	Yamashita	1 1/2	9.6	3.8	RO, FF	Back Tuck 1/1	9.9
1.9	Handspring	2/1	10.0	3.9	RO, FF	1/2 Front Tuck 1/2	9.9
1.10	Handspring	2 1/2	10.0	3.10	RO, FF	Back Tuck 1 1/2	10.0
1.11	Handspring	3/1	10.0	3.11	RO, FF	Back Tuck 2/1	10.0
1.12	Handspring	Front Tuck	9.8	3.12	RO, FF	Back Pike	9.6
1.13	Handspring	Front Tuck 1/2	9.9	3.13	RO, FF	Back Pike 1/2	9.9
1.14	Handspring	1/2 Back Tuck	9.9	3.14	RO, FF	1/2 Front Pike	9.9
1.15	Handspring	Front Tuck 1/1	10.0	3.15	RO, FF	Back Pike 1/1	10.0
1.16	Handspring	1/2 Back Tuck 1/2	10.0	3.16	RO, FF	1/2 Front Pike 1/2	10.0
1.17	Handspring	Front Tuck 1 1/2	10.0	3.17	RO, FF	Back Layout	9.8
1.18	Handspring	Front Pike	9.9	3.18	RO, FF	Back Layout 1/2	10.0
1.19	Handspring	Front Pike 1/2	10.0	3.19	RO, FF	1/2 Front Layout	10.0
1.20	Handspring	1/2 Back Pike	10.0	3.20	RO, FF	Back Layout 1/1	10.0
1.21	Handspring	Front Layout	10.0	3.21	RO, FF	1/2 Front Layout 1/2	10.0
1.22	Handspring	Front Layout 1/2	10.0	3.22	RO, FF	Back Layout 1 1/2	10.0
1.23	Handspring	1/2 Back Layout	10.0	3.23	RO, FF	Back Layout 2/1	10.0
1.24	Handspring	Front Layout 1/1	10.0	3.24	RO, FF	Back Layout 2 1/2	10.0
1.25	Handspring	Front Layout 1 1/2	10.0	3.25	RO, FF	Double Back	10.0
1.26	Handspring	Front Layout 2/1	10.0	3.26	RO, FF 1/2	1/1	9.3
1.27	Handspring	Double Front Tuck	10.0	3.27	RO, FF 1/2	1 1/2	9.5
1.28	1/2 on	1/2	8.9	3.28	RO, FF 1/2	2/1	10.0
1.29	1/2 on	1/1	9.1	3.29	RO, FF 1/2	Front Tuck	9.9
1.30	1/2 on	1 1/2	9.5	3.30	RO, FF 1/2	Front Tuck 1/2	10.0
1.31	1/2 on	2/1	9.9	3.31	RO, FF 1/2	1/2 Back Tuck	10.0
1.32	1/2 on	2 1/2	10.0	3.32	RO, FF 1/2	Front Tuck 1 1/2	10.0
1.33	1/1 on	Handspring	9.6	3.33	RO, FF 1/2	Front Pike	10.0
1.34	1/1 on	Yamashita	9.6	3.34	RO, FF 1/2	Front Pike 1/2	10.0
1.35	1/1 on	1/2	9.6	3.35	RO, FF 1/2	1/2 Back Pike	10.0
1.36	1/1 on	1/1	9.8	3.36	RO, FF 1/2	Front Layout	10.0
1.37	1/1 on	1 1/2	10.0	3.37	RO, FF 1/2	Front Layout 1/2	10.0
1.38	1/1 on	2/1	10.0	3.38	RO, FF 1/2	1/2 Back Layout	10.0
1.39	1/1 on	Front Tuck	10.0	3.39	RO, FF 1/1	1/1	9.7
1.40	1/1 on	Front Pike	10.0	3.40	RO, FF 1/1	1 1/2	9.9
1.41	1/1 on	Front Layout	10.0	3.41	RO, FF 1/1	2/1	10.0
1.42	FHS (onto board) Handspring	Front Tuck	9.9	3.42	RO, FF 1/1	Back Tuck	10.0
1.43	FHS (onto board) Handspring	Front Tuck 1/2	10.0	3.43	RO, FF 1/1	1/2, Front Tuck	10.0
1.44	FHS (onto board) Handspring	Front Pike	10.0	3.44	RO, FF 1/1	Back Pike	10.0
1.45	FHS (onto board) Handspring	1/1 Twist off	9.3	3.45	RO, FF 1/1	Back Layout	10.0
1.46	FHS (onto board) Handspring	1 1/2 Twist off	9.6	3.46	RO, FF 1 1/2	1/1	10.0
1.47	FHS (onto board) Handspring	2/1 Twist off	10.0				
Group 2 - Tsukaharas (1/4 to 1/2 on)				Additional Collegiate Vaulting Rules – Section 2			
2.1	Tsukahara	Handspring	8.8				
2.2	Tsukahara	Back Tuck	9.5				
2.3	Tsukahara	Back Tuck 1/2	9.8				
2.4	Tsukahara	1/2 to 3/4 Front Tuck	9.8				
2.5	Tsukahara	Back Tuck 1/1	9.9				
2.6	Tsukahara	1/2 to 3/4 Front Tuck 1/2	9.9				
2.8	Tsukahara	Back Pike	9.6				
2.9	Tsukahara	Back Pike 1/2	9.9				
2.10	Tsukahara	1/2 to 3/4 Front Pike	9.9				
2.11	Tsukahara	Back Pike 1/1	10.0				
2.12	Tsukahara	1/2 to 3/4 Front Pike 1/2	10.0				
2.13	Tsukahara	Back Layout	9.8				
2.14	Tsukahara	Back Layout 1/2	10.0				
2.15	Tsukahara	1/2 to 3/4 Front Layout	10.0				
2.16	Tsukahara	Back Layout 1/1	10.0				
2.17	Tsukahara	1/2 to 3/4 Front Layout 1/2	10.0				
2.18	Tsukahara	Back Layout 1 1/2	10.0				
2.19	Tsukahara	Back Layout 2/1	10.0				
2.20	Tsukahara	Back Layout 2 1/2	10.0				
2.21	Tsukahara	Double Back Tuck	10.0				

- \*Vault numbers will not be flashed but vault groups will be.
- \*All twisting should be completed at the apex of the vault with increasing deductions taken the later the twist is completed.
- \*Tsukahara vaults may be performed with 90° to 180° turn in the preflight.
- \*No deduction should be taken for a bent lead arm when performing Tsukahara vaults.
- \*1/4 on, 1/4 off, in opposite directions should be judged as a handspring vault.
- \*There is a 1.0 deduction for one or no hands touching vault table.
- \*There is a 1.0 deduction for spotting assistance during the vault.
- \*There is a 1.0 deduction for not landing on feet first.
- \*During the 3-minute touch warm-up, each vaulter is guaranteed two times over the vaulting table.

**APPENDIX II – NCAA VIDEO REVIEW FORM**

Event: \_\_\_\_\_

Signature of Head Coach: \_\_\_\_\_

**Special Requirement:** Please describe the special requirement in question:  
\_\_\_\_\_

**Neutral Deduction:** Please describe the neutral deduction in question:  
\_\_\_\_\_

**Individual Skill:** Please describe the individual skill in question:  
\_\_\_\_\_

**Connection or Combination:** Please describe the connection or combination in question:  
\_\_\_\_\_

Additional Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Judges Response:**

<b>Head Judge</b>	_____	<b>Signature</b>	_____
	<b>Please print</b>	<b>e</b>	

<b>2<sup>nd</sup> Judge</b>	_____	<b>Signature</b>	_____
	<b>Please print</b>	<b>e</b>	

<b>Meet Referee</b>	_____	<b>Signature</b>	_____
	<b>Please print</b>	<b>e</b>	

Score Adjusted to: \_\_\_\_\_

Decision not changed = .30 deduction off of overall team score \_\_\_\_\_

Additional comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**APPENDIX III – NCAA ROUTINE SUMMARY FORM**

With the elimination of the fifteen (15) minute post-meet conference between judges and coaches, the NCAA Women's Gymnastics Committee has implemented the Routine Summary Form. This form is not an inquiry or a challenge, and not a way to request a change in a score. The Routine Summary Form is a method for the coach to obtain information from the judge in order to clearly understand the score. Regardless of the comments written by the judge, no scores will change as a result of the Routine Summary Form.

Each institution is permitted to submit up to four (4) Routine Summary Forms per competition. The Routine Summary Forms are to be given to the meet director or to the individual who will be obtaining the signed score sheet from the judges, and that individual will collect the completed Routine Summary Forms from the judges and return them to the respective coach.

This procedure is in place for regular season meets only, and will not be used at National Collegiate Women's Gymnastics Regionals or Championships.

**Part I: to be completed by coach**

Name of Gymnast: \_\_\_\_\_

Team: \_\_\_\_\_

Number in Line-up: \_\_\_\_\_  
Floor

Event (circle event): Vault Bars Beam

Signature of Head Coach:

\_\_\_\_\_

**Part 2: To be completed by head judge in that event. Start Value(s): \_\_\_\_\_**

Bonus Points awarded: \_\_\_\_\_

Execution Deductions: \_\_\_\_\_

Special Requirement Deductions: \_\_\_\_\_

Composition Deductions: \_\_\_\_\_

Other Deductions/Comments: \_\_\_\_\_

Signature of Judge: \_\_\_\_\_

The meet director, or the individual who obtains the judges' signatures on the score sheet at the end of the meet, should deliver this form to the judges, and then return the completed form to the head coach.

**APPENDIX IV – NCAA WOMEN'S GYMNASTICS INQUIRY FORM**

Check one:            Vault\_\_\_\_\_ Bars\_\_\_\_\_ Beam\_\_\_\_\_ Floor\_\_\_\_\_

Gymnast's Number: \_\_\_\_\_ Gymnast's Name: \_\_\_\_\_

Score: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Team: \_\_\_\_\_

This score inquiry is based upon the following:

1. Special performance occurrences: \_\_\_\_\_
2. Falls: \_\_\_\_\_
3. Neutral deductions: \_\_\_\_\_
4. List elements that receive difficulty and bonus values: \_\_\_\_\_

**Judges' Use Only**

Value/Bonus	No. in F.I.G. Code and/or Description of Element(s)	Y	N

Judges' Deductions:

1. Special performance occurrences: \_\_\_\_\_
2. Falls: \_\_\_\_\_
3. Neutral deductions: \_\_\_\_\_
4. Comments: \_\_\_\_\_

	<b>Judge #1</b>	<b>Judge #2</b>	<b>Judge #3</b>	<b>Judge #4</b>	<b>Average</b>
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<b>Start Value</b>					
<b>Score</b>					
<b>Adjusted</b>					
	Score Not Adjusted:				

Signature of chief judge/meet referee: \_\_\_\_\_