

# 2009-10 & 2010-11 NCAA Women's Gymnastics Rules Modifications

Changes are in bold type – updated as of August 20, 2010.



 **GYMNASTICS**

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\* Reminder: Be sure to purchase a code of points at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

## 2009-10 and 2010-11 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 11/1/10. [Note: If the value of a JO skill on events other than vaulting is raised after 11/1/10, the value will be effective immediately. If an element value is lowered after 11/1/10 then it will remain at the higher value for collegiate competition until the change is reviewed by the NCAA 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.

### EVENT SPECIFIC MODIFICATIONS

#### 2. VAULT.

- 2.1 For all NCAA competition, the JO Bonus Rule WILL NOT BE IN EFFECT for select 10.0 start value vaults.
- 2.2 Vault numbers will not be flashed but vault groups will be flashed (see Appendix I, Vault Value Chart).
- 2.3 During the 3-minute touch warm-up, each vaulter is guaranteed two times over the vaulting table.
- 2.4 **The gymnast will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault.**
  - **If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault.**
  - **If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.**
- 2.5 1.00 deduction for touching the vault table with only one or with no hands taken by each judge.

- 2.6 1.00 deduction for failure to land on the soles of feet first (includes fall) taken by each judge.
- 2.7 1.00 deduction for spotting assistance during the vault taken by each judge.
- 2.8 If a gymnast vaults prior to the judges hand or flag signal, the gymnast must repeat the vault for score and would receive a .50 deduction.**
- 2.9 A gymnast competing in the NCAA Individual Event Finals will receive three attempts to perform each of her two vaults.**
- 2.10 A 1.0 deduction will be taken off the final average if the same vault is done twice in the Individual Event Finals.**

Note: For items 2.5, 2.6 and 2.7, the 1.00 deduction is taken by each judge. If not in range, then a conference is called.

### 3. UNEVEN BARS.

#### 3.1 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).

#### 3.2 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; 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 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:
    - A release sequence (minimum C+C+D in any order or D+D)
    - OR a pirouetting sequence (minimum C+C+D in any order or D+D)
    - 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.

- OR a dismount sequence (minimum C+C+D in any order or D+D)
  - OR minimum two “D” releases
2. 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.

### 3.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. 2.303 Uprise backward to handstand on HB with ½ turn = D
- b. All 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)
  - 2.301 Cast Healy
  - 2.303 Uprise Healy
  - 3.305 Clear Hip Healy
  - 4.303 Back Giant Healy
  - 5.302 Front Giant Healy
  - 7.308 Front Sole Circle Healy
  - 7.309 Back Sole Circle Healy
- c. 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
- d. 1 ½ pirouette (turn is in handstand, not a Healy) = E

#### 4. BALANCE BEAM.

##### 4.1 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).

##### 4.2 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 notes apply to both backward and forward/sideward acro requirements:

- Must be from Groups 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels or 8- Saltos.
- Round-off is considered a sideward element.
- BHS  $\frac{1}{4}$  or  $\frac{3}{4}$  to handstand is considered a backward element.
- A jump backward (BHS) with  $\frac{1}{2}$  twist to walkover forward (Arabian walkover or salto) is considered a forward 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-feet takeoff, etc.) does not change the shape of the skill.

These are different shapes:

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

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

###### b. Insufficient distribution of the elements..... up to .10 (unique to beam)

Consider:

- Level of difficulty not maintained throughout the exercise.
- 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 connection value is performed, then an additional D acro skill is required (mounts and dismounts may be included).

4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. #2.307 Ring or Stag-ring leap or jump (rear leg at head height) = D
- b. #7.412 Full twisting BHS swingdown = E
- c. #8.301 Salto forward take off from one leg to a sit = D
- d. #8.304 Salto backward stretched with step-out = D
- e. #9.202 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 (TUCKED = B)
- f. #9.309 Gainer salto tucked with 1/1 twist off end of beam = D
- g. Salto backward stretched through vertical and then pike down, with legs together = D

4.4 CONNECTION VALUE EXCEPTIONS.

- a. NO BONUS: 2 Acro Flight Element connection B+C Salto WILL NOT receive Connection bonus.
- b. 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).

Examples: BHS + Layout Step-out, B+D, receives .10 D Bonus & NO Connection Value Bonus (B+C)  
 BHS + BHS + Layout, B+B+D, receives .10 D Bonus & .10 CV (B+B+C)  
 Split Jump + Layout Step-out, B+D, receives .10 D & .20 CV (B+D, not a BHS Series)  
 Round-off + Layout Step-out, B+D, receives .10 D & .20 CV (B+D, not a BHS Series)

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

## 5. FLOOR EXERCISE.

### 5.1 FLOOR EXERCISE SPECIAL REQUIREMENTS (.20 each taken off Start Value).

JO special requirements have been adopted for Floor.

- 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).
- b. Three (3) different saltos within the exercise.
- c. The salto performed as the last isolated salto or within the last salto connection must be minimum "C".
- 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.

### 5.2 FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of elements:

1. Lack of variety in dance elements

- Lack of Dance Bonus from Groups 1 or 2 (minimum of .10 Connection Value OR .10 D/E Bonus is required)..... flat .10
- 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-feet takeoff, etc.) does not change the shape of the skill.

These are different shapes:

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

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

2. Lack of variety in choice of elements

- **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**

- 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 (flat .10 deduction if missing any or all):

- One D salto or better
- 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

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

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

5.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

#6.201 Front salto piked = A

5.4 DANCE CONNECTION BONUS.

Turn + Jump – a turn on one foot followed by a jump with a two-foot take-off WILL be eligible for CV Bonus (if directly connected with no stop, extra steps, hop or repositioning of the foot).

Example: 2/1 turn + Popa, C + C = .10 CV

## 6. EQUIPMENT and PROCEDURES

### 6.1 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 pads are the TAC-10 RO pads.
- b. No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed.
- c. 1 ¾" 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 ½' from the base or leg of the respective apparatus. If more than 27 ½' 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 ½" 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 ½' 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. Tape may not be placed in the center of the floor exercise mat.
- m. 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.

## 6.2 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 will be given by the judge on the competition floor.
- 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.

## 6.3 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.

## 6.4 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).

## 6.5 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.

6.6 OPEN SCORING, START VALUE, SCORING RANGE and INQUIRIES.

- 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 for each session 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:

9.5 – 10.0	.20
9.0 – 9.475	.30
8.0 – 8.975	.50
Below 8.0	1.0

Conferences should only occur 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.

- g. **Once a student-athlete signals the Head Judge to begin her routine on any event, she MAY NOT be substituted with another student-athlete regardless of what occurs following the signal.**
- h. **The only time an inquiry will be permitted during the NCAA championships is for an unusual performance occurrence during Individual Event Finals. Inquiries are not permitted for specific (flat) compositional deductions, neutral deductions, falls and/or start values. Inquiries must be made in writing before the beginning of the next flight of the respective event or the coach shall immediately request the inquiry if the gymnast is the last competitor in the last flight of the respective event.**

## 7. VIDEO REVIEW PROCESS.

7.1 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 ½	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	½	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 ½	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				
2.7	<b>Tsukahara</b>	<b>Back Tuck 1 ½</b>	<b>10.0</b>				
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.
- \*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**

Name of Institution: \_\_\_\_\_

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:**

Head Judge	_____	Signature	_____
	Please print		
2 <sup>nd</sup> Judge	_____	Signature	_____
	Please print		
Meet Referee	_____	Signature	_____
	Please print		

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 six (6) Routine Summary Forms per competition, not apparatus. 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: \_\_\_\_\_ Event (circle event): Vault      Bars      Beam      Floor

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 (circle which):

1. Specific (flat) Compositional Deductions: \_\_\_\_\_
2. Neutral Deductions: \_\_\_\_\_
3. Unusual Performance Occurrences or Falls: \_\_\_\_\_
4. Start Value – only if less than 10.0. List elements that receive difficulty, bonus, or special requirements: \_\_\_\_\_

**Judges’ Use Only**

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

Judges’ Deductions:

1. Specific (flat) Compositional Deductions: \_\_\_\_\_
2. Neutral Deductions: \_\_\_\_\_
3. Unusual Performance Occurrences or Falls: \_\_\_\_\_
4. Comments: \_\_\_\_\_

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

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