

2010 – NCAA SPECIAL REQUIREMENTS

Editor, Priscilla K. Hickey

VAULT	BARS = 0.2 each	BEAM = 0.2 each	FLOOR = 0.2 each
1. One Vault Three Attempts Touch Apparatus = Attempt No Bonus Rule in effect	1. Bar Changes, 2 minimum	1. Acro Series – 2 Flight Minimum of 1 “C” Flight With or Without Hand support Start and Finish on the Beam	1. Two Direct Saltos OR Acro Series with 2 Saltos Same or Different Saltos
2. Tsukahara or ¼ t. Vaults Lead arm bend allowed Deduct 2 nd arm bend	2. Flight Elements “C” and “C” Different or “D” and “B”	2. Dance Series – 2 elements Minimum of 1 “C” dance Leaps, Jumps, Hops, Turns	2. Three Different Saltos within the exercise
3. Deduct 1.0 – each judge Only One Hand or No Hands	3. “C” element with LA Turn Not including dismount	3. Leap/Jump with 180° Split May be in Dance Series	3. Dance Passage 2 Different Elements from Group 1 (Leaps, Jumps, Hops) Direct or Indirect Connection One 180° Leap
4. Deduct 1.0 – each judge Failure to land feet first Includes Fall deduction	4. “C” Dismount Same A + A → C = - 0.1 Same B + B → C = - 0.1	4. Turn – minimum 360° Group 3, no hand support	
5. Deduct 1.0 – each judge Spot during the vault		5. “C” Dismount or “C” Arco/Dance + “B” Dismount	4. Last Salto “C” minimum Isolated or in Acro Connection

2010 – ADDITIONAL COLLEGIATE RULES

VAULT	BARS	BEAM	FLOOR
Video Review Fails = - 0.3 team	Video Review Fails = - 0.3 team	Video Review Fails = - 0.3 team	Video Review Fails = - 0.3 team
Out of Order = - 0.1 team	Out of Order = - 0.1 team	Out of Order = - 0.1 team	Out of Order = - 0.1 team
Leo above hip bone = - 0.1 average, after warning	Leo above hip bone = - 0.1 average, after warning	Leo above hip bone = - 0.1 average, after warning	Leo above hip bone = - 0.1 average, after warning
Out of Uniform = - 0.3 team/ind.	Out of Uniform = - 0.3 team/ind.	Out of Uniform = - 0.3 team/ind.	Out of Uniform = - 0.3 team/ind.
Vault Runway: No chalk marks = - 0.2 average Removable tape or Velcro allowed Sting Mat on runway = - 0.3 average	LB must be adjustable to 165 cm HB must be adjustable to 245 cm Without the bar height adjusters LB/HB same angle at max. width	Chalk may not be applied directly to the beam. = - 0.2 average Small chalk marks on the top surface allowed.	Corner chalk arc line allowed Tape may not be placed in the center of the FX mat.
Touch Warm-up: each gymnast allowed 2 times over the vault, including the alternate.	Plywood Board allowed for Mounts Non-skid surface – both sides = - 0.3	Plywood Board allowed for Mounts Non-skid surface – both sides = - 0.3	Coaches must clearly mark additional mats to indicate the actual boundary lines.
Maximum Table height = 135 cm	Broken / Torn Grips: gymnast may repeat at the end of team rotation.	Minimum of 15’6” matting on the dismount end of beam.	Failure to mark mats = - 0.1 average
Max. Runway (82’) = - 0.1 average	Max. Mount (27’6”) = - 0.1 average	Max. Mount (27’ 6”) = - 0.1 average	One Mat per Pass = -0.3 average

2010 - NCAA Video Review Process – Regular Season Only

7.1 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 0.3 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 within 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 the meet, since the coach requesting the review has to provide the team's own camera with the deduction in question already queued up for review.
h. The coach requesting the review must provide a signed Video Review Request Form (VRF), (Appendix II), queued video and team camera to the meet director (or host institution designee), who 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 0.3 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.

2010 – NCAA ELEMENT VALUES

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BARS	UB	BEAM	BB	FLOOR	FX
2.301 Cast Handstand + 1/1t. Healy	= D	2.307 Stag Ring or Ring Leap/Jump	= D	6.201 Front Salto Piked	= A
2.303 Uprise Handstand + 1/1t. Healy	= D				
2.303 Uprise Handstand + 1/2t.	= D				
2.401 Cast Handstand 1-1/2t. IN (Miller)	= E	7.408 Full Twisting Flic-Flac	= E		
2.403 Uprise Handstand 1-1/2t. IN (Reeder)	= E	7.411 Gainer Full Twisting Flic-Flac (JO)	= D		
4.403 Back Giant Hst. 1-1/2t. IN (Dawes)	= E	7.412 Full Twisting Flic-Flac swing down	= E		
3.305 Clear Hip Handstand + 1/1t. Healy	= D	8.301 Front Salto – One Leg to Sit	= D		
4.303 Back Giant Circle + 1/1t. Healy	= D				
5.302 Front Giant Circle + 1/1t. Healy	= D				
6.301 Front Stalder Circle + 1/1t. Healy	= D	8.304 Back Salto – Layout step-out	= D		
6.301 Front Stalder Circle with or w/o 1/2t.	= D	8.404 Back Salto – Layout 2 ft. w/ Pike Down	= D		
6.401 Front Stalder Circle + 1/1t. IN	= E				
6.304 Back Stalder Circle + 1/1t. Healy	= D	9.309 Gainer Back Tuck – 1/1t. off END	= D		
6.304 Back Stalder Circle with or w/o 1/2t.	= D				
6.404 Back Stalder Circle + 1/1t. IN	= E				
7.308 Front Sole Circle (Hst.) + 1/1t. Healy	= D				
7.309 Back Sole Circle (Hst.) + 1/1t. Healy	= D				

2010 – NCAA CONNECTION VALUES

RANGE of SCORES		BEAM	CV	FLOOR	CV
		B + C (C-Salto) receives NO BONUS	0.0	Turn + Jump	OK
9.5 – 10.00 = 0.2		B + D (Flic + Layout Step-out)	0.0		
9.0 – 9.475 = 0.3		B + B + D (Flic + Flic + Layout Step-out)	0.1	C + C	0.1
8.0 – 8.975 = 0.5		performed in any order or variation		2/1 Turn + Popa	
Below 8.0 = 1.0		B + D (Flic + Layout 2ft. w/ Pike Down)	0.1	C + D	0.2
		B + D (Roundoff + Layout Step-out)	0.2	2/1 Turn + Jump 1-1/2t.	
		B + D (Dance + Layout Step-out)	0.2		

2010 – NCAA COMPOSITION DEDUCTIONS

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UB	BARS	BB	BEAM	FX	FLOOR
→ 0.2	Lack of Variety in Choice of Elements or Connections <ul style="list-style-type: none"> • Overuse one group • Overuse one specific element • Overuse same element for CV • Highest Difficulty connected to Lowest Difficulty value 	<u>0.1</u> <u>0.1</u>	Lack of Variety in Choice of Acro <ul style="list-style-type: none"> • Min. “A” Backward Acro • Min. “A” Forward/Sideward Acro Mounts, Rolls, Walkovers, Saltos Roundoff = Sideward Flic ¼ or ¾ handstand = Backward Arabian walkover/salto = Forward Tic-Toc = Forward or Backward 	→0.1 (0.05) (0.05) <u>0.1</u>	Lack of Variety in Choice of Acro <ul style="list-style-type: none"> • Min. “A” Backward Salto • Min. “A” Forward/Sideward Salto Lack of Variety in Choice of Dance <ul style="list-style-type: none"> • Lack of Dance Bonus (Groups 1 or 2) CV + 0.1 minimum OR D/E Bonus Element
<u>0.1</u> (each)	Squat/Stoop on LB to grasp HB <ul style="list-style-type: none"> • with or without sole circle • more than 1 receives deduction • fall, first element to resume counts 	<u>0.1</u> <u>0.1</u> (each)	Lack of Variety in Choice of Dance <ul style="list-style-type: none"> • Show 2 different body shapes in Leaps / Jumps (ex. pike, cat, etc.) • Prone Landing – Leap/Jump/Hop more than one element to prone 	<u>0.1</u> <u>0.1</u> (each)	Lack of Variety in Choice of Dance <ul style="list-style-type: none"> • Show 2 different body shapes in Leaps / Jumps (ex. pike, cat, etc.) • Prone Landing – Leap/Jump/Hop more than one element to prone
<u>0.05</u>	Insufficient Distribution of Elements <ul style="list-style-type: none"> • Difficulty not maintained thruout • Difficulty in same section 	→0.1 Beam only	Insufficient Distribution of Elements <ul style="list-style-type: none"> • Difficulty not maintained thruout • Difficulty in same section 	<u>0.05</u>	Insufficient Distribution of Elements <ul style="list-style-type: none"> • Difficulty not maintained thruout • Difficulty in same section
<u>0.1</u> (each)	Uncharacteristic Elements <ul style="list-style-type: none"> • Squat on LB – ½ t. on feet → HB • HB swing forward → LB stand with or without ½ turn, <u>unless followed by circle move.</u> 	→ 0.1 → 0.1 → 0.1	Insufficient Use of Entire Beam <ul style="list-style-type: none"> • Spatially – entire length of beam • Directionally – forward/back/side • Level Changes throughout high off, standing, semi-low, low no longer required to touch torso 	→ 0.1 → 0.1	Insufficient Use of Floor Area <ul style="list-style-type: none"> • Spatially – floor pattern • Directionally – forward/back/side
<u>0.1</u> (each)	Forward ¾ Giant Circle (> 20°) <ul style="list-style-type: none"> • with or without grip change • will break a connection 				
<u>0.1</u>	Choice of Elements – not up to the competitive level: <u>In any order, Min. C+C+D or D+D</u> <ul style="list-style-type: none"> • Release Sequence • or Pirouette Sequence • or Release/Pirouette combination (with One Skill w/Release or Turn) • or Dismount Sequence • or minimum 2 “D” Releases • AND minimum D Release as part of, or in addition to the above. • AND minimum D Dismount or C Dismount with CV Bonus. 	<u>0.1</u>	Choice of Acro Elements – not up to the competitive level: <ul style="list-style-type: none"> • If a Flight Series is performed without Connection Bonus, then an additional D acro skill is required. (mount and dismounts included) 	<u>0.1</u> <u>0.3</u> <u>0.1</u> (each)	Choice of Acro Elements – not up to the competitive level: (3 parts) <ul style="list-style-type: none"> • One D/E Salto • One Acro Series with C/D/E Salto • Acro Dismount C +CV or D/E salto (Dismount Series with D = Requirement) (Series = 3 acrobatic flight elements) • Lack of minimum C - Salto in exercise <ul style="list-style-type: none"> • Prone Landings: more than 1 acro element to prone max.2 prone landings: 1acro, 1 dance 1 ¼ Saltos to prone = root value

2010 – NCAA DIFFERENT SHAPES

BEAM & FLOOR	
0.1	Variety in Dance Elements: gymnast must show 2 Different Shapes in Leaps and/or Jumps
	Body Position at the Peak of the Skill
	Takeoffs - Scissors, 1-foot, 2-foot, etc. does NOT change the shape of the skill.
	DIFFERENT SHAPES:
	Pike
	Tuck
	Straddle (side split or pike)
	Straight / Beat
	Split (forward includes, stag, double stag)
	Cat
	Sheep
	Ring (requires head release)
	Wolf

2010 – NCAA UNIFORM POLICIES

ALL EVENTS	
	Team = identical leotards
a.	Leotards = one piece
	Briefs = same color or skin tone
	Sports Bra = same or contrast color, identical
b.	Straps = minimum 2 cm (7/8”) in width
c.	Swimsuit Apparel = practice or warm-ups only
d.	Leotard above Hip bone = - 0.1, after warning
e.	Event Finals = individual leotards allowed
f.	Out of Uniform = - 0.3 Team / Ind. competition

2010 – NCAA JEWELRY POLICY

ALL EVENTS	
0.2	Deduction after Warning, off event score.
	One stud per ear allowed
	No other jewelry is permitted

2010 – UNSPORTSMANLIKE CONDUCT

ALL EVENTS	
0.1	Gymnast misconduct after Warning, Deduction off Individual Event score.
0.1	Coach misconduct after Yellow Card Warning, Deduction off Team score.

2010 – NCAA SCORING

ALL EVENTS	
a.	OPEN SCORING during Regular Season, Regional and National Championships
b.	Judges are to sit apart.
c.	Judges score flashed and rotated. Average score raised and rotated.
d.	Flash Scores and Start Value – Simultaneously.
e.	Score verification at Regional and National Championships
f.	RANGE OF SCORES
	• 9.5 – 10.00 = 0.2
	• 9.0 – 9.475 = 0.3
	• 8.0 – 8.975 = 0.5
	• Below 8.0 = 1.0
	CONFERENCES – should occur if ...
	• Two counting scores out of range
	• Impossible Start Value impacts the Average
	• Inquiry Submitted