

**2016 & 2017**  
**NCAA Women's Gymnastics**  
**Rules Modifications**  
**and Meet Procedures**

*Clarifications in Bold - updated July 22, 2015*



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\* Reminder: Be sure to purchase a **Junior Olympic Code of Points** at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

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## 2016 and 2017 NCAA RULES MODIFICATIONS

**\*\* CHANGES/CLARIFICATIONS 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 11/1/15. [Note: If the value of a JO skill on events other than vaulting is raised after 11/1/15, the value will be effective immediately. If an element value is lowered after 11/1/15 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:
- .10 deduction for competing out of order (taken from team score).
  - Choice of elements "up to the competitive level" will now be defined by basic requirements for each event.
  - 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** Each team will be allotted a four-minute touch warmup. The time will be extended by 30 seconds for each exhibition performer (maximum of two).
- 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 her vault.

Note: For items 2.4, 2.5 and 2.6, 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).  
One element may fulfill more than one Special Requirement, unless specified
  - a. Minimum of two (2) bar changes.
  - b. Two (2) flight elements, minimum of two (2) different C's OR a D and B (not to include dismount).
  - c. One element with longitudinal axis (LA) turn, minimum of "C" (not to include dismount).  
Note: The JO Compositional requirement of "2 changes of direction" DOES NOT APPLY to NCAA
  - 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..... flat .05  
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 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.

3.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

Number	Technique Clarification	Value
2.303	Uprise backward to handstand on HB with ½ turn	D
	1 ½ pirouette (turn is in handstand, not a Healy)	E
<i>All elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique)</i>		
2.301	Cast Healy	D
2.303	Uprise Healy	D
3.305	Clear Hip Healy	D
4.303	Back Giant Healy	D
5.302	Front Giant Healy	D
7.308	Front Sole Circle Healy	D
7.309	Back Sole Circle Healy	D
<i>Value of the Stalder</i>		
	- Stalder (forward or backward), straddled, to handstand with or without a ½ turn	D
	- Stalder (forward or backward), straddled, to handstand with a 1/1 turn	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 (this may include the mount) OR an "A" non-flight element from group 7 (walkovers and cartwheels) connected to an E acro skill (example: backwalkover+back tucked full twisting salto). **The acro series requirement may not be connected to the dismount and must stop 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 **D acro element.**

##### 4.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of Acro 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. Dance to prone
  - More than one leap/jump/hop element to prone. .... each .10
- b. Insufficient distribution of the elements..... flat .05  
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 ..... flat .05  
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) ..... flat .05
  3. Directionally (movement/choreography forward, backward and sideward) ..... flat .05

- d. Choice of 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 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.

**4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.**

Number	Group	Technique Clarification	Value
2.202	Leaps, Jumps, Hops	Straddle pike or straddle split jump performed with a ¼ turn	C
2.307	Leaps, Jumps, Hops	Ring or Stag-ring leap or jump (rear leg at head height)	D
7.412	Walkovers, Cartwheels, etc	Full twisting BHS swingdown	E
8.301	Saltos	Salto forward take off from one or two legs to a sit	D
8.304	Saltos	Salto backward stretched with step-out	D
		Salto backward stretched through vertical and then pike down, with legs together	D
9.202	Dismount	From a stand on one leg -- swing free leg backward to front salto <u>STRETCHED</u> with 1/1 twist off side or end of beam	C B (tucked)
9.304	Dismount	Salto forward tucked or stretched with a 1 ½ twist (off two feet)	D
9.308	Dismount	Gainer salto stretched with 1 ½ twist to side of beam	D
9.309	Dismount	Gainer salto tucked with 1/1 twist off end of beam	D
9.404	Dismount	Salto forward stretched with 2/1 twist (off two feet)	E
9.406	Dismount	Salto backward stretched with 2 ½ twist	E
9.408	Dismount	Gainer salto backward stretched with 2/1 or 2 ½ twist to side of beam	E

**4.4 CONNECTION VALUE EXCEPTIONS.**

- a. Principles for awarding Connection Value bonus on beam:  
 Bonus principles will not apply in the case of a B dismount. (In order for a dismount to add Connection Value to an acro series, the dismount must be a C value).
- b. NO BONUS: 2 Acro Flight Element connection B+C Salto WILL NOT receive Connection bonus.
- c. B+D Acro Flight, BHS + Layout, stretched then pike down with feet together = +0.1 CV (not +0.2 CV)
- 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).  
Examples: BHS + Layout Step-out, B+D, receives +0.1 D Bonus & NO Connection Value Bonus (B+C)  
 BHS + BHS + Layout, B+B+D, receives +0.1 D Bonus & +0.1 CV (B+B+C)

Split Jump + Layout Step-out, B+D, receives +0.1 D & +0.2 CV (B+D, not a BHS Series)  
 Round-off + Layout Step-out, B+D, receives +0.1 D & +0.2 CV (B+D, not a BHS Series)

- e. A connection of at least 3 acro flight elements (excluding dismount connections) that includes a minimum of one C element will receive an additional +.1 bonus.

Examples: (1) FF+FF+Layout, B+B+D=+.1 CV, +.1 D, +.1 additional  
 (2) RO FF Mount+FF+Layout, C+B+D=+.2 CV, +.1 D, +.1 additional

**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).
- 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 +0.1 Connection Value OR +0.1 D/E Bonus is required)..... flat .10
    - More than one (1) leap/jump/hop to prone position ..... each .10
  - 2. Lack of variety in choice of Acro elements
    - Missing a backward salto with a minimum of A value ..... flat .10
    - Missing a forward/sideward salto 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)..... flat .05
  - 2. Directionally (movement/choreography forward, backward and sideward) ..... flat .05
- 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

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

2. Prone landings
  - More than one (1) Acro element or more than one (1) Dance 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.
3. A floor routine with only 2 tumbling passes must include a minimum D element in one of the passes, and a minimum D or .2 CV in the other pass ( may be in any order)..... flat .10

5.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

#6.201 Front salto piked = A

5.4 CONNECTION BONUS.

- a. 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 = +0.1 CV
- b. +0.1 Connection Value Bonus will be awarded to a MIXED SERIES including an ACRO/DANCE/ACRO direct connection on floor that meets the following criteria:
  - Series must include at least 2 Acro elements and one must be of a C value part.
  - The dance element must be of at least an A value and must be followed by a “salto” element of at least an A.
  - The dance element breaks the series for all other purposes.
- c. **Bonus combination B+B must be 2 different skills to receive +.1**  
**Example: Front layout+front layout= no connection bonus**  
**Example: Front layout+front layout ½=+.1 connection bonus**

<b>6. EQUIPMENT and PROCEDURES.</b>
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An institution that does not adhere to the policies and procedures during NCAA championships competition may be subject to further disciplinary action and/or a financial penalty up to a maximum of \$600 per offense by the women’s gymnastics committee. Note: A .30 deduction may be incurred for improper use of equipment.

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. The RO pad may be used only for RO Vaults. *[Same as JO; included as a reminder due to recent change]*

- c. No chalk marks are permitted on the vault runway; the tape measure is to be used to determine where to begin the approach for vault; chalk only may be used on the student-athlete as needed (e.g., hands, feet, legs). If a mark is necessary, only removable tape or Velcro may be used.
- d. 1 ¾" padded vault runway is required for all competitions 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). Exceptions to the minimum requirement will be made in cases where a host institution cannot provide 82 feet of runway due to venue limitations. In such cases, the host institution must notify visiting team(s) in writing, of the distance that will be provided, before meet contracts are signed. No deduction will be taken, if a gymnast starts off the runway to begin her approach.
- e. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters.
- f. 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.
- g. 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.]
- h. Foreign Substance. Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g.: honey and sugar, tuff skin, etc.) Water, Chalk, AAI solutions and AAI hand towels are the only acceptable substances.
- i. 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.
- j. 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.
- k. 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.
- l. A minimum of 15 ½' matting must be available on the dismount end of the beam.
- m. A chalk arc line may be placed on the corners of the floor exercise mat.
- 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.
- 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.

## 6.2 UNIFORMS.

- a. An institution's official uniform and all other items of apparel (i.e., tights, t-shirts, warm-ups, tennis shoes) must be identical if worn on either practice or competition day. During the march in and awards ceremony, team members must be in identical warmup apparel. In addition, for NCAA competition, a gymnast will be considered "in uniform" if she has a name and/or number on her warm-up apparel and leotard as long as all team members use a similar font type and color. Names will include only the first initial of the first name and the full last name. Nicknames are not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out.
  - 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 ( $\frac{3}{8}$ " ) 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 may be used for the purpose of review under the following conditions:

- a. Each team is allowed one review per meet.
- b. **An institutional team video or television production footage must be used for the review. The video may be taken from any vantage point.**
- 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 VALUE PART, 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 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.

***Recommend that this process be provided on the back side of the NCAA Video Review Form***

## 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	½	8.8	3.3	RO, FF	1 1/2 Twist Off	9.5
1.4	Yamashita	½	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 ½	9.5	3.7	RO, FF	1/2 Front Tuck	9.8
1.8	Yamashita	1 ½	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 ½	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 ½	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 ½	10.0	3.16	RO, FF	1/2 Front Pike 1/2	10.0
1.17	Handspring	Front Tuck 1 ½	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	9.95
1.19	Handspring	Front Pike ½	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	9.95
1.21	Handspring	Front Layout	10.0	3.21	RO, FF	1/2 Front Layout 1/2	10.0
1.22	Handspring	Front Layout ½	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 ½	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	½	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 (taken by each judge) for one or no hands touching vault table.
- There is a 1.0 deduction (taken by each judge) for spotting assistance during the vault.
- There is a 1.0 deduction (taken by each judge) for not landing on feet first (includes fall).
- Each team will be allotted a four-minute touch warmup. The time will be extended by 30 seconds for each exhibition performer (maximum of two). 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.

**APPENDIX II – NCAA VIDEO REVIEW FORM**  
(Will be used for regular season and conference championships)

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

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

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

**Special Requirement:** Describe the special requirement in question:  
\_\_\_\_\_

**Neutral Deduction** (Out of bounds, Over/Under Time on BB and FX): Describe the neutral deduction in question:  
\_\_\_\_\_

**Individual Skill:** Describe the individual skill in question:  
\_\_\_\_\_

**Connection or Combination:** 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**

The Routine Summary Form is a method for a coach to obtain information from the judge(s) in order to clearly understand the deductions applied. It is intended as an educational tool for the student-athlete and coaching staff. 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 a total of six (6) Routine Summary Forms per competition, not apparatus. The Routine Summary Forms are to be given to the meet referee, who will distribute and complete with the event officials following score verification, and return them to the respective coach.

The procedure is in place for regular season meets only. Routine summaries shall be detailed in written form (judging shorthand shall not be used) and provide the skill deduction description along with the amount of deduction.

**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, in written form. Please do not use judging shorthand.**

Skills/Combinations	Deductions		Deductions	
	J 1	Description	J 2	Description
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Skills/Combinations	J 1	Description	J 2	Description
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Neutral Deductions/Unusual Occurrences \_\_\_\_\_



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

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

Gymnast’s Number: \_\_\_\_\_ Gymnast’s: \_\_\_\_\_ Score: \_\_\_\_\_

Coach’s Signature: \_\_\_\_\_ Team: \_\_\_\_\_

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: \_\_\_\_\_

**Judges’ Use Only**

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

Judges’ Deductions:

- 1. Start Value: \_\_\_\_\_
- 2. Compositional Deductions: \_\_\_\_\_
- 3. Neutral Deductions/Unusual Occurrences/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: _____					

**Recommended that the NCAA Inquiry Form be on the back side of the Routine Summary Form**

## APPENDIX V – CODE OF ETHICS FOR COACHES

1. It is the responsibility of each coach to ensure that all competition is conducted according to USA Gymnastics Junior Olympic Women's Code of Points (Level 10 Rules) as of November 1, and NCAA women's gymnastics collegiate rules modifications. Coaches are required to act in a sportsmanlike, positive, polite, respectful and disciplined manner, with complete integrity. It is their responsibility to see that their teams also are disciplined and handle themselves in a sportsmanlike manner.
2. Judges may be greeted by a representative of the host institution before the start of competition. In addition, coaches are permitted to formally acknowledge and greet judges in a cordial manner prior to the start of the competition.
3. Conversations with a chief judge or meet referee for purposes of changing a lineup or discussing an inquiry after it has been filed and decision rendered remain permissible.
4. Coaches shall avoid even the appearance of soliciting partisanship from the judges. Discussions (other than those involving meet administration) with judges should include the opposing coach(es).
5. It is the responsibility of each coach to see that every meet is conducted with full regard for the safety of and most fair competition for all gymnasts.
6. Areas should be designated for the teams and coaches separate from the spectators. Coaches and gymnasts shall remain within their designated areas, except when adjusting equipment or spotting. The competition floor shall be clear of all extraneous personnel.
7. No coach or competitor shall participate in a judges' conference, or be within hearing distance of such conferences.
8. Each coach should assist actively in promoting positive relations among all participants, who are striving to achieve athletics excellence.
9. Coaches shall ensure that competitors exhibit dignity in manner and dress when representing their institution. Team dress codes shall be enforced during the competition.
10. All NCAA policies regarding sporting conduct shall be enforced. In addition to attending all required media news conferences and interviews, all coaches are expected to cooperate with all reasonable media requests in the best interest of the sport.

## APPENDIX VI – STANDARDS/DUTIES OF JUDGES

It is imperative to the dignity and growth of women's gymnastics that judges be well educated in the details of gymnastics and the current rules, thoroughly prepared for each assignment and able to cover all possible circumstances. Toward that end, the NCAA Women's Gymnastics Committee has adopted the following code of ethics for judges: All meets should be regarded as part of the national qualifying system for teams and individual competitors. Judges should strive for consistency in scoring at all collegiate meets, regardless of division, location or type of meet (i.e., dual, triangular or quadrangular). USA Gymnastics Junior Olympic Women's Code of Points (Level 10 Rules) as of November 1 each year, and NCAA collegiate modifications shall be followed to the letter for all collegiate competition.

1. **Qualifications.** It is the duty of all judges to prepare themselves thoroughly and constantly update their preparation by being appropriately recertified. They should not accept any collegiate assignment for which they are not well qualified. NCAA regional and national championships require a Level 10 or higher rating. In addition, judges assigned to the regional and national championships competitions should not accept such assignment unless they have judged a minimum of four regular-season collegiate meets during that year.
2. **Affiliation.** No judge with an affiliation with an NCAA institution that sponsors women's gymnastics will be assigned to the national championships; however, a judge may be assigned to a regional competition where he or she is not affiliated. Examples of affiliation would be, but are not limited to, coaching-staff member, works for spouse or relative of a coach, former team member, relative of a gymnast or parent of a team member, an athletics-related booster club member, gymnastics alumni and/or coach that has been away from the program for less than five years. Any individual with a current financial interest in a coach or team is not eligible to serve as a judge. However, regular-season meets to be used for qualification for the NCAA championships may be judged by an employee or full-time student of a participating institution, if all coaches agree in writing to the host institution at least 10 days before the competition.
3. **Appearance.** Each judge should enter the competition site in uniform at least 30 minutes before the start of the competition.
4. **Duties and responsibilities.** Judges shall be greeted by a representative of the host institution before the start of competition. In addition, coaches are permitted to formally acknowledge and greet judges in a cordial manner before the start of the competition. Conversations with a chief judge or meet referee for purposes of changing a lineup or discussing an inquiry after initiated by the judge remain permissible.
  - Discussions with student-athletes, parents, alumni and/or recruits, should not occur at the competition site.
  - Judges should avoid any appearance of particular friendship or fraternization with any coaches or competitors.
  - **At NCAA Regionals and Nationals judges are prohibited from entering the competition floor until the march-in.**
  - Event standards should be strictly enforced in all meets (e.g., timing of falls and routines, boundary deductions) and be noted on the official score sheet.
  - Judges must be seated separately on the competition floor.
  - Individual judges' scores and start value must be flashed. Reminder: NCAA allowable range of scores is to be followed for collegiate meets.
  - Inquiries should be handled by the meet referee/chief judge. In the event that an inquiry response is unsatisfactory to the coach, a videotape may be used for the purpose of review (see NCAA rules modifications for video review process).
  - Judges must process all inquiries before the start of the next event.
  - Only a spotter(s) or persons moving boards or mats should be within the judges' area during the competition.
  - All judges must check the score sheet at the end of the competition and verify by signatures the accuracy of the scores. Judges are encouraged to report any infractions to the respective regional assignor and NCAA Women's Gymnastics Committee chair.

## APPENDIX VII – MEET REFEREE CHECKLIST

Many institutions hire meet referees for regular season competition for the purpose of addressing procedural issues, scoring concerns and questions of judgment. Since this is a compensated position identical to payment received by each judge assigned to the competition, the duties of the meet referee shall be outlined. The administrative duties of the competition shall be under the direction of the meet director. Duties of the meet director also shall be outlined. Some institutions may choose to have a meet referee assigned as an extra non-officiating judge, while others may opt to have one of the event judges designated as the meet referee. The responsibilities of the meet referee are as follows:

- Conduct the judges meeting 30 minutes before competition and review the following procedures, even if it is assumed all judges are experienced.
  - Logistics of the meet — to include, but not limited to, scoring system, seating of judges, warm-up viewing area and guidelines, which auxiliary judges are present, and site for signing score sheets at the end of the meet.
  - Collegiate rules modifications.
  - Equipment issues.
  - Information from the meet director.
  - Professional protocol reminders.
  - Review of open scoring procedures.
  - Review when conferences may occur.
  - Review the inquiry (know why you took the deductions you did), routine summary (both judges must contribute; this is not just a chief judge duty) and video review processes.
  - Review duties with auxiliary judges.
  - Distribute team lineups and score sheets to judges.
- Act as the final authority in all technical matters.
- Be available for counsel on request of the head judge.
- Note any warning given by the chief judges concerning incorrect attire or signaling. He or she will then notify the chief judges on the other events that a warning has been given so that the appropriate deductions may be applied.
- Counsel chief judge when, in his or her opinion, the average score and/or the chief judge's score appear out of range with the scoring in the overall competition.
- Review routine summary forms and ensure they are written in longhand and include the appropriate deductions.
- Be available for five minutes after the signing of the official score sheet to address questions or concerns regarding technical decisions.
- Record all yellow card instances on the official score sheet. If serving as a non-officiating meet referee:
  - Judge a majority of routines during the competition.
  - May observe and/or give opinion during judging conferences.
  - Review and deliver all inquiries during the competition.
  - Work with the scorer's table on score changes resulting from inquiries, including the delivery of the inquiry back to the head coach.
  - Handle all team-neutral deductions with the scorer's table.
  - Step in as an acting judge in an emergency or in the case that a judge does not report for duty.

## APPENDIX VIII – REGULAR SEASON MEET PROCEDURES

The NCAA Women's Gymnastics Committee has accepted the following procedures for regular-season competition: (Note: Coaches may agree, in writing, to alter the warm-up and competition format. If coaches do not agree, then the established format outlined below will be followed.)

- 1. Judging.** A minimum of two judges per event must be used, and all must have a minimum Level 10 rating. No employee of, or full-time student at, a participating institution may be assigned to judge that institution's meets, unless all participating coaches mutually agree in writing to the host institution at least 10 days before the competition. No present coaching staff member or parent of a gymnast may judge a meet involving the institution with which he or she has such an affiliation.
  - Judges may be on the competition floor preparing for the meet during warm-ups, team introductions and three minute 30-second touches.
  - Coaches shall be permitted to formally acknowledge and greet judges in a cordial manner prior to the start of the competition. Conversations with a chief judge or meet referee for purposes of changing a lineup or discussing an inquiry after initiated by the judge remain permissible.
  - Judges must be seated separately on the competition floor.
  - A copy of the NCAA Women's Gymnastics Rules Modifications shall be made available to all judges of regular-season meets.
  - One judge on each event must be designated as the chief judge.
  - One judge must be designated as the meet referee to respond to inquiries during the meet.
  - Open scoring must be used. All scores and start values will be flashed simultaneously and rotated, but only the average score will be raised and rotated. First, the judge will give his or her final score to the flasher. When all scores are posted to their respective score flash unit, judges will simultaneously display their start values and scores. The runner will pick up all judges' score slips and present them to the head judge only AFTER the scores have been displayed. The head judge will tally the average score and it will be raised and rotated.
  - Judges are required to leave the floor immediately after the processing of inquiries on the final event and sign score sheets off the competition floor in a neutral area.
  
- 2. Meet Procedures.** The following procedures apply to all meets, regardless of the number of participating teams:
  - The host team must let the visiting team know what boards are available and the length of the vault runway. There should be a sufficient number of landing mats and boards for warm-ups and competition, according to the number of teams and events occurring simultaneously (regular season).
  - Institutions shall require a system (not necessarily a scoreboard) to post each team's running score updated after each routine during every competition.
  - Lineups must be handed in to the scorer's table at least 1½ hours before the start of the competition. Changes may be made before the start of the event by notifying the scorer's table and chief judge.
  - Squad size is limited to a maximum of six gymnasts per event per team.
  - 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.
  - Touch warm-ups of 30 seconds per gymnast (minimum of two vaults) are required before the start of an event.
  - Timing requirements:
    - Beam routines and falls on beam and bars must be timed. There will be a 30-second fall time for beam and a 45-second fall time for bars.
    - Floor routines must be timed.
    - Sounding devices may be voice, bell or whistle.
  
  - Open scoring is required. (See Bullet 7 in the Judging section above.)
  - Computing scores:

- Two judges — by averaging the two scores.
  - Four judges — by dropping the highest and lowest scores and averaging the other two judges' scores.
  - Three judges — by designating a non-counting chief judge and averaging the other two judges' scores.
  - Event scores are computed by totaling the five highest individual scores for each team.
  - All-around scores are computed by totaling an individual competitor's score from all four events.
  - Team scores are computed by totaling all four event scores.
- Inquiries must be made in writing before the beginning of the next event, and may pertain only to the value of the difficulty, special requirements, bonus values and clarification of neutral deductions or unusual falls.
  - When all Start Values are 10.0, only inquiries about compositional requirements and clarification of neutral deductions or unusual performance occurrences/falls are permissible.
  - Judges must process all inquiries prior to the start of the next event.
  - The group number for vault must be flashed during regular-season meets.
  - A maximum of six routine summary forms may be requested per competition.
  - A maximum of two exhibitions per event will be permitted after the official lineup has completed competition on that event. It shall be the responsibility of the host institution to inform visiting team(s) not later than one week before competition whether or not exhibitions will be permitted and, if so, how many.
  - An iPod must be available.
  - One athletic trainer per competing institution will be permitted in a designated area in close proximity to the vault landing area in instances where the vault corral is located at the beginning of the vault runway. The athletic trainer is there to observe and must refrain from engaging in any communication and/or cheering with the student-athlete, coach or other team personnel while in the vault landing area.

### 3. Dual-Meet Format.

- Either one or two events should be conducted at a time, at the host institution's preference.
  - If one event is conducted at a time, Olympic order must be followed (vault, bars, beam, floor). Gymnasts from opposing teams should alternate on each event. The home team should begin vault and beam, and finish with bars and floor. The visiting team should begin bars and floor, and finish with vault and beam. If an institution is competing with fewer than six gymnasts in each event, competitors should alternate from the end of the lineup toward the beginning, interrupting the alternating order near the beginning of the event only to allow the proper team to begin the event.
  - If two events are conducted simultaneously, the home team should begin vault and the visiting team should begin bars, in the first half of the competition. The home team should begin beam and the visiting team should begin floor, in the second half of the competition.
- Warm-ups before the competition should be as follows:
  - 30-minute open stretch and warm-up. Gymnasts may stretch and use equipment as desired.
  - 15-minute warm-up on each event in competition order.
  - Any event not used by an institution during the 15-minute/event warm-up period may be used by any gymnast.

### 4. Triangular-Meet Format.

- Two events should be run simultaneously in the following order:

<b>Vault</b>	<b>Bars</b>	<b>Bye</b>	<b>Beam</b>	<b>Floor</b>	<b>Bye</b>
Home team	Visitor 1	Visitor 2	Home team	Visitor 2	Visitor 1
Visitor 2	Home team	Visitor 1	Visitor 2	Visitor 1	Home team
Visitor 1	Visitor 2	Home team	Visitor 1	Home team	Visitor 2

- Bars and vault competition should be conducted in the first half of competition; beam and floor in the second half.
- Warm-ups should be as follows:
  - 30-minute open stretch and warm-up. Gymnast may stretch and use equipment as desired.
  - 15-minute timed warm-up on each event rotating in Olympic order.
  - The event not used by an institution during this 15-minute/event warm-up period may be used by any gymnast.

**5. Quadrangular-Meet Structure.**

- Four events should be run simultaneously, with each team beginning and anchoring one event in the following order:

<b>Vault</b>	<b>Bars</b>	<b>Beam</b>	<b>Floor</b>
Home team	Visitor 3	Visitor 2	Visitor 1
Visitor 1	Home team	Visitor 3	Visitor 2
Visitor 2	Visitor 1	Home team	Visitor 3
Visitor 3	Visitor 2	Visitor 1	Home team

- Warm-ups should be as follows:
  - 30-minute open stretch and warm-up. Gymnast may stretch and use equipment as desired.
  - 15-minute timed warm-up on each event rotating in Olympic order.

*Note: For further meet procedures; please refer to the current JO rules and policies*