

NCAA National Collegiate Men's Gymnastics

2009-10 Men's Gymnastics Rules
Modifications



Revised: January 20, 2010

2009-10 NCAA Gymnastics Rules

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NOTE: Changes are printed in ***bold italics***.

Foreword

Effective in the 1981 season, the NCAA Men's Gymnastics Committee adopted as its rules the already printed International Gymnastics Federation (FIG) Code of Points. All NCAA men's gymnastics competition is to be conducted under those rules with any modifications and exceptions made by the NCAA Men's Gymnastics Committee. In the case of differences between FIG rules, NGJA interpretations and NCAA modifications and exceptions, the latter will take precedence.

The following, to be used in conjunction with the National Collegiate Championships Men's Gymnastics Handbook, are the NCAA modifications and exceptions for the year 2009-10.

Any questions concerning rules or interpretations should be directed to:

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1. Competition Rules

The FIG Code of Points with USA Gymnastics modifications will be used for all NCAA competition, with the following modifications:

- A. Meets with two judges per event, both judge D and E. Only 1 start value will be posted while the final score will be flashed (not raised) by both judges; only the final score will be raised and rotated in all dual meets.

If three judges are used, one judges D and E, second judges D only (agree on 1 start value), and third judges E only.

If four judges are used as is the case at the NCAA Championships, first and second judges both D and E (agree on 1 start value), the third and the fourth judge E only (throw out the low and high scores, average the 2 middle scores).

In case of six judges at the individual event finals, first and second judge D and E (agree on 1 start value), third, fourth, fifth and sixth judge E only (throw out the low and high scores, average the 4 middle scores).

Posting scores:

- D-Panel Judges sit at the same table, but are separated by the score flasher or master scorer. Note: Judges are required to sit close together so they can agree on 1 start value.
- After the start value is posted, judges independently determine the final score. No discussion should take place regarding execution while the start value is determined.
- Note: All neutral deductions shall be applied against the final score (E-panel), not the start value.

E-panel (deviation in execution) per FIG:

Final Score	0.0-0.4	>0.4-0.6	>0.6-1.0	>1.0-1.5	>1.5-2.0	>2.0-2.5	>2.5
Allowable Deviation	0.10	0.20	0.30	0.40	0.50	0.60	0.70

- B. In case of dismount requirements:

D, E, F = 0.5;

B, C = 0.3;

A = 0.0

- C. No one touch warm-up once competition begins.

- D. There will be no time limit on floor exercise.

- E. Head coaches, in addition to judges, are required to sign and note the time of signature on the official score sheet. Any errors on the signed score sheet must be resolved within 24 hours. After 24 hours, results are final. Non-judgmental errors can be corrected prior to the coach signing off, but not after. Unsigned score sheets will not be accepted for calculation of the National Qualifying Average.

- F. Point of Emphasis: The NCAA Men's Gymnastics Committee will use the FIG Code in conjunction with NCAA misconduct provisions to address unsportsmanlike behavior.
- G. ***The cutoff date for changes to the NCAA rules and clarifications, which used the FIG Code of Points as its basis is December 1 or after any changes noted by the FIG at its Intercontinental Course. The NCAA Men's Gymnastics Committee will review interpretations to the FIG Code received after this on a case-by-case basis, and reserves the right to adopt changes that are in the best interest of the gymnasts.*** The NCAA Men's Gymnastics Committee will review interpretations to the FIG Code of Points on a case-by-case basis. Skills in question will be evaluated by the NGJA/NCAA Rules Subcommittee. Current members of this committee are: Ken Achiron, **Thom Glielmi**, Fred Turoff, Brian Meeker and Dan Bachman. New skills will be rated within 3 days of notifying this group. All members will forward their evaluation to Brian Meeker for a final interpretation. If video analysis is necessary, 3 days will begin when this group has received the video.
- H. Gymnast must acknowledge head judge before and after each exercise. Failure to do so constitutes unsportsmanlike behavior.
- I. As a change in the method of counting elements used by the FIG to compute the D-score became known to the NCAA coaches after the start of the season, the procedure used during the past year will be in effect this season - counting the dismount first, then the highest value skill in each of the other element groups, and then the highest five remaining elements (with no more than four skills from any element group).

2. Warm-up

- A. 1.5 hour warm-up period on the meet equipment *plus minimum of 30 minutes of general warm up* must be provided for the visiting team(s) prior to the competition. All head coaches must agree upon a shorter warm-up period. Only the eligible participants, including substitutes, may warm-up on the meet apparatus.

3. Team Makeup, Computing Team Scores

- A. Teams are limited to a maximum of 12 student-athletes. If a 13th student-athlete is used, the offending team shall forfeit the competition, and the team score cannot count toward NCAA qualifying. Six (6) gymnasts may perform per event, with the top four (4) scores counted toward the team score.
- B. Open scoring will be utilized with the head judge responsible for his team of officials.
- C. Only twelve (12) athletes per team may participate in the timed warm-up at the NCAA National Qualifier and at the NCAA Championships. Additional athletes

may participate in the open warm-up. The final 12 man roster is due to the head official prior to the start of the timed warm-up. A **1.0** deduction from the team score will be imposed on teams that do not comply.

- D. For all meets, running totals after each event must be displayed. Running totals should be announced whenever practical. If the team scores are not shown as directed, after one warning, a two point (2.00) deduction will be taken from the host team's final score by the Director of Officials.
- E. Official score sheets from each meet are submitted to the NCAA Gymnastics Conference Liaison within one week of the date of competition. (Reference the NCAA Men's Gymnastics Championships Handbook for a list of liaisons.) Each conference liaison shall verify all scores with on-line score system (Troester), any discrepancies shall be reported immediately to the NCAA committee chair.

Official results must include the following information:

Team Names	Each Routine's Start Value	All-around Scores
Site of Competition	Each Judge's Execution Score	Team Scores
Date of Competition		Judges' Names
Coaches' Names	Average Score	Coaches's Signatures
Event Lineup	Event Totals	Judges' Signatures

- F. The NCAA Men's Gymnastics Committee will use scores submitted online to determine the top 12 rankings. The rankings will be based on the following:

January 18, 25; February 1, 8 - Average of all scores to date, including all home and away.

February 15, 22; March 1, 8 and 15 - Average of three highest regular-season scores, regardless of competition location.

March 22 and 29 – Select the four highest scores, counting no more than two home meet, and drop the highest score. Average the three remaining scores.

April 5 - NCAA National Qualifying Average. (Select the four highest scores, counting no more than two home meets. The highest of these four scores will be replaced with the conference championship meet score counting twice. These five scores will be averaged to determine the NQA.)

4. Exhibitions

Exhibition performances are strongly discouraged. A gymnast may compete for an AA score outside the six man lineup for NQA if he represents the team on the other five events so long as no more than seven athletes are allowed on any one event.

5. Official Lineup

- A. The head coach must submit the lineup to the scoring table one-half hour prior to the competition. In all events, changes in the lineup will be permitted until the event has begun.
- B. Scratches shall not be considered lineup changes. The coach must report any lineup changes to the event head judge, and when performers alternate, to the opposing coach(es) and the announcer/scorer. At the NCAA national qualifier and championship, the coach will also notify the tournament designate.
- C. A violation of any of the above will result in a **1.0** deduction in the final team score by the head judge. This penalty may only be applied once for each event.

6. Competition Formats

- A. Visiting coaches must be notified of the meet format and equipment specifications at least one week before the competition.
- B. All head coaches must agree upon any deviation from the following formats:
 1. Dual Meet, block style - 2 events alternately

Home -	FE PH	R V	PB HB
Visitor -	PH FE	V R	HB PB

(The pommel horse, vault, and horizontal bar always finish their competitive rounds in the block style dual meet format)

2. Tri-meet - 3 events alternately

Home	- FE	PH R	V	PB	HB
Team #1	- PH	R FE	PB	HB	V
Team #2	- R	FE PH	HB	V	PB

(In rounds one, two and three, the last competitors of the round must perform in order on floor exercise, pommel horse and rings. In rounds four, five and six, the last competitors of the round must perform in order on vault, parallel bars and horizontal bar.)

3. Quad-meet - 3 events alternately

Home	- Bye	FE PH	R	Bye	V	PB	HB
Team 1-	FE	PH R	Bye	V	PB	HB	Bye
Team 2-	PH	R Bye	FE	PB	HB	Bye	V
Team 3-	R	Bye FE	PH	HB	Bye	V	PB

(In rounds one, two, three, and four, the last competitors of the round must perform in order on floor exercise, pommel horse, and rings. In rounds

five, six, seven, and eight, the last competitors of the round must perform in order on vault, parallel bars, and horizontal bar.)

7. Participants in Competition Area

- A. Only competitors and officials (plus a spotter where allowed) are permitted on the competition floor. During routine performance, only one coach is permitted within the the competitive area. The only exceptions are the horizontal bar, where a second coach can move the mat, and vault, to secure the landing. Meet directors have the duty to keep the floor clear so that the contestants will be the center of attention at all times.
- B. Unless otherwise determined, all gymnasts and team personnel must stay in their designated team area, which is restricted to the official team party. This area is defined as the chairs and/or benches assigned to them for the competition. A **1.0** deduction will be made from the team score, after prior warning from the **Director of Officials**. This excludes a gymnast on deck who is moving to the area to prepare for his performance. At the national qualifier and national championships, this regulation will be **monitored** by the NCAA Men's Gymnastics Committee.
- C. The seating placement of the teams should not give a distinct competitive advantage to either team.

8. Attire

- A. Each gymnast must conform to the following regulations relative to competition attire:
 - (1) Gymnasts must have their name on the back of their competition shirt. The lettering must be at least 2 inches in height.
 - (2) Official team clothing, including shirts (all team colors accepted) must be worn by all participants during warm-ups as well as in competition. Official team bags should be utilized to improve the meet appearance.
 - (3) Jewelry, including earrings, may not be worn at any time.
- B. A warning followed by failure to conform will result in **1.0** being deducted from the team's score on any event where the infraction occurs. Non-correctable infractions (such as not having names on competition shirts) are a one-time deduction. The **0.8** deduction will be subtracted from each gymnast's score on the first event on which he competes by the director of officials at that event.

9. Equipment and Palm-Guard Failure

- A. Any tearing of the palm-guard will be considered to be not within the control of the gymnast. A second trial will be allowed in the case of a torn palm-guard.

The gymnast will perform at a later time in that rotation. Loss of dowel or slippage of grip does not constitute palm-guard failure.

- B. The final judgment is still the discretion of the head judge and the tear in the palm-guard must have occurred within the routine for which the palm-guard failure rule is being applied.
- C. In the event of broken equipment the gymnast will be permitted to redo his routine without penalty. (i.e. broken rail or ring, stripped turnbuckle, etc.)

10. Roundoff Entry Vaults

Protective matting (i.e., the vault safety zone) must be used when roundoff-entry vaults are performed. A sting mat (or similar mat) will be provided by the host school. FIG requires that the hand placement mat not exceed the width of the runway. This will be effective in 2011. Gymnasts are not required to use this mat. Any student-athlete who performs a roundoff-entry vault without the use of the vault safety zone will be disqualified from the competition.

11. Apparatus and Mats

- A. The host's equipment *must* comply with specifications for warm-up as well as competition. If the host's equipment does not comply, 2.00 deduction will be taken from the host team's score by the director of the officials unless the visiting coach has been notified, in writing, one week prior to the competition and mutual agreement has been reached.
- B. Within the limits of legal equipment specifications the host coach should make every effort to accommodate all gymnasts. If equipment (parallel bars height, configuration of vault board springs, mats, etc.) is modified for a gymnast, it must be returned to its original state immediately following that performance.
- C. New equipment and major modifications must be available for purchase by September 1 and must be fully approved by the NCAA Gymnastics Committee by October 1 if it is to be used at the NCAA championships that season.
- D. It is permissible to utilize additional mats (a 10 cm / 4-inch landing mat or an **up to 1.5-inch** "sting mat") for landings on rings and parallel bars. It is permissible to jump from a skill cushion to the horizontal bar. A 10 cm mat is required on vault and horizontal bar. An additional sting mat may be used for landings on vault and horizontal bar.
- E. Floor Exercise. FIG Specs: 12 M x 12 M +/- 3 cm (39' 4.5" x 39' 4.5"), with a border of 1 M at a 20% maximum slope. The line marking the border of the performance area is within the FIG specified area. Height of the floor surface is 3.5" – 8".
- F. Pommel Horse. FIG Specs. 115 cm (45.25" +/- 0.5") from top of horse body to the floor. Minimum Mat Area: 12'x12'. Mat Thickness: 10 cm +/- 1 cm (3.55" – 4.35").

- G. Rings. FIG Specs: 280 cm +/- 1 cm (109.85" – 110.65") from the top of the ring grip to the floor. Rings may be taped to the straps. Minimum mat area: 6 feet (8 feet preferred) by 12 feet. Mat thickness: 7.50" – 8.25".
- H. Vault. FIG Specs: 135 cm +/- 1 cm (52.8" – 53.6") from the center of the table to the floor. Minimum mat area: 8 feet by 18 feet. Mat thickness: 7.50" – 8.25". An additional 10 cm mat must be used for vault landings. The landing zone must be marked by the meet host. Failure to do so will result in a 0.8 deduction from the host team's final score by the Director of Officials. For the purpose of defining the landing zone and Per FIG Code, the landing zone dimensions are 1 meter in width from the end of the table and the zone widens to 1.5 meters 6 meters from the end of the table. As the minimum mat length is 18 feet, it is possible that the 1.5 meter line will be off of the landing mat. This may be done to accommodate the correct angle needed for defining the landing zone. The Director of Officials will check the measurements prior to the start of competition. The runway length is 25 M (82' ¼"). The vault safety zone must be provided by the meet host or the home team will receive a 1.00 team score deduction.
- I. Parallel Bars. FIG Specs: 200 cm +/- 1 cm (78.35" – 79.15") from top of rail to the floor. Minimum mat area: 14' x 16'. Mat thickness: 7.50" – 8.25". The mat surface must be one level, including the area under the bars, and must remain intact, except as noted in the next paragraph, throughout the routine (i.e. portions of the mat may not be removed.) Matting used for mounts and dismounts on the end of the bars must be level with the rest of the matting. A piece of plywood or similar material may be placed under the board to prevent mat depression during mounts, but the board and plywood must be removed once the routine begins. Although a board may be used for a mount, a mat section may not.

The height of the bars may not be adjusted without permission from the head judge. If a tall gymnast touches his feet when in an upper arm support, or touches his knees when in a long hang (giant swing with extended hips and flexed knees), the head judge may allow the bars to be raised or the matting between the bars reduced, as long as the base and the floor are covered with mats. The bars must be at regulation height for all other gymnasts.

- J. Horizontal Bar. **FIG Specs: 260 cm +/- 1 cm (109.85" – 110.65") from top of bar to the top of the mat below the bar.** Minimum mat area: 18' each side of the bar by 6' (8' preferred) wide. Mat thickness: 7.50" – 8.25". An additional 10 cm mat must be used for horizontal bar dismount landings.
- K. Flashing Scores and Start Values: Two different flashing systems must be used to flash both the start value of each routine and the routine's Final Score independently. Failure to provide equipment to flash the start values will result in an 0.8 deduction from the team score of the meet host. The start value and final score must be in the range as per FIG. *Note: In order to make it easier for spectators, the start value should be posted as follows: for example, 15.2 rather than 5.2. From this start value, the deductions will be applied in order to arrive at*

the final score. Furthermore, the host must have a flip chart with a 3 digit score for the start value (i.e. 15.2) along with one four digit score flasher per judge for the final score.

- L. A skill cushion (8" mat) may be used on horizontal bar as an additional mat during the routine. If the gymnast falls to the mat during the routine, the penalty will only be the deduction for falling from the apparatus. Use of an 8" skill cushion for dismounts is not allowed and will result in a **0.5** deduction from the gymnast's score.
- M. The use of floor plates, especially on horizontal bar (rather than freestanding equipment), is recommended. Adequate weight must be provided to stabilize free standing equipment. If you are using freestanding equipment, you must notify the visiting head coach a minimum of one week prior to competition.

12. Equipment Company Relations

- A. The Chair of the NCAA Men's Gymnastics Committee is the liaison to the equipment companies.
- B. Representatives of the equipment company that supplies the apparatus to the NCAA championships must be available at all championships practice sessions. A representative of the Men's Gymnastics Committee will be responsible for inspecting the equipment, mats and floor arrangements to ensure everything meets specifications.

13. Judges and Judging the Event

- A. In all meets, all judges must be nationally certified. There must be a minimum of two and a maximum of six.

Judging Format

2 - *both D/E*

3 - *1 – D/E, 1- D, 1-E*

4 - *2-D/E + 2-E (NCAA National Qualifier and NCAA Team Finals.)*

6 - *2-D/E, 4-E (Required for NCAA individual event finals.)*

- B. The Head Judge on each event will be asked to check and sign an event scorecard at the conclusion of each event. These signed event scorecards will be the official scores and should be used to check all scores entered on a computer (or the meet score sheet). Judges will check during a meet to ensure that their scores are accurately flashed. All judges and coaches must sign the meet score sheet at the conclusion of the competition to ensure the accuracy of the scoring. Any scoring discrepancies must be reported to the host coach and the NCAA Conference Liaison within 24 hours of the conclusion of the competition.
- C. A local judging association of the NGJA must assign nationally certified judges for all competitions. This approval will not apply to conference assignments providing the conference maintains its own judging assignments.

- D. The Chair of the NCAA Men's Gymnastics Committee will be the liaison to the NGJA Technical Committee.
- E. Coaches are encouraged to submit a "Pre-Competition Judges Information Form" for each event to the head judge at least 30 minutes prior to the competition. This form will include:

- (1) Gymnasts' names;
- (2) Bonus possibilities for appropriate skills or connections;
- (3) A list of significant skills in each gymnast's routine;
- (4) Letter values of each listed skill;
- (5) Any special requirement fulfilled.
- (6) Final start values must not be calculated.**

Judges will use these forms during the competition for reference, however, judges are reminded that each gymnast must be judged on what he actually does. **Improperly completed forms will not be accepted.**

- F. Duties of the Director of Officials:

- (1) Conduct judges' meeting & review Pre-Competition Judges Information Forms 30 minutes prior to the competition;
- (2) Determine that the competitive environment is safe, that apparatus and mats meet specifications;
- (3) Control the pace of the meet;
- (4) Ensure uniform and scoring specifications are met;
- (5) Ensure scoring procedures and meet protocol are followed.
- (6) Ensure score sheets are verified and signed by all head coaches and judges and include the time;
- (7) Judges are reminded that deductions will be assessed for:
 - Improper lineup procedures or changes (**1.0**)
 - Except for the director of officials, judges are not to be approached during the competition (**1.0**)
 - Uniform discrepancies (including jewelry) (**1.0**)
 - Failure to remain in designated team area (**1.0**)
 - Non-compliant matting (**0.5** – per violation)
 - Failure to display running team scores (**2.00**)
 - Unsportsmanlike behavior, including excessive celebration, of individuals (**0.5**) and teams (**1.0**).
- (8) Be familiar with the Code of Ethics for Judges and Coaches (#15).

- G. All coaches are strongly encouraged to complete post-meet evaluations on judges.
- H. Inquiry/Protest System Clarification

- (1) **An inquiry may only be based on a start value for your team.**
- (2) Each team will be allowed three per meet and only one per event.
- (3) Score may be adjusted up or down.
- (4) Inquiries can only be submitted if a "Pre-Competition Judges Information Form" was submitted and approved prior to the meet.
- (5) **An inquiry must be presented by only one coach per institution.**
- (6) **The only verbal communication allowed with the head judge is to notify him of an impending inquiry.**
- (7) An inquiry form must be submitted **and reviewed by the judges** before the next rotation begins, not at the conclusion of the meet, for it to be honored.
- (8) The event announcer will address the teams at the conclusion of each rotation to ensure they are ready to rotate to the next event. If an institution is preparing an inquiry the head coach will need to indicate to the head judge that they are not ready to rotate as they are submitting an inquiry.

14. Score Flashing Procedures

- A. **All judges must be identified (i.e. Head Judge or D/E-1, D/E-2, D-1, D-2, E-1, E-2, etc.).**
- B. D-Panel judges flash a start value (see Section 1a for judging format) before execution deductions. Flip cards are recommended. In addition, start values should be posted as follows: For example, 15.2, not 5.2.
- C. The head judge observes that all score-flashing assistants are ready to show their judges' final score.
- D. At the head judge's signal, all **execution** scores are shown so **the head** judge can see them.
- E. If the execution scores are in range, the head judge signals to raise the score display devices. Scores are rotated for 15 seconds so that the scorer and audience can easily see them, then lowered with the scores left facing the scoring table. **For electronic scoring, scores are flashed and left on display until next score is displayed.**
- F. If the execution scores are not in range, the head judge calls a conference. The score display devices are not raised, but left showing the score. After the conference, the adjusted scores are raised and the procedure above is followed.
- G. Judges must verify that their correct scores are flashed and remain visible until the next competitor finishes their routine.

- H. Although the host institution will train score-flashing assistants, each judge should check to see that his assistant understands these procedures.
- I. These instructions should be copied and taped to the back of the score display devices.

15. Code of Ethics for Judges and Coaches

It is imperative to the dignity and growth of the sport of gymnastics that judges be well educated in the details of gymnastics and the current rules and thoroughly prepared for each assignment to cover all possible circumstances. The following code of ethics for judges and coaches is mandated and coaches in violation (public statements critical of judging for example) may be subject to NCAA misconduct provisions.

- A. **Qualification:** It is the duty of each judge to prepare himself thoroughly and constantly update his preparation by recertifying his national card each year. He shall not accept any judging assignment for which he does not feel well qualified. All judges must be nationally certified.
- B. **Appearance:** Each judge shall be prompt and shall dress and conduct himself with the dignity appropriate to his status. Coaches shall help set and maintain such standards. Judges shall wear a dark blue coat, gray slacks, and a shirt and tie.
- C. **Activities:** Each judge shall confine his activities to the purpose for which he is assigned. This does not include coaching, demonstrating, or recruiting. Coaches will not ask judges to double as coaches.
- D. **Impartiality:** Every judge will avoid even the appearance of partisanship. For example, a judge will avoid:
 - (1) Judging a meet involving an institution he attends or at which he is employed in the athletic department.
 - (2) Judging any meet when he feels prejudiced toward any competing team.
 - (3) Traveling with one of the competing teams to or from the meet, except on commercial transportation.
 - (4) Accepting overnight lodging invitations with competitors or coaches before or after a meet.
 - (5) Accepting social invitations from the host coach before or after the meet unless the opposing coach also is included.
 - (6) Giving any appearance, especially at the meet, of any particular friendship with any coach or competitor.

- E. Coaches' Restrictions: Coaches will avoid even the appearance of courting partisanship or unprofessional behavior. For example, coaches may not:
- (1) Discuss with judges before the meet the rules and their interpretations unless the opposing coach also is included.
 - (2) Offer gifts, favors or privileges to judges that can be interpreted as attempts to influence their judgments in favor of his team.
 - (3) As home coaches, act as announcers of their own competition.
 - (4) Make public statements critical of judging.
- F. Conduct of Competition:
- (1) It is the duty of officials and coaches to see that every gymnastics competition is conducted with full regard for the safety of and justice to all competitors and the edification and pleasure of the spectators.
 - (2) Judges must maintain appropriate separation in order to arrive at scores independently and adhere strictly to score-flashing procedures in accordance with the NCAA Modifications and Exceptions to the FIG Code of Points.
- G. No coach or competitor shall be within the competition-event perimeter unless he is spotting. The officials' chairs define the perimeter.
- H. No coach or competitor shall participate in a judges' score conference or be within hearing distance during such a conference. Judges are not encouraged to engage in dialogue with coaches during the meet.
- I. No competitor shall approach a judge during the competition. After the competition, he may approach the judge only with his coach and with the judges' consent.
- J. Deduction for violations of the above shall be **1.0** from the team score but cannot be invoked until after one warning has been issued by the judge. The Director of Officials will make the deduction at the scoring table.
- K. An employee or student of an institution may officiate his university meets if the coaches from all colleges competing against that institution notify the assignment chair in writing of their acceptance of this employee or student as judge before the assignment chair makes his selection. At no time can the employee or student make the actual assignment of judges involving the university at which he is employed or attending.
- L. The engagement to work as a judge during the National Collegiate Men's Gymnastics Championships is conditioned on the Men's Gymnastics Committee, in its sole discretion, remaining of the opinion that the judge's character, fitness,

rules knowledge and regular and postseason judging performance are all of the highest order.

Note: The NCAA Championships Men's Gymnastics Handbook and the FIG Code of Points should be distributed to AAI, Inc., and each NGJA regional and national technical director.

NCAA/1/20/10