



**2010**  
**WOMEN'S GYMNASTICS**  
**CHAMPIONSHIPS HANDBOOK**

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# Introduction

During the 2009-10 academic year, the Association will sponsor 88 national championships, of which 41 are for men, 44 are for women, and three are for both men and women. Among the men's championships, three are National Collegiate Championships, 13 are Division I championships, 12 are Division II championships and 13 are Division III championships. Among the women's championships, four are National Collegiate Championships, 13 are Division I championships, 13 are Division II championships and 14 are Division III championships. The combined men's and women's championships are National Collegiate Championships.

A championships handbook is produced for each NCAA championship and posted on the NCAA Online Web site ([www.ncaa.org](http://www.ncaa.org)).

**How to Use This Publication.** The handbook is divided into four sections: (1) General Administration; (2) Determination of Competing Institutions; (3) Instructions to Participants; and (4) General Championship Information. The first three sections pertain only to the respective sport, while the fourth deals with NCAA policies applicable to all 88 championships. [Note: Some policies listed in the general section have been revised by individual sports committees. The revision(s) will appear in the sport-specific section of the handbook.]

Each topic included in the handbook is referenced to other applicable areas in the handbook or in the NCAA Manuals, where appropriate. For example, if you wish to know about "rule modifications," the basic information for that particular sport would be included in an appendix.



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# Women's Gymnastics Championships Information

## Important Dates

*Monday, January 4*—Deadline for institutions to submit their schedule of meets to the appropriate regional score verification coordinator.

*Friday, February 5*—Deadline for regional and national participant manuals to be submitted by the tournament director to D'Ann Keller (dkeller@ncaa.org).

*Friday, March 5*—Regional participant manuals posted to NCAA Web site.

*Friday, March 5*—National participant manual posted to NCAA Web site.

*Monday, March 8*—All coaches must submit to their respective regional score verification coordinator a completed RQS (compute all individual and team scores to four digits).

*Saturday, March 27*—Deadline for scores used for qualification purposes.

*Sunday, March 28*—Deadline for institutions to submit final RQS form to regional score verification coordinator noon Eastern time.

*Monday, March 29*—Team selection to the regional championships announced by 2 p.m. Eastern time. All-arounder and individual event specialist selections will be published later in the day. Selection information will be available on the NCAA Web site (<http://www.ncaa.org/wps/ncaa?ContentID=1082>).

*Wednesday, March 31*—Deadline for institutions that have qualified for the regional championships to accept or decline the invitation to participate [Note: Not later than noon (local time of host institution)]. Accept by submitting the championships entry form to the appropriate regional tournament director and D'Ann Keller. All declines must be in writing to Ms. Keller.

***Monday, April 5*—Tournament directors to conduct teleconferences with participating head coaches and administrators [teams, all-arounders (AA) and individual event specialists (IES)], site representatives and meet referees. (Six different calls shall be conducted.) The assigned site representative along with the tournament director will lead this call.**

*Saturday, April 10*—Regional championships.

*Monday, April 12*—Selection to the national championships announced. Selection information will be available on the NCAA Web site (<http://www.ncaa.org/wps/ncaa?ContentID=1082>) not later than noon Eastern time.

*Wednesday, April 14*—Deadline for institutions that have qualified for the national championships to accept or decline the invitation to participate [Note: Not later than noon (local time of host institution)]. Accept by submitting the championships entry form to the national tournament director and D'Ann Keller. All declines must be in writing to D'Ann Keller.

***Thursday, April 15 (Noon)* – National tournament director to conduct teleconference with participating head coaches and administrators (teams, AA and IES), committee chair and meet referee. The committee chair will lead this call along with the tournament director and NCAA staff.**

*Thursday-Saturday, April 22-24*—National Collegiate Women's Gymnastics Championships at the University of Florida.

## General Administration

### Dates and Sites

[Reference: Bylaw 31.1.3 in the NCAA Manuals.]

*2010 Regionals* - April 10

*Lexington Regional* — University of Kentucky

*Salt Lake City Regional* — University of Utah

*University Park Regional* — Pennsylvania State University

*Columbia Regional* — University of Missouri, Columbia

*Morgantown Regional* — West Virginia University

*Los Angeles Regional* — University of California, Los Angeles

*2010 Finals* - April 22-24, University of Florida

*2011 Regionals* - April 2

*Tuscaloosa Regional* — University of Alabama, Tuscaloosa

*Denver Regional* — University of Denver

*Athens Regional* — University of Georgia

*Ann Arbor Regional* — University of Michigan

*Norman Regional* — University of Oklahoma

*Corvallis Regional* — Oregon State University

*2011 Finals* - April 15-17, Wolstein Center, Cleveland, Ohio

### Future Championships

**Date Formula.** Regional competition will be the first Saturday in April; the national championships will be two weeks later, the third Friday, Saturday and Sunday in April.

Institutions interested in hosting future championships should contact D'Ann Keller at the NCAA national office (317/917-6222 or [dkeller@ncaa.org](mailto:dkeller@ncaa.org)).

*Future Dates (regional and national competition):*

*April 7, 2012 and April 20-22, 2012*

*April 6, 2013 and April 19-21, 2013*

*April 5, 2014 and April 18-20, 2014*

**Meet Directors.** Meet directors for the 2010 championships and regional competition are as follows:

*[All questions regarding regional or championships competition should be directed to the NCAA championship manager (D'Ann Keller: phone: 317/917-6494; e-mail: dkeller@ncaa.org)].*

**Nationals**

April 22-24

**University of Florida**

Bryan Flood  
Operations Coordinator  
UAA Central Receiving, Lemerand Drive  
Gainesville, Florida 32604  
Phone: 352/375-4683  
Fax: 352/376-9132  
E-mail: bryanf@gators.uaa.ufl.edu

**Los Angeles Regional**

April 10

**University of California, Los Angeles**

Gavin Crew  
Director of Camps, Clinics & Championships  
325 Westwood Plaza - JD Morgan Center  
Phone: 310/206-0696  
Fax: 310/206-7527  
E-mail: gcrew@athletics.ucla.edu

**Salt Lake City Regional**

April 10

**University of Utah**

Steve Pyne  
Director of Event Operations  
1825 East South Campus Drive  
Salt Lake City, Utah 84112  
Phone: 801/585-5054  
Fax: 801/585-6453  
e-mail: spyne@huntsman.utah.edu

**Lexington Regional**

April 10

**University of Kentucky**

Jamie Applegate  
Event Manager  
338 Lexington Avenue  
Lexington, Kentucky 40506  
Phone: 859/257-1197  
Fax: 859/323-6362  
e-mail: jamie.applegate@uky.edu

**Columbia Regional**

April 10

**University of Missouri, Columbia**

Colleen Lamond  
Director of Game Operations  
Mizzou Arena - 1 Champions Drive, Suite #200  
Columbia, Missouri 65211  
Phone: 573/882-2449  
Fax: 573/884-8885  
e-mail: lamondc@missouri.edu

**University Park Regional**

April 10

**Pennsylvania State University**

Jennifer James  
Facility and Events  
103 Bryce Jordan Center  
University Park, Pennsylvania 16802  
Phone: 814/863-3471  
Fax: 814/863-4497  
e-mail: jqw7@psu.edu

**Morgantown Regional**

April 10

**West Virginia University**

Terri Howes  
Associate Athletics Director/SWA  
P.O. Box 877, Room 202 Coliseum  
Morgantown, West Virginia 26507  
Phone: 304/293-2889  
Fax: 304/293-3181  
e-mail: terri.howes@mail.wvu.edu

**Financial Guarantee.** Host institutions for regional and championships competition will be required to guarantee a minimum of 75 percent of the estimated net receipts as identified on their proposed budgets. Host institutions for regional competition are required to guarantee a minimum of \$5,000 as 75 percent of the net receipts.

### **Championships Policy Related to Sports Wagering**

No predetermined or non-predetermined session of an NCAA championship may be conducted in a state with legal wagering that is based on single-game betting on the outcome of any event (i.e., high school, college or professional) in a sport in which the NCAA conducts a championship.

### **Sports Committees**

*[Reference: Administration and Management in the Division I General Section and Bylaws 31.1.1 and 31.1.2 in the NCAA Manuals.]*

The National Collegiate Women's Gymnastics Championships are under the control, direction and supervision of the NCAA Women's Gymnastics Committee. Current members of the committees are:

Divisions II/III

Paul Plinske, University of Wisconsin, Whitewater, chair

Division I

Mark Alnutt, University of Missouri, Columbia  
Kim Green, University of Florida  
Elizabeth Kampfe, Western Athletic Conference  
Heather Perry, Pacific-10 Conference  
Bev Plocki, University of Michigan  
Jerry Reighard, Central Michigan University

For additional information about the National Collegiate Women's Gymnastics Championships, contact:

D'Ann Keller  
Associate Director of Championships  
NCAA  
P.O. Box 6222  
Indianapolis, Indiana 46206-6222  
Phone: 317/917-6494  
Fax: 317/917-6237  
e-mail: dkeller@ncaa.org

Paul Plinske (committee chair)  
Director of Athletics  
University of Wisconsin, Whitewater  
112A Williams Center  
Whitewater, Wisconsin 53190  
Phone: 262/472-4661  
Fax: 262/472-2791  
e-mail: plinskep@uw.edu

Laurie Cannon  
Assistant Director of Media Coordination  
for Championships  
NCAA  
P.O. Box 6222  
Indianapolis, Indiana 46206-6222  
Phone: 317/917-6547  
Fax: 317/917-6826  
e-mail: lcannon@ncaa.org

## Regional Score Verification Coordinators

*[Reference: Regional Advisory Committees in the Division I General Section and Bylaw 21.5.1.5 in the NCAA Manual.]*

Sports committees shall appoint a regional score verification coordinator in each of their respective regions to assist in the evaluation of teams and assist with verification of scores throughout the season (see Appendix G).

## Annual Forms

*[All forms are located on the NCAA Web site.]*

**Reporting Form.** The reporting form used by institutions to submit their schedule of meets to the appropriate regional score verification coordinator is due January 4.

**Judges Evaluation Form.** Coaches will submit the judges' evaluation form to the NCAA national office within 72 hours of each meet. Host institutions shall provide each coach with the judges' names, event and state of residence. **The judges' evaluation form must be submitted online at [http://web1.ncaa.org/wgy\\_judges/exec/login](http://web1.ncaa.org/wgy_judges/exec/login). Hard copies of the evaluation form no longer will be accepted.**

**RQS Score Sheet.** Institutions must submit the RQS Score Sheet electronically to the appropriate regional score verification coordinator not later than Friday, March 5. The final RQS must be submitted by noon Eastern time, March 28. Institutions that do not submit the RQS sheet by the published deadlines are subject to a financial penalty (up to a maximum of \$300). Hand-written score sheets will not be accepted.

**Championships Entry Form.** The championships entry form to be used for both regionals and nationals is available on the NCAA Web site at [ncaa.org/membership/champadmin/gymnastics/index.html](http://ncaa.org/membership/champadmin/gymnastics/index.html). The form must be returned to the respective tournament director and D'Ann Keller on qualification to nationals and regionals by the deadlines listed below. Changes to the 15 student-athletes designated on the entry form must be made in writing to Ms. Keller and, in no event, later than the team's departure from campus.

### Deadlines for submitting the championships entry forms are:

Regionals—March 31  
Championships—April 14

*[Reference: Qualification Procedures in this handbook.]*

**Expense Reimbursement.** An online expense reimbursement system has been implemented, which eliminates the paper forms used in the past. The system may be accessed at <http://www.ncaa.org/wps/ncaa?ContentID=1952>. It is expected that this system will reduce expense reimbursement time by approximately 75 percent. Therefore, most reimbursements can be made within one to two weeks. The system also allows institutions to request exceptions to travel policy (i.e., additional per diem days) online, and review previously submitted expense reports for changes to requested amounts.

Training materials for the system also are available online at the site referenced above. These include a printable user's guide, as well as a video presentation on how to use the system. We encourage anyone with responsibility for completing expense requests to review these materials. Please note that paper forms no longer will be accepted for reimbursement requests.

Any questions related to championships travel and expense reimbursement should be directed to the NCAA travel group at 317/917-6757, or by e-mail at [travel@ncaa.org](mailto:travel@ncaa.org).

*[Reference: Per Diem and Transportation in the Division I General Section and Bylaw 31.4.6 in the NCAA Manuals.]*

**Financial Report.** All financial reports must be submitted via the online system to the NCAA national office no later than 60 days after the date of competition. As a reminder, statement of expense forms and lodging receipts for NCAA site representatives and officials no longer need to be submitted to the national office; however, it is strongly recommended that these documents be kept on file by the host institutions in the event an audit is conducted. These expenses are to be included in the electronic financial report under "unbudgeted disbursements". Institutions that fail to meet the 60-day reporting period may be assessed the following penalties: 60-90 days past due (25 percent reduction in honorarium), 91-120 days (50 percent reduction in honorarium) and 121 days or more (100 percent reduction in honorarium).

Financial settlements shall also be made with IMG College. for program sales and Event 1 for championship merchandise no later than 10 days after the date of competition.

*[Reference: Bylaw 31.4 in the NCAA Manuals.]*



# Determination of Participants

## Championships Structure

The National Collegiate Women's Gymnastics Championships will consist of 12 teams and 12 all-around competitors and event specialists (all of whom are not on a qualifying team). Regional competition consisting of six teams, five all-around competitors and one individual specialist per event (all of whom are not on a qualifying team) will be conducted in each of six regions to determine the participants in the national championships. Individual event specialists must have a minimum regional qualifying score (RQS) of 9.4. The top two teams and the top two all-around competitors (who are not on an advancing team) from each regional will receive an automatic berth to the national championships. In addition, the event winners at the regional championships advance to the national championships (in that event only) if they are not part of a qualifying team or the all-around qualifiers.

In years when there are not a sufficient number of all-around competitors qualifying for the regional championships, the allocated slots will be filled with individual event specialists with the next highest score and who have achieved the minimum RQS of 9.4. The additional event specialists will compete within their region.

The top 36 teams based on the RQS will be selected for regional competition and the top 18 teams will be seeded. Teams 19-36 will be assigned to a site based on geographic proximity. All host teams stay home to compete, whether they are a top-18 seed or not. All-around competitors and event specialists remain in region.

**National Order of Events.** Semifinal team and all-around competition will be conducted in two sessions April 22. The top three teams from each semifinal will advance to the Super Six competition April 23. The top four individuals from each semifinal in each event (plus ties) from the preliminary team and all-around competition will compete in the individual-event competition April 24.

## Qualification Procedures

Qualification for regional competition is based on a team's, an all-around competitor's and an individual event specialist's six best regular-season meet scores, three of which must be contested away. To obtain the RQS, the high score is eliminated and the remaining five scores are averaged. Meet officials must be assigned using the Judges Assigning System (JAS).

**Selections.** In case of ties for the last berth into the regional competition and for seeding purposes, the team, all-around competitor or event specialist with the highest score, not including the six used for the regional qualifying score, will qualify. If a tie still exists, the process is continued until the tie is broken.

**Championships.** In the team competition (regionals), ties for second place will be broken by counting six scores per event. If a tie still exists, the team score will be determined by using six scores per event, dropping the high and the low scores and adding the four middle scores. In case of a tie for the second all-around berth from a regional into the national championships, the all-around competitor with the highest

individual event score at the regional championships will advance. If a tie still exists, the competitor with the next highest individual event score will qualify. Continue this process until the tie is broken.

One random draw will be conducted at the NCAA national office to determine the event rotation for teams, all-arounders and individual event competitors. All regions will follow the same draw.

**Criteria.** To qualify for the regional and national championships, each institution must comply with the following criteria. Failure to do so may result in the assessment of a financial penalty in accordance with Bylaw 31.1.11.1:

1. **Schedule of Meets.** Each institution's schedule of meets (refer to 2010 schedule of meets form) must be sent to the appropriate regional score verification coordinator by January 4, 2010. Meets not listed on the schedule will not be accepted for qualification purposes.
2. **Regular-Season Scoresheets.** Complete, electronic scoresheets must be e-mailed or faxed to the appropriate regional score verification coordinator within 72 hours of the meet. Only results that have been submitted on either a typed NCAA scoresheet or a computer printout will be accepted. The scoresheet must include the judges' names and ratings, all judges' scores, neutral deductions, the all-around scores, the final team score, attendance figures and the coach's signature. Each judge also must sign the score sheet verifying the accuracy of each gymnast's average score. Coaches are to complete and submit the online judges' evaluation form within 72 hours of each meet as well.
3. **Regional Qualifying Scoresheets.** Complete, electronic regional qualifying scoresheets must be e-mailed to the appropriate regional score verification coordinator by March 8. [Scores from meets between that date and March 27, the cut-off date, must be both e-mailed and faxed to the appropriate regional score verification coordinator by noon Eastern time, March 28. When submitting scores on March 28, the revised RQS must also be submitted.] Please note that the final scoresheet being faxed or e-mailed does not need to include the signature of the director of athletics.

[Note 1: The RQS must be carried out to four digits.]

[Note 2: The regional qualifying scoresheet is available to coaches before the start of the season at [www.ncaa.org/wps/ncaa?ContentID=1082](http://www.ncaa.org/wps/ncaa?ContentID=1082) or [www.collegegymnast.com](http://www.collegegymnast.com).]

**Countable Meets.** Scores from meets conducted between January 1 and March 27, 2010, may be used for qualification purposes.

Meets that may be used for qualification purposes are as follows: (a) Dual meets—only those against varsity intercollegiate teams of four-year, degree-granting institutions; (b) quadrangular, triangular or other invitational meets—only those in which at least half of the competing teams are varsity intercollegiate teams of four-year, degree-granting institutions; and (c) conference championship meets. (Note: A conference championship held at an institution's home facility counts as a home score for that institution.) All-around meets and any meets in which gymnasts from private clubs compete may not be used for qualification.

Meets to be used for qualification purposes must be conducted according to the criteria listed in Appendix B.

## Seeding/Pairing Guidelines for Championships

When seeding/pairing teams for regional competition, the NCAA Women's Gymnastics Committee will seed 18 teams; however, circumstances may require departure from these guidelines.

The recognized format for 18 seeded teams is as follows:

1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	17	18

1. Teams will be seeded 1-18 on a national basis, based on RQS.
2. Each of the six host sites will consist of three seeded teams (i.e., 18 seeds).
3. Because of pre-selected hosts, the following guidelines will be used to place seeded teams into regional sites:
  - a. Pair according to the recognized 18-seeded format.
  - b. Identify hosts.
  - c. All host teams stay home to compete, whether they are a top-18 seed or not.
  - d. If two or three host teams are paired, the lowest-seeded host in the group will be exchanged with a non-host that holds a spot not greater or less than two seeded positions (and preferably one position), when possible.
  - e. When teams are paired or when a seeded pairing does not have a seeded host, every effort will be made to maintain geographic proximity for the higher-seeded team, while at the same time trying to avoid, when possible, pairing all in-region seeded teams and pairing conference rematches of the seeded teams.
4. Teams 19-36 will be assigned to a site based on geographic proximity.
5. All-around competitors and event specialists remain in region.

## Championships Selection

**Notification.** All teams, all-around competitors and event specialists will be notified of their selection and competitive rotation for regionals and the national championships via the NCAA gymnastics Web site (<http://www.ncaa.org/wps/ncaa?ContentID=1082>) on March 29 and April 12, respectively.

Once an institution has been notified that a team or individual(s) have qualified for the competition, it must submit the following materials to the host institution or NCAA national office, as designated:

1. Championships entry form to the regional tournament director at the host institution and Ms. Keller by Wednesday, March 31 (noon local time of host institution).
2. Championships entry form to the national tournament director at the host institution and Ms. Keller by Wednesday, April 14 (noon local time of host institution).
3. Appropriate program and publicity materials to the sports information director of the host institution and IMG College immediately after qualification. (See instructions under Programs.)

For both regional and national championships, if an institution declines an invitation to participate, Ms. Keller at the NCAA national office must be notified in writing ([dkeller@ncaa.org](mailto:dkeller@ncaa.org)) immediately.

## Regional Format and Schedule

### Friday, April 9: Practice Day

Two practice sessions will be conducted. Each will be one hour and 40 minutes, and will consist of one 20-minute stretching period and four 20-minute rotations. The 20-minute time period includes the transition time between events. Please note that the clock will not be stopped. All-around competitors and event specialists will practice with their assigned teams. Bars and beam will be timed in the same format as the competitive warm-up with any remaining time shared between the team and individual. Three teams, and the individual(s) assigned to rotate with the team, shall be assigned to each practice session.

Teams and individuals will be assigned to a practice session according to their competitive starting events.

Practice Session	Competitive Starting Event
No. 1 (2-3:40 p.m.)	Vault, bars, bye before floor
No. 2 (4-5:40 p.m.)	Bye before bars, beam, floor

*Note: During practice, teams will start practice on the same event in which they will begin competition. Teams starting on a bye will begin practice on their actual first event (i.e., team starting on bye before floor will begin practice session No. 1 on floor).*

### Saturday, April 10: Competition Day

**Warm-up.** One warm-up session, one hour and 45 minutes in length (15 minutes for stretching and 15 minutes per event), will be conducted. (See warm-ups on page 20 for details.)

**Touch.** As competitors arrive at each event for competition, each team will be allotted a three-minute touch warm-up (with a minimum of two vaults per student-athlete, including an alternate). The all-around competitor and event specialist will each take her own 30-second touch after the team's touch warm-up. On the vault and floor only, the all-around competitor and event specialist may each add her own 30-second touch to the team's three minutes and warm-up with the team.

**Regional Format.** There will be one session of six rotations with four events and two byes, beginning at 6 p.m. All-rounders will compete after the team in each event. The specialists will compete after the team on their respective events. To determine the competitive rotation of the teams, all-around competitors and event specialists, the NCAA national office will conduct a random draw. The six rotations will be as follows:

Vault—Bye before Bars—Bars—Beam—Bye before Floor—Floor

Regional team, all-around and event specialist competition and warm-ups will be conducted in the same manner as at the championships.

*Note: If an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch per student-athlete will be allowed.*



### Regional Warm-up Rotation

3:45-4 p.m.	Stretching
4-4:15 p.m.	Rotation I
4:15-4:17 p.m.	Transition
4:17-4:32 p.m.	Rotation II
4:32-4:34 p.m.	Transition
4:34-4:49 p.m.	Rotation III
4:49-4:51 p.m.	Transition
4:51-5:06 p.m.	Rotation IV
5:06-5:08 p.m.	Transition
5:08-5:23 p.m.	Rotation V
5:23-5:25 p.m.	Transition
5:25-5:40 p.m.	Rotation VI
6 p.m.	March-in

A broken or completely torn hand-grip will be treated as equipment failure, and the gymnast has the right to repeat the exercise. Loose grips, unraveled wrist straps, etc., do not constitute broken grips.

The gymnast will 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 safely possible. The time should not exceed five minutes (common sense and safety must prevail).

### National Format and Schedule

**Competition Draw.** The draw for placement into each semifinal as well as the competition rotation will be conducted at the NCAA national office using the following procedures:

**Team.** The process for determining rotation pairings for day one of the team competition at the site of the finals will be based on a National Qualifying Score (NQS) calculated by adding the Regional Qualifying Score (RQS) to the score achieved at regional competition.

Once the NQS is calculated, teams will be ranked based on the NQS from 1 to 12. Teams 1, 4, 5, 8, 9 and 12 will be placed in Group A; and teams 2, 3, 6, 7, 10 and 11 placed in Group B. The host team and its corresponding group will compete in the second semifinal. If the host does not qualify, a random draw will be used to determine which group is placed in semifinal one or two.

The six rotations will be as follows:

Vault — Bye before Bars — Bars — Beam — Bye before Floor — Floor

**All-Around.** A random draw will be used to place half of the first-place all-arounders from regionals into Group A and half into Group B. The same procedure will be followed for the second-place all-arounders. A random draw will be used to determine placement into either semifinal one or two.

### Wednesday, April 21

**Official Practice Day.** Four practice sessions will be conducted - Three for teams and all-around competitors (10:30 a.m., 12:20 p.m. and 4:30 p.m.) and one for event specialists (3:20 - 4:20 p.m.). The competition arena will not be open to coaches until one hour prior to the beginning of the first practice session. Team/all-around practices will be one hour and 40 minutes - one 20-minute stretching period and four 20-minute rotations. The 20-minute time period includes the transition between events. **Please note that the clock will not be stopped.** Bars and beam will be timed in the same format as the competitive warm-up with any remaining time shared between the team and the individual. Since a team's/all-arounder's semifinal placement and starting event is determined by random draw, a team's/all-arounder's practice session will be based on its semifinal placement and starting event, as follows:

(Semifinal & Starting Position)	Practice Session	Practice Starting Event
Semifinal 1 Vault	Session 1	Vault
Semifinal 1 Bye before Bars	Session 2	Vault
Semifinal 1 Bars	Session 1	Bars
Semifinal 1 Beam	Session 1	Beam
Semifinal 1 Bye before Floor	Session 2	Floor
Semifinal 1 Floor	Session 1	Floor
Semifinal 2 Vault	Session 4	Vault
Semifinal 2 Bye before Bars	Session 2	Bars
Semifinal 2 Bars	Session 4	Bars
Semifinal 2 Beam	Session 4	Beam
Semifinal 2 Bye before Floor	Session 2	Beam
Semifinal 2 Floor	Session 4	Floor

**The competition venue will not be open to coaches until one hour prior to the first practice session or 10 minutes prior to the beginning of the next session. Please adhere to these time frames so that the tournament director has sufficient time to prepare the venue for the competitors.**

### Thursday, April 22

**Semifinal Team and All-Around Competition.** Teams and all-around competitors will compete in two semifinals of four events, with two byes in each of the two sessions. All-around competitors will compete after the team in each event.

If any event specialists qualify (i.e., those who won their event at the regional meet but did not qualify as a member of a team or as an all-around competitor), they will compete after the all-around qualifier and be placed into a semifinal and rotation using the following procedures:

One qualifier on an event—place qualifier in rotation III and draw for semifinal;

Two qualifiers on the same event (compete in rotation III)—draw to place one qualifier in each semifinal;

Three qualifiers on the same event—follow procedures for two qualifiers, placing the third qualifier in rotation IV and draw for semifinal; and

Four qualifiers on the same event—draw to place one qualifier in each semifinal in rotations III and IV.

*[Note: If a gymnast qualifies in more than one event, she will compete in only one session during rotations III, IV, etc. An additional two-minute warm-up will be added to accommodate these individuals (2:10 added to beam).]*

If injuries or scratches result in a team having fewer than five gymnasts in an event, it still shall compete as a team with a zero being included for each missing score.

**Warm-up.** A warm-up session, one hour and 45 minutes in length (15 minutes for stretching and 15 minutes per event along with 2-minute transition periods), will be conducted. (See warm-ups on page 20 for details.)

**Touch.** As competitors arrive at each event for competition, each team will be allotted a three-minute touch warm-up (with a minimum of two vaults per student-athlete, including an alternate); the all-around competitor will take her own 30-second touch warm-up after the team's touch warm-up. On vault and floor only, the all-around competitor may add her own 30-second touch warm-up to the team's three minutes and warm-up with the team. In addition, any event specialist may take her 30-second touch warm-up after the all-around competitor. [Note: During the competition, all participants and coaches must remain in uniform and on the competition floor (or in team seating) until the completion of the awards ceremony.]

#### Thursday, April 22 - 1 p.m.

(Semifinal I):	10:45-11 a.m.	Stretching
	11-11:15 a.m.	Warm-up Rotation I
	11:15-11:17 a.m.	Transition
	11:17-11:32 a.m.	Warm-up Rotation II
	11:32-11:34 a.m.	Transition
	11:34-11:49 a.m.	Warm-up Rotation III
	11:49-11:51 a.m.	Transition
	11:51 a.m.-12:06 p.m.	Warm-up Rotation IV
	12:06-12:08 p.m.	Transition
	12:08-12:23 p.m.	Warm-up Rotation V
	12:23-12:25 p.m.	Transition
	12:25-12:40 p.m.	Warm-up Rotation VI
	12:50 p.m.	Begin Lining up
	1 p.m.	March-in

#### Thursday, April 22 - 7 p.m.

(Semifinal II)	4:45-5 p.m.	Stretching
	5-5:15 p.m.	Warm-up Rotation I
	5:15-5:17 p.m.	Transition
	5:17-5:32 p.m.	Warm-up Rotation II
	5:32-5:34 p.m.	Transition
	5:34-5:49 p.m.	Warm-up Rotation III
	5:49-5:51 p.m.	Transition
	5:51-6:06 p.m.	Warm-up Rotation IV
	6:06-6:08 p.m.	Transition
	6:08-6:23 p.m.	Warm-up Rotation V
	6:23-6:25 p.m.	Transition
	6:25-6:40 p.m.	Warm-up Rotation VI
	6:50 p.m.	Begin Lining up
	7 p.m.	March-in

**Team Finals.** The top three teams from each semifinal conducted on Thursday will be randomly drawn for rotational positions for the team final competition:

#### Friday, April 23 - 6 p.m.

	3:45-4 p.m.	Stretching
	4-4:15 p.m.	Warm-up Rotation I
	4:15-4:17 p.m.	Transition
	4:17-4:32 p.m.	Warm-up Rotation II
	4:32-4:34 p.m.	Transition
	4:34-4:49 p.m.	Warm-up Rotation III
	4:49-4:51 p.m.	Transition
	4:51-5:06 p.m.	Warm-up Rotation IV
	5:06-5:08 p.m.	Transition
	5:08-5:23 p.m.	Warm-up Rotation V
	5:23-5:25 p.m.	Transition
	5:25-5:40 p.m.	Warm-up Rotation VI
	5:50 p.m.	Begin Lining up
	6 p.m.	March-in

**Individual Event Finals.** Before event-finals competition begins on each event, each gymnast will be allowed a 30-second touch warm-up in competitive order. On the vault, each gymnast will be allowed 30 seconds with a minimum of three vaults. On the floor exercise, 30 seconds per gymnast will be allowed.

*[Note: For all competition, if an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch warm-up per student-athlete will be allowed.]*

#### Saturday, April 24 - 6 p.m.

	4:15-4:30 p.m.	Stretching
	4:30-5:45 p.m.	Open Warm-up
	5:50 p.m.	Begin Lining up
	6 p.m.	March-in

The top four individuals from each semifinal and in each event (plus ties) from the preliminary team and all-around competition will compete in the individual-event

competition. Two events will be conducted simultaneously. During the first half of the competition, routines will alternate between vault and bars, and conclude alternating between beam and floor. In the individual competition, the gymnast must perform two different vaults and the scores will be averaged. A 1.0 point deduction will be taken off the final average if the same vault is done twice in the finals.

**Individual Event Finals Draw.** All events usually will be divided into two flights. The committee, however, may adjust the size and number of the flights to allow warm-up and competition to be close to team size and time.

A gymnast who has qualified for two events in the same session (vault-bars or beam-floor) will not compete in the same flight during that session.

Events in which order of draw will not be changed are as follows:

Even years (2010): Vault and Beam

Odd years (2011): Bars and Floor

If possible, the gymnast will be replaced with the same position from the other flight.

If it is not possible, the gymnast will switch positions with the gymnast in the opposite flight in the following order:

- one position up
- one position down
- two positions up
- two positions down

If a gymnast is last in one flight and first in the subsequent flight, adjustments to the order will also occur. Also, a student-athlete will not be required to compete first on an event more than once between the two sessions.

Individual champions will be determined from scores from the individual-event competition; scores from the team and all-around competition will not be considered. No score inquiries will be allowed. Awards will be presented at the conclusion of the competition.

## Ties

In the team championship (Day 1), ties for third place in each semifinal will be broken by counting six scores per event. If a tie still exists, the team score will be determined by using six scores per event, dropping the high and low scores, and adding the four middle scores.

Ties in Day 2 will not be broken.

In the individual-event competition (Day 3), ties for the fourth spot in each session will not be broken. There will be no alternates.

## Warm-Ups

Teams will use the matting surrounding their first event for open stretch. The floor exercise mat will be used by the team that begins on floor as well as the two teams that begin on byes. Non-flight inverted skills (handstands, walkovers) are permissible on the floor exercise mat as well as matting surrounding the vault, bars and beam.

Apparatus may not be used for stretching (except the floor exercise mat) or moved during the general/open stretch. Group dances are not allowed. (Example: Acceptable movement would be jumping up and down to warm up ankles; unacceptable movement would be a straddle jump.)

During the final two minutes of the competition-day stretch period, gymnasts may perform flight skills (without touching the apparatus) on the matting surrounding their first event only. The team that starts on floor as well as the two teams on a bye will be able to flip on the floor exercise mat. Each team will have 1/3 of the floor exercise mat.

After a 15-minute stretch, each rotation will be 15 minutes plus two minutes for transition between events. An additional two minutes (or 2:10 if beam) will be added if an event specialist is in the rotation. Bars and beam will be timed as indicated below and the warm-up will begin when all four green flags are raised. Each team or group will begin the warm-up session on the same event on which it begins the competitive rotation and will follow Olympic order.

The rotation of teams, all-around competitors and specialists (if applicable) during warm-up sessions must be:

### Bars

Team—3:15

All-around competitor—:30

Specialist—:30

Team—3:15

All-around competitor—:30

Specialist—:30

Team—3:15

All-around competitor—:30

Specialist—:30

Team—3:15

All-around competitor—:30

Specialist—:30

### Beam

Team—6:25

All-around competitor—1:05

Specialist—1:05

Team—6:25

All-around competitor—1:05

Specialist—1:05

*[Note: Time required to set the bars between the team and all-around competitor (and specialist) is not included in the timed warm-up. This also applies to setting the board to mount the beam.]*

**Timing at beam and bars will begin once the first student-athlete touches the apparatus. Any team not using its allotted time segment (3:15 on bars; 6:25 on beam) may carry over a maximum of 15 seconds (calculated in five-second increments) to the next warm-up time segment (maximum 4 segments for bars and two for beam). Likewise, any overtime will be deducted from the next warm-up segment in five-second increments. This will be followed on the official practice day, as well as practice on the day of competition. If team(s) has completed its warm-up(s) before the 3:15 segment on bars or the 6:25 segment on beam expires, then the AA or IES may begin her allotted warm-up time.**

Before competition begins on each event, each gymnast will be allowed a 30-second

touch warm-up with a minimum of two vaults (on vault only—an alternate will receive two vaults).

If an injury or equipment failure during the three-minute touch warm-up prohibits gymnasts from warming up, those who have not had the opportunity to warm up will be given 30 seconds (per gymnast), with a minimum of two vaults.

If an injury or equipment failure during the 15-minute warm-up prohibits a team from completing its warm-up, the team will be given the time that is “owed” (e.g., if an injury occurs five minutes into the warm-up, the team will be given the remaining 10 minutes at the end of the warm-up period).

If an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch warm-up per student-athlete will be allowed, with a minimum of two vaults.

The host institution will be responsible for providing generic background music containing nonoffensive lyrics during all warm-up periods. The host institution is subject to a financial fine if this policy is not followed. Competitors’ music will be permitted only during their respective rotations for floor exercise.

### **Certification of Eligibility/Availability**

*[Reference: Certification of Eligibility/Availability in the Division I General Section and Bylaws 3.2.4, 12, 13, 14, 15 and 16 in the NCAA Manuals.]*

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. In accordance with Bylaw 3.2.4, member institutions are required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition. Member institutions are reminded to notify the NCAA national office before the selection date for each championship of any student-athlete who may have participated in regular-season competition but subsequently is determined to be ineligible or unavailable for NCAA championships competition.

For the gymnastics championships, the championships manager must be notified before March 27.

### **Eligibility for National Collegiate Championships**

*[Reference: Bylaw 20.8.1 in the NCAA Manual.]*

In those sports in which two-thirds or more of the institutions sponsoring the sport are members of the same division, an institution participating in the championships is required to meet that division’s and its own division’s institutional- and individual-eligibility requirements (or the more stringent rule if both divisions’ rules address the same issue).

Since more than two-thirds of the institutions that participate in women’s gymnastics are Division I institutions, all student-athletes selected to participate in the women’s gymnastics championships must meet Division I eligibility requirements.

## **Instructions to Participants**

### **Adjusted Place Standings**

*[Reference: Bylaw 31.2.2.3 in the NCAA Manual.]*

If a student-athlete is found to be ineligible, that individual’s performance shall be stricken from the championships record, the points the student-athlete has contributed to the team’s total shall be deleted, the team standings shall be adjusted accordingly and any awards shall be returned to the Association. Further, the placement of other competitors shall be altered and awards presented accordingly.

### **Alternate**

**Regional and National Championships.** In the event a team, all-around competitor or individual-event specialist who qualifies for regional or national championships competition cannot compete, alternates will be notified through 5 p.m. (local time of host institution) the Tuesday before the competition. Six all-around competitors and two teams will be named as alternates for the regional and national championships. Additionally, for regionals only, four individual-event specialists (per event) will be named as alternates. No replacements will be made after 5 p.m. Tuesday. When an alternate is entered into the meet, she will assume the vacated position. For individual-event competition (Day 3), no alternates will be named.

### **Audio Coverage (Radio and Internet)**

Please refer to the NCAA Broadcast Manual policies and guidelines that are located at <http://www.ncaa.org/wps/ncaa?ContentID=634>.

### **Awards**

*[Reference: Awards in the Division I General Section and Bylaw 31.1.10 in the NCAA Manuals.]*

Official NCAA awards will be presented to the members of the first four teams and to the first eight place-finishers in the individual events, plus all-around. First-, second-, third- and fourth-place team trophies will be awarded. Participation medallions will be provided to all student-athletes competing or in uniform in the championships who did not receive any other awards. These medallions will be sent to the institution’s director of athletics after the conclusion of the competition. The following number of awards will be given: trophies for the top four teams; a maximum of 18 individual awards (the official squad list of up to 15, plus three coaches) for each of the four teams; and awards to the top eight place-finishers on each of the four individual events, plus all-around.

Ties in the team, all-around and individual competition at the national championships will not be broken. Duplicate awards will be ordered by the NCAA national office. Awards to the individual all-around and the team champions will be presented Friday, and to individual-event champions Saturday.

**Additional Awards for Purchase by Participating Institutions.** The NCAA offers institutions that participate in the National Collegiate Championship competition the



opportunity to purchase additional awards (medallions, mini-trophies or watches) at the level to which the team advanced in the competition. For example, if a team received mini-trophies, an institution may purchase mini-trophies, but not watches or medallions.

## **Banners**

Any banners other than the approved NCAA and television and radio banners may not be posted on arena walls without the permission of the NCAA Women's Gymnastics Committee or its designated representative. Hand-held team banners are permissible as long as they do not interfere with the competition or spectators' views and they do not contain any commercial identification. Banners advertising equipment or manufacturers are prohibited.

## **Banquet/Brunch**

All participants shall attend the championships brunch, which takes place Saturday morning at the final site only.

## **Cheerleaders, Mascots and Bands**

Cheerleaders and/or spirit squad, not to exceed 12 in number, plus the mascot shall be admitted, if in uniform, via the gate list furnished to the host institution by the competing institution's director of athletics; all other institutional representatives will be admitted only on presentation of a ticket. Cheerleaders and mascots will not be allowed on the competition floor at any time during the competition, and must be seated in a designated area so as not to be leading cheers in the aisles.

All cheerleading squads must conform to the guidelines set by the American Association of Cheerleader Coaches and Advisors (AACCA). Neither the NCAA or the host institution shall be responsible for supervising or monitoring routines performed by cheerleaders at championship events. Except as noted in this section, supervision of cheerleading squads, their activities, yells and stunts is solely the responsibility of the participating institution. The participating institution shall ensure that the squad has sufficient training, supervision and equipment for any and all routines its squad may choose to perform. Tournament managers must inform participating institutions if the host facility has more stringent requirements. If so, the director of athletics at each institution must apprise his or her cheerleading squad of such requirements and ensure compliance.

Band members, not to exceed 25 in number, who are in uniform and performing at the championships, will not be charged admission to the competition. The host institution must designate seating off the competitive floor.

Bands, or any component thereof, may play only during the 15 minutes before the competition when the floor is cleared, the three-minute touches, and 15 minutes after the awards ceremony.

In the event there is more than one band, the tournament director will divide the 15 minutes and the three-minute touches equally among the bands. The host will play last with all others performing in alphabetical order. The band may not interfere with the announcer.

Fight songs may not be played during the three-minute touches.

## **Drug Testing**

*[Reference: Drug Testing in the Division I General Section and Bylaws 18.4.1.5 and 31.2.3 in the NCAA Manual.]*

Student-athletes who compete in these championships may be subject to drug tests in accordance with Bylaws 18.4.1.5 and 31.2.3 and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for these championships; and, thereafter, student-athletes who are tested shall remain eligible only if they test negative.

## **Equipment**

American Athletic, Inc. (AAI) will furnish the equipment that will be used at the 2010 national collegiate championships.

Teams, all-around competitors and individual-event specialists may bring one vaulting board, and one small beam pad (not a sting or suede mat) to be used at the regional and national championships. The small beam pad may not be left on the floor during the competition (both regionals and nationals). All equipment and matting (e.g., sting mats, vault entry pads, plywood, etc.) will be provided by the host institution and/or equipment manufacturer.

**Vault Table.** The LZT vault table will be used at the regional and national championships. AAI will provide this vault table to any host institution that does not already have the LZT vault table. The host institution will be responsible for shipment charges for the vault table.

**Equipment Specifications.** All equipment must conform to USA Gymnastics equipment specifications as outlined in the 2009-10 USA Gymnastics Women's Rules and Policies, Operating Code (Junior Olympic-Level 10). Copies may be obtained from USA Gymnastics, Pan Am Plaza, Suite 300, Indianapolis, Indiana 46225 (317/237-5050). Additionally, NCAA rules modifications will be used as listed in this handbook.

**Regional Mat Color.** Regional hosts may use any solid color floor exercise carpet, provided any corporate logos are covered. If the host institution rents or borrows a mat for the regional competition, then a blue AAI mat shall be used.

**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.).

**Vault Height.** The vault table may be raised to the maximum height specified by the equipment manufacturer.

## **Floor Credentials**

Working credentials may be provided to bona fide working personnel, including media representatives, judges and equipment-company representatives who provide apparatus for the championships. The credentials must be color-coded (refer to the tournament manual for more information).

**Policies.** Credentials must be worn as specified below to gain entry to the arena and for

access to designated areas (competition floor, press conferences, locker rooms, etc.). Participation credentials are to be provided to all competitors, as well as their coaches, athletic trainers, team managers and other necessary officials/personnel. An issued credential may not be given to another team member or individual. If a participant or staff member loses a credential, a fine will be imposed (the price of an all-session ticket to the event) to replace the credential. At the national championships, wrist bands will be provided at the venue on a daily basis and needed for access to the competition floor. The official entry/march-in form shall serve as the official credential request form. Only those listed in the official travel party of 21 (plus the team physician) will be admitted at the competitors entrance.

**Teams.** Teams shall receive a total of 21 individual credentials, with a maximum 15 for competing student-athletes. If a team does not have 15 student-athletes, the remaining credentials may be allocated to other necessary institutional staff members. For the videographer to film from the corral, see policy below.

**All-around and Individual Event Qualifiers.** In addition to credentials issued to the individual qualifier(s), institutions will receive four (4) non-participant credentials for coaches, athletic trainers and other necessary institutional staff members.

**Temporary Passes.** A maximum of three (3) temporary credentials may be issued (not good for admittance) to each institution for use by its administrators for access to pre- and postcompetition responsibilities, press conferences and awards ceremonies. The administrator(s) will be permitted on the competition floor up until the floor is cleared to prepare for march-in. These three individuals shall be listed on the official entry/march-in form. These individuals must enter via the main ticket gates; the only exception is on practice day.

**Team Physician.** A medical credential may be issued to a team physician on request via the official entry/march-in form. Hosts shall seat team physicians in an area that is easily accessible to the competition floor in the event of an injury. A ticket will not need to be purchased.

**Sports Information Director.** One (1) floor-access credential (non-transferable) for purposes of fulfilling media responsibilities and access to the competition floor press conferences and locker rooms as needed. This will be requested through and issued by the media coordinator.

**Photographers/Videographers from Participating Institutions.** Two (2) credentials for an institution's photographer and/or videographer may be requested via the media coordinator and removed from the team list. The photographer must cover the event from areas designated by the host institution. For the videographer to film from the team corral, he or she will need to be included as part of the 21 permitted in the team corral and listed on the official entry/march-in form. Photographers are not permitted in the corrals and their credentials will be handled by the media coordinator.

**Equipment-Company Representatives.** Representatives of the equipment company that is supplying the apparatus for the meet are entitled to two passes for official company personnel and two parking passes.

## Lineup/Scratches

*[Reference: Annual Forms in this handbook.]*

A written official team lineup must be submitted to the NCAA scoring coordinator at the mandatory coaches meeting and again 1½ hours before the start of the competition. The lineup may be changed before the competition, but is requested in advance for media and administrative purposes. Scratches for event finals must be made to the gymnastics committee chair or meet referee in writing by the head coach.

## Lodging

The host institution shall designate a headquarters hotel for the competition and will reserve a block of rooms to accommodate all participants and other personnel. (Note: All-around and specialist competitors must be housed in the team hotel.) The host shall reserve a minimum number of rooms as follows: team—15 rooms; and individuals—1 or 2 qualifiers (4 rooms), 3 or more qualifiers (6 rooms). It also shall notify the participating institutions of the designated hotel and advise them that it is their responsibility to either cancel or confirm their own reservations. In the event more than one hotel must be used, a draw to determine team and individual placement in hotels will be done at the NCAA national office. Every effort should be made to split both the teams and individuals equally among the hotels.

An institution is not obligated to stay at the assigned team hotel property; however, it is responsible for canceling its reservations and then securing its own accommodations. If an institution prefers to stay in another hotel, it must:

1. Obtain a release for the rooms from the hotel manager; or
2. Use the rooms for persons accompanying the official traveling party.

The competing institution is responsible for the first night's room charges even if it fails to use those rooms. If an institution fails to make satisfactory arrangements for use of rooms with the hotel, full charges for the rooms will be billed to the institution.

If an institution chooses not to stay at one of the designated hotels, it must notify the tournament director of the property in which it is staying, in case it is necessary to reach the institution during the competition.

Judges must be housed in a hotel separate from the competitors' hotel. Committee members or site representatives shall be housed in a hotel separate from the competitors' hotel, if possible.

## Media Arrangements

**Media Credentials.** The NCAA shall control the issuance of media credentials. Subject to limitations of space, media credentials shall be assigned in accordance with the following priorities: (1) campus media certified by the director of athletics and/or sports information director of each participating and host institution, (2) certified media from the immediate locale of the championship or the immediate locale of the competing teams, and (3) other certified media.

Credentials will not be issued to representatives of any organization that regularly publishes, broadcasts or otherwise promotes the advertising of "tout sheets" or "tip sheets" or other advertising designed to encourage gambling on college sports events.



In addition, credentials will not be issued to representatives of telephone reporting services and professional sports organizations.

Other conditions for obtaining media credentials may be implemented, based on the circumstances at the championships site. These conditions must be approved before the competition by Laurie Cannon, the women's gymnastics media coordinator, at the national office.

**Microphones.** The placement of microphones on a team coach or in team huddles and bench areas is prohibited.

**Postcompetition Interviews.** Immediately after a 10-minute cooling-off period (i.e., 10 minutes after competition has concluded for a particular session), an interview area will open to all certified members of the news media; any coach and student-athletes requested by the media will be available for interviews. If a team or individual is participating in an awards ceremony, the cooling-off period will begin immediately after the presentation.

Regardless of any regular-season radio or television contract(s), the coach is obligated to the entire covering media during the championship and must report to the interview room immediately after the 10-minute cooling-off period. The coach cannot delay a postcompetition interview with the covering media to conduct a program for a single newspaper, radio or television reporter unless requested to remain for a short interview (not to exceed four minutes) by the television entity that has been granted television rights by the NCAA.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period. They may, however, report to the interview area before the cooling-off period ends, and make themselves available to all media representatives staffing the championships.

## Medical Arrangements

Each scheduled practice or contest of any round of an NCAA championship should include the following:

1. The presence on site of a person qualified and delegated to render emergency care to a stricken participant.
2. The presence or planned access to a physician for prompt medical evaluation of the situation, when warranted.
3. Planned access to a medical facility, including a plan for communication and transportation between the athletics site and the medical facility for prompt medical services, when warranted. Access to a working telephone or other telecommunications device, whether fixed or mobile, should be assured.
4. All necessary emergency equipment should be at the site or quickly accessible. Equipment should be in good operational condition, and personnel must be trained in advance to use it properly. In addition, emergency information about the student-athlete should be available both at home and on the road for use by medical personnel.
5. A thorough understanding by all parties, including the leadership of visiting teams, of the personnel and procedures associated with the medical plan.

## Meetings

*[Reference: Misconduct in the Division I General Section and Bylaws 31.0.2.3 and 31.1.8 in the NCAA Manuals.]*

**Coaches/Administrators General-Information Meetings.** A mandatory meeting of the head coaches and institutional administrators of the competing teams, all head coaches of individual competitors, the tournament director, NCAA women's gymnastics committee and meet referee will be held at **2:15 p.m., Wednesday, April 21**. Teams competing at the national championships are required to be represented at the general-information meetings, all practices, warm-ups and throughout the competition by an athletics director, senior woman administrator or other designated administrator other than the head coach, assistant coach or sports information director. Institutions that have only all-around or individual-event qualifiers competing at the championships are not required to have an administrator present.

At the regional competition, a mandatory general meeting of all head coaches of the competing teams and individual competitors, the meet referee, tournament director and NCAA site representative will be held at 6 p.m. after Friday's practice sessions.

The purpose of the general-information meeting is to review playing rules and any other administrative matters pertaining to the event and to acquaint the head coaches with the provisions of Bylaw 31.1.10, which prescribes conditions under which a student-athlete or representative of an institution may be disqualified from further participation in the competition for reasons of misconduct. Those not meeting the requirements above or not in attendance shall be subject to the assessment of a financial penalty.

**Head Coaches Meetings.** All head coaches (assigned to the respective practice/competition session) shall plan to attend a brief on-site meeting conducted 30 minutes before each session on practice/competition days to address any issues. These meetings will not replace the Wednesday, April 21, coaches/administrators meeting. At the finals site, these meetings will be conducted by a member of the committee; at the regionals, the site representatives will conduct the meetings.

**National Association of Collegiate Gymnastics Coaches/Women (NACGC/W).** At the regional competition, the coaches association sounding board may be conducted Saturday morning. The NACGC/W regional representative to the Women's Collegiate Program Committee (WCPC) will conduct this meeting.

**Judges Meeting.** A judges meeting will be held the afternoon of the regionals and Thursday morning before the national championships to review meet procedures, scoring system and other applicable matters.

**Draw for Team and Individual Event Finals.** The random draws to determine final team and individual-event finalist rotations will be conducted after the second semifinal press conferences Thursday, April 22. An institutional representative from each of the six teams that will be competing in the team final Friday, April 23, shall be in attendance for the draw. It is optional for institutional representatives to be present for the draw determining the individual qualifiers that will compete Saturday, April 24.

## News, Media, Press Conferences and Satellite Feeds

Please refer to the NCAA Broadcast Manual policies and guidelines that can be found at <http://www.ncaa.org/wps/ncaa?ContentID=38007>.

## Officials

All officials must have a Brevet, National or Level 10 rating. All chief judges and the meet referee must have at least a National rating. At regional championships, four officials will judge each event. At the national championships, four officials will judge each event in the team and all-around competition. Judges will judge a different event during team finals than they judged during the semifinals. The four chief judges and eight selected panel judges will judge during the individual-event competition, six per event.

For regionals, the meet referee must be at the championships site the night before the first practice to measure equipment the next morning. For nationals, the meet referee must be at the championships site by 5 p.m. Tuesday to measure equipment. In addition, the meet referee's attendance at the required meetings and during practices is mandatory.

### Regional Competition.

1. The meet referee from each region will be selected first. This selection will be based on experience, recommendations from coaches and regional chairs, and approval by the committee. A regional meet referee will serve no more than two consecutive years. An alternate meet referee will be selected and will serve as a panel judge at regionals (and count for one of the in-region judges).
2. Fifteen judges from each region will be selected. This selection will be based, in part, on experience and recommendations from the coaches, submitted to the NCAA after each regular-season meet.
  - a. **Six judges**, one from each region, will be assigned to each regional site.
  - b. **All remaining judges will be selected and assigned based on geographic proximity.** No more than two judges will be assigned from the same state to a regional.
  - c. The state of California will be divided into two regions: North and South. Two judges from the north or two judges from the south can be assigned to a regional. However, not more than three judges from the state will be assigned to one regional.
  - d. Alternate judges will be selected from the remaining names in the pool, with emphasis on obtaining the most qualified judges.

### Championships Competition.

1. An official must judge regional competition to qualify to judge national competition.
2. Meet Referee: The selection of the national meet referee will rotate regionally. The meet referee will serve a one-year term. Additionally, an alternate meet referee will be selected. The national meet referee and alternate meet referee shall not be a representative from the same region in which the national championships are conducted. In years in which this occurs, the committee will switch the predetermined judges' rotation (see below) with the subsequent year (e.g., 2010 becomes 2011 and 2011 becomes 2010).
3. Chief Judges: The remaining regional meet referees will judge at nationals. Four will

be selected as chief judges, the fifth will be a panel judge.

4. Panel Judges: The remaining two panel judges will be selected from each of the five regions and one panel judge from the remaining region. The selection will be based on experience and input from coaches.
5. Every attempt will be made to select only one judge per state (excluding the meet referee and the state of California).

The rotation of judges selection (nationals) will be as follows:

Meet	Referee <sup>1</sup>	Panel Judge	No Chief Judge
2010	North Central	Central	Southeast
2011	South Central	Northeast	West
2012	Central	Southeast	North Central
2013	Northeast	West	South Central
2014	Southeast	North Central	Central
2015	West	South Central	Northeast
2016	North Central	Central	Southeast

**General Policies.** The committee will attempt to assign, for both the regional and national championships, judges who have judged at least four regular-season collegiate meets during the preceding year.

No judge with an affiliation with an NCAA member institution that sponsors women's gymnastics will be assigned to the national championships; however, a judge may be assigned to a regional competition where she/he 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, member of an athletics-related booster club, 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.

The meet referee must measure all equipment before the beginning of the timed warm-ups to ensure all pieces of apparatus meet specifications.

### Fees/Travel/Per Diem

**Regionals.** Officials for the regional competition will receive \$200. The meet referees for the six regional championships shall receive an additional \$120 for arriving one day before the competition. The selected alternate official will receive a \$75 fee and the host will recommend an individual to the NCAA for approval.

**Nationals.** Officials for the national championships will receive the following fees: \$300 for judging the preliminaries; \$200 for the team finals and \$100 for the event finals. The meet referee for the national championships shall receive an additional \$215 for arriving at the site two days before the competition to inspect the equipment and attend the coaches meetings. The selected alternate official will receive a \$75 fee per day and the host will recommend an individual to the NCAA for approval.

Travel expenses for the officials will be paid according to the actual mode of transportation, not to exceed jet-coach airfare or 50 cents per mile, but not including terminal or other local transportation. Officials who receive approval for air transportation (over 400 miles one-way) must make flight arrangements through the

NCAA travel service, Short's Travel Management, 866/655-9215. Officials traveling by air to a regional site must arrive Friday night.

Hotel expenses (excluding incidentals) for officials required to stay overnight at the championships site shall be paid by the host institution and later reimbursed by the NCAA. Judges will receive a \$45 per diem for meals and incidentals for each day of the championships, beginning with the day of arrival and ending with the day of departure. Judges not required to remain overnight at the site also shall receive a \$45 per diem; this includes the alternate judges.

**Scoring Coordinator and Scoring Computer Operator.** These two individuals will be assigned by the NCAA. Each will receive a \$500 fee for their services.

Travel expenses will be paid according to the actual mode of transportation, not to exceed jet-coach airfare or 50 cents per mile, but not including terminal or other local transportation. If approved for air transportation (over 400 miles one-way) then flight arrangements must be made through the NCAA travel service, Short's Travel Management, 866/655-9215.

Hotel expenses (excluding incidentals) for scoring coordinator and scoring computer operator required to stay overnight at the championships site shall be paid by the host institution and later reimbursed by the NCAA. Each will receive a \$45 per diem for meals and incidentals for each day of the championships, beginning with the day of arrival and ending with the day of departure (Wednesday-Sunday).

**Supplementary Judges.** Volunteer judges shall be assigned from the local area to serve as timers and line judges. These officials shall receive a judge's credential, but will not be paid a fee, per diem or travel expenses.

**Teleconference.** Approximately one month before regional competition, the chair of the NCAA Women's Gymnastics Committee will conduct a teleconference with all regional meet referees and the meet referee of the national championships, to review procedures and ensure they are consistent from region to region.

**Uniform Patch.** Judges shall wear an NCAA patch on their jackets while judging NCAA competition. No other patches will be permitted.

**Policies.** A sports committee or games committee may not require membership in any specific officials' association as a prerequisite for selection to officiate in an NCAA meet. Officials shall be selected and assigned by the sports committee or games committee, which shall ensure that officials adhere to the Association's policies relating to gambling activities and drug and alcohol use. Furthermore, officials must conduct themselves in a manner befitting intercollegiate athletics. Failure to do so may result in termination of the officiating assignment.

In accordance with NCAA policy, officials may not be included in social gatherings held in conjunction with the competition and may not receive commemorative gifts.

## Practice

Practice facilities will be made available to the competing teams and individuals by the host institution. The specific time schedule for practice sessions will be sent by the host institution to all participants and will be strictly enforced. Teams and individuals must stay within their respective rotation orders and time periods.

Practices shall be open to the public and media Friday before regionals and Wednesday before nationals. Judges assigned to the events may not attend practices. Fans will be permitted to take photographs. Media will not be permitted on the floor to conduct interviews with the coaches and/or student-athletes; however, credentialed media may obtain footage for promotional purposes. Selected media outlets will be granted access to championships in order to shoot video highlights of the championships for use on their news program under the news access rules. To gain credentials for shooting any video, an ENG Authorization Form must be completed and submitted to the championships media coordinator. Media cameras must shoot from a designated area determined by the championships media coordinator.

## Programs

*[Reference: Advertising in the Division I General Section.]*

IMG College will be responsible for all program production including layout and design, advertising, printing, vending and distribution to the championship sites. No competing publications, whether sold or free of charge, are permitted at NCAA events without prior permission of the NCAA and IMG College. The championships host should not include expenses or revenues for programs in the championship budget and/or financial report. All program contents are subject to NCAA approval.

**Advertising.** Each program will include NCAA corporate champion and partner advertising. Additionally, programs may include non-competing national ads as well as local ads. All ads must follow NCAA advertising guidelines and are subject to NCAA approval. If your school would like to sell advertising into the official program or you know of an individual who would like to serve as a local advertising representative, please contact Doug Iler (502/459-4346; doug.iler@imgworld.com) for information regarding rates, availability and deadlines.

**Editorial.** If you are interested in the specific content of the program you will receive, please contact Marianne Stoess (859/226-4549; marianne.stoess@imgworld.com).

Generally, programs include the following:

1. Participant information - IMG College will request information, including rosters, schedule/results, photos, school quick facts and logos. If your team is eligible for postseason selection, please send all materials that are requested by the date requested. Programs print on the day selections for the championship are announced. If materials are not on file, your school's information will not be included. IMG College will attempt to provide proofs for SID approval when time permits. If you are not sure what/when materials are needed, please contact Ms. Stoess at IMG College.
2. Programs for predetermined sites will include information on the host institution, host city and/or host facility. In addition, some programs provide complimentary advertising space. IMG College will contact via e-mail the tournament director and sports information contacts, as listed on the key contact sheets submitted to the NCAA, with the specifics of what items are needed and when those items are due. Host institution pages are subject to NCAA approval.
3. Event-specific historical information, including past champions, records, all-tournament teams and/or the previous year's recap.
4. Information on the NCAA, including the sport committee.
5. Feature stories - Not all programs include event/sport-specific features. However, if



you have an idea for a feature story, please submit it to Ms. Stoess at IMG College.

**Program Supplements and Update Sheets.** Host institutions for single-day/session championship rounds may choose to supplement the program with additional information (e.g., updated statistics or updated game notes) pertaining to the event at its site that day. The cost of producing these supplements will be covered by the host institution and will not be expensed to the NCAA or IMG College, the content must be approved by IMG College prior to the event and the supplements must be distributed inside and as a part of the program. The cost of the program cannot be raised as a result of the supplement. Once all programs have been sold, these supplements may be given away or sold at the discretion of the host institution, with all potential revenue for such remaining with the host institution. No advertising of any kind may be sold or placed on the supplements. If supplements are distributed, following the conclusion of the championship event please mail two samples of each supplement to Marianne Stoess (IMG College, 904 North Broadway, Lexington, KY 40505, Attn: Marianne Stoess).

For championships that have multiple sessions, matches, events or days, host institutions may choose or be required by the NCAA to produce update sheets (e.g., heat sheets, lane assignments, pairings). IMG College will contact hosts of those championships in advance of their events to discuss projected quantities and the paper on which update sheets should be printed. The cost of producing the update sheets will be covered by the host institution and not be expensed to the NCAA or IMG College. The first update sheet of the event should be distributed inside and as a part of the program. Subsequent update sheets complement the program and are to be redeemed only with a coupon from the program. The cost of the program cannot be raised as a result of the update sheet. Once all programs have been sold, update sheets may be given away or sold at the discretion of the host institution, with all potential revenue for such remaining with the host institution. No advertising of any kind may be sold or placed on the update sheets. If update sheets are distributed, following the conclusion of the championship event please mail two samples of each update sheet to Ms. Stoess (IMG College, 904 North Broadway, Lexington, KY 40505, Attn: Marianne Stoess).

If a host institution would like to supplement the program with additional information, or has a question about the update sheets, please contact Matt Briggs at IMG College (859/226-4556; matthew.briggs@imgworld.com).

#### Program Sales

1. Predetermined sites: Will be contacted at least two weeks prior to the event. If you have not been contacted within two weeks of your championship, please contact Matt Briggs (859/226-4556; matthew.briggs@imgworld.com). You will receive your vending agreement (contract) and settlement statement prior to the championship.
2. Non-predetermined sites: Once sites are announced, IMG College determines how many programs will be sent to each site and will contact the site. Your vending agreement (contract) and settlement statement will be e-mailed within one day of your site being selected.
3. Distribution of programs: Programs will be shipped to the host institution at least one day prior to the event when possible. If your shipping information is different than that on the contract, please contact Mr. Briggs at IMG College immediately.
4. Display of programs: Any posters/banners included with the programs should be hung in a visible location to promote awareness for the programs without obstructing other

championship signage.

#### 5. Collections

- a. Contracts
  - i. Upon site selections, all contracts are e-mailed to each site representative.
  - ii. A dedicated fax number will be assigned for receiving all signed contracts back to IMG College (859/226-4575).
  - iii. A IMG College representative will track the return of all signed vending contracts to IMG College.
- b. Settlement Reports
  - i. Three days after the conclusion of the event, all settlement reports must be faxed to IMG College (859/226-4575).
  - ii. The vendor will have two weeks to submit payment to IMG College.
  - iii. A IMG College representative will be assigned to track the receipt of all vending settlement reports and payments.
  - iv. If payment and/or settlement have not been received within the two-week period, IMG College will include the site/ championship on its "No Pay" list sent to the NCAA.
  - v. Do not combine settlement statements for separate rounds/events or combine program settlements with Event 1 merchandise.
  - vi. Please include the event number on the check that is sent.

Please contact Matt Briggs (859/226-4556; matthew.briggs@imgworld.com) at IMG College with any vending-related questions.

#### Results

The official results of all championships competition must be sent to D'Ann Keller, NCAA championship manager at the national office. The sports information director of the host institution is responsible for forwarding the above material immediately after competition.

Results are declared "official" 12 hours after the start of each championships session.

#### Rules of Competition

*[Reference: Bylaw 31.1.6 in the NCAA Manual.]*

Refer to Appendix F for the NCAA Rule Modifications.

Per NCAA Bylaw 17.33, member institutions shall conduct all of their intercollegiate competition in accordance with the playing rules of the Association in all sports for which the NCAA develops playing rules. For those sports in which the Association follows rules that are developed by other governing bodies and modified by the governing sports committee, the adopted playing rules shall be used. The governing sports committee will not consider any results for selection purposes that are not played in accordance with NCAA rules or those rules adopted by an outside organization.

The National Collegiate Women's Gymnastics Championships, and all meets used to qualify for them, will be conducted according to the FIG Women's Code of Points, with the USAG-JO program (Level 10) modifications and the NCAA rules modifications.

[Note: If the value of a skill (JO) on events other than vaulting is raised after November 1, 2009, it will be effective immediately.]

## Scoring

The team championship will be awarded to the team with the highest cumulative team score, with five scores counting per event. The all-around championship will be awarded to the individual with the highest cumulative score determined during the team and all-around competition. The individual event champions will be determined solely on the basis of scores from the individual-event competition; scores from the team and all-around competition will not be considered.

## Squad Size

[Reference: Per Diem and Transportation in the Division I General Section and Bylaw 31.1.5 in the NCAA Manual.]

Participating teams are limited to a maximum of 15 participants and a maximum of six gymnasts per event. An institution that is advised it is in violation of this regulation and does not automatically conform to it shall forfeit the competition. There shall be no inordinate delay of the competition to allow the institution to conform.

Please refer to the NCAA Travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online at <http://www.ncaa.org/wps/ncaa?ContentID=36359>.

Transportation expenses and per diem shall be paid only for the finals competition, but not for regional qualifying meets or tournaments.

## Starting Times

The starting times will be:

Regionals — 6 p.m., April 10

Championships — Semifinal team and all-around competition, 1 and 7 p.m., April 22

Final team competition (Super Six) — 6 p.m., April 23

Individual-event competition — 6 p.m., April 24

Note: The NCAA Women's Gymnastics Committee reserves the right to revise the schedule in the event media commitments or other championships demands require schedule changes.

## Substitutions

Changes in the lineup may be made before the start of an event by notifying the NCAA scoring coordinator, who will notify the scorer's table and the chief judge. Once a team begins an event (chief judge raises the flag for the first student-athlete), a substitute may replace a gymnast in that same position in the lineup by notifying the head scorer and chief judge at the event; the order of competition may not be changed. A gymnast who is removed from one event lineup may compete in other events.

## Television Rights and Footage Licensing

Please refer to the NCAA Broadcast Manual policies and guidelines that can be

found at <http://www.ncaa.org/wps/ncaa?ContentID=634>.

## Tickets

All ticket prices are subject to approval of the NCAA Women's Gymnastics Committee. Minimum ticket prices shall be \$5 for reserved seating at the regional competition. A \$3 general admission ticket for grade school, high-school and college students is recommended.

For the national championships, minimum ticket prices will be:

All-sessions adult reserved—\$30

All-sessions adult general admission—\$22

All-sessions student general admission—\$18

Tickets must be purchased as a package for three days until the Monday before the competition. After that, single tickets for Thursday, Friday or Saturday may be offered at the following minimum prices:

Adult reserved—\$9

Adult general admission—\$7

Student general admission—\$6

**Regional and National Competition.** The location of all team allocations must be approved by the NCAA national office before tickets go on sale. Each team participating in regional and national competition shall be allocated 50 tickets in the lower bowl, and 40 tickets in the upper bowl.

The host institution is responsible for contacting each participating institution via telephone or e-mail to determine how many tickets the institution wishes to reserve, and then holding the tickets at will-call. Each institution must advise the host, not later than 5 p.m. (local time of the host institution) the Friday before the competition for nationals and the Monday before the competition for regionals, as to how many of those tickets it will purchase or how many additional tickets it desires.

All unsold tickets will be pooled for equal distribution among institutions wishing to purchase additional tickets. If tickets requested by an institution are not claimed by 5 p.m. the Friday before the first day of competition, the institution will be held responsible for purchasing them. Fifty seats shall be reserved for sale to members of the NACGC/W.

## Uniforms

[Reference: Bylaw 12.5.4 in the NCAA Manual.]

All competitors in the National Collegiate Women's Gymnastics Championships must wear exclusively the official uniform of their institution during actual competition, warm-ups in the competition venue and during awards ceremonies.

For NCAA women's gymnastics competition, the following uniform policies must be followed:

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

a. Gymnasts must wear one-piece leotards that include briefs that are the same color of

the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color worn by all team members.

- b. Leotard straps must be a minimum of 2 cm (7/8") in width.
- c. Swimsuit apparel is permitted during practice and warm-up only, provided the apparel meets all other requirements.
- d. Deduction of .10 for leotard above the hipbone. A warning will be given by the judge on the competition floor.
- e. During the individual event finals, individual leotards may be worn that meet all other apparel requirements.
- f. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform." The gymnast must comply with the uniform rules or a .30 team deduction will be taken.

When a team (or individual qualifiers from the same school) is on the competition floor, the competitors must be in identical team uniforms. During the individual competition, individual leotards may be worn.

**Competitor Numbers.** Each gymnast will receive two competitor numbers at regional and national competition. The competitor numbers are part of the official uniform and shall be worn as follows:

- a. Practice day - practice leotard only.
- b. Competition day - practice leotard and the competition leotard.
- c. Competitor numbers no longer need to be worn on any other team apparel.
- d. The official championship credential (badge) shall be visible at all other times (worn or displayed).

Teams that alter their competitor number shall be subject to a warning. In the event a gymnast is found to wear an incorrect number, she will be considered out-of-uniform and the applicable deduction will be taken.

**Logos.** An institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. Existing uniform numbers are permitted. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2¼ square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes any premeet or postmeet activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded

to the NCAA enforcement staff.

## Videotapes, Team Film and Still Photographs

*[Reference: Bylaw 31.6.4.3 in the NCAA Manuals.]*

Institutions are permitted to videotape championships competition of their teams or their individual student-athletes for archival, coaching or instructional purposes. Each institution is permitted to use one camera and may videotape only that portion of the competition in which it participates. The team representative is not permitted to have an assistant during filming/videotaping. The videotapes may not be used for any commercial purposes.

Teams may only videotape in the area(s) designated by the host institution or from the corral. If a team decides to film from the corral, then the individual must be a member of the credentialed party of 21 permitted in the corral. At no time will video cameras be permitted outside the team corral on the competition floor. If an institution decides to video tape from the designated area, then the credential shall be handled via media relations.

Photography is not permitted at any time from the team corral.



# Appendix A

## 2010 NCAA WOMEN'S GYMNASTICS RULES

### 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 11/1/09. [Note: If the value of a JO skill on events other than vaulting is raised after 11/1/09, the value will be effective immediately. If an element value is lowered after 11/1/09 then it will remain at the higher value for collegiate competition until the change is reviewed by the NCAA women's gymnastics committee.]
- 1.3 All rules and guidelines for execution deductions as applied to the JO level 10 rules will be used with the following collegiate modifications:
  - a. .10 deduction for competing out of order (taken from team score).
  - b. Choice of elements "up to the competitive level" will now be defined by basic requirements for each event.
  - c. The "up to the competitive level" deduction will be standardized at a flat .10.

### 2. VAULT SPECIAL REQUIREMENTS

- 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 Gymnasts will perform one vault, the score of which will count. A gymnast will be afforded three attempts to go over the vault table one time. Touching the board and/or the vault table, without going over the vault table, counts as one of the three attempts.
- 2.4 During the 3-minute touch warm-up, each vaulter is guaranteed two times over the vaulting table.
- 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.**

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

### 3. UNEVEN BARS

- 3.1 UNEVEN BAR SPECIAL REQUIREMENTS (.20 each taken off Start Value)
  - a. Minimum of two (2) bar changes.
  - b. Two (2) flight elements, minimum of two (2) different C's OR a D and B.
  - c. One element with longitudinal axis (LA) turn, minimum of C (not to include dismount).
  - d. C dismount with the following modification: C dismount immediately preceded by same two A or B elements = .10 deduction (not .20).
- 3.2 UNEVEN BAR SPECIFIC COMPOSITIONAL DEDUCTIONS
  - a. Lack of variety in choice of elements and/or connections..... up to .20  
Consider:
    1. Overuse of one group of elements.
    2. Overuse of specific element or variation of that element.
    3. Overuse of same element for connections.
    4. Elements of highest value connected primarily to elements of lowest value.
  - b. Insufficient distribution of the elements .....flat .05  
Consider:
    1. Level of difficulty not maintained throughout the exercise.
    2. Most difficult elements placed in the same section of the exercise.
  - c. More than one squat/stoop on LB with/without sole circle to grasp high bar.. each .10  
Reminder: After a fall, judging resumes once the gymnast performs an element; therefore, if she resumes with a glide kip, squat on, and has already performed a squat/stoop on, the deduction will be applied.
  - d. Uncharacteristic elements ..... each .10  
Examples:
    1. Squat on LB bar and 1/2 turn on feet to grasp high bar.
    2. Swing forward on HB, place feet on LB to stand with or without 1/2 turn unless followed by a circling move.
  - e. 3/4 giant circle forward with or without grip change ..... each.10  
This is not considered an element and will break a connection.
  - f. Choice of elements not up to the competitive level..... flat .10
    1. Choice of elements up to the "competitive level" will now be defined by the following basic standards:
      - A release sequence (minimum C+C+D in any order or D+D)
      - OR a pirouetting sequence (minimum C+C+D in any order or D+D)
      - OR a combination of release & pirouette (minimum C+C+D in any order or D+D)

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

      - OR a dismount sequence (minimum C+C+D in any order or D+D)
      - OR minimum two D releases
    2. Exercise must have minimum of a D release as part of, or in addition to, the above AND a minimum of D dismount or C dismount in bonus combination.

### 3.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. 2.303 Uprise backward to handstand on HB with 1/2 turn = D
- b. All other elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique) = D (listed below)
  - 2.301 Cast Healy
  - 2.303 Uprise Healy
  - 3.305 Clear Hip Healy
  - 4.303 Back Giant Healy
  - 5.302 Front Giant Healy
  - 7.308 Front Sole Circle Healy
  - 7.309 Back Sole Circle Healy
- c. Value of the Stalder:
  - 1. Stalder (forward or backward), straddled or in-bar, to handstand with or without a 1/2 turn = D
  - 2. Stalder (forward or backward), straddled or in-bar, to handstand with a 1/1 turn = E
- d. 1 1/2 pirouette (turn is in handstand, to a Healy) = E

## 4. BALANCE BEAM

### 4.1 BEAM SPECIAL REQUIREMENTS (.20 each taken off of the Start Value).

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

### 4.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of elements
  - 1. Missing a backward acro element with a minimum of A value .....flat .10
  - Missing a forward/sideward acro element with a minimum of A value.. flat .10
  - The following five (5) notes apply to both backward and forward/sideward acro requirements:
    - Must be from Groups 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels, or 8-Saltos.
    - Round-off is considered a sideward element.
    - A BHS 1/4 or 3/4 to handstand is considered a backward element.
    - A jump backward (BHS) with 1/2 twist to walkover forward (Arabian walkover or salto) is considered a forward element.
    - A tic-toc can be considered either a forward or backward element, to the advantage of the gymnast.
- 2. Lack of variety in dance elements

- Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill..... flat .10

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

These are different shapes:

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

- More than one leap/jump/hop element to prone.....each .10
- b. Insufficient distribution of the elements..... up to .10 (**unique to beam**)  
Consider:
  - 1. Level of difficulty not maintained throughout the exercise.
  - 2. Most difficult elements placed in the same section of the exercise.
- c. Insufficient use of entire beam apparatus
  - 1. Insufficient level changes throughout the exercise ..... up to .10
  - Consider:
    - Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low and low (kneel, squat, sit, lying)].
    - No longer required to touch the beam with a part of the torso and/or head.
    - 2. Spatially (use the entire length of the beam) .....up to .10
    - 3. Directionally (movement/choreography forward, backward and sideward) up to .10
  - d. Choice of acro elements not up to the competitive level..... flat .10
  - Choice of elements up to the “competitive level” will now be defined by the following basic standard:
    - If a flight series without **connection bonus** is performed, then an additional D acro skill is required (mounts and dismounts may be included).

### 4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

- a. #2.307 Ring or Stag-ring leap or jump (rear leg at head height) = D
- b. #7.408 Full twisting BHS = E
- c. #7.412 Full twisting BHS swingdown = E
- d. #8.301 Salto forward take off from one leg to a sit = D
- e. #8.304 Salto backward stretched with step-out = D
- f. #9.309 Gainer salto tucked with 1/1 twist off end of beam = D
- g. Salto backward stretched through vertical and then pike down, with legs together = D
- h. #9.202 As of February 5, 2010, From a stand on one leg -- swing free leg backward to front salto **STRETCHED** with 1/1 twist off side or end of beam = C (TUCKED = B)

### 4.4 CONNECTION VALUE EXCEPTIONS.

- a. **NO BONUS: 2 Acro Flight Element connection B+C Salto WILL NOT receive Connection bonus.**
  - b. Back Salto Stretched with Step-out receives D bonus but will be considered as C value for purposes of awarding Connection Value in **Back Handspring Series** only (Step-out BHS, BHS to 2-feet, or Gainer BHS; in any order).
- Examples:
- BHS+Layout Step-out, B+D, receives .10 D Bonus & NO Connection Value Bonus (B+C)
  - BHS+BHS+Layout, B+B+D, receives .10 D Bonus & .10 CV (B+B+C)
  - Split Jump+Layout Step-out, B+D, receives .10 D & .20 CV (B+D, not a BHS Series)
  - Round-off+Layout Step-out, B+D, receives, .10 D & .20 CV (B+D, not a BHS Series)
- c. B+D Acro Flight--BHS+Layout, stretched then pike down with feet together = .10 CV (not .20 CV)

## 5. FLOOR EXERCISE

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

**JO special requirements have been adopted for Floor.**

- a. **One Acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos. (If the two (2) saltos are not directly connected, they must be included in an acrobatic series, which is defined as a minimum of three acrobatic flight elements, with or without hand support. Aerials are NOT considered saltos).**
- b. **Three (3) different saltos within the exercise.**
- c. **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 degree cross or side split position).**
- d. **The salto performed as the last isolated salto or within the last salto connection must be minimum C.**

### 5.2 FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of elements
    - 1. Lack of variety in dance elements
      - **Lack of Dance Bonus from Groups 1 or 2 (minimum of .10 Connection Value OR .10 D/E Bonus is required) ..... flat .10**
      - Gymnasts are required to show at least two (2) different shapes in leaps and/or jumps with shape being defined as the body position reached at the peak of the skill..... flat .10
- Clarification: Entry technique (scissors, 1-foot takeoff, 2-foot takeoff, etc.) does not change the shape of the skill. These are different shapes:
- |   |                              |
|---|------------------------------|
| Pike  | Cat                          |
| Tuck  | Sheep                        |
| Straddle (side split or piked)                  | Ring (requires head release) |
| Straight/beat                                   | Wolf                         |
| Split (forward includes, stag, and double stag) |                              |
- More than one (1) leap/jump/hop to prone position.....each .10

- 2. Lack of variety in acro elements .....up to .10
    - Minimum of one (1) forward/sideward salto and a minimum of one (1) backward salto (A value or higher)
  - b. Insufficient distribution of the elements ..... flat .05
- Consider:
- 1. Level of difficulty not maintained throughout the exercise.
  - 2. Most difficult elements placed in the same section of the exercise.
- c. Insufficient use of the floor area
- 1. Spatially (floor pattern).....up to .10
  - 2. Directionally (movement/choreography forward, backward and sideward).up to .10
- d. Choice of acro elements
- 1. Lack of a minimum of C salto in exercise
  - 2. Acro elements not up to the competitive level ..... flat .10
- Choice of elements up to the "competitive level" will now be defined by the following basic standards (**flat .10 deduction if missing any or all**):
- **One D salto or better**
  - **One acro SERIES with a C salto or better**
  - **An acro dismount with a C (minimum) salto in bonus connection OR a D (minimum) salto**
- Clarification: Acro dismount is defined as an acro skill or an acro combination.
- 3. Prone landings
    - More than one (1) acro element to prone landing.....each 10
    - Maximum of two (2) prone landings will be allowed. One from dance and one from acro elements.
    - 1 1/4 saltos to prone landing retain the same value as the root element.

### 5.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

#6.201 Front salto piked = A

### 5.4 DANCE CONNECTION BONUS.

**Turn + Jump - a turn on one foot followed by a jump with a two-foot take-off WILL be eligible for CV Bonus (if directly connected with no stop, extra steps, hop or repositioning of the foot). Example: 2/1 turn + Popa, C+C = .10 CV**

## 6. EQUIPMENT and PROCEDURES

### 6.1 EQUIPMENT

- a. Sting mats are no longer allowed for use as a Round-off (RO) entry hand placement mat for vault. The only allowable entry pad is the AAI TAC-10 RO pad.
- b. No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed.
- c. 1 3/8" padded vault runway is required for all competition and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82 feet if available). Exceeding

the length of the manufactured runway will result in a .10 deduction from the gymnast's score. Exceptions to the minimum requirement will be made in cases where institutions cannot provide 82 feet of runway due to venue limitations in which case the host institution must notify visiting team(s) in writing of the distance that will be provided before meet contracts are signed.

- d. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters.
- e. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications.
- f. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- g. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 1/2' from the base or leg of the respective apparatus. If more than 27 1/2' of matting exists, the maximum run distance may be used. (Note: The host institution need not provide more than the minimum, which will be provided at NCAA regional and national competition.) Exceeding the length of the provided manufactured matting will result in .10 deduction from the gymnast's score.
- h. If a plywood board is used under the springboard for mounting bars and beam, then it must be a 1/2" plywood board with a non-skid surface on both sides.
- i. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- j. A minimum of 15 1/2' must be available on the dismount end of the beam.
- k. A chalk arc line may be placed on the corners of the floor exercise mat.
- l. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. **Tape may not be placed in the center of the floor exercise mat.**
- m. **Only one of the following mats: sting mat, 4" throw mat, 8" skill cushion may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.**

## 6.2 UNIFORMS

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

- a. Gymnasts must wear one-piece leotards that include briefs that are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color worn by all team members.
- b. Leotard straps must be a minimum of 2 cm (7/8") in width.
- c. Swimsuit apparel is permitted during practice and warm up only, provided the apparel meets all other requirements
- d. Deduction of .10 for leotard above the hipbone. A warning will be given by the

judge on the competition floor.

- e. During the individual event finals, individual leotards may be worn that meet all other apparel requirements.
- f. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules or a .30 team deduction will be taken during team competition or a .30 deduction off the individual's score during individual competition.

## 6.3 JEWELRY

Gymnasts are only permitted to wear one stud per ear. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnasts 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 gymnasts' 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 and SCORING RANGE

- a. Open scoring will be used during the regular season, regional competition and the national championship.
- b. Judges are to sit apart.
- c. All scores will be flashed and rotated, but only the average score will be raised and rotated.
- d. Both the start value and the score will be flashed simultaneously. First, judge shall give final score to flasher. Judges shall then simultaneously flash his/her start value while final scores and average score are being displayed.
- e. Score verification procedures will be in place at regionals and for all sessions 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 only should 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.

## 7. VIDEO REVIEW PROCESS

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

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

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

Questions regarding interpretations of **NCAA Rules Modifications** shall be addressed to:

**D'Ann Keller**  
**Associate Director of Championships**  
**NCAA**  
**P.O. Box 6222**  
**Indianapolis, Indiana 46206-6222**  
**Phone: 317/917-6494**  
**Fax: 317/917-6237**  
**E-mail: dkeller@ncaa.org**

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



# Appendix B

## Regular-Season Meet Procedures for Women's Gymnastics

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.
  - a. Judges may be on the competition floor preparing for the meet during warm-ups, team introductions and 3-minute touches.
  - b. 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.
  - c. Judges must be seated separately on the competition floor.
  - d. Copies of Appendixes A, C, D, E and a copy of the collegiate vault values chart should be made available to all judges of regular-season meets.
  - e. One judge on each event must be designated as the chief judge.
  - f. One judge must be designated as the meet referee to respond to inquiries during the meet.
  - g. 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.
  - h. 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. These procedures apply to all meets, regardless of the number of participating teams:
  - a. **Institutions shall require a system (not necessarily a scoreboard) to post each team's running score updated after each routine during every competition.**
  - b. 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.
  - c. Squad size is limited to a maximum of six gymnasts per event per team.
  - d. 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.

- e. Touch warm-ups of 30 seconds per gymnast (minimum of two vaults) are required before the start of an event.
  - f. Timing requirements:
    1. Beam routines and falls on beam and bars must be timed. There will be a 30-second fall time for beam.
    2. Floor routines must be timed.
    3. Sounding devices may be voice, bell or whistle.
  - g. Open scoring is required. (See 1-g.)
  - h. Computing scores:
    1. Two judges—by averaging the two scores.
    2. Four judges—by dropping the highest and lowest scores and averaging the other two judges' scores.
    3. Three judges—by designating a non-counting chief judge and averaging the other two judges' scores.
    4. Event scores are computed by totaling the five highest individual scores for each team.
    5. All-around scores are computed by totaling an individual competitor's score from all four events.
    6. Team scores are computed by totaling all four event scores.
  - i. 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.**
  - j. Judges must process all inquiries prior to the start of the next event.
  - k. Group values for vault must be flashed during regular-season meets.
  - l. **A maximum of six routine summary forms may be requested per competition.**
  - m. **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.**
  - n. A CD player must be available.
3. Dual-Meet Format.
    - a. Either one or two events should be conducted at a time, at the host institution's preference.
      1. 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.
      2. 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



# Appendix C

## Standards/Duties for Judges of NCAA Women's Gymnastics Competition

It is imperative to the dignity and growth of 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 all-around competitors. Judges should strive for consistency in scoring for all collegiate meets, regardless of division, location or type of meet (i.e., dual, triangular or quadrangular). The International Gymnastics Federation Women's Code of Points, the Junior Olympic (Level 10) 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 her 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, member of an athletics-related booster club, 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 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. 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.
- Judges are allowed to watch warm-ups, march-in and 3-minute touches.

second half of the competition.

b. 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.
- Triangular-Meet Format.
  - Two events should be run simultaneously in the following order:

Vault	Bars	Bye	Beam	Floor	Bye
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

b. Bars and vault competition should be conducted in the first half of competition; beam and floor in the second half.

c. 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.

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

Vault	Bars	Beam	Floor
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

b. 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.*

- e. 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.
- f. Judges must be seated separately on the competition floor.
- g. Individual judges' scores and start value must be flashed. Please refer to Appendix B; Item 1-g.
- h. Reminder: JO-allowable range of scores is to be followed for collegiate meets.
- i. Inquiries should be handled by the meet referee/chief judge. In the event that an inquiry response is unsatisfactory to the coach, a video tape may be used for the purpose of review (see NCAA rules modifications for video review process).
- j. Judges must process all inquiries prior to the start of the next event.
- k. Only a spotter(s) or persons moving boards or mats should be within the judges' area during the competition.
- l. Judges are encouraged to report any infractions to the respective regional assignor and NCAA Women's Gymnastics Committee chair.
- m. All judges must check the score sheet at the end of the competition and verify by signatures the accuracy of the scores.

## Appendix D

### Code of Ethics for NCAA

#### Women's Gymnastics Coaches

1. It is the responsibility of each coach to ensure that all competition is conducted according to International Gymnastics Federation Women's Code of Points, Junior Olympic (Level 10) as of November 1, and NCAA collegiate rules modifications. Coaches are required to act in a mature, polite, respectful and disciplined manner, with complete integrity. It is their responsibility to see that their teams also are disciplined and behave properly.
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. 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.
3. 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).
4. 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.
5. 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.
6. No coach or competitor shall participate in a judges' conference, or be within hearing distance of such conferences.
7. Each coach should assist actively in promoting positive relations among all participants, who are striving to achieve athletics excellence.
8. Coaches shall ensure that competitors exhibit dignity in manner and dress when representing their institution. Team dress codes shall be enforced during the competition.
9. All NCAA policies regarding sporting conduct shall be enforced.
10. In addition to attending all required media press conferences and interviews, all coaches are expected to cooperate with all reasonable media requests in the best interest of the sport.

# Appendix E

## Equipment Policies for Women's Championships

1. The purchase of equipment may not be included as an item of expense in the host institution's budget. For the national championships, equipment companies will supply the equipment to avoid a mixture of manufacturers' equipment on the floor. The equipment that will be used in the 2010 championships will be provided by AAI. All equipment must meet the specifications as outlined in the 2009-10 USA Gymnastics Women's Rules and Policies Operating Code (Junior Olympic level) and any NCAA collegiate modifications. Copies can be obtained through USA Gymnastics, Pan Am Plaza, Suite 300, Indianapolis, Indiana 46225 (317/237-5050), or on their Web site.
2. During the 2010 season, institutions and individuals must compete using the vault table apparatus that is approved by USA Gymnastics for Level 10 JO competition in order for the scores from a meet to be used in the calculation of Regional Qualifying Scores (RQS). Please note that the LZT vault table will be used with NCAA regional and national competition.
3. For regional competition, one complete set of apparatus must be available on the competition floor. Regional hosts must submit a complete listing of all equipment and matting to be used during regional competition to the NCAA Women's Gymnastics Committee for approval before the championships.
4. Teams, all-around competitors and individual-event specialists may bring one vaulting board and a small AAI beam pad (not a sting mat) to be used at the regional and national championships. The small beam pad may not be left on the floor during competition. All other equipment and matting (i.e., sting mats, RO entry pads, plywood, etc.) will be provided by the host institution and/or equipment manufacturer. At regionals and nationals, teams will NOT be allowed to use their own round-off entry pads or sting mats in front of the vault board. Please refer to the NCAA championships equipment list for provided items.
5. Boards and matting provided by host institutions at regionals, and by the equipment company at nationals, must remain at each assigned event.
6. A variable-speed CD player, with backup, and stopwatches will be provided in the competition venue. The CD player will be synchronized with the sound system that will be used during the actual competition. (CD player required for regular-season meets.)
7. 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).
8. All landing areas must be onto solid surfaces (no dismount areas into landing pits).
9. 1 3/8" padded vault runway is required for all competition and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82 feet if available). Exceeding the length of the manufactured runway will result in a .10 deduction from the gymnast's score. Exceptions to the minimum requirement will be made in cases where institutions cannot provide 82 feet of runway due to venue limitations in which case the host institution must notify visiting team(s) in writing of the distance that will be provided before meet contracts are signed.
10. Beam and floor routines must be timed. Falls from the beam and bars also must be

timed. The warning device used to time beam and floor routines may be bell or whistle, and must be distinguishable from each other. The gymnasts and coaches should be made aware of the device before the start of the event.

11. Representatives of the equipment company supplying the apparatus for the national championships must be available at all practice and competitive sessions. The representative also shall provide tools necessary to measure and adjust the apparatus, as needed.
12. A representative of the NCAA Women's Gymnastics Committee and the representative of the equipment company will be responsible for inspecting the equipment and ensuring that adequate mats and mount and dismount areas are provided. The meet referee is responsible for measuring the equipment, and ensuring that all equipment meets specifications.
13. Representatives of the equipment company that is supplying the apparatus for the meet are entitled to three passes for official company personnel and two to three parking passes, as required.
14. Equipment used in the regional and national championships must be available for purchase by member institutions September 1 before the championships. In addition, equipment used in the championships must be approved by the NCAA Women's Gymnastics Committee.
15. A diagram of the equipment to be used for competition at the regional and national championships shall be provided to all head coaches. The diagram should include direction; types and sizes of matting; mount/dismount distances; vaulting runway distance; type of anchor for bars (floor anchors or water weights); and location of equipment.
16. Once the bar bases have been set by the AAI representative and approved by the national committee and meet referee, the position of the bases will be marked and cannot be moved. Uneven bars should be set so that the low bar and the height bar lean at the same angle when the bars are set at the maximum width according to AAI specifications.
17. Use of foreign substances on equipment. (See page 25 in the handbook.)

# Appendix F

## NCAA Women's Gymnastics

### Responsibilities of the Regional Score Verification Coordinator

The responsibilities of each Regional Score Verification Coordinator may include: (1) gathering and sharing of results for teams within their conference or geographical area; (2) provision of input in the selection of judges for the championships; (3) provision of input in the selection of sites for championships competition; and, if requested, (4) service as a sounding board for the NCAA Women's Gymnastics Committee. Regional coordinators function actively during the competitive season and when needed during the rest of the academic year.

Regional coordinators are recommended and approved by all members of the NCAA Women's Gymnastics Committee. Regions are constituted so as to adequately and fairly represent the institutions in that region. Regional coordinators generally serve for three years, but are evaluated annually by the committee. A former regional coordinator generally is not eligible for reappointment for an additional three year period once his/her term has expired.

# Appendix G

## Regional Score Verification Representatives

### West Region

Tanya Chaplin, Oregon State University – chair  
Heather Perry\*, Pacific-10 Conference

### North Central Region

Becky Beaulieu, University of Wisconsin, Stout – chair  
Paul Plinske\*, University of Wisconsin, Whitewater  
Elizabeth Kampfe\*, Western Athletic Conference

### South Central Region

Bob Starkell, University of Illinois, Champaign – chair  
Mark Alnutt\*, University of Missouri

### Central Region

Christine MacDonald, Central Michigan University – chair  
Jerry Reighard\*, Central Michigan University

### Northeast Region

Chrystal Chollet-Norton, Rutgers, The State University of New Jersey – chair  
Bev Plocki\*, University of Michigan

### Southeast Region

Karen Pleasants, North Carolina State University – chair  
Kim Green, University of Florida\*

\* Member of the 2009-10 NCAA Women's Gymnastics Committee

# Appendix H

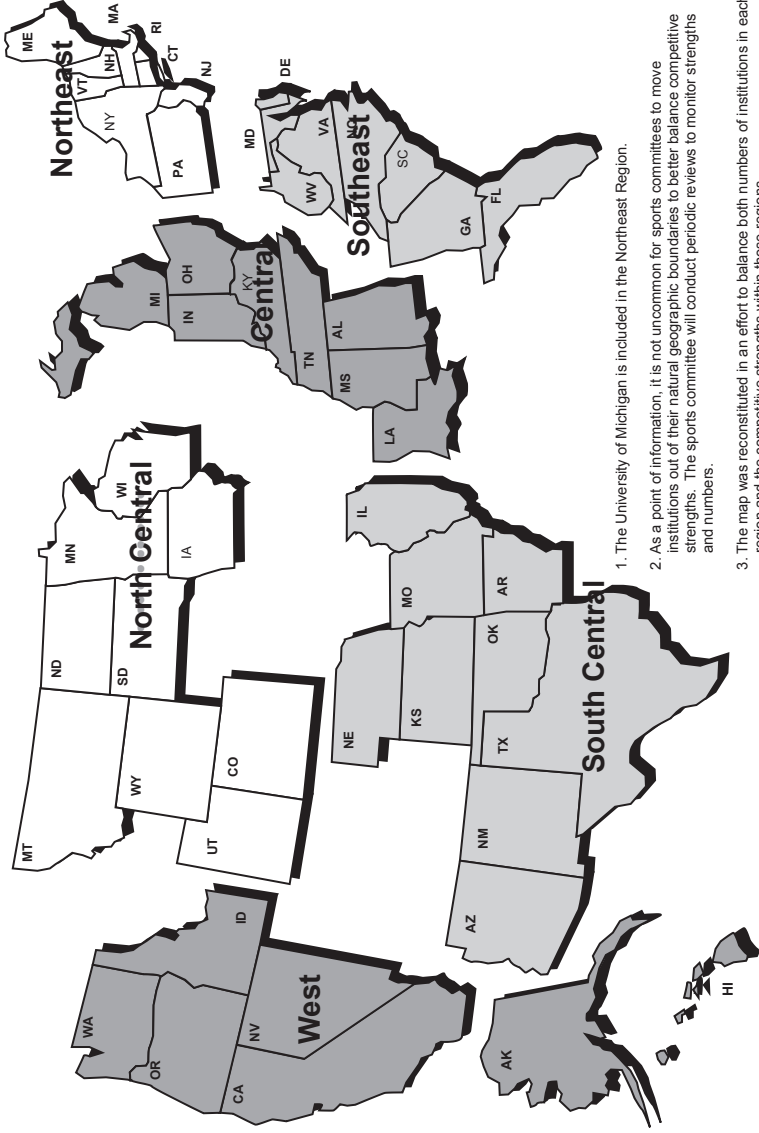
## 2010 NCAA Vault Value Chart

Group 1 - Handsprings				Group 3 - Round-off Entry			
1.1	Handspring		8.8	3.1	RO, FF	Handspring	8.8
1.2	Yamashita		8.8	3.2	RO, FF	1/1 Twist Off	9.2
1.3	Handspring	1/2	8.8	3.3	RO, FF	1 1/2 Twist Off	9.5
1.4	Yamashita	1/2	9.0	3.4	RO, FF	2/1 Twist Off	9.9
1.5	Handspring	1/1	9.2	3.5	RO, FF	Back Tuck	9.5
1.6	Yamashita	1/1	9.3	3.6	RO, FF	Back Tuck 1/2	9.8
1.7	Handspring	1 1/2	9.5	3.7	RO, FF	1/2 Front Tuck	9.8
1.8	Yamashita	1 1/2	9.6	3.8	RO, FF	Back Tuck 1/1	9.9
1.9	Handspring	2/1	10.0	3.9	RO, FF	1/2 Front Tuck 1/2	9.9
1.10	Handspring	2 1/2	10.0	3.10	RO, FF	Back Tuck 1 1/2	10.0
1.11	Handspring	3/1	10.0	3.11	RO, FF	Back Tuck 2/1	10.0
1.12	Handspring	Front Tuck	9.8	3.12	RO, FF	Back Pike	9.6
1.13	Handspring	Front Tuck 1/2	9.9	3.13	RO, FF	Back Pike 1/2	9.9
1.14	Handspring	1/2 Back Tuck	9.9	3.14	RO, FF	1/2 Front Pike	9.9
1.15	Handspring	Front Tuck 1/1	10.0	3.15	RO, FF	Back Pike 1/1	10.0
1.16	Handspring	1/2 Back Tuck 1/2	10.0	3.16	RO, FF	1/2 Front Pike 1/2	10.0
1.17	Handspring	Front Tuck 1 1/2	10.0	3.17	RO, FF	Back Layout	9.8
1.18	Handspring	Front Pike	9.9	3.18	RO, FF	Back Layout 1/2	10.0
1.19	Handspring	Front Pike 1/2	10.0	3.19	RO, FF	1/2 Front Layout	10.0
1.20	Handspring	1/2 Back Pike	10.0	3.20	RO, FF	Back Layout 1/1	10.0
1.21	Handspring	Front Layout	10.0	3.21	RO, FF	1/2 Front Layout 1/2	10.0
1.22	Handspring	Front Layout 1/2	10.0	3.22	RO, FF	Back Layout 1 1/2	10.0
1.23	Handspring	1/2 Back Layout	10.0	3.23	RO, FF	Back Layout 2/1	10.0
1.24	Handspring	Front Layout 1/1	10.0	3.24	RO, FF	Back Layout 2 1/2	10.0
1.25	Handspring	Front Layout 1 1/2	10.0	3.25	RO, FF	Double Back	10.0
1.26	Handspring	Front Layout 2/1	10.0	3.26	RO, FF 1/2	1/1	9.3
1.27	Handspring	Double Front Tuck	10.0	3.27	RO, FF 1/2	1 1/2	9.5
1.28	1/2 on	1/2	8.9	3.28	RO, FF 1/2	2/1	10.0
1.29	1/2 on	1/1	9.1	3.29	RO, FF 1/2	Front Tuck	9.9
1.30	1/2 on	1 1/2	9.5	3.30	RO, FF 1/2	Front Tuck 1/2	10.0
1.31	1/2 on	2/1	9.9	3.31	RO, FF 1/2	1/2 Back Tuck	10.0
1.32	1/2 on	2 1/2	10.0	3.32	RO, FF 1/2	Front Tuck 1 1/2	10.0
1.33	1/1 on	Handspring	9.6	3.33	RO, FF 1/2	Front Pike	10.0
1.34	1/1 on	Yamashita	9.6	3.34	RO, FF 1/2	Front Pike 1/2	10.0

1.35	1/1 on	1/2	9.6	3.35	RO, FF 1/2	1/2 Back Pike	10.0
1.36	1/1 on	1/1	9.8	3.36	RO, FF 1/2	Front Layout	10.0
1.37	1/1 on	1 1/2	10.0	3.37	RO, FF 1/2	Front Layout 1/2	10.0
1.38	1/1 on	2/1	10.0	3.38	RO, FF 1/2	1/2 Back Layout	10.0
1.39	1/1 on	Front Tuck	10.0	3.39	RO, FF 1/1	1/1	9.7
1.40	1/1 on	Front Pike	10.0	3.40	RO, FF 1/1	1 1/2	9.9
1.41	1/1 on	Front Layout	10.0	3.41	RO, FF 1/1	2/1	10.0
1.42	FHS (onto board) Handspring	Front Tuck	9.9	3.42	RO, FF 1/1	Back Tuck	10.0
1.43	FHS (onto board) Handspring	Front Tuck 1/2	10.0	3.43	RO, FF 1/1	1/2, Front Tuck	10.0
1.44	FHS (onto board) Handspring	Front Pike	10.0	3.44	RO, FF 1/1	Back Pike	10.0
1.45	FHS (onto board) Handspring	1/1 Twist off	9.3	3.45	RO, FF 1/1	Back Layout	10.0
1.46	FHS (onto board) Handspring	1 1/2 Twist off	9.6	3.46	RO, FF 1 1/2	1/1	10.0
1.47	FHS (onto board) Handspring	2/1 Twist off	10.0				
Group 2 - Tsukaharas (1/4 to 1/2 on)							
2.1	Tsukahara	Handspring	8.8	2.17	Tsukahara	1/2 to 3/4 Front Layout 1/1	10.0
2.2	Tsukahara	Back Tuck	9.5	2.18	Tsukahara	Back Layout 1 1/2	10.0
2.3	Tsukahara	Back Tuck 1/2	9.8	2.19	Tsukahara	Back Layout 2/1	10.0
2.4	Tsukahara	1/2 to 3/4 Front Tuck	9.8	2.20	Tsukahara	Back Layout 2 1/2	10.0
2.5	Tsukahara	Back Tuck 1/1	9.9	2.21	Tsukahara	Double Back Tuck	10.0
2.6	Tsukahara	1/2 to 3/4 Front Tuck 1/2	9.9	<b>Additional Collegiate Vaulting Rules - Section 2</b> *Vault numbers will not be flashed but vault groups will be. *There is a 1.0 deduction for one or no hands touching vault table. *There is a 1.0 deduction for spotting assistance during the vault. *There is a 1.0 deduction for not landing on feet first. *During the 3-minute touch warm-up, each vaulter is guaranteed two times over the vaulting table.			
2.7	Tsukahara	Back Tuck 1 1/2	10.0				
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				

# Appendix I

## Women's Regions



1. The University of Michigan is included in the Northeast Region.

2. As a point of information, it is not uncommon for sports committees to move institutions out of their natural geographic boundaries to better balance competitive strengths. The sports committee will conduct periodic reviews to monitor strengths and numbers.

3. The map was reconstituted in an effort to balance both numbers of institutions in each region and the competitive strengths within those regions.