



# 2010-2011 NGJA/NCAA Update to the Rules 2.1

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January 20, 2010**

The NCAA has asked the NGJA to provide evaluations of new elements and sequences. The values of these elements are posted in this document.

Depending on how often elements are submitted, this document could get updated very frequently. Please consult this often. Skills that have changed in this document due to an FIG interpretation, \*\*\* **(All items marked this way from last year have been cleared so that new changes become more easily seen.)**

*Newly listed NCAA evaluations will be in italics for the first season listed.*

Where possible, we will try to post digital versions of those skills evaluated on these pages.

If you have additional questions on the rules, please [click here](#) to e-mail those to me.

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**The 2010 NCAA season will be utilizing the FIG Code marked GAM 2009. Each judge should have this version of the code with them when judging an NCAA competition. In addition to the code the NCAA meets will employ the 2009-10 NCAA Rules & Modifications Document.**

1. Competition Rules

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

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

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

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

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

*Posting scores:*

*D-Panel Judges sit at the same table, but are separated by the score flasher or master scorer. Note: Judges are required to sit close together so they can agree on 1 start value.*

*After the start value is posted, judges independently determine the final score. No discussion should take place regarding execution while the start value is determined.*

*Note: All neutral deductions shall be applied against the final score (E-panel), not the start value.*

*E-panel (deviation in execution) per FIG:*

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

*B. In case of dismounts requirements:*

| Dismount Value | Element Group Value |
|----------------|---------------------|
| D, E, F        | +0.5                |
| B, C           | +0.3                |
| A              | +0.0                |

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

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

2. **\*\*\*D-panel evaluation:** When counting the top 10 skills toward difficulty, count the dismount first, then the highest value skill in each of the other element groups, and then the highest five remaining skills (with no more than 4 skills from any element group).

3. **\*\*\*Inquiries:** (Each team will be allowed 3 per meet and only 1 per event).

Below is a review of the process.

A coach will use his precomp form as the paperwork for the inquiry. The coach will circle the name and routine of the routine in question. The coach will have to edit the routine if there are any changes from the actual routine from the elements on the precomp form. The coach will verify the difficulty for all elements, as well as the element groups and come up with an expected start value. The judges will then look at this inquiry and make their decision based on this input. A judge's response to the coach can be done verbally or in written form.

#### **Floor Exercise:**

- 1.) "All" jump to prone skills will be recognized as element group 1 skills as defined in the FIG Code of Points. Furthermore, this also applies to the rule which only permits 2 elements that finish in roll out or front support for credit. A third element which finishes in roll out or front support will not receive credit along with a 0.3 deduction each time.
- 2.) More than 2X the same diagonal in direct succession will be a deduction of 0.3 (E-panel), including "with or without" intermediate elements between the passes. (FIG Newsletter clarification).

#### **Pommel Horse:**

- 1.) For all handstand skills (scissor to handstand or circle to handstand), the following will be applied:
  - Credit with no deduction = swing to handstand without strength or hesitation, with hips stretched throughout.
  - Credit with deduction = swing to handstand with the legs slightly reversing direction (no lowering of the hips) will receive credit for the skill with a deduction depending on the severity of the drop in legs and/or strength used.
  - No credit along with deductions = "hips" lower during the skill and/or the feet push off the horse.
- 2.) Scissor to handstand step down off the pommel step back will remain as a 0.1 deduction since the FIG increased this to 0.3 after the NCAA cut-off date.

- 3.) Sohn (EG 4, #5) will continue to receive E credit since it was devalued by the FIG after the NCAA cut-off date.

**Still Rings:**

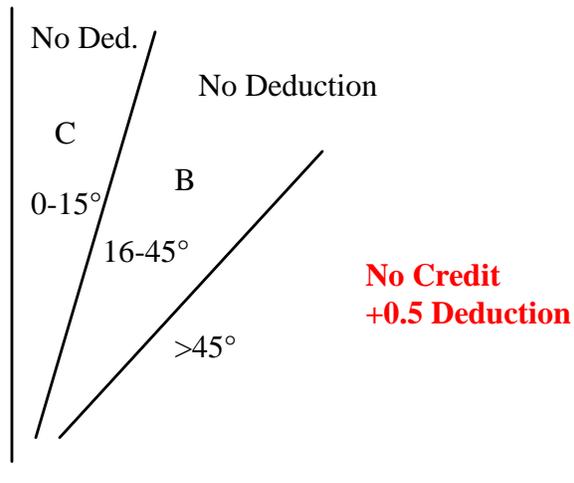
**Vault:**

**Parallel Bars:**

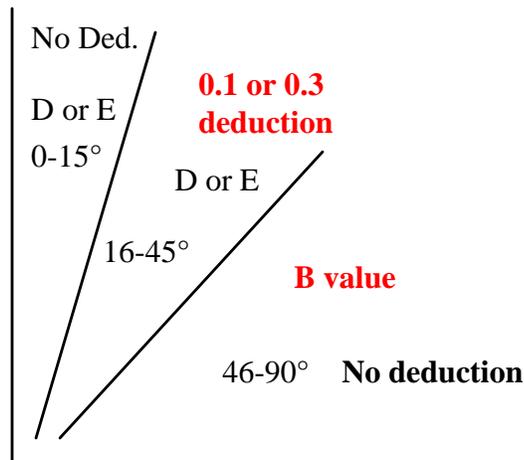
- 1.) Exceeding 30 seconds before commencing the exercise is a 0.3 deduction (to be applied on all events, but typically an issue on PB's).

**High Bar:**

- 1.) Clarification for angle deductions:

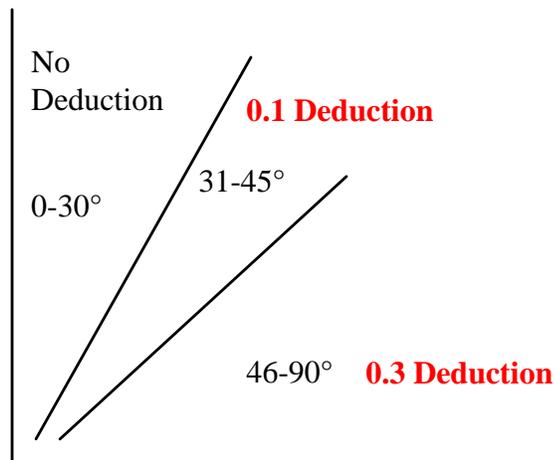


**Jam values and deductions based on angles (*FIG Newsletter #23*).**



**Stoop in shoot with 1/1 turn to mixed grip or under-grip (EG 4, #5 and #15).  
FIG Newsletter #23**

**Below horizontal Non-rec +0.5 Deduction**



**For elements which include turns (i.e. endo 1/1 turn to mixed grip)  
FIG: Article 47, 3b**

**Below horizontal Credit with 0.5 Deduction**

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