

Technical Q & A – November 2018

In the November meeting, the Technical Committee reviewed a number of questions which were presented by the gymnastics community. These topics will be discussed and finalized at the Joint JO and Technical Committee meeting in May, but for the purposes of giving direction for the 2019 winter/spring season, these questions and answers will be posted on the Regional websites -Technical page.

Any additional questions should be submitted to your respective Regional Technical Committee Chair, who will share them with the other RTCCs for inclusion on the Regional websites.

COMPULSORY-RELATED:

Q1: What is the correct mat stack specifications for the Level 2 Vault? There is a discrepancy between the R&P and the JO Compulsory book.

A1: *Compulsory book is correct. R & P will be updated. Minimum of 16", 24" or 32" (± 1 ").*

GENERAL:

Q2: Can an Inquiry include the "Not Up to the Level of competition" Composition deductions?

A2: *Yes, the deductions specifically listed in the charts are considered "flat" deductions and may be included in inquiries. The Inquiry form will be updated by Linda T. and Myra and Connie will post it on the website at <https://usaqym.org/PDFs/Forms/Women/inquiry.pdf>*

Q3: Can Meet Directors pay judges by alternative methods such as Pay Pal or Venmo?

A3: *Yes, if there is agreement between the Meet Director and the individual judge prior to the competition.*

Q4: May the gymnast wear a medical bracelet while competing?

A4: *Yes, but it should be covered by tape or some type of bandage.*

Q5: May animals be present at USA Gymnastics sanctioned competition?

A5: *For the safety of the athletes and other participants at a competition, it is not acceptable to allow animals in the competition Field of Play. In compliance with the Americans with Disabilities Act, designated/qualified service animals would be allowed in the competition venue (spectator area).*

Q6: Is the "Incorrect attire" deduction different for JO and Xcel competitions?

A6: *Yes, 0.10 for Xcel; 0.20 for JO, after a warning, taken on the next event.*

OPTIONAL VAULT:

Q7: How is the angle of arrival determined for Level 6/7 Vault?

A7: *If there is a closed shoulder angle, measure from shoulders to hips.
If there is an open shoulder angle, measure from the hand to hips.*

Q8: How is the angle of repulsion determined?

A8: *Measure from the hands to the lowest body part. (This is the same as in the past for non-salto vaults.)*

Q9: What is the deduction for landing sideways on a Level 6/7 Tsukahara timer vault?

A9: *There is no specific deduction at this time; deduct for any applicable direction, body position and execution errors.*

Q10: Is there a deduction for not going through vertical on the Level 6/7 Tsukahara timer?

A10: *Not specifically; use appropriate body alignment and/or direction deductions.*

Q11: What is the deduction if a Level 6/7 gymnast vaults with the Vault Table below 115 cm?

A11: *Apply the 0.30 deduction for incorrect apparatus specifications.*

Q12: Must the mat behind the Level 6/7 mat stack be placed in a certain direction?

A12: *The mat behind the mat stack may be placed sideways or lengthwise at this time.*

OPTIONAL BEAM:

Q14: When do you start counting for a concentration pause?

A14: *You begin counting when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements.*