

2022 - 2023



Women's Artistic

RULES AND POLICIES

Governing Competitors and
Competitions sanctioned by the

National Women's Program Committee



1099 North Meridian Street, Ste. 800
Indianapolis, IN 46204

Additional Resources:

Women's Program:

<https://usagym.org/pages/women/pages/index.html>

WAG Committee Minutes:

<https://usagym.org/pages/women/minutes/>

WAG Operating Code:

<https://usagym.org/PDFs/Women/Rules/operatingcode.pdf>

Member Services:

<https://usagym.org/pages/membership/pages/index.html>

Education:

<https://usagym.org/pages/education/pages/index.html>

Safe Sport:

<https://usagym.org/pages/education/safesport/>

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USA GYMNASTICS BOARD OF DIRECTORS

President

(Employed by Board of Directors)

Women's Program Office Staff

WOMEN'S PROGRAM COMMITTEE

Women's Program Committee Chairman (WPCC)
National Administrative Committee Chairman (NACC)
National Technical Committee Chairman (NTCC)
International Elite Committee Chairman (IECC)
National Development Program Committee Chairman (NDPCC)
National Xcel Committee Chairman (NXCC)
Athlete Representative
*Vice President of Program
* President of USA Gymnastics

NATIONAL SUB-COMMITTEES



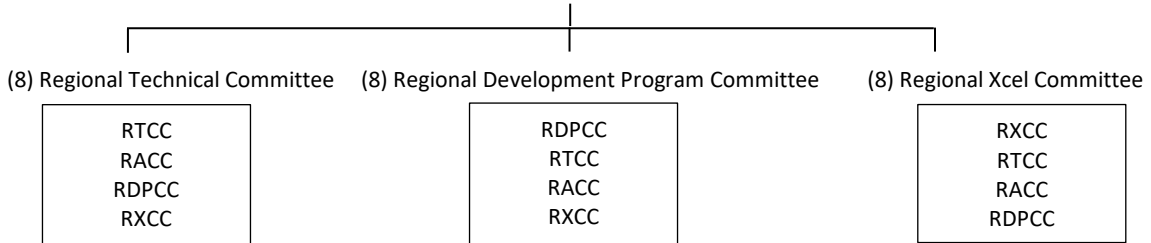
*Non-voting member

**If Available



REGIONAL ADMINISTRATIVE COMMITTEES (8)

Regional Administrative Committee Chair (RACC)
State Administrative Committee Chair (SACC)
Regional Technical Committee Chair (RTCC)
Regional Development Program Committee Chair (RDPCC)
Regional Xcel Committee Chair (RXCC)



(51) STATE COMMITTEES

State Administrative Committee Chair (SACC)
State Administrative Committee Members (SACM)

ALL PROFESSIONAL MEMBERS OF THE USA GYMNASTICS WOMEN'S PROGRAM



USA GYMNASTICS NATIONAL OFFICE

1099 North Meridian Street, Suite 800
 Indianapolis, IN 46204
 317-237-5050
www.usagym.org

WAG STAFF

Vice President	Annie Heffernon	317-829-5659	aheffernon@usagym.org
Elite Development Program Director	Shelby Humbles	317-829-5637	ssalmon@usagym.org
Development Program Director	Christy Naik	317-829-5643	cnaik@usagym.org
Development Program Technical Director / Judges' Accreditation	Connie Maloney	317-829-5628	cmaloney@usagym.org
Development Program Technical Coordinator	Nichole Otterson		notterson@usagym.org
Xcel Program Manager	Heather Ould		hould@usagym.org

SAFE SPORT

safesportpolicy@usagym.org
www.uscenterforsafesport.org

MEMBER SERVICES

membership@usagym.org
 1-800-345-4719

SANCTIONING

sanctions@usagym.org

ACCOUNTING

accounting@usagym.org
stateandregion@usagym.org

COMMUNICATIONS

communications@usagym.org



USA
Women's Artistic

NATIONAL CHAIRS							
2022-2023							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
National Administrative Committee Chairman (NACC)	Jennifer	Krause	3 Atherton Island Cell Phone:	Stockton	CA	95204	jenshipman@yahoo.com
National Development Program Committee Chairman (NDPCC)	Tom	Koll	7701 Davis Circle Gym/Work Phone: 402-571-6630	Omaha	NE	68134	tkoll60@gmail.com
National Technical Committee Chairman (NTCC)	Linda	Thorberg	20525 Hartford Way Cell Phone:	Lakeville	MN	55044	Lindathorbergtc@gmail.com
National Xcel Committee Chairman (NXCC)	Claudia	Kretschmer	1342 Darlington Circle Gym/Work Phone: 734-971-1667	Saline	MI	48176	coachcak@mac.com
International Elite Committee Chairman (IECC)	Kelli	Hill	7757 Lindbergh Drive Gym/Work Phone: 301-840-5900	Gaithersburg	MD	20879	kelli@hillsgymnastics.com

SACC = State Administrative Committee Chair

RACC = Regional Administrative Committee Chair

RDPPC = Regional Development Program Committee Chair

RTCC = Regional Technical Committee Chair

RXCC = Regional Xcel Committee Chair



REGION 1							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.region-one-gymnastics.com	Evelyn Work/Gym Phone:	Paradis 510-471-0240	32920 Alvarado Niles Road, #210 Cell Phone:	Union City 925-963-4627	CA	94587	evelynparadis1@gmail.com
RTCC:	Gigi	Iavarone	32471 Via Los Santos Cell Phone:	San Juan Capistrano 949-573-1654	CA	92675	Gigi.RTC1@cox.net
RDPPC:	Shane Work/Gym Phone:	McIntyre 562-494-0087	2401 E. Willow St.	Signal Hill	CA	90755	AGAshane@outlook.com
RXCC:	Jill Work/Gym Phone:	Preston 702-566-1414	440 S. Parkson Road	Henderson	NV	89011	jill@gymcats.com
SACC AZ: www.azusag.com	Dianne	Grayson	907 W Kroll Ave Cell Phone:	Gilbert 480-220-6188	AZ	85233	azsacc@yahoo.com
SACC CA-N: www.norcalgym.org	Perry Work/GymPhone:	Siu 415-899-8275	950 Seventh Street	Novato	CA	94945	norcalchair@gmail.com
SACC CA-S: www.socal-gymnastics.com	Peter Work/Gym Phone:	Flores 562-494-0087	2277 Redondo Ave. Cell Phone:	Signal Hill 562-673-7771	CA	90755	socalsacc@gmail.com
SACC NV: www.nvwgym.com	Cassie Work/Gym Phone:	Rice 702-820-7879	440 S. Parkson Road	Henderson	NV	89011	gymcats@gymcats.com
SACC UT: www.usagutah.com	Courtney	Marsh	1387 West 10690 South Cell Phone:	South Jordan 801-949-5015	UT	84095	cmarsh24@gmail.com
REGION 2							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.usagregion2.com	Marian	DeWane	PO Box 2137 Cell Phone:	Boise 208-602-5336	ID	83701	r2racc@gmail.com
RTCC:	Jeanine	Henneford	32 Sundance Way Cell Phone:	Kalispell 406-253-6918	MT	59901	jhennefordRTC2@gmail.com
RDPPC:	Tiffany Work/Gym Phone:	Quincy 503-466-4872	11008 SW Brenden Ln. Cell Phone:	Tigard 503-310-5222	OR	97223	R2dppcc@omega-gymnastics.com
RXCC:	Dianne	Palmer	615 SE High Street Cell Phone:	Pullman 509-432-3389	WA	99163	tenskira@gmail.com
SACC AK: www.usagymnasticsalaska.com	Charlene	Moss	P.O. Box 874612 Cell Phone:	Wasilla 907-230-7368	AK	99687	cmoss@charlenemoss.com
SACC HI: www.usagymnasticshawaii.com	Pam Work/Gym Phone:	Zak 808-306-7916	1485 Mele Manu Street	Hilo	HI	96720	pamzpex@gmail.com
SACC ID: www.idahogymnastics.org	Barbara	Depasquale	2072 W Ashley Ave Cell Phone:	Coeur D'Alene 208-699-2620	ID	83815	idaho2usag@gmail.com
SACC MT: www.montanagymnastics.com	Josh Work/Gym Phone:	Burnham 406-581-8557	4 Hitching Post Rd Cell Phone:	Bozeman 406-581-8557	MT	59715	mtusag@gmail.com
SACC - OREGON (OR) www.usagoregon.com	Kelsey	Kottek	1379 Madison St NE Cell Phone:	Salem 503-871-8391	OR	97301	coachkottek@gmail.com
SACC - WASHINGTON (WA) www.usagwashington.com	Sandy	Flores	17965 NE 65th Street Cell Phone:	Redmond 206-919-5672	WA	98052	ecgaowner@gmail.com

SACC = State Administrative Committee Chair
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 RXCC = Regional Xcel Committee Chair



REGION 3							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC www.reg3.com	Kim	Stepanek	5119 SW Pelican Point	Lee's Summit	MO	64082	r3usagym@gmail.com
	Work/Gym Phone:	913-851-7500	Cell Phone:	913-219-9135			
RTCC	Marilyn	Blilie	5919 Mahotea Boone Trail	Westlake	TX	76262	Marilyn3RTC@gmail.com
			Cell Phone:	817-919-4715			
RDPCC	Rich	Villarreal	1410 E. 11th Street	Loveland	CO	80537	colorich72@gmail.com
	Work/Gym Phone:	970-663-3173	Cell Phone:	970-290-4576			
RXCC	Louise	Janecky	964 Tsankawi Court	Los Alamos	NM	87544	loui.janecky@gmail.com
	Work/Gym Phone:	505-662-9523	Cell Phone:	505-699-0523			
SACC AR www.arusag.org	Diane	Garner	PO Box 101	Roland	AR	72135	argym02@gmail.com
			Cell Phone:	501-416-2614			
SACC CO www.cousag.com	Amanda	Webb	399 Dad Clark Drive	Highlands Ranch	CO	80126	awebb@peakathletics.net
	Work/Gym Phone:	303-797-8082	Cell Phone:	303-913-3628			
SACC KS www.usagymkansas.org	Morgan	Uvodich-Kuchynka	7703 Meadow View Dr.	Shawnee	KS	66227	morgan@pinngym.com
	Work/Gym Phone:	913-422-0161					
SACC NM www.nmusag.com	Kyle	Georges	7716 Calle Paraiso NE	Albuquerque	NM	87113	Albuquerquegymnastics@gmail.com
			Cell Phone:	505-450-9684			
SACC OK www.okusag.com	Karis	Alford	3251 Market Place Suite 120	Norman	OK	73072	usag.okstatechair@gmail.com
	Work/Gym Phone:	405-329-7827	Cell Phone:	580-618-2108			
SACC TX www.txusag.com	Debbie	Williams	1205 Schumac Lane	Bedford	TX	76022	deborahdwilli@gmail.com
			Cell Phone:	817-233-4721			
SACC WY www.wyusag.org	Christi	Hawkins	1212 E. 24th Street	Cheyenne	WY	82001	usagwy@gmail.com
	Work/Gym Phone:		Cell Phone:	307-630-9206			
REGION 4							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.region4gymnastics.com	Rick	Nelson	573 W17240 Lake Drive	Muskego	WI	53150	Rick@midwesttwisters.com
			Cell Phone:	414-698-6257			
RTCC:	Windee	Weiss	721 Union Road	Cedar Falls	IA	50613	windee4rtc@gmail.com
			Cell Phone:	319-230-1122			
RDPCC:	Paige	Roth	18 Idyllwide CT.	Iowa City	IA	52245	paiger@iowagymnest.com
			Cell Phone:	319-530-5317			
RXCC:	Megan	Bankole	310 Arrowhead Dr.	Waukee	IA	50263	region4xcel@gmail.com
			Cell Phone:	515-669-6556			
SACC IA: www.iowausag.com	Todd	Beyer	2906 C Avenue NE	Cedar Rapids	IA	52402	btltmt@mchsi.com
	Work/Gym Phone:	319-389-3704	Cell Phone:	319-389-3704			
SACC MN: www.mnusag.com	Ryan	Rohloff	5555 Pioneer Creek Drive	Maple Plain	MN	55359	ryan@northshoregym.org
			Cell Phone:	763-439-3000			
SACC MO: www.mousagym.org	Kathy	Sanford	3881 W. Red Rock Road	Columbia	MO	65202	gymkatsan@aol.com
	Work/Gym Phone:	573-443-3547	Cell Phone:	573-999-6353			
SACC NE: www.neusag.wordpress.com	Todd	Crouse	1617 Peterson Drive	Omaha	NE	68130	tcrouse@cox.net
			Cell Phone:	(402) 681-4623			
SACC ND: www.ndusag.wordpress.com	Whitney	Beck	2001 17th Ave S	Fargo	ND	58103	whitney@americangoldgymnastics.com
	Work/Gym Phone:	701-280-0400					
SACC SD: www.sdusagymnastics.com	Audra	Rew	515 E. 6th Ave.	Mitchell	SD	57301	Audra.rew@gmail.com
			Cell Phone:	(605) 770-8454			
SACC WI: www.usagymwi.com	Kathy	Nelson	573 W17240 Lake Drive	Muskego	WI	53150	kathy@midwesttwisters.com
			Cell Phone:	414-698-5265			

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REGION 5							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.region5.com	Patrick	Jordan	836 Reading Road Cell Phone:	Mason 513-383-9782	OH	45040	patrickjordan@gym-nation.com tamischaafsma27@gmail.com
RTCC:	Sue	Kane	2980 Wynde Tree Dr. Cell Phone:	Seven Hills 216-407-2383	OH	44131	suekanegymoh@gmail.com
RDPPC:	Kittia Work/Gym Phone:	Carpenter 614-895-1611	566 Mulberry Way N Cell Phone:	Westerville 614-309-0858	OH	43082	kittiac@buckeyegymnastics.com
RXCC:	Nancy	Gibson	1344 Lockard Street Cell Phone:	Madison 219-781-3088	IN	47250	judgen1@aol.com
SACC IL: www.ilusagymnastics.com	Norbert Work/Gym Phone:	Bendixen 847-334-7768	208 Muller Road	Washington	IL	61571	Norbertil@aol.com
SACC IN: www.indianausag.org	Patrick	Hatmaker	5284 N Targhee CT	Bloomington	IN	47404	p.g.hatmaker@gmail.com
SACC KY: www.usagymkentucky.org	Katie	Haagen	2200 Tracery Oaks Dr. Apt 7303 Cell Phone:	Lexington 859-684-7276	KY	40514	kystategym@gmail.com
SACC MI: www.michigangymnastics.com	Michelle	Kocan	6209 Siebert St. Cell Phone:	Midland (989) 430-7638	MI	48640	michkocan@gmail.com
SACC OH: www.ohiousag.org	Kristy Work/Gym Phone:	Fries 614-733-0818	8185 Business Way Cell Phone:	Plain City 440-749-1293	OH	43064	kristy@integritygym.com
REGION 6							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.region6usagym.org	Kathy	Ostberg	98 Washington Square	Salem 508-735-3149	MA	01970	region6usag@gmail.com
RTCC:	Pat	Panichas	9 Sherman Lane Cell Phone:	Hamden 203-215-8420	CT	06514	panichas@aol.com
RDPPC:	Jamie Work/Gym Phone:	Winkler 845-398-1000	6 Forest Ridge Road Cell Phone:	Nyack 914-837-9136	NY	10960	region6jamie@gmail.com
RXCC:	Gail	Caspere	27 Taconic Road Cell Phone:	Millwood 914-837-0788	NY	10546	gailregion6Xcel@gmail.com
SACC CT: www.ctusagym.org	Kimberly	Vaillancourt	71 Homesdale Avenue Cell Phone:	Southington 860-770-3986	CT	06489	kimvail45@gmail.com
SACC ME: www.maineagymnastics.org	Carol Work/Gym Phone:	Brewer 207-622-9584	822 Middle Road Cell Phone:	Skowhegan 207-399-7444	ME	04976	decalgym.carol@gmail.com
SACC MA: www.mausagym.com	Michele	Archer	287 Ashby Rd, PO Box 294 Cell Phone:	Ashburnham 978-866-0439	MA	01430	michele.archer@aol.com
SACC NH: www.usagnh.org	Christine	Dalrymple	4 Scenic View Drive Cell Phone:	Pelham 603-508-2639	NH	03076	nhusagymnastics@gmail.com
SACC NY: www.nyusag.com	Larry Work/Gym Phone:	Goldsmith 716-694-6557	41 Brook Court Cell Phone:	East Amherst 716-570-0010	NY	14051	jgoldny2@gmail.com
SACC RI: www.riusagym.com	Kelli Work/Gym Phone:	Doorley 401-213-6645	64 Scapa Flow Rd.	Charlestown	RI	02813	riwstatechair@gmail.com
SACC VT: www.vermontgymnastics.com	Jill	Vanderpot	52 Gifford Rd Cell Phone:	White River Jct 603-252-6075	VT	05001	jillnlg@yahoo.com

SACC = State Administrative Committee Chair
RACC = Regional Administrative Committee Chair
RDPPC = Regional Development Program Committee Chair
RTCC = Regional Technical Committee Chair
RXCC = Regional Xcel Committee Chair



REGION 7							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.region7usagym.com	Jen	Bortz	PO Box 243 Cell Phone:	Boalsburg 814-380-1195	PA	16827	jbortz7rac@gmail.com
RTCC:	Jane Home Phone:	Caruso 215-860-5130	9 Chestnut Drive Cell Phone:	Newtown 267-229-9022	PA	18940	janeclaruso2@gmail.com
RDPPC:	Linda	Johnson	2456 Vineyard Lane Cell Phone:	Crofton 443-569-9412	MD	21114	r7jocc@gmail.com
RXCC:	Jen	Skorski	124 Creek Road Cell Phone:	Andover 570-460-5319.	NJ	07821	icpgiant@gmail.com
SACC DE: www.usagymde.com	Laura Work/Gym Phone:	Suarez (302) 636-0606	380 Water Street Cell Phone:	Wilmington 302-373-9861	DE	19804	laura.de.sacc@gmail.com
SACC MD: www.mdusagym.com	Beth	Renwick	3309 Abell Avenue Cell Phone:	Baltimore 410-591-7898	MD	21218	bethrenwick@aol.com
SACC NJ: www.usagnj.com	Brant Work/Gym Phone:	Lutska 724-469-0410	92 State Street	Perth Amboy	NJ	08861	saccnj@gmail.com
SACC PA: www.pagymnastics.com	Donna Gym Phone:	Guenther 215-364-7878	155 Philmont Avenue	Feasterville	PA	19053	Pausag155@gmail.com
SACC VA: www.vausag.com	Steve	Garman	3116 Knoll Drive Cell Phone:	Falls Church 703-217-9575	VA	22042	vausag@gmail.com
SACC WV: www.wvusag.com	Chelsi	Webb	PO Box 328 Cell Phone:	Glen Daniel 304-222-2159	WV	25844	wvusag@gmail.com
REGION 8							
POSITION	FIRST NAME	LAST NAME	STREET ADDRESS	CITY	STATE	ZIP CODE	EMAIL
RACC: www.region8gymnastics.org	Debby Work/Gym Phone:	Kornegay 205-951-0184	394 Stonebridge Road Cell Phone:	Irondale 205-903-8149	AL	35210	Debgk@me.com
RTCC:	Evelyn	Chandler	3358 Sagebrush St. Cell Phone:	Harmony 321-217-2347	FL	34773	EvelynR8TC@aol.com
RDPPC:	Brad Work/Gym Phone:	Harris 727-328-8500	2301 26th Street N Cell Phone:	St. Petersburg 727-510-1903	FL	33713	Tbayturnrs@aol.com
RXCC:	Pam Work/Gym Phone:	Kitchen 850-867-2415	6446 N Hwy 77	Panama City	FL	32466	egacoach57@hotmail.com
SACC AL: www.alausagym.com	Mike Work/Gym Phone:	Holdefer 205-759-9359	2000 Dover Bay Ct	Northport	AL	35473	mike.alsacc@gmail.com
SACC FL: www.usagfl.org	Toni	Rand	7957 Steeplechase Court Cell Phone:	Port St. Lucie 954-328-6227	FL	34986	AmTwist@aol.com
SACC GA: www.gausag.org	Michelle Work/Gym Phone:	Pomerantz 678-546-6626	2620 Spring Bluff Court Cell Phone:	Buford 404-663-1096	GA	30519	mhpomerantz@gmail.com
SACC LA: www.LAUSAG.com	Jackie Work/Gym Phone:	Latino 504-328-3838	4170 Barataria Blvd Cell Phone:	Marrero 504-881-3138	LA	70072	latinojackie@aol.com
SACC MS: www.mmysusag.com	Cynthia	Dedeaux	21271 Lawrence Ladner Road Cell Phone:	Kiln 228-493-8514	MS	39556	Cynthiadedeaux4@gmail.com
SACC NC: www.nc-usagymnastics.org	Karen	Pleasants	1921 Eagle Creek Ct. Cell Phone:	Raleigh 919-606-2315	NC	27606	karen.ncgym@gmail.com
SACC SC: www.sc-gymnastics.org	Mendi	Knisley	9 Tall Tree Lane Cell Phone:	Taylors 864-320-8602	SC	29687	meknisley10@gmail.com
SACC TN: www.tnusag.org	Larry Work/Gym Phone:	Corrigan 931-906-1663	2231-H Madison Street	Clarksville	TN	37043	CegcCoach1@cs.com

LIAISONS TO WOMEN'S PROGRAM

Board of Directors Representative: Kittia Carpenter
Program Council Members: Kittia Carpenter, Jen Bortz

National Association of Women's Gymnastics Judge's (NAWGJ)

<https://nawgj.org/>

NCAA Eligibility-Legislative Services

www.athleticscholarships.net/ncaa-clearinghouse

US Elite Coaches Association (USECA)

www.useca.org

Women's Collegiate Gymnastics Association

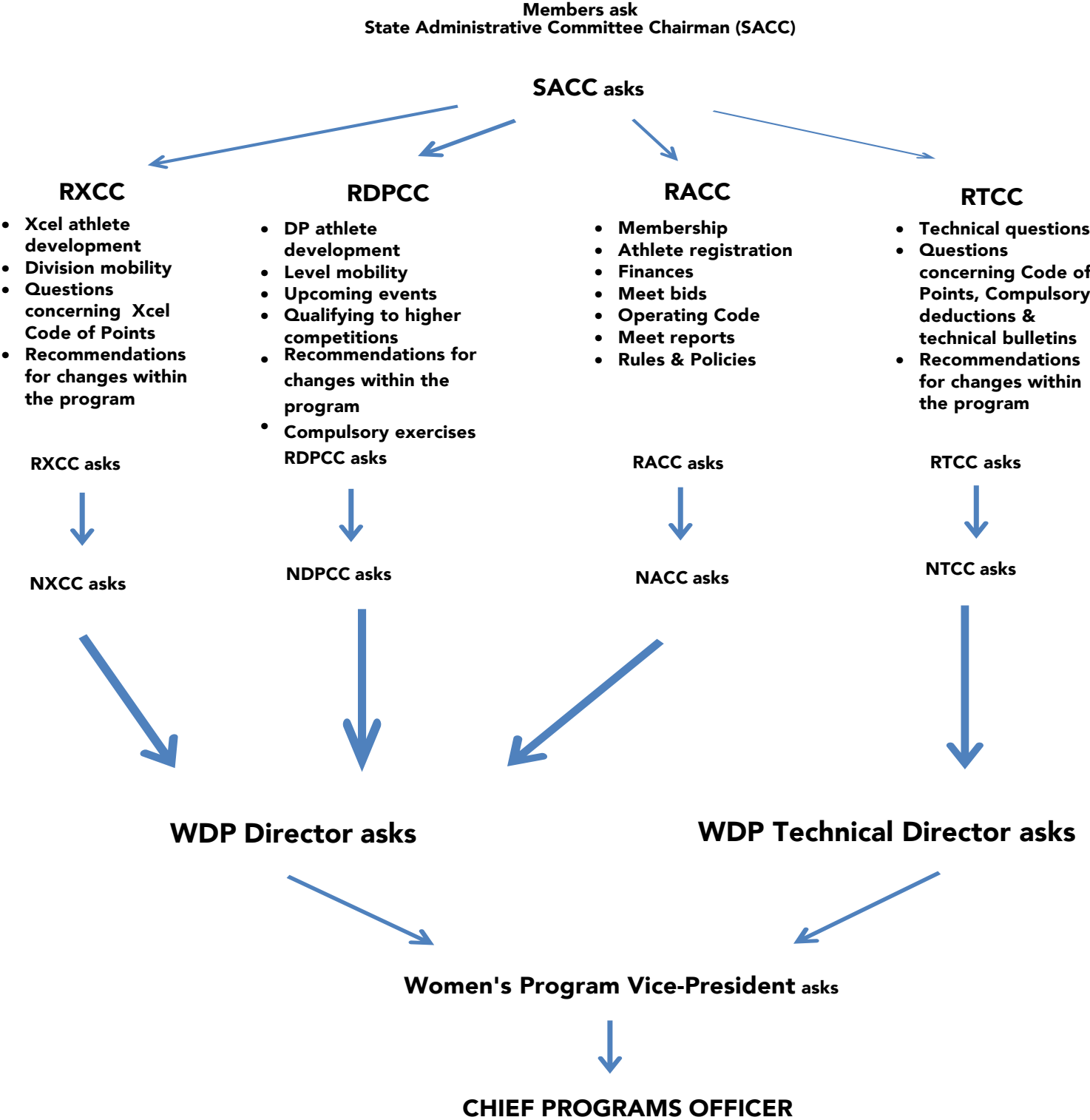
www.wcgagym.com

U.S. Gymnastics Club Owners Association

www.usgcoa.org

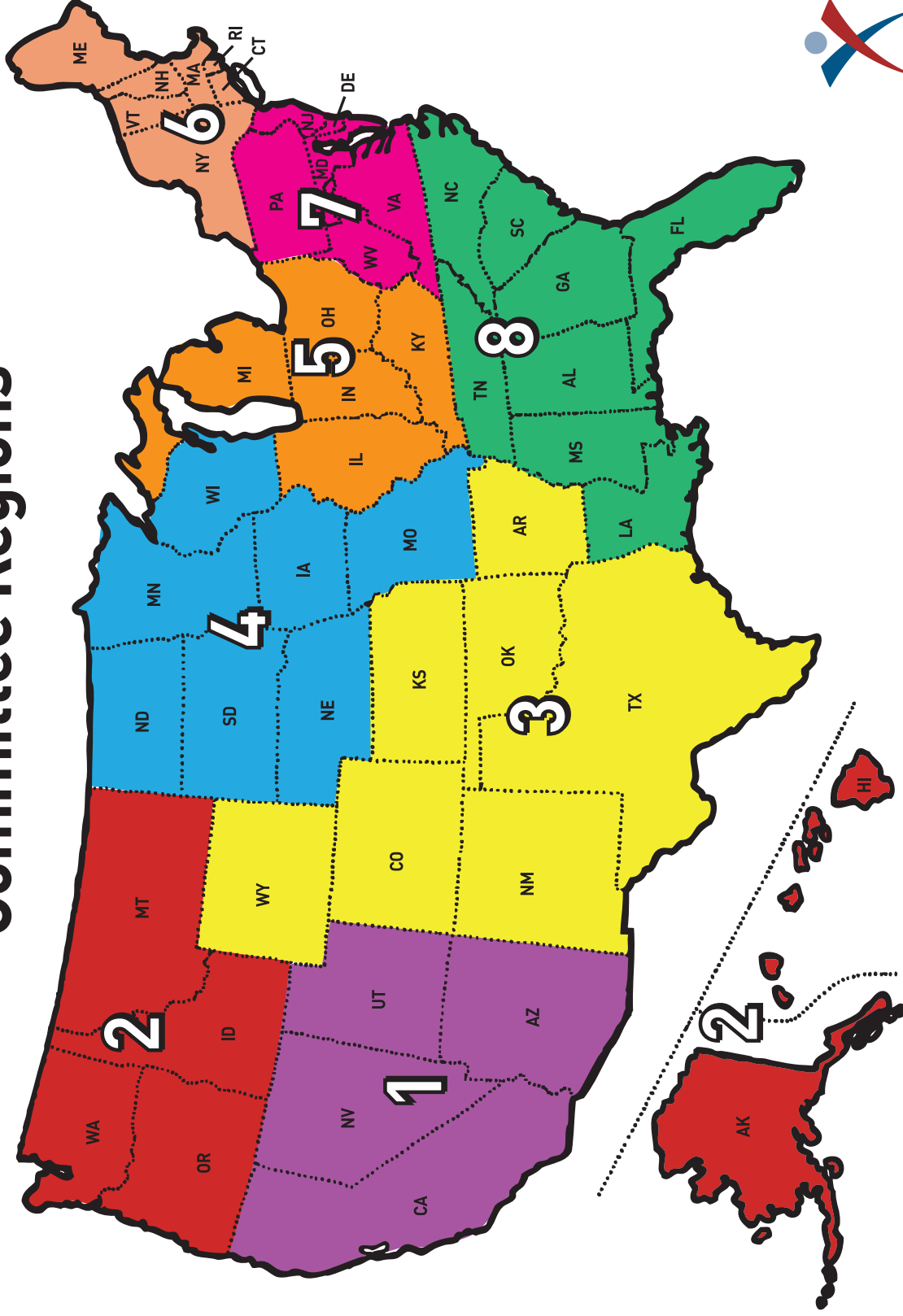
"Women's Program HOT LINE"

Should questions arise, members should seek answers by following the "Chain of Command" described below:



INTERPRETATION OF THE *RULES & POLICIES* IS THE RESPONSIBILITY OF THE WOMEN'S PROGRAM COMMITTEE & THE PRESIDENT OF USA GYMNASTICS

USA Gymnastics Women's Program Committee Regions



USA GYMNASTICS®

WOMEN'S PROGRAM



MEMBERSHIPS		MINIMUM AGE	USA GYMNASTICS BACKGROUND CHECK	U110: U.S. CENTER FOR SAFESPORT COURSE	U101: SAFETY AND RISK MANAGEMENT COURSE	U113: SAFE SPORT POLICY COURSE <small>Must be completed by Nov. 1, 2021</small>	U112: TOUGH COACHING OR EMOTIONAL ABUSE COURSE <small>Must be completed by Jan. 10, 2022</small>	CONCUSSION EDUCATION ACKNOWLEDGMENT	U100: FUNDAMENTALS OF GYMNASTICS INSTRUCTION COURSE	MEET DIRECTOR CERTIFICATION <small>For Acrobatic and Women disciplines only</small>
Formerly known as Professional Member	Competitive Coach	16	✓ 18+	✓ 18+	✓	✓ 18+	✓ 18+	✓ 18+	✓	
	Judge	16	✓ 18+	✓ 18+	✓	✓ 18+				
	Organizational Owner / Managing Director	18	✓	✓	✓	✓	✓	✓		
	Meet Director	18	✓	✓	✓	✓	✓			✓
Formerly known as Instructor Member	Recreational Coach	14	✓ 18+	✓ 18+		✓ 18+	✓ 18+	✓ 18+		
	Photographer / Videographer	18	✓	✓		✓				
	Medical	18	✓	✓						
	Volunteer	14		✓ 18+						
	Athlete	N/A		✓ 18+						

*An individual may hold more than one membership type. **Additional education requirements may be required based on the discipline that the coach or judge participates in.

INTRODUCTION - USA GYMNASTICS PURPOSE

The purpose of the Women's Program of USA Gymnastics is to promote, serve, and administer the official gymnastics program for girls and women of all levels of ability throughout the United States. This shall be done by:

- A. Carrying out the purposes and objectives of USA Gymnastics.
- B. Providing for the expansion and improvement of gymnastics programs through the training and certification of judges and the education of qualified instructors to conduct appropriate gymnastics programs.
- C. Organizing competitions for girls and women of all ability at local, state, regional, and national events.
- D. Providing for the technical organization and development of specific guidelines, rules and policies, and providing a network of communication necessary for the implementation of these objectives.

Interpretation of this publication is the expressed duty and responsibility of the Women's Program Committee and the President of USA Gymnastics.

USA Gymnastics Code of Ethical Conduct

Members of USA Gymnastics have an ongoing, affirmative duty to promote a culture that empowers and supports athletes and focuses on USA Gymnastics' highest priority: the safety and well-being of our athletes. Every member of USA Gymnastics is responsible for ensuring an environment that makes participation in the sport a positive and rewarding experience. The USA Gymnastics Code of Ethical Conduct (the "Code") is intended to work in conjunction with the USA Gymnastics Safe Sport Policy, and as such sets forth USA Gymnastics and its members' commitment to act ethically in all instances. Further the Code is intended to provide guidance in situations that have potential or actual ethical implications. The effectiveness of the Code depends on a personal commitment from every member of the gymnastics community. It is expected that all Members of USA Gymnastics will implement and adhere to the Code.

This Code is divided into two sections: (1) Ethical Obligations; and (2) Resolution of Ethical Issues. The Code does not address misconduct or abusive behaviors. Instead, the *USA Gymnastics Safe Sport Policy* provides the definitions and mandatory reporting requirements for misconduct and abuse.

USA Gymnastics' Safe Sport Measures

Any adult under the jurisdiction of USA Gymnastics who becomes aware of an incident of child abuse or sexual misconduct involving a minor MUST immediately report the incident to law enforcement and the U.S. Center for SafeSport.

A. Criminal Background Screening of Individual Members

As a condition to being granted the privilege of membership in USA Gymnastics, individuals applying for a membership must submit to criminal background screening pursuant to USA Gymnastics' Criminal Background Screening Policy. Individuals given a "Green Light" or "meets the screening criteria" consistent with that policy fulfill the background-screening requirement for membership in USA Gymnastics. Individuals given a "Red Light" consistent with that policy means criminal history has been sourced that "does not meet the screening criteria." The USA Gymnastics Criminal Background Check requirements can be reviewed [here](#).

USA Gymnastics will continually monitor and review the individuals who are subject to criminal background searches, with the primary goal of safeguarding gymnasts and other participants through proactive measures while conforming to legal norms and industry best practices.

B. Members and Adult Participants of USA Gymnastics are required to accept the requirements of and comport themselves in accordance with (a) the rules, policies, and procedures of USA Gymnastics and the United States Olympic and Paralympic Committee ("USOPC"); (the SafeSport Code of the U.S. Olympic and Paralympic Movement; (b) the Olympic Movement Code on the Prevention of the Manipulation of Competitions; and (c) all applicable state and local laws.

C. Permanently Ineligible and/or Ineligible for Membership List

USA Gymnastics maintains a list of members and Adult Participants who are permanently ineligible and/or ineligible for membership, available [here](#). Persons who are ineligible or permanently ineligible are restricted from involvement or association with USA Gymnastics and Member Club activities. Adults who knowingly allow a person to violate a sanction or restrictive measure may be guilty of misconduct for committing abuse of process in violation of the USA Gymnastics Safe Sport Policy found [here](#). Member Clubs who knowingly employ or associate with an permanently ineligible and/or ineligible member will be subject to termination of their membership.

D. Restrictive Measures

USA Gymnastics maintains a separate list of members and Adult Participants who have been placed on a restrictive measure found [here](#). The Participants listed are subject to restrictive measures issued by USA Gymnastics and/or the U.S. Center for SafeSport. Restrictive measures limit a Participant's access to athletes, USA Gymnastics Member Clubs, and USA Gymnastics Members, up to and including a suspension from any contact. Members and Adult Participants cannot assist someone in violating their restrictive measure.

E. Code of Ethical Conduct

The USA Gymnastics Code of Ethical Conduct ("the Code) found [here](#) is our collective commitment to work ethically in all instances. The Code provides guidance and affirms the commitment of all members to safeguard the best interests of the sport and its athletes by acting ethically at all times.

F. Athlete Member Advisement

Upon obtaining membership in USA Gymnastics, an enclosure is mailed with the Athlete Membership Card advising Athletes of the organization's initiatives to promote a safe environment including awareness of this Safe Sport Policy, his/her role in maintaining the Athlete's own safety, and available Safe Sport resources.

G. Member Advisement

Upon obtaining membership in USA Gymnastics, an enclosure is mailed with the Membership Card advising the member of the organization's initiatives to promote a safe environment for gymnasts and other participants, including awareness of this Safe Sport Policy, the member's obligation's in maintaining a safe environment, and available Safe Sport resources.

H. Member Clubs

As a condition for the privilege of membership in USA Gymnastics as a Member Club, a club must agree to and comply with the following requirements for the entirety of the club's membership period, and a certification of compliance must be made annually.

1. Have a policy consistent with USA Gymnastics' Safe Sport Policy that affirms the club's commitment to the welfare of gymnastics participants in its club and includes, at minimum, a description of conduct that will not be tolerated, standards of behavior that promote participant welfare, and a process for receiving and handling complaints regarding conduct that violates its policy.
2. Maintain compliance with educational requirements of U110: SafeSport Core Course that includes all Adult Participants that include management, coaches, adult athletes, office staff, and any person with authority over a minor athlete.
3. Must adopt USA Gymnastics "Prevention Policies" into the club's policies and be able to provide written documentation of compliance.
4. Must assign a Safety Champion.
5. Certify that no persons permanently ineligible for USA Gymnastics membership and no persons listed on a federal or state sex-offender registry are or will be associated with the club or its activities in any way.
6. Maintain current commercial general liability insurance that includes at a minimum, participant liability and participant accident medical insurances.
7. Maintain a current Organizational Membership for the owner of any private gymnastics facility and/or the managing director of a public/non-profit facility.
8. Have a mission statement consistent with USA Gymnastics' mission to encourage participation and the pursuit of excellence in all aspects of gymnastics.

I. Requirements to Member Clubs

It is strongly encouraged that local clubs join with USA Gymnastics in taking affirmative steps beyond those described in Section F to promote a safe environment for all gymnastics participants by:

1. Adopting additional "Prevention Policies" to foster a safe gymnastics environment and the prevention of abuse by instituting measures that minimize the opportunity for adult members to be one-on-one with minor athletes, and by training staff and volunteers to implement such policies;
2. Referencing the reporting portals for USA Gymnastics and the U.S. Center for SafeSport on either the club website, handbooks, or social media pages;
3. Implementing a thorough hiring process including, for example, reference and criminal background checks;
4. Encouraging parents/guardians to become as active as reasonably possible in his/her child's gymnastics activities;
5. Otherwise implementing policies and procedures to lessen the likelihood that an abusive situation and athlete grooming could develop.

J. Event Sanctions

As a condition for being granted a USA Gymnastics sanction for an event, the applicant must certify that no persons permanently ineligible for USA Gymnastics membership, and no persons listed on a federal or state sex-offender registry, will be associated with the event in any capacity, including, but not limited to, volunteers and meet support personnel.

Sanctioned events may only be hosted by Member Clubs and/or other organizations holding a USA Gymnastics Organizational membership.

K. Advertising/Trade Shows

As a condition to place advertising in USA Gymnastics publications, on its web site or through other USA Gymnastics media platforms/publications, or to participate in USA Gymnastics Congress Regional/National Trade Shows, advertisers, vendors and exhibitors must certify that no persons permanently ineligible for USA Gymnastics membership are or will be associated with the advertiser's gymnastics-related activities, the position, activity, or event it intends to publicize; or the vendor or exhibitor's on-site activities.

L. Hiring/Training of USA Gymnastics Staff/Volunteers

1. USA Gymnastics staff members must complete criminal background screening consistent with USA Gymnastics' "Background Screening Policy." Individuals not given a "Green Light" consistent with that policy prior to their employment may not be hired. Individuals not given a "Green Light" on any subsequent criminal background screening may be subject to dismissal.
2. USA Gymnastics shall also check at least two (2) references for each applicant.
3. All USA Gymnastics staff members will be informed about the Safe Sport Policy, which is included as an appendix in the *Employee Policies & Procedures Handbook*, and made aware of its importance to our members and our organization.
4. The members of the USA Gymnastics Board of Directors must submit to criminal background screening consistent with the Criminal Background Screening Policy. Individuals not given a "Green Light" consistent with that policy may be subject to removal.

M. Education of the Gymnastics Community

USA Gymnastics will provide education for members of the gymnastics community geared toward promoting a safe gymnastics environment by:

1. Requiring all Adult Participants, including athletes over the age of 18 to complete the Core Safe Sport Course and subsequent annual updates, as required by the U.S. Center for SafeSport.
2. Updating the Safe Sport Policy as necessary or required by the U.S. Center for SafeSport and then communicating those changes to the general membership.
3. Making available templates for consent forms required by the Safe Sport Policy.
4. Designating a section of its website, usagym.org/SafeSport, with educational and safe sport content that is updated as necessary.
5. Featuring articles on athlete safety online;
6. Conducting live presentations at each National and Regional Congress with specific Safe Sport related topics.
7. Providing online or electronic access through the Safety/Risk Management Certification or other USA Gymnastics University courses;
8. Addressing Safe Sport related topics at a minimum on an annual basis at designated Region and State meetings, designated athlete and parent meetings, and with USA Gymnastics' staff and board members.
9. Including information in its publications, where appropriate, including the *Safety/Risk Management Handbook* and each discipline's *Rules and Policies*.
10. Offering education related to the understanding of misconduct as defined by the SafeSport Code, Prevention Policies defined by the U.S. Center for SafeSport Minor Athlete Abuse Prevention Policies and USA Gymnastics Safe Sport Policy, and other Safe Sport topics as deemed necessary. USA Gymnastics offers individualized and tailored Safe Sport Education to member clubs, as well as for Regional and/or State meetings upon request and at no charge. To find out more information, please contact safesportpolicy@usagym.org.
11. Including information in its publications, where appropriate, including the *Safety/Risk Management Handbook* and

each discipline's *Rules and Policies*.

N. Member Development

Members of USA Gymnastics should strive to increase their level of proficiency and skill by remaining current on safety, health and training developments relevant to the sport and by seeking advice and counsel of colleagues and experts whenever such consultation is in the best interests of the gymnast.

O. Communication

USA Gymnastics will consistently communicate:

1. Its mission and that misconduct is inconsistent with its mission and the best interest of its participants and the sport of gymnastics.
2. Its commitment to, and working toward, a safe environment for all gymnastics participants.

P. Document Retention

USA Gymnastics will permanently retain misconduct / grievance files and materials.

Q. Policy Review

Safe Sport policies will be reviewed at least annually and updated as necessary. Any updates to the Safe Sport policy can be found [here](#).

CHAPTER 1 - MEMBERSHIP

At any USA Gymnastics sanctioned event:

- All participants **MUST** be pre-registered using the Meet Reservation system. Any participant who is unable to be verified as a current USA Gymnastics member will be ineligible to participate in any USA Gymnastics sanctioned event.
- All athletes **MUST** be affiliated with a current USA Gymnastics Member Club.
- An athlete **MUST** be coached by an individual holding a Competitive Coach membership role of the same affiliated club, with the exception of an emergency situation (see page 23,IV.L.).

Current membership types and requirements for the 2022-2023 season can be found online [here](#).

I. MEMBERSHIPS AND RESPONSIBILITIES

- A. USA Gymnastics membership is valid for one competitive year, from August 1 through the following July 31, and is effective once the membership has been purchased for the current season.
 - 1. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - 2. Memberships are automatically null and void each July 31.
- B. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- C. Information about the various certifications, programs, and accreditations for members is offered in the USA Gymnastics University is available online at: usagymnasticsuniversity.org.
- D. The following [membership roles](#) are permitted to be on the floor of a USA Gymnastics sanctioned event, so long as the member is in good standing and all [membership requirements](#) are complete, and comply with the specific duty the individual is performing on the competition floor:
 - 1. Competitive Coach
 - 2. Judge
 - 3. Meet Director
 - 4. Photographer/Videographer
 - 5. Medical
 - 6. Volunteer
 - 7. Athlete
- E. Membership forms are available online at usagym.org/forms. For more information regarding membership terms, conditions, and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

II. ATHLETE MEMBERSHIP

- A. Athlete member numbers are effective only after:
 - 1. Athlete membership fee is paid.
 - 2. The online membership registration is completed with all required information and signatures.
 - 3. Athlete members 18 years old and older: **MUST** complete the [U110: U.S. Center for SafeSport Core Training](#). Athlete memberships will go into a PENDING status if this course is not complete.

II. ATHLETE MEMBER RIGHTS AND OBLIGATIONS

- A. Including the [Athlete Bill of Rights](#), all gymnasts have the right to:
 - 1. Compete in the meet if they have met all the requirements for eligibility (entry, score, and age requirements) and is properly entered through Meet Reservation.
 - 2. Use any of the facilities provided by the meet organizing committee.
 - 3. Use the services of any person connected officially with the meet (i.e. physician, trainer, music manager, etc.).
 - 4. In the case of a tie (and if the award is not available at the meet), expect their award to be mailed to their club address, free of charge, not later than one month after the completion of the meet.
 - 5. Expect courteous and respectful treatment from all participants and meet personnel.
 - 6. Expect that the competition site will provide a safe and adequate environment, allowing them to perform

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to the best of their ability.

B. All gymnasts are required to:

1. Obtain an Athlete membership from USA Gymnastics and be prepared to show their membership card at any USA Gymnastics-sanctioned event in which they participate.
2. Be affiliated with a USA Gymnastics Member Club.
3. Follow the USA Gymnastics [Code of Ethical Conduct](#).
4. Adult athletes (18 or older) MUST complete [U110: U.S. Center for SafeSport Core Course Training](#) within 180 days of their 18th birthday.
5. Be competent at Development Program Levels 1 through 3 prior to participating in any Level 4 meets.
6. Be familiar with the rules of the meet and schedule of the meet events and lineup.
7. Be present at the site of the meet for sufficient warm-up.
8. Remain in the area of competition designated for gymnasts, as competitors or as observers.
9. Obey warm-up regulations, rotation schedules and conform to the regulations of the meet.
10. Present herself in the proper attire.
 - a. Allowable apparel for competition in both Women's programs (Development (Dev) and Xcel):
 - 1) Sleeveless leotards
 - 2) Unitards with ankle length legs
 - 3) Ankle length tights: **may be worn under OR over the leotard** (that match the leotard or are skin tone).
 - 4) Gymnastics footwear
 - Tennis shoes (athletic sneakers) are NOT considered gymnastics footwear.
 - 5) Shorts: must be solid black (small manufacturer's branding allowed) with no embellishments. Shorts must be worn over a leotard and the length must be above the knee or shorter.
 - b. After an initial warning, a 0.20 deduction for "inappropriate" attire will be applied for any infraction.
 - 1) Backless leotards: Unless the open area is filled with mesh or flesh-colored fabric, a leotard is considered backless when the open area visually extends:
 - lower than 2 inches (approximately) below the bottom of the scapula (shoulder blade)
 - wider than the vertical midpoint of the scapula.
 - 2) Racerback leotards (see above backless definition)**
 - 3) Leotards with "spaghetti" straps
 - 4) Bare midriffs.
 - 5) T-shirts
 - 6) Boxer shorts
 - 7) Tennis shoes
 - c. No underwear (including sport bras) should be deliberately exposed.
 - A clear bra strap is acceptable.
 - d. The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone.
 - e. Leotard and/or warm-up uniforms should be worn for march-in and award ceremonies.
 - f. Gymnasts must change clothes in the designated changing area or restroom. They may not appear in underwear on the competition floor or warm-up area before, during or after the competition.
 - g. A gymnast may NOT participate in warm-up or competition wearing a hard, non-removable cast at any USA Gymnastics sanctioned event.
11. Be well groomed in her appearance:
 - a. Clean attire.
 - b. Hair secured away from the face so as to not obscure her vision of the apparatus.
 - c. No jewelry, with the exception of stud earrings in the ears. All other piercings MUST be removed, not just covered with tape or Band-Aids.
12. Accept the received score without criticism or comment.
13. Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible in order for athletes to stay hydrated.)

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14. Be courteous, respectful, and polite to all meet officials, coaches, hostesses, competitors and associated persons. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area).
15. Exhibit self-control and calmness in the case of a fall or injury.
16. Be aware that infringement of obligations could lead to deduction and/or expulsion by the Jury of Appeals.
17. Flash **OR announce** her vault number at State level and above optional meets.

III. ATHLETE RESIDENCY/CLUB'S STATE CHAMPIONSHIPS DETERMINATION

- A. A gymnast **MUST** compete in the State Championships based upon the state in which her training facility is physically located.
 1. If a gymnast resides in one state and their training facility is located in another neighboring state, the physical location of the gymnast's training facility determines the residency of the gymnast for State meet determination.
 2. The gymnast must compete in the proper Regional meet, based upon the State Meet in which they competed.
- B. A club **MUST** compete in the State Championship(s) of the state in which the training facility is physically located.
 1. Clubs that have gyms in different locations (under the same ownership) have the option of competing under one club name or as separate clubs. The decision **MUST** be made at the beginning of the competitive year and communicated to the State and/or Regional Administrative Committee Chairman, as applicable.
 2. If two different clubs (different names/owners) are coached by the same person, the State Administrative Committee may decide if the clubs may compete as one combined team in USA Gymnastics qualifying meets and State Championships.

III. COMPETITIVE COACH MEMBER BEHAVIOR POLICY

- A. At USA Gymnastics Sanctioned Events, **INAPPROPRIATE** coach behavior is defined as:
 1. Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last-minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the *Rules and Policies*.
 2. Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed personnel)
 3. Derogatory remarks to the press in regard to USA Gymnastics, its designated representatives, meet officials or personnel.
 4. Violating any of the coaches' or judges' specific responsibilities as listed later in this chapter.
- B. **INAPPROPRIATE** behavior will be penalized as follows:
 1. First Offense: Verbal warning will be issued by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The warning **MUST** be documented and recorded by the Meet Referee on the sanction report form.
 2. Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).
- C. At USA Gymnastics Sanctioned Events, **UNACCEPTABLE** coach behavior is defined as:
 1. Verbal, emotional, sexual, or physical abuse of a gymnast.
 2. Abuse of alcohol or drugs.
- D. **UNACCEPTABLE** behavior will be penalized as follows:
 1. Immediate ejection from the competition arena by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The ejection **MUST** be documented and recorded by the Meet Referee on the sanction report form.
 2. The individual ejected will receive a sanction violation, as outlined in Chapter 3 – Sanctions.

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3. The Meet Director and/or any witnessing USA Gymnastics member MUST immediately report abuse to the local authorities and submit a Safe Sport Report to USA Gymnastics or the US Center for Safe Sport as required by his/her responsibilities as a mandatory reporter.
- E. Any falsification of official documentation (scores, athlete date of birth, athlete member number, etc.) will result in the removal of the athlete from competition and may result in disciplinary action against the responsible Competitive Coach member.

IV. COMPETITIVE COACH MEMBERSHIP RESPONSIBILITIES:

All Coaches are required to:

- A. Maintain a USA Gymnastics Competitive Coach membership. [Click here](#) for all Competitive Coach membership requirements.
 1. At sign-in at all USA Gymnastics-sanctioned events, all members must be prepared to produce their current membership card (physically or electronically) listing valid dates for membership and membership requirements or an event-specific credential (indicating that the Meet Director checked their memberships and pre-requisites prior to the competition). Members must also be prepared to show proof of valid membership in the field of play (competition area) if so requested.
 2. If upon renewing a membership, the member is unable to print a new membership card, a receipt to confirm that their membership and pre-requisites are up to date may be printed in lieu of the card. A temporary certificate for successfully completing the Safety/Risk Management certification, U100 and U110 Certifications/Training may also be printed as proof of compliance.
- B. Follow the USA Gymnastics [Code of Ethical Conduct](#).
- C. Be professional
 1. Display good sportsmanship.
 2. Dress in attire reflecting the best image of gymnastics. USA Gymnastics prohibits clothing that promotes drug or alcohol use, is vulgar, obscene or worn in a manner that draws attention away from the competitive environment. At State meets and above, the coaches' dress code is as follows:
 - a. Athletic shoes with rubberized soles. Athletic warm-up pants or "Dockers-style" pants (no jeans).
 - b. Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts.
 - c. Collared shirts, business casual shirts or T-shirts with or without gym logo. (No spaghetti straps, low-cut or open back tops or midriff/undergarment revealing shirts).
 - d. No hats or visors.
 3. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
 4. The use of cell phones for verbal conversation is PROHIBITED while on the field of play (competition area). Coaches are permitted to record their OWN gymnasts' exercise for personal use but should not in any way interfere with the competition. Coaches recording athletes other than their own is PROHIBITED.
 5. At any USA Gymnastics sanctioned event, the below items are PROHIBITED on the field of play:
 - a. No e-cigarettes are allowed
 - b. No firearms or dangerous weapons are allowed
 - Weapons include, but are not limited to firearms, sling shots, sand clubs, metal knuckles, daggers, dirks, spring blade knives, nun-chu-ka sticks, throwing stars, air guns, stun guns, and devices intended to injure a person by an electric shock.
 6. For the safety of the athlete, at all USA Gymnastics sanctioned events, a coach may NOT actively spot or assist an athlete on a skill during warm-up or competition while wearing a cast or medical device that limits mobility in any way.
- D. Attend all coaches' meetings and be familiar with the meet set-up and organization.
- E. Be present at all warm-up and competition sessions. Check the time of floor exercise music on the official music playback equipment prior to competition and report any problems to the Meet Referee.
 1. Must provide Floor exercise music in digital format (MP3, computer, tablet, smart phone, etc.).
 2. These electronic devices must have a display screen and must be on airplane mode, when applicable.
 3. Playing music via Bluetooth is not allowed.

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- F. Be respectful of and responsible for his/her athletes at all times during the travel to and from the competition, at the training prior to competition, during the off hours, and during the competition itself.
- G. Follow all guidelines for the competition as stated in the *Women's Program Rules and Policies*, including entry regulations.
- H. Continually update coaching knowledge and experience on a planned regular basis, by means of study, review of films, attending workshops, and participating in clinics, etc.
- I. Treat all competitions the same, regardless of the skill level.
- J. Set an example for the athletes by displaying a positive attitude and exemplary conduct.
- K. Show respect for all gymnasts, coaches, judges, and meet personnel.
- L. Coach gymnasts from their own team only, unless another coach asks for assistance, or a gymnast has no coach available.
- M. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
 - 1. Refrain from approaching a judge directly.
 - 2. Instruct their gymnasts and parents to discuss any concerns they may have with the coach.
- N. Inform the gymnasts and gymnasts' parents of all competitive requirements, as well as their rights and obligations.
- O. Obtain an Accident Report Form signed by the Meet Director and/or medical personnel in the case of any injury to a gymnast for whom they are responsible. Accident Report forms will be included in the Sanction packet sent to the Meet Director, who will duplicate and provide copies for the medical personnel. The coach or parent of the injured athlete must be sure to secure this form, completed by the medical personnel and signed by the Meet Director, prior to leaving the competition.
- P. At a USA Gymnastics sanctioned event, if any member of USA Gymnastics witnesses action by a coach and believes that the safety of an athlete is in question (for example: risk of catastrophic injury, concussion, etc.), that member should report the matter to the Meet Director.
 - 1. The Jury of Appeals will then promptly review and resolve any issue related to the matter by the following process:
 - a. Discussion
 - b. Decision by a majority vote
 - 2. A decision by the Jury of Appeals may include a warning to the coach for improper behavior or such other action as the Jury of Appeals determines to be warranted and may include action to ensure the safety of the athlete. A decision of the Jury of Appeals is final and binding and is not subject to appeal.
 - 3. The Jury of Appeals is comprised of the following individuals:
 - a. Meet Director (unless affiliated with the inquiry, for example, if question relates to his/her gymnast.
 - b. Meet Referee (President of the Jury)
 - c. Chief Judge of the Event in question
 - d. If available, one USA Gymnastics representative (Elected State or higher Committee member, or Regional or National officer.
 - 4. However, the Jury of Appeals for Regional and higher level competitions are comprised of the following:
 - a. Meet Director (unless affiliated with the inquiry)
 - b. Meet Referee (President of the Jury)
 - c. USA Gymnastics elected Administrative Officers

V. Judges' Specific Responsibilities (see also Chapter 5: Meet Officials)

All Judges are obligated to:

- A. Maintain a USA Gymnastics Judge membership. [Click here](#) for all Judge membership requirements.
 - 1. At sign-in at all USA Gymnastics-sanctioned events, all members must be prepared to produce their current membership card listing-valid dates for membership and membership requirements or an event-specific credential (indicating that the Meet Director checked their memberships and pre-requisites prior to the competition). Members must also be prepared to show proof of *valid* membership in the field of play (competition area) if so requested.

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2. If upon renewing a membership, the member is unable to print a new Membership Card, a receipt to confirm that their membership and pre-requisites are up to date may be printed in lieu of the card. A temporary certificate for successfully completing the Safety/Risk Management certification may also be printed as proof of compliance.
- B. Maintain USA Gymnastics Judges' Accreditation ratings for the appropriate level of competition and be current with Continuing Professional Education (CPE) requirements.
 - C. Follow the USA Gymnastics Code of Ethics.
 - D. Be professional.
 1. Dress appropriately, regardless of the level of competition, in the required uniform.
 - Navy skirt/pants/dress and jacket/sweater, white blouse/shirt. Exception: theme invitationals.
 - Suit jackets are required for State meets and above.
 - Leggings are not acceptable attire to officiate a competition.
 2. Be mentally and physically prepared and rested in order to evaluate all gymnasts as accurately as possible.
 3. Be quick, cooperative and efficient in resolving differences during a conference.
 4. Remain at their event station until the entire competition is completed.
 5. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area).
 - Judges may use an electronic device for scoring purposes, but must turn off messages, email notifications, etc. by switching their device to airplane mode.
 - E. Serve only in the capacity of an official during warm-ups and competition. They may not act in a dual capacity (i.e., coach/judge, parenting/judge, Meet Director/judge, Announcer/Judge, etc.).
 - F. Be familiar with the meet setup and organization. No judge has the right to demand a last-minute change in the course of the meet or to jeopardize the athlete/competition in any way unless there has been a violation of the *Rules and Policies*.
 - G. Fulfill all assignments according to the contractual agreement. Only dire circumstances should prohibit a judge from fulfilling an assignment. If a judge must cancel an assignment, she/he must notify the appropriate officials at the earliest possible moment.
 - H. Refrain from conversation with other judges and coaches during the competition. In addition, the judges' responsibility does not involve the conduct of the gymnast(s) during warm-up or training. Any conversation or comments with the athlete should be made only if requested by the coach or athlete.
 - I. Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
 - J. Be confidential about meet matters, their own scores or other judges' scores or opinions.
 - K. Update judging knowledge and experience on a planned, regular basis, which includes studying, practice judging with videos or live athletes, attending courses, and judging as much as possible.
 - L. Treat all competitions the same, regardless of skill level.
 - M. Avoid judging a meet in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect their ability to judge objectively.
 - N. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
 - O. Be considerate of the Meet Director's equipment by refraining from wearing footwear that could be damaging to the mats and/or floor.
 - P. Refrain from soliciting invitations to judge specific competitions by making direct contact with the Meet Director.

CHAPTER 2 - FOREIGN PARTICIPANTS

The US Olympic Committee recognizes USA Gymnastics as the governing body for the sport of gymnastics in the United States. As such, USA Gymnastics has authority over all gymnastics competitions, exhibitions, and training exchanges hosted in the United States.

USA Gymnastics is a member of the Federation of International Gymnastics (FIG), the International governing body for gymnastics. As such, USA Gymnastics and all its members are subject to the FIG rules and regulations governing gymnastics exchanges between countries. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host Federation.

With the increased opportunities for participation in events involving foreign athletes, both in the United States and abroad, USA Gymnastics has the responsibility to inform its members of the FIG regulations governing these activities. The FIG and its member federations have jurisdiction over international events (events involving more than one country's athletes). Violations of the FIG regulations can result in restrictions of the member federation and/or its athletes. While USA Gymnastics realizes the cultural enrichment that these types of events provide to our members, strict compliance to the FIG Regulations MUST be followed.

The USA Gymnastics National office must be notified of any competitions in the U.S. involving athletes, coaches and/or judges who are non-citizens and who also reside in and/or represent a foreign country. The USA Gymnastics National office must be notified of any U.S. athletes, coaches, or judges' intention to participate in any gymnastics activities in a foreign country.

Any non-U.S. citizen residing in the United States, who intends to participate in any gymnastics activity within the United States, must notify their country of citizenship gymnastics federation of their intention to participate in gymnastics activities within the United States.

I. FOREIGN MEMBERSHIPS

Athletes, Coaches, and/or Judges from Countries other than the United States.

- A. A foreign athlete/coach/judge membership must be obtained by submitting a completed membership form along with a fee of \$50.00 to USA Gymnastics member services department.
- B. All foreign memberships are null and void each July 31st.
- C. Foreign Memberships do NOT receive benefits of membership other than the required insurance coverage at the sanctioned event(s).

The Foreign Participant Membership form is available at <https://www.usagym.org/pages/home/pages/forms.html>.

Contact the USA Gymnastics Member Services department for assistance and direction.

DO NOT DIRECTLY CONTACT ANY FOREIGN FEDERATION, CLUB, ATHLETE, COACH OR JUDGE.

II. DUTIES AND RESPONSIBILITIES OF USA GYMNASTICS MEMBERS IN REGARDS TO INTERNATIONAL EXCHANGES

- A. EXCERPT FROM THE STATUTES OF THE FEDERATION INTERNATIONALE DE GYMNASTIQUE (FIG)

VII. OFFICIAL EVENTS OF THE FIG AND ELIGIBILITY OF GYMNASTS

Art. 36.3 Inter-Federation events and responsibilities of Federations: Federations may organize events among themselves in accordance with the Statutes and Regulations of the FIG. It is, however, forbidden for gymnasts or judges of a Federation to participate in competitions or demonstrations in the sphere of activity of another Federation without the prior consent of the Federations involved and that of the Federation organizing the event. Likewise, the participation of gymnasts or judges of a Federation in an event organized by a body other than a Federation must be subject to the prior consent of any Federations involved. Federations are also responsible to FIG for the behavior of their gymnasts, coaches, judges and other officials and they act as guarantors to the FIG in respect of these responsibilities. After every competition, the Federations will send to the FIG the requested documents (see FIG Rules "International Event Approval") as well as, within 30 days, the tax ratified by the Council (see art. 28.3).

Refer to the [FIG Code of Discipline](#) for additional information.

- B. Any competition/exhibition conducted in the United States, which includes foreign athletes, must be sanctioned by USA Gymnastics.

- C. The sanction fee will be determined based upon the particulars of the event (up to \$250,000.00). Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.

III. REQUIREMENTS FOR FOREIGN EXCHANGES

The following categories have been defined for participation of foreign athletes in this country and for participants of USA club athletes in a club exchange in a foreign country. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host Federation. Every procedure MUST be followed to protect the athletes and the federations.

A. Competitions/Exhibitions conducted in the United States

1. Prior approval of Foreign Federation must be secured through request made by USA Gymnastics.
2. All aspects of the event MUST be approved by USA Gymnastics. This includes but is not limited to:
 - a. sponsorships
 - b. marketing/property rights
 - c. equipment/format
 - d. television
 - e. all promotional, marketing, and advertising materials
3. The use of the word "INTERNATIONAL" in the title of a competition/exhibition is strictly FORBIDDEN.
4. Promotion or advertising depicting the event as a competition between two or more countries is forbidden. (i.e., USA vs. Canada)
 - Athletes from a foreign country competing in the United States represent only their club at the exchange; they are NOT representing their country as a National Team member.
5. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
6. FIG has a 5% tax on prize money awarded at an event.

B. Training Exchanges conducted in the United States

1. Prior approval of foreign Federation must be secured through a request made by USA Gymnastics.
2. Only a letter of invitation with the specific information is required; however, it is not necessary to sanction.
3. Proof of Insurance coverage:
 - a. It is the sole responsibility of the event host to secure proper insurance for the event. (Be aware that some insurance packages do not cover foreign athletes or coaches.)
 - b. Training exchanges may not be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect.
4. Prior notification to USA participants that they represent only their club at this exchange, and they are not participating as official USA representatives.

C. Competitions, exhibitions, and training exchanges conducted in another country

1. USA Gymnastics must receive communication from the host country requesting permission for USA Gymnastics members to attend.
2. USA Gymnastics must approve of your club's participation BEFORE your club accepts an invitation to participate in another country's event. Notification requesting permission to participate in a foreign competition, exhibition or training exchange must be provided to the Program Director at the USA Gymnastics office.
3. Events sponsored by and/or held in a foreign country CANNOT be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect. Prior notification to USA participants that USA Gymnastics insurance does not cover their participation in an event sponsored by and held in a foreign country is required.
4. Any judge (US or foreign citizens) must receive permission from the National Federation of their country of citizenship before accepting an invitation to officiate a competition that is conducted outside of their country of citizenship.

5. USA participants may only represent their club at these events/exchanges, and they may not participate as official USA representatives.
 - a. For example: Official results may not reflect "USA".
 - b. Prior notification to USA participants that they represent only their club at this exchange, and they are not there as official USA representatives is required.
6. USA National Team members may not represent their club in an international event without the approval of the Program Director or the National Team Coordinator.

IV. ELIGIBILITY AND PARTICIPATION REQUIREMENTS FOR FOREIGN ATHLETES RESIDING IN THE USA

- A. Foreign athletes (US Citizens residing in a foreign country or non-US Citizens):** Foreign athletes who have competitive experience outside the US and now reside in the US are eligible to petition by submitting a formal written request to the Regional Development Program Committee Chairman for entry into the Development Program at Level 8 or above or the State Administrative Committee Chairman for Level 7 or below. The petition must be accompanied by a video that demonstrates the skill level for which she is submitting the petition and proof of residency outside the US.
1. Non-U.S. citizen athletes who are living in the United States and training in a U.S. gymnastics club are eligible to compete and receive awards for all USA Gymnastics Development Program sanctioned events, including State, Regional, East/West, and National Championships.
 - If a non-citizen athlete places in the top four (4) All-Around at Development Program National Championships, she will receive the award for her AA placement; however, she is not eligible to become a member of the Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team.
 2. Foreign athletes (those that reside and/or train in another country) are eligible for individual as well as Team awards at any Invitational competition that has secured a foreign sanction from USA Gymnastics.
- B. Foreign Elite athletes who have represented a foreign country and Foreign Elite National Team Members (current or former):** A non-US citizen Elite gymnast residing in the US who wants to compete in the Development Program and who is currently named to, has previously competed for, or has represented a foreign national team, must petition to enter the Development Program by sending a formal written request and proof of citizenship (driver's license, birth certificate, passport) to the National Development Program Committee Chair. In addition to the formal request, the athlete must request documentation be sent to the Vice President of Women's Program at USA Gymnastics directly from the country's federation in which she has competed, granting the athlete permission to compete in the Development Program for the US Club.
1. The two-step process must be completed before the athlete's scores achieved in the Development Program are valid for any qualifying purposes.
 2. Once proper documentation has been received by USA Gymnastics, the athlete may compete in the Development Program and represent her club up to, and including Regional Championships for the current competitive season.
 3. For the athlete to remain eligible to compete in the Development Program, this process must be completed annually.
 4. An Elite gymnast residing in the US who is a US Citizen or has retained a green card (demonstrating intent to become a US Citizen) and who wants to compete in the Development Program and who is currently named to, has previously competed for, or has represented a foreign national team, she must petition to enter the Development Program by sending a formal written request to the National Development Program Committee Chair. In addition to the formal request, the athlete must request documentation be sent to the Vice President of Women's Program at USA Gymnastics directly from the country's federation in which she has competed, granting the athlete permission to compete in the Development Program for the US Club.
 - a. The two-step process must be completed before the athlete's scores achieved in the Development Program are valid for any qualifying purposes.
 - b. Once proper documentation has been received by USA Gymnastics, the athlete may compete in the Development Program and represent her club up to and including East/West Championships and National Championships.

- c. If the athlete has a green card but is not yet a US Citizen, and places in the top four (4) All-Around at the Development Program National Championships, she will receive the award for her AA placement; however, she is not eligible to become a member of the Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team.

V. GENERAL FOREIGN SANCTION PROCEDURES

Competitions/Exhibitions conducted in the United States:

Every procedure MUST be followed to protect the athletes and the federations.

- A. If the event involves athletes and is a competition/camp/clinic/exhibition, a USA Gymnastics Foreign Sanction is REQUIRED.
- B. The foreign sanction can be purchased online by the event director.
- C. ONLY one discipline per foreign sanction request. A separate foreign sanction request must be submitted for each competing discipline.
 - 1. If received in less than 120 days, an additional \$100.00 rush fee is due.
 - 2. Additional countries may be added no less than (14) business days of the event for a fee of \$25 per country.
- D. The final Foreign Sanction fee will be determined based upon the particulars of the event (up to \$250,000.00). Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.
- E. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
- F. After receiving the Foreign Sanction request form/payment, USA Gymnastics will contact the foreign federation to request their approval for their athletes/coaches to participate.
- G. All participants residing in the USA must have the appropriate USA Gymnastics membership and certifications.

CHAPTER 3 – SANCTIONS

In order to host a USA Gymnastics sanctioned competition, all Meet Directors must be a current USA Gymnastics Meet Director member with all Meet Director requirements met. [Click here](#) to view all Meet Director membership requirements.

Meet Director Exam is available online at <https://usagym.org/pages/education/courses/W202/>.

An unaffiliated athlete will NOT be permitted to participate in a USA Gymnastics sanctioned event.

I. SANCTIONING A DOMESTIC USA GYMNASTICS EVENT

- A. USA Gymnastics, as the national governing body for the sport, is responsible for the granting of sanctions.
- B. Sanctions are required for all USA Gymnastics competitions. See Chapters 6 & 7 for Xcel and 8 & 9 for DP competition guidelines.
- C. Sanctions may also be obtained for clinics, workshops, educational events, tours and exhibitions.
- D. Only a current USA Gymnastics Member Club and USA Gymnastics University member may register athletes into a sanctioned event.
- E. All participants must be entered via the USA Gymnastics Meet Reservation system.
- F. USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event. Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day. If a Meet Director chooses to conduct a multi-gymnastics association event, they must adhere to the following policies. Violations of any of the below policies may result in sanction revocation.
 1. Permissible Gym Set Up:
 - a. Events with one gym set-up:
 - USA Gymnastics competitors and non-USA Gymnastics competitors are NOT permitted to compete at the same time in the same competitive space, nor can they alternate sessions throughout the day.
 - b. Events with Multiple gym set-ups:
 1. Dedicated field-of-play (*can be more than 1*) reserved to conduct only USA Gymnastics sessions.
 2. Additional dedicated field-of-play (*can be more than 1*) reserved to conduct any non-USA Gymnastics sessions.
 3. Each separate field-of-play should be clearly defined by signage, or separated by a specific, noticeable barrier i.e., airwall, curtain, stanchion, etc.)
 - Example: a Meet Director is hosting an event in a large space that can be partitioned into 3 competitive field-of-play areas; Field A, Field B and Field C.
 - Fields A and B are reserved for USA Gymnastics sessions
 - Field C conducts the non-USA Gymnastics sessions.
 - The Meet Director may use all the Fields A, B or C to conduct non-USA Gymnastics sessions provided that the non-USA Gymnastics sessions are conducted either prior to or following USA Gymnastics sessions on each competitive day.
 2. Meet Director must have an event plan that illustrates:
 - a. A clear definition of the start and end times of each organization's competition sessions for the duration of the event.
 - b. All event procedures that prohibit non-USA Gymnastics session participants (athletes, coaches, judges) from accessing the dedicated USA Gymnastics gyms/competition area during USA Gymnastics sessions.
 3. Meet Director must obtain a separate certificate of insurance from each gymnastics association whose sessions will be conducted in the same venue as the USA Gymnastics sanctioned event.

II. PROCEDURES FOR REQUESTING A DOMESTIC SANCTION

- A. Request for sanctions must be obtained online. To apply for a sanction online, [click here](#).
- B. When requesting a sanction, equipment/venue set-up/ take down and training days must be included, as well as competition days.
- C. Only one discipline per sanction.
- D. Events conducted in more than one location must have a separate sanction for each location.
- E. Once a sanction has been granted, the *Rules and Policies* must be followed. Please see Chapter 4 for specific Meet Director responsibilities.
- F. Domestic Sanction Fee
 1. The fee is **\$150.00** for domestic sanctioned competitions. Sanction fees (and any late fees) are not refundable, regardless of the reason for canceling a meet.
- G. Foreign Sanctions
 1. A foreign sanction is required for events in which foreign athletes, coaches and judges participate. Requests for foreign sanctions must be obtained online. To apply for a foreign sanction online, [click here](#).
 2. The fee is **\$150.00** for foreign sanctioned events.
 3. For more details, see Chapter 2 - Foreign Participants. Sanction fees (and any late fees) are not refundable, regardless of the reason for canceling a meet.

III. SANCTION VIOLATIONS AND PENALTIES

SANCTION VIOLATIONS MAY RESULT IN A FINE, VOIDING OF A COMPETITION AND ITS RESULTS, AND/OR LOSS OF SANCTIONING PRIVILEGES.

- A. Sanction Violations
 - When any USA Gymnastics member(s) participating in the event fails to follow the *Rules and Policies*, actions may be taken against the Meet Director, hosting institution and/or the individual offenders by the USA Gymnastics National Office.
- B. **Meet Director** VIOLATIONS include:
 1. Allowing any participant on the field-of-play without current, valid memberships and/or educational/background check certifications.
 2. Violations of any regulation within the *Rules and Policies*.
 3. Improper timing of the competition:
 - a. Athletes in the gym too long (over 5 hours).
 - b. Starting the warm-ups before 8:00 A.M.
 - c. Finishing after 10:00 P.M. due to poor scheduling.
 4. Failure to return required sanction forms and athlete fees by the designated deadline.
 5. Altering USA Gymnastics language on sanction report form.
 6. Failure to obtain signatures/initials of officials/coaches on the sanction report form sign-in sheet(s).
 7. Exceeding the maximum allowable number of gymnasts in a session.
 8. Changing or altering any procedures listed in the Judges' Compensation package.
- C. **Meet Director** PENALTIES for violations:
 1. A Meet Director may receive the following penalties for violating any of the above stated violations.
 - a. A first-time violation results in a fine of \$100.00 for one violation plus \$100.00 for each additional violation associated with the same sanction.
 - b. A second time violation results in a fine of \$500.00 for one violation. For each additional violation associated with the same sanction, the fine is \$500.00 each. In addition, a second-time violation may result in possible suspension of sanctioning privileges for the next competitive season, to be determined by the National Administrative Committee.
 2. Fines apply only to the individual and/or the Meet Director.

Chapter 3

3. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
 4. The State Administrative Committee Chairman and/or Regional Administrative Committee Chairman will be notified of any violations by e-mail.
 5. If a fine is assessed to a Meet Director, but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
 6. If the violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
 7. If a fine is assessed but not satisfied by the deadline indicated, the Meet Director's membership may be placed in a pending status.
 8. Escalating penalties accrue during the current competitive season (August 1-July 31).
 9. If a Meet Director incurs three sanction violations in one competitive season, he/she will be placed in pending status. He/she must re-take and pass the Meet Director Exam before being placed in active status.
- D. **Member VIOLATIONS** include:
1. Individuals who do not have the appropriate membership and/or educational or background check certifications or falsifies one of the above-mentioned memberships and attempts to participate on the field at a USA Gymnastics sanctioned competition.
 2. Participating in any unacceptable behavior, as outlined in Chapter 1 – Membership.
- E. **Participant (coach/judge) PENALTIES** for violations:
1. A member may receive the following penalties for violating any of the above state violations:
 - a. A first-time violation results in a fine of \$100.00.
 - b. A second time violation results in a fine of \$500.00.
 - c. A third time violation results in a fine of \$1,000.00 and possible suspension of membership.
 2. Fines apply only to the individual and/or the Meet Director.
 3. The State Administrative Committee Chairman and/or Regional Administrative Committee Chairman may be notified of any violations by email.
 4. If a fine is assessed to a member but not paid by the deadline indicated, their membership will go into a pending status until all balances are paid.
 5. Escalating penalties accrue during the current competitive season (August 1st – July 31st).
- F. **Meet Referee PENALTIES** for violations:
- A Meet Referee may receive a \$100.00 fine for failure to report a sanction violation on the sanction report form.
- G. **Competitor PENALTIES** for violations:
- If an individual gymnast is in violation of the regulations, she will be disqualified, and all awards returned. (Example: wrong level, wrong age division.)

IV. Sanction Report Forms

- A. An official USA Gymnastics Sanction Report Form is available online. To access the report forms, visit <https://usagym.org/pages/membership/pages/index.html>, Sanctions, My Sanctions.
- B. Update Meet Reservation to include all on-site registrations for event participants. Click [here](#) to view the Meet Reservation How-To Guide.
- C. Return the Sanction Report Form, Safe Sport Event Checklist, and all completed sign-in forms to sanctions@usagym.org within 72 hours of the competition or cancellation of the event.
- D. If applicable to your state, make copies of the Sanction Report Form and send them to the State Administrative Committee Chairman with the State competition fee within 72 hours.
- E. Applicable competition fees must be sent to the State/Regional Administrative Committee Chairman of the host state (based on physical location of the meet).
- F. **If an event is canceled, written notification must be submitted to USA Gymnastics Member Services prior to the start date of the event.** E-mail: sanctions@usagym.org

CHAPTER 4 - MEET DIRECTOR RESPONSIBILITIES

For any USA Gymnastics sanctioned event, Meet Directors MUST follow and be familiar with all sections of the Women's Program *Rules and Policies (R&P)*, such as meet packet contents and the specifics for the meet if it is a State meet or above. Meet Organizational Guidelines can be found online at <http://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/w-meetorgguide.pdf>.

I. PRE AND DURING MEET RESPONSIBILITIES

A. It is the responsibility of the Meet Director to:

1. Obtain the Meet Director membership role to host a USA Gymnastics sanctioned competition. The Meet Director Exam is available online at <https://usagym.org/pages/education/courses/W202/>.
2. Complete online the "Request for Sanction" a minimum of thirty (30) days prior to the meet to the USA Gymnastics Office, along with the sanction fee for all event requests (one form per event requested).
3. The Meet Director(s) must also sign any contract required by the outside venue. The Meet Director may be a co-signer or an additional signer; however, a minimum of one signature must be the same on the sanction form and the venue contract.
4. Be present during the entire warm-up and competition. It is permissible to indicate two meet directors by emailing sanctions@usagym.org.
5. Follow all regulations found in the Women's Program *R&P* and all technical regulations from the Women's Technical Committee minutes and the Women's Program *Code of Points (Development Program/Xcel)*.
6. Verify that all equipment specifications are correct, and the equipment is properly installed.
7. Secure judges, which may be acquired through the designated and approved contractor. Level 1, 2, and 3 competitions may be judged by any non-rated competitive coach member or rated judge members. Contact your State Administrative Committee Chairman (SACC) for specific regulations for your state.
8. Verify that all participants are members of USA Gymnastics by using the Meet Reservation system.
9. Consider all reasonable safety measures when setting up the competition floor.

EXAMPLES:

- a. Each competitive area should not overlap with another competitive area.
 - b. There cannot be any obstructions on the Floor Exercise area.
 - c. There must be sufficient room for mounting, dismounting and vaulting areas.
10. Medical Personnel/Procedures
- a. For all virtual and local competitions hosted in-gym, medical coverage is recommended, but not required, if all participants are affiliated with the host club. (Host club = obtained the sanction for the event and the competition is hosted at the gymnastics club's physical location, as listed on the USA Gymnastics Member Club profile.)
 - If participants are affiliated with a club that is not the host club (i.e. dual meet), medical coverage, as listed below, is required.
 - b. For all events taking place outside of the club, determine the Sanctioned Events Minimum Medical requirements.
 - 1) **High Risk:** Levels 8, 9, 10, Elite, Xcel Diamond and Sapphire Divisions
The performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds.
 - a) Required level of medical staff:
 - Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, Sports Certified Physical Therapist (PT, SCS), or a licensed medical professional who has competence in all the following skills:
 - Assessment and stabilization of the cervical spine and spine boarding
 - Assessment and stabilization of fractures (including open fractures) and dislocations
 - Ability to determine, through use of a validated tool, whether a concussion has occurred

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- Advanced first aid to control bleeding from deep wounds
 - CPR with AED certification
 - Must be present during practice, warm-up and competition.
 - b) Medical staff to complete incident report form.
 - c) One medical staff is required per 64 athletes competing at once and one per venue.
 - Example: 75 athletes on the event floor at once in one room of a convention center and 75 athletes on the event floor in a different room of a convention center would require 4 medical staff
 - d) Supplies: AED (recommended, not required), splints, gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches.
- 2) Moderate Risk: Levels 4, 5, 6, 7, Xcel Gold and Platinum Divisions
The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains or strains.
- a) Required level of medical staff: Medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic).
 - Must be present during warm-up and competition.
 - Practitioner must be familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
 - b) Medical staff to complete incident report form.
 - c) One medical staff member is required per 100 athletes competing at any given time and one per venue.
 - Example: If all events take place in one arena with 80 athletes on the event floor at once, then one medical staff member is required.
 - d) Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags.
- 3) Low Risk: Levels 1, 2, 3, Xcel Bronze and Silver Divisions
The performance of skills that pose a risk of injury likely limited to bumps, bruises or abrasions.
- a) No medical personnel required. Coach or Meet Director should be comfortable with basic first aid.
 - b) Meet Director to complete incident report form.
 - c) Supplies: first aid kit with breakable ice packs.
- c. All events will be required to complete a basic Emergency Action Plan (EAP) for the gym or venue.
 - d. The SafeSport requirements for Medical personnel can be found here:
https://usagym.org/PDFs/safesport/appendix_d.pdf.
 - e. Medical staff are responsible for following their state's scope of practice and practice guidelines.
- B. The Meet Director must be thoroughly versed in the organization and regulations of gymnastics competitions. Any Meet Director who violates any regulations of the Women's Program R&P will be subject to disciplinary action.
- C. Upon the online purchase of a sanction, event directors and administrators will have access to the sanction packet that includes:
1. Certificate of Sanction, granting approval. This certificate must be posted during the competition.
 2. Safe Sport Event Checklist
 3. Sanction Report Form
 4. Participant sign-in sheet
 5. Application for a Certificate of Insurance (for events conducted in an outside facility which requires proof of insurance.) The Meet Director must forward this application directly to the insurance company.

Chapter 4

6. Incident and Injury report form is a document, which must be completed in the event that an athlete is injured. The Meet Director and/or medical personnel must complete the report form. The Meet Director must sign it. A copy of the report form must be given to the coach or parent of the injured athlete before they leave the sanctioned facility. The parent then must submit it to the insurance company. The insurance company will not honor an incident/injury report form that has NOT been signed by the official Meet Director.
- D. Request for changes to original Request for Sanction:
 1. To change the name of the Meet Director, submit the request on the Add/Change Meet Director form linked [here](#).
 2. If a Certificate of Sanction is received prior to the change, the Meet Director must make the changes on the certificate. A new certificate will NOT be issued.
- E. Ensure that all participants have signed the Sanction Report Form and/or Sign-in sheet.
- F. Ensure the event uses the required online meet reservation system to record all event participants.
- G. **If an event is canceled, written notification must be submitted to USA Gymnastics Member Services prior to the start date of the event to sanctions@usagym.org.**
- H. Awards for State Meets and above are ordered by a USA Gymnastics elected officer. For all other meets, it is the responsibility of the Meet Director to order awards as designated in Chapters 7 and 9.
- I. Meet Directors must provide options to play only digital copies of music (MP3 players, computers, tablets, smart phones, etc.). Meet Directors are no longer required to provide compact disc players. The electronic devices provided by the coach must have a display screen and must be on airplane mode. Playing music via Bluetooth is not allowed.

II. MEET DIRECTOR RESPONSIBILITIES REGARDING JUDGES

- A. The Meet Director will not pay fees that exceed the USA Gymnastics Judge's Compensation Package for payment of judges at any sanctioned competition.
 - Meet Directors/host organizations may give gifts to meet officials. The gift cannot exceed a retail value of \$20.00.
- B. If so designated by the State/Regional Administrative Committees, the Meet Director may utilize NAWGJ as the contracting body for officials for USA Gymnastics Sanctioned Meets.
 1. The Meet Director is required to pay a contractor's fee of \$3.00 per contracted judge to the NAWGJ contractor. A Request for Judges Form that is received by the Contractor within 30 days of the competition will be charged \$5.00 per judge.
 2. Compensation will be paid directly to the individual judge.
 3. In the event that the Meet Director fails to comply with the terms of the sanction or the Women's Program R&P, judges may refuse to perform any judging obligations. However, all/both parties should make every immediate attempt/effort to resolve any disputes, in keeping with the best interest of the athletes involved. No such action should ever be taken that would jeopardize or compromise the safety or wellbeing of the athlete.
 4. The Meet Director will be bound by the terms of the individual contract agreed upon for that particular meet.
 5. A minimum 30-minute break is **recommended** for judges between scheduled sessions.

III. POST-MEET RESPONSIBILITIES

- A. Distribution of Results: Meet results must be distributed to ALL participating clubs. This can be done at the meet site, by mail, or by posting online. Published results MAY NOT include the gymnast's date of birth or USAG member number. In addition, the Meet Director MUST mail or email a copy of the Meet Results (All-Around and individual event scores for each level and age division) within 72 hours to:
 1. For Local Meets
 - a. State Administrative Committee Chairman, or designated State Administrative Committee representative.
 - b. Meet Director of the Pre-Sectional, Sectional or State Meet, depending upon the system of qualification.

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2. For Pre-Sectional Qualifiers or Sectional Meets
 - a. State Administrative Committee Chairman, or designated State Administrative Committee representative.
 - b. Sectional or State Meet Director, depending upon the system of qualification.
 3. For State, Regional, Eastern/Western, and National Championship meets, see the meet specifics for each type of competition.
- B. Reports
1. Financial Reports: The Meet Director of State and above level meets must send a completed Financial Report form within 60 days (or otherwise designated time) to the designated person - see meet specifics.
 - Report forms can be found at the USA Gymnastics website:
<https://usagym.org/PDFs/Forms/Women/financial.pdf> or from the State Administrative Committee Chairman
 2. Sanction Reports: Complete and return the Sanction Report Form including the Sign-in sheets along with copies of any Incident/Injury Report Forms to the USA Gymnastics Member Services Department within 72 hours.
 - If applicable to that Region/State, sanction report forms will also need to be sent to the appropriate Regional/State Administrative Committee Chairman.
 - For State meets and above, competition fees must be sent to the State/Regional Administrative Committee Chairman of the host state (based on physical location of the meet).

CHAPTER 5 - MEET OFFICIALS

Consistent with the provisions of the Amateur Sports Act of 1978, the United States Olympic Committee has designated USA Gymnastics as the National Governing Body (NGB) for the sport of gymnastics in the United States. As reflected in its Articles of Incorporation and its conduct under those Articles, USA Gymnastics' responsibilities for governing the sport of gymnastics include the regulation of matters relating to the training, testing, certification and assignment of judges for gymnastics competition conducted or sanctioned by USA Gymnastics.

Please review the Duties and Responsibilities for Members in Chapter One.

I. CONTRACTING OF OFFICIALS

In order to ensure properly rated officials at all sanctioned events, officials may be contracted through a designated and approved contractor.

- A. State Administrative Committees shall determine their officials' contractor and/or assignor to be used for meets that are conducted under the organizational jurisdiction of the State Administrative Committee.
- B. Regional Administrative Committees shall determine their officials' contractor.
- C. USA Gymnastics criteria for selection of officials must be followed.
- D. The Meet Director must complete a "Request for Judges" form and send it to the Contractor, with payment of a maximum of \$3.00 for each official contracted, by the deadline designated by the State Administrative Committee.
 - If the request is received less than 30 days prior to the competition, the fee is a maximum of \$5.00 for each official contracted. Assignments for such late requests will be based on availability, since there may not be a sufficient number of certified officials available. Forms can be found on the USA Gymnastics web site or contact the State Administrative Committee Chairman.
- E. The USA Gymnastics Judges' Compensation Package will be used at all sanctioned competitions, with the exception of the judging fees for Xcel competitions that have an entry fee of \$35.00 or less. (Refer to Xcel Judging Guidelines.)
- F. Meet hosts of Invitational competitions or any meets that are not under the organizational jurisdiction of the State Administrative Committee may use the state-approved contractor or may contract the officials directly using a USA Gymnastics contract.
 - The Meet Director may also request specific judges (by name or by ratings) when they submit a "Request for Judges" form to the state approved contractor. The Request for Judges Form is available on the USA Gymnastics website under Women's Program – Forms – Meet Forms or from the State Administrative Committee Chairman or the NAWGJ State Judging Director.

II. AFFILIATION OF JUDGES

The regulations regarding affiliation are NOT meant to prevent officials from judging, but to prevent unfair situations for the gymnasts.

- A. Affiliation of judges with an individual(s) or gymnastics club:
 1. A judge is considered affiliated at a specific meet if he/she is:
 - a. An immediate family member* of a:
 - 1) competing gymnast
 - 2) coach of a competing club
 - A judge whose immediate family member is a coach at a competing club is affiliated with that club regardless of whether or not the family member is on the floor coaching at a specific meet.
 - 3) club owner/administrator whose club is competing
 - 4) Women's Artistic (Development Program or Xcel) team member of a club competing in the meet.

Example: A parent of a Level 5 gymnast is judging an Optional competition in which her daughter's club is competing.

 - a) An immediate family member of a Men's, Rhythmic, Acrobatic Gymnastics, or Tumbling/Trampoline Team member of a competing club is NOT considered to be affiliated.
 - b) An immediate family member of any child enrolled in a recreational class of a competing club is NOT considered to be affiliated.

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- * Immediate family refers to a parent, stepparent, grandparent, or sibling. In addition, it could include any other person living in the household.
 - b. A person on the payroll of a competing club.
 - A judge who critiques or coaches **more than once a month on an ongoing basis** at a specific gymnastics club is considered affiliated with that club.
 - c. A Women's Artistic (Development Program or Xcel) team member of a club competing in the meet.
 - Example: A Level 10 gymnast holds a Compulsory rating and is judging gymnasts from her own club at a Compulsory meet.
 - d. A Coach of a competing gymnast.
 - e. A Club Owner of a competing club/gymnast.
 - f. Any sports science professional that is paid for ongoing services for a competing athlete.
 - Example: Athletic Trainer, Physical Therapist, Sports Psychologist
2. Judges affiliated with a club, gymnast or coach participating in the competition MAY be assigned to judge, with the following stipulations:
- a. In USA Gymnastics qualifying competitions with panels of two (2) or four (4) judges:
 - 1) An affiliated judge may be assigned as a Panel judge or as the Meet Referee.
 - 2) No more than one (1) judge with the same affiliation may be assigned per panel.
 - 3) An affiliated judge may NOT be assigned as Chief Judge, regardless of accreditation rating.
 - b. In non-qualifying Open Invitationals with panels of two (2) or four (4) judges:
 - 1) Affiliated judges may be assigned as a Chief or Panel judge.
 - 2) If any of the Chief Judges are affiliated, the Meet Director must list the judges (and their affiliation) on the pre-meet information.
 - c. For meets using one-judge panels, an affiliated judge may be assigned ONLY when there are not enough non-affiliated judges available and only with the approval of the Regional Technical Chairman (RTC).
 - 1) If the RTCC is affiliated and must be assigned, approval must come from the State Administrative Committee.
 - 2) An affiliated judge may be assigned to a one-judge panel for Development Program Level 1 and 2 and Xcel Divisions Bronze and Silver.
 - d. If the club with which the judge is affiliated is not participating in the meet to which the judge has been assigned, he/she is NOT considered affiliated at that meet.
 - 1) If the meet format has separate team and individual awards per session, then a judge would be affiliated only during the session(s) in which the club/team that he/she is affiliated with is competing.
 - 2) If there is an overall team award for the same levels at the end of the entire meet, the affiliation rules apply for the entire competition.

III. CRITERIA FOR SELECTION OF JUDGES TO WOMEN'S USA GYMNASTICS COMPETITIONS

- A. General Policies and Procedures at Development Program Competitions
 - 1. The Technical Committee establishes the criteria for selection of judges to Development Program competitions. Infractions should be brought to the attention of the Regional Technical Committee Chairman and/or the National Technical Committee Chairman for appropriate action.
 - 2. All assignment of judges will be made according to the *Women's Program Rules and Policies, USA Gymnastics Technical Committee* criteria for selection and the philosophy as defined herein.
 - 3. The State Administrative Committee selects the Meet Referee and the officials for State Championships. Chief Judge and Panel Judge assignments to specific events at State and Regional Championships are the responsibility of the State or Regional Administrative Committees. It is strongly recommended that the State Administrative Committee and the Regional Administrative Committee ask the assigned Meet Referee to make the Individual Event Assignments. At local, pre-sectional and sectional meets, the assigning official may make the event assignments. Criteria for assignment of judges must be followed.
 - a. The State Administrative Committee determines the judging criteria for Development Program Levels 1-3 and the Xcel Program.
 - b. When designating the Chief Judge positions for sanctioned competitions, rating and longevity do not necessarily determine assignment as Chief Judge. Reference the chart later in this chapter for the minimum rating required.

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4. The Regional Administrative Committee selects the officials for the Regional Development Program competitions, with the approval of the RTCC, and in consultation with the Regional Administrative Committee Chairman.
 - a. The State Administrative Committee must submit their recommendations in rank order (or groups in rank order) to the RTCC.
 - b. Rotation of officials is not required but may be considered.
 - c. The Regional Technical Committee Chairman, if unavailable, selects the Meet Referee, in consultation with the Regional Administrative Committee Chairman.
5. Level 9 Eastern/Western Championships and Level 10 Development Program National Championships assignments will be made by the National Technical Committee Chairman, in consultation with the Development Program Technical Director after reviewing the regional recommendations as well as financial considerations.
 - a. The Regional Technical Committee Chairman must submit their Regional Administrative Committee's recommendations in rank order (or groups in rank order) to the National Technical Committee Chairman (with a copy to the Development Program Technical Director) no later than November 1.
 - b. Rotation of officials is not required but may be considered.
6. Geographical representation is not required but may be considered in all selection of officials. (See specific competitions).
7. It is permissible to assign judges from adjacent or neighboring states and/or regions, if necessary, in order to obtain the desired number and appropriately rated judges at minimal cost.
8. In order to be considered for an assignment, all judges must be:
 - a. Current USA Gymnastics Women's Program members serving in a judge role.
 - b. Certified and actively judging at the level of meet to which they are assigned.
 - In the event that all local judges with the proper rating have been asked and there are not enough properly rated officials available to judge on a specific date, and the format of that local or sectional meet cannot be adjusted to allow the gymnast to be judged by properly rated officials, the assignor uses the following guidelines to assign the meet:
 - 1) Notify the Meet Director and give them the option of securing properly rated judges from outside their geographic area (or state).
 - 2) If the above option is not financially feasible, the assignor must notify and receive approval from the RTCC to assign a judge at the next lower level, giving priority to the following:
 - 1st – a judge who has taken and passed one part of the accreditation exam for the next level
 - 2nd – a judge who has taken the next level exam, but has not yet passed either part
 - 3) It is recommended that any judge assigned to judge a level higher than the rating held should be assigned to Vault.
 - 4) Compulsory meets: Current optional only rated judges are allowed to judge compulsory Vault **ONLY IF** there are not enough available compulsory-rated judges, provided that the RTCC has given permission.
 - c. Maintain USA Gymnastics Continuing Professional Education (CPE) requirements annually; see chart.
 - 1) If a judge has not completed his/her CPE requirements by July 31st, he/she CANNOT BE ASSIGNED to any USA Gymnastics sanctioned competition until such time that they submit the completed annual CPE form.
 - 2) Some states may experience difficulty in securing enough officials who are current with CPE requirements in order to staff a specific competition. If there is an absolute necessity to assign a judge who is delinquent in completing his/her CPE requirements, the judge may be assigned; however, that judge's compensation will be reduced by \$5.00 per hour.
 - d. Priorities for assignors after August 1 of each year:
 - 1) Assign properly rated judges
 - a) First, those who have completed annual CPE requirements.
 - b) Second, if not enough of the above are available, assign those who have not yet met their CPE requirements.
 - 2) Only after all possibilities of the above have been exhausted, may the assignor request permission from the RTCC to allow a judge with one rating lower to be assigned.

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- e. Holding a specific rating does not insure a judging assignment. Once the availability of judges has been established, the assignors must consider:
- 1) Requests by the Meet Director for specific judges or specific ratings.
 - 2) The minimum rating required to judge the specific meet.
 - 3) Geographical location of the meet. Attempts should be made to keep the travel costs at a minimum for the Meet Director.
- B. "Judges' Accreditation" is the name applied to the certification process and the process will be a part of the USA Gymnastics University. The CPE system will be implemented as listed below:
1. Annual CPE credits are required to be assigned to judge any USA Gymnastics competition.
 2. The accreditation year is August 1-July 31. Credits earned during the months of June and July may be used for the current or upcoming accreditation year.
 3. CPE credits will be calculated in actual clock hours (hours involved in the activity).
 4. The rating a judge holds on July 31 of each year determines the number of CPE hours required for the next accreditation year. Entry level judges attaining their rating after the start of the accreditation year are not required to report CPE hours until the following accreditation year. All CPE hours accumulated during that time may be used to fulfill the CPE requirements.
- Examples:
- a. If an individual achieved a Compulsory rating for the first time prior to August 1, the CPE requirements are due by May of the following year. If this individual upgrades their rating to 6/7/8 after August 1, they are only required to fulfill the CPE hours required of a Compulsory rated judge, as that was their rating as of July 31.
 - b. If an individual achieved a Compulsory rating for the first time on or after August 1, 2022, the CPE requirements are not due until May of 2024, since he/she had no rating as of July 31, 2022.
5. USA Gymnastics and NAWGJ elected officers (State, Regional and National Chairman/Directors) are exempt from CPE requirements for the years in which they hold office. Also exempt are Women's Program National office staff and National Coaching staff.
- Above mentioned elected officers also receive full credit for the 12 required volunteer hours for the USA Brevet and National Judges' Course eligibility.
6. Required Annual CPE Hours

Highest Rating Held	Total CPE hours needed per Accreditation Year	Minimum # of Clinic CPE Hours required as part of the yearly total	Maximum # of CLINIC hours allowed to carry forward to the next Accreditation Year after the annual total has been met.
Xcel B/S/G	6 hours	3 hours	1 hour
Level 4/5	12 hours	6 hours	2 hours
Level 6/7/8	12 hours	6 hours	2 hours
Level 9	16 hours	8 hours	3 hours
Level 10	20 hours	10 hours	4 hours
National	20 hours	10 hours	4 hours
Brevet	20 hours	10 hours	4 hours

- a. CPE Clinic Hours are those hours spent:
- 1) At State, Regional, or National organized events, such as Congresses, Clinics, Courses or Symposiums. These sanctioned events must be publicized in advance and open to all judges in the state, region, or nation as applicable to the event. (Exception: eligibility requirement must be met for National/Brevet judges' courses.) Judging or coaching sessions will be designated as "approved for CPE".
 - Clinicians also receive Clinic hour credits when teaching at such events. Clinicians at Regional or National educational events receive an additional 2 credit-hours for preparation time for every one hour of lecture.
 - 2) Full CPE Clinic hours may also be earned for attending sanctioned LIVE USA Gymnastics webinars or virtual clinics/symposiums/congresses hosted by USA Gymnastics and/or NAWGJ.
 - Communication between the clinician and the registrants is required for these types of educational functions to count for Clinic hours.

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- Archived USA Gymnastics webinars are NOT eligible to fulfill any CPE Clinic hours. Only online judges' courses for which you must register with USA Gymnastics and/or NAWGJ will be eligible for fulfilling half of the Clinic hour requirement.
- 3) CPE Clinic hours may also be earned for completing USA Gymnastics University Online Judges Courses.
 - A maximum of one-half of the annual required clinic hours for the rating level of the judge may be earned by online courses per accreditation year.
 - If a judge has earned more than one-half of their required clinic hours from online courses, they may use the extra hours toward the miscellaneous category, if necessary, to meet their total required CPE hours.
 - 4) Judges should retain their CPE clinic forms for documentation, with a copy of the Annual Report Form.
- b. All clinics eligible for CPE Clinic credit require pre-approval from the appropriate State or Regional USA Gymnastics and NAWGJ officers by submitting the Clinic Approval Form a minimum of three weeks prior to the clinic. USA Gymnastics and NAWGJ officers must return a copy of the signed Clinic Approval Form to the USA Gymnastics National office. All CPE-approved clinics require a sanction (only if athletes are involved) and once submitted to the National office, are posted on the Judges home page, select CPE Clinics.
 - c. It is the responsibility of each judge to pre-print the CPE Clinic Credit form prior to attendance at a pre-approved clinic session. Judges must present the Clinic CPE Credit form for a signature at the conclusion of the clinic or following each session at multi-track Congresses/Symposiums. Clinical CPE activities are to be recorded on a Clinic CPE credit form, which can be found online under Women's Program-Judges-Judges' Accreditation forms.
 - d. Annual Miscellaneous CPE credit: A maximum number of CPE hours may be acquired for the following miscellaneous activities:
 - 1) Coaching (6 hours) to be signed by supervisor or club owner.
 - 2) In-gym observation or in-gym critiquing/consulting with coaches and gymnasts (6 hours), to be signed by the coach.
 - Attendance at State/Regional/National training camps may be used as miscellaneous credit-hours; however, if there is a clinician who is specifically assigned to the judges and has an organized agenda for instruction, it may be used for clinic-hours.
 - 3) Volunteering (4 hours) at a judging-related activity such as a competition or at a USA Gymnastics Congress or clinic. CPE form must be signed by the event coordinator, Meet Director, or Meet Referee. Two of these four hours can come from service as a USA Gymnastics Committee member or NAWGJ Committee member.
 - 4) Video or live practice judging at a level equal to or higher than your current level (3 hours) Practice judging will require pre-approval from the SJD and/or USA Gymnastics State Administrative Chair. For pre-approval, simply send an e-mail to the appropriate officer requesting permission. Please note that live Practice Judging will also require pre-approval from the Meet Director. This is done by contacting the Meet Referee for the event, not the Meet Director. The practice judge should come prepared with all judging materials and wear the appropriate judging uniform. Video Practice Judging will be recorded in hours and requires written verification from the supervising judge.
 - 5) Miscellaneous CPE activities are to be recorded on the Miscellaneous CPE Credit form, which can be found online under Women's Program-Judges-Judges' Accreditation forms.
7. Continuing Professional Education (CPE) Tracking:
 - a. Each judge is responsible for keeping accurate records of his/her CPE activity, including documentation of attendance at the approved CPE experiences. Documentation should correspond to the hours submitted on the Annual CPE Record form.
 - b. The USA Gymnastics State Administrative Committee Chairman will be responsible for designating a USA Gymnastics CPE Coordinator for their state. CPE Coordinators must be proficient in Excel spreadsheets. The CPE Coordinator will maintain a list of all judges in the state, the number of CPE hours they completed each year, and the number of clinical hours they will carry forward to the next year, if applicable.
 - c. Each judge is responsible for recording a summary of their total annual CPE hours by category, recorded on the Annual CPE Record form, and submitting their form to their respective CPE Coordinator by May 31 of each year. The Annual CPE Record form is available online under Women's Program-Judges-Judges' Accreditation forms or may be obtained from the state CPE Coordinator.

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- d. The CPE Coordinator is responsible for sending a master list of all judges in their state, indicating those who have successfully completed their annual CPE requirements to the Development Program Technical Director at the USA Gymnastics national office, their respective SJD, RJD, and USA Gymnastics State Administrative Committee Chair, Regional Technical Committee Chair, and Regional Administrative Committee Chair by June 30th of each year.
- e. If a judge does not complete all of their required CPE hours within a given accreditation year, they must apply CPE hours from the successive year to make up for the hours they were lacking. When completed, they must still send the proper documentation to their CPE Coordinator, who then sends an updated list to the National Office and their respective State and Regional officers.
 - Note that CPE hours cannot be used twice, meaning if hours are being used to make up for a deficit in the previous accreditation year, those same hours cannot not be applied to the current accreditation year as well.
- f. The National Office will conduct audits each year that will require randomly selected judges to submit actual documentation of their CPE, as reported to the CPE Coordinator, to the USA Gymnastics National office. Any judge who fails to provide documentation of actual CPE hours as reported will be subject to disciplinary actions, as per the [Code of Ethical Conduct](#).
- g. Should a judge exceed the total minimum number of CPE hours required of their rating in an accreditation year, and the excess is in the category of Clinic Hours, they may carry forward the excess Clinic hours up to the maximum number of carry-over clinic hours allowed as designated by their rating. Excess miscellaneous hours may not be carried over.

Example: A National judge is required to earn a TOTAL of 20 total CPE hours, 10 of which MUST be Clinic hours

- 1) Earns a total of 24 CPE hours: 14 Clinic hours and 10 Miscellaneous hours – There is an excess of 4 clinic hours beyond the required 20 hours, so 4 clinic hours may be carried over.
- 2) Earns a total of 20 CPE hours: 12 Clinic hours and 8 Miscellaneous hours for the minimum 20 hours required of that rating. No carry-over of Clinic hours is possible since the total number of required hours for that rating has not been exceeded.

C. Development Program Competitions

ALL JUDGES FOR THE FOLLOWING COMPETITIONS MUST POSSESS A CURRENT JUDGING CERTIFICATION AT THE LEVEL TO WHICH THEY ARE ASSIGNED. All judges assigned to Development Program State, Regional, Eastern/Western and National Championships shall have been actively judging within the corresponding Development Program Level (Compulsory or Optional) during the competitive season and shall be current members of USA Gymnastics with current Safety/Risk Management Certification and, for those who are 18 years and older, a Criminal Background Check, U110 Safe Sport Certification and U113 Safe Sport Policy Course completion. In order to be assigned to a sanctioned competition, all judges must be current with all USA Gymnastics Continuing Professional Education (CPE) requirements.

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COMPULSORY LEVELS					
	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			Minimum # Judges Per Panel	Geographic Representation
	Meet Referee	Chief Judge	Panel Judge		
Level 1-3					
Local	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	1 (# and minimum criteria for 1-judge panel determined by SAC)	
Pre-Sectional/ Sectional	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	1 (# and minimum criteria for 1-judge panel determined by SAC)	
State	Level 6/7/8 and 4/5 Criteria and selection determined by SAC	Level 4/5 Criteria determined by SAC	Level 4/5 Criteria determined by SAC	2	Determined by SAC
Level 4					
Local	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	1 (if 1 judge panel- min. 4/5 w/ min. of 1 yr. experience)	
Pre-Sectional/ Sectional	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	1 Determined by SAC: If 1-judge panel - min. 4/5 w/ min. of 1 yr. experience	
State	Level 6/7/8 and 4/5 Selected by SAC	Level 4/5	Level 4/5	2 or 4 Determined by SAC	Determined by SAC
Level 5					
Local	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	1 or 2 (1 judge panel allowed if not a state qualifier - must be min. Lev. 4/5 w/ min. of 1 yr. experience)	
Pre-Sectional/ Sectional	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	2	
State	Level 6/7/8 and 4/5 Selected by SAC	Level 4/5	Level 4/5	2 or 4 (determined by SAC)	Determined by SAC

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OPTIONAL LEVELS					
	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			Minimum # Judges Per Panel	Geographic Representation
	Meet Referee	Chief Judge	Panel Judge		
Level 6/7					
Local/ Pre-Sect. /Sectional	Level 9	Level 6/7/8	Level 6/7/8	2	
State	Level 9 Selected by SAC	Level 9	Level 6/7/8	2 or 4 (determined by SAC)	Determined by SAC
Level 8					
Local/ Pre-Sectional/ Sectional	Level 9	Level 6/7/8	Level 6/7/8	2	
State	Level 9 Selected by SAC	Level 9	Level 6/7/8	2 or 4 (determined by SAC)	Determined by SAC
Regional	RTCC, or Brevet or National Must have served as MR or CJ at L8, L9 or L10 Sectional or State	Level 9	Level 6/7/8	2 or 4 (determined by RAC)	Determined by RAC
Level 9					
Local/ Pre-Sectional/ Sectional	Level 10	Level 9	Level 9	2	
State	Level 10 Selected by SAC	Level 10	Level 9	2 or 4 (determined by SAC)	Determined by SAC
Regional	RTCC, If not available, then another Brevet or National Must have served as MR or CJ at L9 or L10 Sectional or State	Level 10	Level 9	2 or 4 (determined by RAC)	Determined by RAC
East/West	RTCC, or another Brevet selected by NTCC; Must have served as MR or CJ at L9 or L10 Reg'l or State	National Must have served as MR or CJ at L9 or L10 Reg'l or State	Level 10 or above; Must have judged a L9 or L10 Local, Sect., State or Reg'l	4	4 per region; 1 from each region per panel
Level 10					
Local/ Pre-Sectional/ Sectional	Level 10	Level 10	Level 10	2	
State	Level 10 Selected by SAC	Level 10	Level 10	2 or 4 (determined by SAC)	Determined by SAC
Regional	RTCC, If not available, then another Brevet or National Must have served as MR or CJ at L10 Sect. or State	National With approval of RTCC	Level 10	2 or 4 (determined by RAC)	Determined by RAC
National Championships	NTCC plus 1 Brevet selected by NTCC; Must have served as MR or CJ at L10 Reg'l or State	National Must have served as MR or CJ at L10 Reg'l or State	National Must have judged a L10 Local, Sect., State or Reg'l	4	4 judges per region (2 for Junior and 2 for Senior 2 East and 2 West regions on each panel)

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D. Selection for Elite Competitions

1. The Judges' Selection Committee (JSC) is responsible for judge's assignments to Elite National Competitions (Classics, Championships, Olympic Trials, Pan American Trials, and World Championship Trials), Hopes Classics and Championships, as well as International judging assignments. The Judges' Selection Committee consists of the National Team Coordinator, International Elite Committee Chairman, and a FIG Brevet Judge appointed by the IEC.
2. All Elite National competitions (National Qualifying Meets, Classics, Championships, Olympic Trials, Pan American Trials, and World Championship Trials) and Hopes Classics and Championships are under the technical jurisdiction of the USA Gymnastics National Office and the International Elite Committee.
3. All judges for Elite and Hopes Optional competitions must hold a current FIG-Brevet rating.
4. Judges assigned to a Compulsory National Qualifying meet must hold an Elite Compulsory rating, as well as a current FIG or USA Gymnastics Brevet or National rating.
5. Judges for Optional Competition at National Qualifying meets:
 - a. All judges must come from the pool of selected FIG-Brevet officials established by the International Elite Committee (IEC).
 - b. Judges for National Qualifying meets conducted by the National office will be assigned by the Judges Selection Committee.
 - c. Judges for National Qualifying meets conducted in conjunction with Invitational competitions will be selected by the Meet Director, according to the guidelines established by the IEC and with the approval of the USA Gymnastics Senior Vice-President of Women's Program.
6. USA Championships/Classic Competitions:
 - a. All judges must come from the pool of selected FIG-Brevet officials established by the International Elite Committee (IEC).
 - b. Selection and event assignments will be made by the Judges Selection Committee.
 - c. Technical questions will be addressed by the Senior Vice-President of Women's Program, the Chairman of the International Elite Committee or their designated replacement.
 - d. A Video Review Panel will be used for Classic and above competitions and will be comprised of experts selected by the International Elite Committee.

IV. DUTIES OF MEET OFFICIALS – SEE THE *DEVELOPMENT PROGRAM CODE OF POINTS*

USA Gymnastics Judge's Compensation Package

(EFFECTIVE AUGUST 1, 2022- JULY 31, 2023)

I. NON-JUDGING COMPENSATION

A. Judges Report Times and Fines

1. Judges MUST report to the judges' meeting/hospitality room 30 minutes prior to the scheduled march-in for local and invitational competitions, unless otherwise specified by the Meet Referee. Judges' compensation will begin at the scheduled report time. Any official who does not report within five (5) minutes of the scheduled report time will be compensated from the first scheduled march-in time.
2. Reporting time for those competitions requiring video analysis may be up to one (1) hour prior to march-in. The Meet Referee will specify the reporting time.

B. Travel

1. The standard IRS rate will be paid for the entire round-trip mileage for all drivers, including those who drive to meet a carpool.
 - Judges are not required to carpool.
2. Judges are not required to submit printed MapQuest-type documentation in order to be reimbursed for mileage, unless requested by the Meet Director. The Meet Referee should verify the individual judge's MapQuest electronically.
 - IRS mileage rate changes are announced in December of each year and will be posted on the USA Gymnastics website, with the new rate effective in January. Should the IRS make a rate change during the year, the new rate will be posted with an effective date.
2. Riders' fees are not paid.
3. Plane, train or bus travel expenses as stated on the contract shall be paid in full by the Meet Director. The total mileage cost should not exceed the cost of an airline ticket to the same location if the Meet Director requests that the judge purchase their own airfare or other means of travel.
 - a. If the judge requests to drive, instead of fly, the Meet Director must determine the cost of the airline ticket and communicate that information to the judge in order for the judge to be aware of the maximum reimbursement.
 - b. If the Meet Director requests that the judge purchase their own airfare or other means of travel, the judge must communicate the cost to the Meet Director for approval prior to finalizing travel plans.
 - Travel insurance is not a reimbursable expense.
4. Mileage to and from the airport, tolls, airport parking, fees for one bag (but not overweight bag charges), taxi or limousine service as stated on the contract shall be paid by the Meet Director. These expenses must be listed on the contract and be approved by the contracting official in order to be compensated by the Meet Director. Only standard and customary expenses with accompanying receipts will be reimbursed in the actual amounts.
5. For competitions that span over two or more days and:
 - a. Overnight accommodations are not necessary, round-trip mileage will be paid for each day.
 - b. Lodging is provided to the judges by the Meet Director:
 - 1) If a judge chooses to return home and drive back the second (and successive) days, round-trip mileage will be paid only once, unless pre-arrangements have been made with the contracting official and the Meet Director.
 - 2) When calculating mileage for meets requiring overnight accommodations, include electronic MapQuest-type documentation of the total miles from home to hotel, to and from competition venue, and return to home.
6. No other expenses (such as baby-sitters, car repairs, car rental, reimbursement for lost salary, or other normal work-related expenses) will be paid.

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C. Lodging

1. If a judge must stay overnight prior to, during or following the competition, lodging must be provided by the Meet Director.
2. The form of accommodation (double occupancy vs. single occupancy) must be specified in the judge's contract
 - Accommodations based on double occupancy in a room must provide two beds, which CANNOT include a sleeper sofa.
 - A judge may request single room accommodations if not provided by the Meet Director.
 - If necessary to share the cost of the room with the Meet Director, the judge will pay no more per night than the difference between the actual room rate and the [current CONUS lodging rate](#) for overnight accommodation.
3. Meet Directors are strongly recommended to provide single room accommodations when a hotel stay is required, at no additional cost to the judge.
4. Whenever there is an early-morning report time and/or a late finish time, it is recommended that the Meet Director provide the option for the judges to stay at a hotel. Distance and/or weather conditions should be considered.

D. Per Diem

1. Meet Directors may either provide judges' meals or pay per diem, according to type of meet listed below.
 - a. Meals provided by the Meet Director should be nutritional and not just concession-type food.
 - b. Judges with dietary restrictions should bring their own food.
 - c. It is inappropriate for a judge to provide his/her family with meals in (or from) the judges' hospitality area.
2. Day (Local) Meets
 - a. No per diem will be paid (or meals provided) for competitions that require the judge to be at the meet site for less than 3 hours, unless round trip mileage is 100 miles or more. These rates are determined regardless of departure or arrival time to the judge's home.
 - b. Per Diem compensation should be paid to the judges at a rate of:
 - 1) \$20.00 Diem - When on-site responsibilities are at least 3 hours but less than 8 hours. (Time begins with reporting time to include meetings and competition.)
 - 2) \$40.00 Diem - When on-site responsibilities are 8 hours or more. \$20.00 per meal (up to a maximum of \$40.00 per day) is assessed for any meals not provided by the Meet Director.
 - 3) The Meet Director MUST include in the pre-meet information if a meal will be provided at the end of the competition.
 - Clarification: Reimbursement for breakfast is not considered for day (local) meets which the judge travels to and from the meet site in one day.
3. Overnight Meets
 - a. All meals not provided by the Meet Director are compensated at a rate of \$20.00 per meal, with a maximum of \$60.00 per day. Per diem or provided breakfast is required for only judges with an overnight stay.
 - b. Guidelines for meals the night before the competition begins.
 - 1) For a judge traveling by air, meals that occur while the judge is traveling to and from the competition, a per meal per diem may be requested.
 - 2) For a judge traveling by ground and travel time is more than 3 hours or 150 miles one way, a \$20.00 per diem may be requested.
 - 3) For a judge traveling less than 3 hours or under 150 miles one way, there is no per diem request.
 - c. Guidelines for meals at the conclusion of the competition.
 - The Meet Director MUST include the information regarding meals provided at the conclusion of the competition in the contract.

E. Modifications

1. If any conditions on the contract are altered, it is the responsibility of the Meet Director to contact the individual judge(s) and the contracting official and provide that information to both. Additional days or sessions are considered "non-contractual" and could result in the judge voiding the contract.
 - Additional assigning fees of \$1.00 per judge may be charged by the contracting official if called upon to notify the judges of any changes.

F. Cancellation

1. If the contract obligations are not fulfilled by either party because of extenuating circumstances, no mandatory penalties will be applied to either party. Example: Inclement weather (prohibiting travel), grave illness or public health emergency.
 - When inclement weather exists (weather which delays or prohibits safe travel for the judges), the Meet Director is responsible for the judges' lodging and meals. Judges will be accommodated with minimal expense and could be lodged in private homes with food provided. Hotel/Motel rooms are compensated ONLY if approved by the Meet Director.
2. Failure to comply with the contractual agreement will result in the following:
 - a. On the Meet Director's part:
 - 1) A minimum of 14 days' notice is required for amendments or cancellation of officials. If cancellation of officials occurs less than fourteen days prior to the meet and the officials are not re-assigned to another competition, the Meet Director is responsible for payment of 2 hours honorarium per judge and any non-refundable expenses incurred.
 - 2) Regardless of the timing of the cancellation of the meet, if the judge has purchased a non-refundable airline ticket, the Meet Director is responsible for reimbursing the judge for the "change fee" charged by the airlines to use the ticket for a future flight. In order to receive future credit for the cancelled flight, the judge must contact the airlines PRIOR TO THE SCHEDULED DEPARTURE to cancel the originating flight and must rebook a flight within one year of the DATE OF ISSUE of the original ticket by providing the ticket number. If the ticket is not cancelled prior to the scheduled departure, it becomes null and void.
 - b. On the Judges' Part
 - 1) If a judge is unable to fulfill a contract due to personal reasons, she is obligated to contact the assignor to determine which officials may still be available and call a proper replacement. If she fails to contact the assignor or does not give a minimum of 14 days' notice to the assignor and/or the Meet Director, a penalty of 2 hours honorarium and any non-refundable expenses incurred by the Meet Director will be paid to the Meet Director by the judge.
 - 2) Regardless of the timing of the cancellation on the part of the judge, if the Meet Director has purchased a non-refundable airline ticket, the judge is obligated to contact the airlines PRIOR TO THE SCHEDULED DEPARTURE to cancel the originating flight and to then reimburse the Meet Director for the cost of the ticket. The judge is then able to use the credit (minus a "change fee") to purchase another airline ticket for themselves within one year from the DATE OF ISSUE of the original ticket by providing the ticket number. If the ticket is not cancelled prior to the scheduled departure, it becomes null and void.

II. JUDGING COMPENSATION

A. Hourly Meet Fees

1. Judges will be paid an hourly fee, according to their rating, with a minimum payment of **three** hours PER DAY.
2. The daily number of paid hours is calculated from the report time to the end time of the meet.
3. For meets with 3 or more sessions PER DAY, it is recommended that judges are to be provided a minimum of **2, 30-minute break times.** Meals are to be provided during breaks, when appropriate as determined by the Meet Referee, regardless of the number of sessions per day.
4. Additional breaks, of any duration, may be provided between sessions throughout the day.
 - Following a meal break, judges should return to the field of play at the scheduled march-in time; however, in the case of meets at which the athletes have a timed warm-up period immediately following the march-in, the Meet Referee may make arrangements with the Meet Director to continue the break time to ensure **judges' receive adequate time to eat/rest,** provided that they can return to the field of play within five minutes of the start of competition.

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5. At State, Regional and Nationals competitions which require a video analysis (Base Score) in addition to the judges' meeting, the paid judging time starts with the scheduled report time, up to one hour prior to the scheduled march-in time.
6. A portion of the hourly rate may be broken into halves, not less. Calculate the total time at the meet, then round off to the nearest half-hour (i.e., a total of 8 hours 15 minutes will be considered as 8 hours; a total of 8 hours 16 minutes will be considered as 8½ hours). Do not round up for each session.
7. The fee scale indicated in this document will be applicable for all USA Gymnastics sanctioned events unless otherwise specified in advance by the USA Gymnastics President.

B. Championship Meet Fees

Judges shall receive a daily or flat rate, according to ratings. The daily rate applies to all meets of more than four (4) hours - up to eight (8) hours of actual judging time. Half-day competitions (up to four (4) hours of actual judging time) will use the half-day rate. For Development Program / Xcel Regional meets only, any additional time over eight (8) hours/day will be compensated at the regular hourly rate.

1. Judges' fees to be calculated by:

- a. Calculate first the total time at the meet (report time to end of competition for the day)
- b. Deduct 8 hours, which are paid by the daily rate
- c. Any excess hours are paid using the regular hourly rate.
 - 1) Example: report time-8:00 AM, three sessions (2 breaks), meet ends 10 PM = 14 hours
 - 2) 8 hours to be paid at daily rate, 6 additional hours to be paid at regular hourly rate for specific rating.

d. The meet is complete when all scores are entered, and any inquiries settled.

- STATE CHAMPIONSHIPS FEES – Judges' fees for State meets may be negotiated by the State Administrative Committee and the chief official of the contracting organization but cannot exceed the basic fee schedule.

C. Chief Judge/Meet Referee Payment (Applies to Development Program and Xcel meets only)

1. A judge serving as Meet Referee OR Chief Judge shall receive \$10.00 per day at the following USA Gymnastics competitions:
 - a. Level 9 East/West Championships and Level 10 National Championships.
 - b. USA Gymnastics Regional Championships, regardless of the number of judges per panel.
 - c. State meets with four-judge panels
 - d. Sanctioned local / sectional meets to Meet Referee only if also serving as a Chief Judge.
 - e. Dual compensation (total of \$20/day) is given if the Meet Referee also serves as a Chief Judge at all Regional and above meets and State meets with four-judge panels.
2. Chief Judge OR Meet Referee payment (\$10) is NOT paid at:
 - a. State meets with two-judge panels with a separate Meet Referee (non-judging);
 - b. Local / sectional meets with a separate Meet Referee (non-judging);
 - c. Local / sectional meets with one-judge panels, such as intrasquad meets, or meets with less than four events running concurrently.
3. The Meet Referee shall be paid the hourly fee for the time during which she/he is conducting official on-site Meet Referee responsibilities.

III. XCEL JUDGING GUIDELINES

- A. Judging Criteria: may be determined by the State Administrative Committee (example, ratings, number of judges per panel etc.).
 1. A Level 7/8 rating is required for Platinum and Diamond divisions.
 - A minimum of Level 9 rating is recommended for Diamond division.
 - A minimum of Level 9 rating is required for Sapphire division.
 2. If there is a lack of qualified judges, the assignor must contact the RTCC for permission to assign a lower rated judge, if necessary.
- B. Recommendation: two judge panels.
 - For all Divisions, one-judge panels are allowed for mobility purposes.
- C. An affiliated judge: can be used.
- D. Affiliation: there may not be more than one judge per panel with the same affiliation.

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Judges' Rating	Allowable Xcel Division to judge	Rate per hour
Non-Rated Members	Bronze and Silver	\$16.00
Xcel Bronze/Silver/Gold	Bronze, Silver, Gold	\$18.00
Xcel Rated (no Dev rating)	All Divisions	\$22.00
Level 4/5 only	Bronze, Silver, Gold	\$18.00
Level 6/7/8 only	All Divisions	\$20.00
Level 4/5 and 6/7/8	All Divisions	\$22.00
Level 9 *	All Divisions	\$26.00
Level 10*	All Divisions	\$30.00
National*	All Divisions	\$33.00
Brevet*	All Divisions	\$36.00

**USA GYMNASTICS JUDGES' COMPENSATION PACKAGE FOR WOMEN'S ARTISTIC GYMNASTICS
(EFFECTIVE AUGUST 1, 2022 - JULY 31, 2023)**

Rate	\$36.00	\$33.00	\$30.00	\$26.00	\$22.00	\$20.00	\$18.00
Hours	Brevet	National	10	9	4/5 + 6/7/8	6/7/8 only	4/5
3	\$108.00	\$99.00	\$90.00	\$78.00	\$66.00	\$60.00	\$54.00
3.5	\$126.00	\$115.50	\$105.00	\$91.00	\$77.00	\$70.00	\$63.00
4	\$144.00	\$132.00	\$120.00	\$104.00	\$88.00	\$80.00	\$72.00
4.5	\$162.00	\$148.50	\$135.00	\$117.00	\$99.00	\$90.00	\$81.00
5	\$180.00	\$165.00	\$150.00	\$130.00	\$110.00	\$100.00	\$90.00
5.5	\$198.00	\$181.50	\$165.00	\$143.00	\$121.00	\$110.00	\$99.00
6	\$216.00	\$198.00	\$180.00	\$156.00	\$132.00	\$120.00	\$108.00
6.5	\$234.00	\$214.50	\$195.00	\$169.00	\$143.00	\$130.00	\$117.00
7	\$252.00	\$231.00	\$210.00	\$182.00	\$154.00	\$140.00	\$126.00
7.5	\$270.00	\$247.50	\$225.00	\$195.00	\$165.00	\$150.00	\$135.00
8	\$288.00	\$264.00	\$240.00	\$208.00	\$176.00	\$160.00	\$144.00
8.5	\$306.00	\$280.50	\$255.00	\$221.00	\$187.00	\$170.00	\$153.00
9	\$324.00	\$297.00	\$270.00	\$234.00	\$198.00	\$180.00	\$162.00
9.5	\$342.00	\$313.50	\$285.00	\$247.00	\$209.00	\$190.00	\$171.00
10	\$360.00	\$330.00	\$300.00	\$260.00	\$220.00	\$200.00	\$180.00
10.5	\$ 378.00	\$346.50	\$315.00	\$273.00	\$231.00	\$210.00	\$189.00
11	\$396.00	\$363.00	\$330.00	\$286.00	\$242.00	\$220.00	\$198.00
11.5	\$ 414.00	\$379.50	\$345.00	\$299.00	\$253.00	\$230.00	\$207.0
12	\$432.00	\$396.00	\$360.00	\$312.00	\$264.00	\$240.00	\$216.00

*All fees based on a minimum of 3 hours

→ **Per Diem**

\$20.00 - when on-site responsibilities are at least 3 hours but less than 8 hours.

\$40.00 - when on-site responsibilities are 8 hours or more. \$20.00 per meal (up to a maximum of \$60.00 per day) is assessed for any meals not provided by the Meet Director.

→ **Mileage:** current IRS rate RT

→ **Meet Referee Or Chief Judge (Development Program / Xcel) payment:**

State Meet w/ 4-judge panels, Regional, East/West and National Championships

- \$10/day; \$20/day dual compensation given if Meet Referee also serves as Chief Judge

State Meet w/ 2-judge panels and any local/sectional meets

- \$10/day – only TO Meet Referee IF also serving as a Chief Judge

Development Program / Xcel Regional Championships			Level 9 East/West Championships	\$275.00/day
Rating	Daily (8 hours)	Half Day (4 hours)	Level 10 National Championships	\$350.00/day
Brevet	\$230.00	\$115.00	Elite National Qualifiers	\$250.00 Full Day \$125.00 Half Day
National	\$220.00	\$110.00	Elite Classic	\$350/day
Level 10	\$210.00	\$105.00	USA Championships	\$350/day
Level 9	\$200.00	\$100.00	US Olympic Trials	\$350/day
Level 8	\$190.00	\$95.00	National Collegiate Meet	\$625.00 total

- For Development Program and Xcel Regional Championships and National Qualifiers, the additional time over 8 hours will be compensated at the regular hourly rate.
- At the National Qualifiers, Championships rate will apply to all Elite sessions (compulsory and optional). If a judge is assigned to the National Elite Qualifier and also judges additional Development Program Invitational sessions on the same day as the Elite session(s), the judge will be paid the hourly rate for the Development Program sessions and Championship rate for the Elite sessions.

CHAPTER 6 - XCEL COMPETITIVE PROGRAM

I. OVERVIEW

The USA Gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. **The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths.**

The focus of the Xcel program is sportsmanship, leadership, teamwork, and fun. The emphasis in the Xcel program is on correct technique, form, and performance.

- A. If a gymnast has never competed in the USA Gymnastics Development Program Levels 1-10 and wishes to compete in any Division of the Xcel Program, she will need to register as an Athlete Member to participate.
- B. If a gymnast already has an Athlete Membership she is not required to change or purchase a new membership for Xcel. However, she must change to her appropriate Xcel division. This can be done on the athlete profile online through USA Gymnastics.
- C. Athletes competing in both Xcel and the Development Program in the same competition year must have the appropriate Xcel division OR Development Program level box checked on their athlete profile before participating in a sanctioned USA Gymnastics competition.

A gymnast may compete in a maximum of two (2) State Championships per competitive year (one per season), either at the same or higher division.

A gymnast is not required to compete in the All-Around. If she chooses not to compete in the AA, she must touch the event(s) she is NOT competing. Her scores may count towards team scores.

The Xcel program includes five competitive Divisions – Bronze, Silver, Gold, Platinum, and Diamond. **In 2022-23 a Pilot Program for a sixth Division, Sapphire, will begin in Regions 3, 6, 7, and 8. Rules and documents related to this Pilot Program are provided under separate cover and may be found on the Xcel Page of the USA Gymnastics website.**

Xcel competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members. An Xcel COMPETITIVE YEAR is defined as the period from August 1 through July 31. A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each division.

II. AGE REQUIREMENTS, ENTRY DIVISIONS, AND MOBILITY SCORES

- A. In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the Xcel Program should be followed in the manner that it was intended:
 1. Before moving up a competitive division, every athlete should show proficiency at her current competitive division.
 2. Once a high level of proficiency is achieved at the athlete's current competitive division, she should strive to move up to the next competitive division, as long as it is done safely.
 3. For athletes to repeat a competitive division with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of the Xcel Program or youth sports in general.
 4. No mandate scores are permitted at any competitive division.
 5. The Xcel program's purpose is to provide competitive opportunities for all athletes, regardless of their age, ability level, or training commitment in terms of hours and/or finances.
- B. Age Determination and Regulations
 1. All gymnasts must reach the minimum age for the division before competing in any USA Gymnastics sanctioned competition (see chart on the next page).

Example: Bronze State Championships date is Dec. 1; the last Bronze State Qualifier is November 17; the gymnast will turn the minimum age for Bronze (5 yrs. old) on November 28th. She is ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Bronze State Championships that season.

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2. For invitationals and qualifying meets below the State Championships, the Meet Director may determine the age divisions and must publish such information in the pre-meet information.
3. For all meets under the jurisdiction of the State or Regional Administrative Committees, the respective committee may determine the method of determining age divisions. There are two options:
 - a. Age groups for the season: established by specific ages (i.e., 8-10 yr. olds, 11-12, etc.).
 - 1) In this case, the age divisions should be determined and published PRIOR to the competitive SEASON and the only adjustments that may be made during the season are sub-divisions of the age groups.
 - 2) The gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship meet for that level. Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.
 - 3) The gymnast must compete with the age division as designated for the entire season.
 - 4) Published results MAY NOT include the gymnast's date of birth.
 - b. Age groups for each competition: established by dividing the athletes by actual birth date into approximately equal groups according to a pre-determined number of age divisions or by a pre-determined maximum number of athletes per age division.
 - 1) Meet Directors must publish or post online the meet schedule with age divisions as soon as possible after the entry deadline.
 - 2) Published results MAY NOT include the gymnast's date of birth.
4. If a gymnast competes in the wrong age division, **her scores are invalid for all All-Around, Individual Events, or Team Awards**; however, the score achieved may be used for division mobility.
 - If, due to valid unforeseen circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC. She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage in a given age group) to the next meet.

XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART			
Division	Minimum Age Requirement	Pre-requisite Scores	Entry Division from the Development Program [^]
Bronze	Reached 5 th birthday	None	Development Program Levels 1,2
Silver	Reached 6 th birthday	None	Development Program Levels 1,2,3
Gold	Reached 7 th birthday	None	Development Program Levels 3,4
Platinum	Reached 8 th birthday	31.00 AA at Gold Division or 8.0 IES	Development Program Levels 5,6,7
Diamond	Reached 9 th birthday	31.00 AA at Platinum Division or 8.0 IES	Development Program Levels 7,8,9,10

* See for specifics of dropping back in the next section

[^] **Must have competed all-around at a minimum of one (1) sanctioned meet at the specified Development Program level to enter in the appropriate Xcel Division.**

C. Entry into Xcel Divisions

1. Gymnasts who have no previous competitive experience may enter at Bronze, Silver, **or Gold Division** at their coach's discretion.
2. Gymnasts currently competing in the Xcel program must follow the chart above for mobility.
3. Any athlete who has previously competed in the Xcel Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
 - a. Remain at the Division at which they last competed.
 - b. Move up one Division if they achieved the mobility score during their last season.
 - c. Move down one Division without petitioning.

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4. Any gymnast who has had previous competitive experience in programs outside of USA Gymnastics must petition to enter at **Platinum** and above by submitting a formal written request to the State Administrative Committee.
 5. Any gymnast who has had previous competitive experience in USA Gymnastics and who is a minimum of **14 years of age or at least a Freshman in High School** is eligible to petition by submitting a formal written request to the State Administrative Committee for entry into Platinum or Diamond. The petition must be accompanied by a video that demonstrates her skill level.
 - Athletes (US citizens or Non-US Citizens) who have resided outside the US, have competitive experience outside the US, and now reside in the US, are eligible to petition by submitting a formal written request to the Regional Xcel Chairman for entry into the Xcel Program at Platinum or Diamond. The petition must be accompanied by a video that demonstrates the skill level for which she is submitting the petition and proof of residency outside the US. For additional information on foreign athlete participation, please refer to Chapter 2.
 6. Since the Xcel program is an alternative/separate program, IT CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE DEVELOPMENT PROGRAM.
- D. Dropping Back through the Divisions
1. The State Administrative Committee must determine, prior to the beginning of the competitive year, a designated "declaration" date for each division. The highest division in which the athlete competes in a sanctioned competition after the "declaration" date designates her division for the remainder of the current season.
 2. If the athlete competed at an Xcel State Championships (or higher) and wishes to drop back through the divisions, her coach must submit a "reason for change" letter.
 - a. For Bronze, Silver, and Gold Divisions, the "reason for change" letter is sent to the State Administrative Committee Chairman to be considered by the State Administrative Committee.
 - b. For Platinum and Diamond Divisions, the "reason for change" letter is sent to the Regional Technical Committee Chairman to be considered by the Regional Administrative Committee.
- E. If a Development Program Level 8 or below athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the State Administrative Committee Chairman for approval. If a Development Program Level 9 or 10 athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the Regional Technical Committee Chairman for approval.
- Valid reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which they previously competed.

III. ALTERNATIVE COMPETITION EXPERIENCES

- A. Individual Event Specialists: the mobility score for advancement to the next division for Individual Event Specialists at Gold is 8.0 per event to move to Platinum, and at Platinum is 8.0 per event to move to Diamond.
- B. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher division by achieving an average score equal to the average of the All-Around qualifying score for that division.
- C. Status for competing as an IES to qualify to the next higher meet must be declared at the time of entry to the qualifying meet, not during or after the conclusion of the competition.

IV. GENERAL PETITION PROCEDURES FOR USA GYMNASTICS XCEL COMPETITIONS

- A. Petitions may be considered for the following reasons:
 - Injury, Illness or family tragedy (e.g., death, natural disaster)
- B. If an athlete is injured prior to a qualifying meet, but is capable of competing in one, two or three events, she may compete in the qualifying meet without jeopardizing her right to petition to the next competition.
- C. The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.
- D. Entry fees for petitioned athletes should be submitted by the entry deadline. If the petition is denied, the Meet Director must refund the entry fee within three weeks.
- E. Injury Petition Forms are posted on the USA Gymnastics website under Women's Program – Forms – Petition Forms: <https://usagym.org/PDFs/Forms/Women/injury2021.pdf>
- F. Specific procedures for State and Regional competitions are in the sections for those events.

COMPETITION

I. TYPES OF COMPETITION

Overview of types of competition available to the divisions:

Division	Local	State Championships	Regional Championships
All Xcel Divisions (Bronze, Silver, Gold, Platinum, Diamond)	X	To be determined by the State Administrative Committee	To be determined by the Regional Administrative Committee

II. GENERAL REGULATIONS

A. The State Administrative Committee (SAC) determines:

1. If State Championships for all Xcel divisions will be conducted.
2. If sub-divisions within Divisions will be offered, such as first year competitors and veterans, or if a team competition will be conducted separately from the State individual competition.
3. The qualifying requirements for State Championships.
4. The competitive schedule for State Championships.
 - a. It is recommended that a reasonable period of preparation be provided between seasons.
 - b. May conduct one annual State Championships, or one Fall and one Spring State Championships.
5. Number of Judges used for USA Gymnastics Sanctioned Competitions.
6. Qualified Judges:
 - All Xcel Divisions may be judged by an optional rated judge member.
 - Compulsory rated judge members may judge Bronze, Silver and Gold divisions.
 - Xcel Bronze/Silver/Gold Rating: The J110 – Xcel Bronze/ Silver/Gold Judges’ Course is a prerequisite for non-rated competitive coach members to judge Bronze, Silver, and Gold. The WJX1: Xcel Bronze/Silver/Gold Judging Exam must also be passed in order to receive an Xcel Bronze/Silver/Gold judges rating.
 - Non-rated competitive coach members may judge Bronze and Silver divisions.
 - The SAC determines if any additional criteria will be used for State qualifying competitions and State Championships.
 - a. A minimum of Level 9 rating is recommended for Diamond division.
 - b. If there is a lack of qualified judges, the assignor must contact the RTCC for permission to assign a lower rated judge, if necessary.
7. Entry Fees for State Championships:
 - a. Maximum being \$85.00 (Bronze, Silver, Gold)
 - b. Maximum being \$95.00 (Platinum and Diamond).
 - c. Unless approved change by the Regional Administrative Committee Chairman (RACC).
8. Individual Awards for State Championships: with a minimum of 40% for individual awards.
9. Team Awards for each Division: (Bronze, Silver, Gold, Platinum, Diamond). Divisions should NOT be combined for Team Awards.
 - If a state does not have enough gymnasts in one or more Divisions to have a team competition, Divisions may then be combined for team awards. In order to do this, the State Administrative Committee Chair must request permission from the Regional Administrative Committee Chair.

B. The Regional Administrative Committee (RAC) determines:

1. If Regional Championships will be conducted and which divisions will participate.
2. The qualifying procedures/requirements, format and schedule of the Regional Championships.
3. Individual and team awards for the Regional Championships.
4. Number, rating, and selection procedure for judges for the Regional Championships.

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C. Local Meets

1. Local Meets are not under the organizational responsibilities of the SAC; i.e., Meet Directors may set dates, entry fee and gate fee, may contract their officials (using the USA Gymnastics Contract) or by requesting the services of the state's judging contractor, and may conduct team competition.
 - Includes dual/triangular meets between clubs, inter-squads, and invitationals.
2. May be used for:
 - a. mobility only, or
 - b. qualification to the State Championships, at the discretion of the SAC.
3. May have only one club (team) competing to obtain a Sanction.
4. Any non-rated competitive coach member is only allowed to judge Bronze and Silver Divisions. All other Divisions must be judged by a judge member. The SAC determines if any additional criteria will be used for State qualifying competitions and State Championships.
 - a. For any competition using only a one-judge panel, it is recommended to have a floating Meet Referee, if possible.
 - b. For all Divisions, one-judge panels are allowed for mobility purposes.
5. Results from local meets need to be mailed or e-mailed to the State Administrative Committee Chairman (SACC) or designated SAC representative and the Meet Director of the State Championships.

D. STATE CHAMPIONSHIPS

1. Are under the total jurisdiction of the SAC and SACC.
 - The format and number of athletes must be approved by the RXCC and RTCC.
 - The Meet Director must utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed Coaches' sign-in sheets during the competition.
2. May be conducted for all divisions, at the discretion of the SAC.
3. May be conducted in the fall and/or spring for all divisions, at the discretion of the SAC.
 - For those divisions that have a Regional competition, the respective State Meet must be scheduled a minimum of three weeks prior to the Regional meet. Any deviation to that guideline must be approved by the RACC.
4. The SAC determines the number of judges per panel, selects the judges and Meet Referee, and may determine the event assignments. It is recommended that the SACC ask the Meet Referee to make the event assignments.
5. A current Xcel gymnast who competed in the same division the previous year and competed in the previous year's Regional Championships (and fulfilled the qualification requirements or achieved a score equal to or greater than the current year's respective State Championships qualifying score) may directly enter the current year's State Championships in her respective division.
6. Entry forms and fees for Xcel Regional meets must be filed and paid (with a club/company check), unless an electronic entry system is in place, to the USA Gymnastics designated official at the qualifying meet, who will forward them to the Meet Director of the next meet. Entries for Regional meets must be submitted to the designated USA Gymnastics personnel at the respective State Championships. Each club must be prepared to pay for all their qualifiers with one company check per level.
7. Petitions To State Championships
 - a. NO petitions are allowed if the qualification to the State Championships is by a percent of a percent or a designated number of each age division and not by score.
 - b. If a gymnast is unable to compete at the Sectional or any local State-qualifying meet (or cannot compete in the All-Around at State Championships due to injury or illness prior to or during the State Championships), her coach may petition the SAC to allow the athlete to directly enter the State Championships, if the following requirements are met and documentation is included with the petition form:
 - 1) If there is a qualifying score: A photocopy of the results of one sanctioned meet from the current season showing a score, which is equal to or greater than the State qualifying score.
 - If the gymnast competed in the same division in the previous season and qualified to the State Championships or above, she may petition with the previous year scores from State or above meets.
 - 2) Written request from the coach.

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- 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- c. If an athlete who is unable to compete at any Sectional or local State-qualifying meets in the current season (or cannot compete AA at such events) due to injury or illness and is also lacking scores from last year's season due to injuries but has previously qualified to and competed in the State or above division competitions at the same level, an injury petition may be considered under special circumstances by the SACC. If necessary, the RTCC and the RXCC will be consulted. The petition must include:
 - 1) A copy of meet results from the previous State or Regional competition with scores, which are at least one point higher than the current State qualifying score.
 - 2) A current video.
 - 3) Written request from the coach or parent.
 - 4) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- d. Petition Deadlines: petitions to the State Championships must be received no later than the Wednesday after the last qualifying meet is held. Petitions MUST be sent to the SACC by e-mail or Express Mail.
 - 1) The petitioner will be notified of the approval or denial of the petition by the SACC no later than one week before the competition.
 - 2) The SACC will notify the Meet Director of the approval or denial of the petition no later than one week before the competition.
 - 3) If a petition is accepted but the gymnast is unable to compete, the coach MUST notify the Meet Director and the SACC.
8. USA Gymnastics Xcel Awards for State Championships must be ordered from the national medal company by the SACC, or designee. Awards should be ordered a minimum four (4) weeks before the competition.
9. Results from State Championships need to be mailed or e-mailed to the RACC and RTCC, Regional Meet Director, and the SACC of the respective state within 72 hours.
10. The State Championships Director must send a Financial Report to the SACC within 60 days of the completion of the meet.

E. REGIONAL CHAMPIONSHIPS

1. Are under the total jurisdiction of the Regional Administrative Committee (RAC).
 - a. The format and number of athletes must be approved by the RXCC and RTCC.
 - b. Entry fees for Xcel Regional Championships are determined by the RAC and must be approved by the National Administrative Committee Chairman (NACC).
 - c. The Meet Director must utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed Coaches' sign-in sheets during the competition.
2. May be conducted for all Xcel divisions.
3. State team competition may be conducted as a separate competition (with a designated number of athletes qualifying by rank order) or as part of the individual competition in which each state designates which individual's scores will count toward the State team score.
4. If a state has no qualifiers in a particular division to Regionals, the gymnast with the highest AA from the State Championships (from any of the age divisions) will be invited to compete at the Regional meet, regardless of the score.
5. The RAC may guarantee up to 120 gymnasts to Regional Championships if there is an insufficient number of athletes who achieved the qualifying score.
6. The RAC selects the judges and determines the number of judges per panel.
7. If the number of athletes in one age division requires that two sessions of competition be conducted, the Meet Director shall conduct a random draw by team to fill the sessions.
8. Regional Meet Directors must send regional meet information to the State Championships Director, with copies to the RXCC, RTCC and RACC at least one week prior to the State Championships.
9. Entry forms and fees for Regional Championships will be collected by the USA Gymnastics designated official at the State Championships and sent to the Regional Meet Director, unless an electronic entry system is in place.
10. Petitions to Regional Championships
 - a. There are NO petitions to Regional Championships if qualification is by a percentage or by specific number of athletes.

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- b. If a gymnast is unable to compete at the State Championships (or cannot compete in the All-Around at State Championships) due to injury or illness prior to or during the State Championships, her coach may petition the RTCC (or Regional Technical Assistant, if so designated) to allow the athlete to directly enter the Regional Championships, if the following requirements are met and documentation is included with the petition form:
 - 1) A photocopy of at least one pre-State, sanctioned meet results from the current season (at the division to which they are petitioning) showing a score at least one point (1.00) greater than the regional qualifying score.
 - If the gymnast competed in the same division in the previous year's Xcel Regional Championships and her AA score was at least one point (1.00) greater than the current Regional qualifying score, she may submit her last year's Regional score as her pre-State meet score.
 - 2) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
 - 3) Written request from the coach.
 - c. If an athlete who is unable to compete at the State Championships (or cannot compete AA at State Championships) due to injury or illness is also lacking scores from both the current and last year's season due to injuries but has previously qualified to and competed in Xcel Regionals at the same division, an injury petition for the same division may be considered under special circumstances by the RTCC and the RXCC. If necessary, the SACC and the National Chairmen (NXCC and NTCC) will be consulted. The petition must include:
 - 1) A copy of the meet results must be included with the petition form. The scores from the previous Regional competition must be at least one point higher than the current Regional qualifying score for the division.
 - 2) A current video that is sent to both Regional officers.
 - 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
 - d. The RTCC (or her/his appointee) will handle the petition, in consultation with the RXCC and the SACC. If an agreement cannot be reached, the RTCC will make the decision.
 - e. Deadlines for Petitions to Regional Championships:
 - 1) Coaches must notify their RACC and their RTCC by e-mail NO LATER THAN the Monday following the State Championships of any athletes they intend to petition to their Regional meet.
 - 2) The complete Injury/Illness petition form (found online at <https://usagym.org/PDFs/Forms/Women/injury2015.pdf>). The request in writing from the coach and official results are due the Monday following the State Championships by 5:00pm local time. All other required documents (physician's note) are due the Wednesday following the State Championships by 5:00pm local time. Also send a copy to the SACC.
 - 3) The Entry form and fees must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the RTCC will contact the Meet Director, who will refund the entry fee.
 - 4) If the gymnast was injured at the State Championships, the entry fees and form should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State Championships, unless an electronic entry system is in place. (Fees will be returned within three weeks if the petition is not accepted.)
 - 5) The petitioner will be notified of the approval or denial of the petition by the RTCC a minimum of one week prior to the Regional meet.
 - 6) The RTCC will notify the Meet Director of the approval or denial of the petition.
 - 7) If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective RTCC.
11. Awards:

USA Gymnastics Xcel Awards for Regional Championships must be ordered from the national medal company by the RACC (or designee). Awards should be ordered a minimum of four (4) weeks before the competition.
 12. Results of Regional Meets must be e-mailed within 72 hours to:
 - SACC in that region, the RXCC, RTCC, and RACC.
 13. The Meet Director must send the Financial Report form within 45 days (or otherwise designated time) to the RACC.

CHAPTER 7 - XCEL PROGRAM GENERAL MEET INFORMATION

I. INFORMATION PACKETS

Include the following information and notify all eligible teams by mail or e-mail. Information should also be posted on the host club's website.

1. Name of meet, division(s) competing and date.
2. Host Club and Meet Directors contact information.
3. Entry fee (individual and/or team) and to whom it is payable.
4. Spectator admission fees.
5. Site - address, phone and map.
6. Equipment description: Meet Directors must list all available equipment, including boards. Complete uneven bar measurements (including the full manufacturer's allowances for height and spread) must be stated in pre-meet information and on bid forms for sectional and above meets. If a tumbling strip will be used for competition for Bronze and Silver divisions, that must be stated in the pre-meet information as well.
7. Age Divisions, if known in advance; or procedures for determining age divisions
8. Type of awards and number to be awarded. Also include the day/time of the award ceremonies.
9. Local hotel and transportation information, if necessary.
10. Competition schedule
 - a. If the number of competitors is a known quantity, then specify the schedule.
 - b. If the number of competitors and age divisions is unknown, indicate that a schedule will be sent after all entries have been received. Meet Directors of Invitationals are advised to accept only a predetermined number of athletes to avoid the necessity of conducting competitions during the weekdays, which would require that the athletes miss school.
 - c. Consideration should be given to avoid conflicts with major religious holidays or school when scheduling competitions.
11. Pre-Meet information must specify if one-judge panels will be used.
12. Pre-Meet information for Invitational meets must indicate the format type and regulations regarding team competition.

II. ENTRY REGULATIONS AND FEES

- A. All gymnastics performers and demonstrators for entertainment/demonstration purposes must be currently registered as a USA Gymnastics Athlete Member or must be covered under the individual club's insurance policy. Any such performance must be conducted before the competition or after the entire competition is completed and no evaluation is allowed. No gymnastics performance for "exhibition" is allowed during the competition
 - If any non-gymnastics performers (individual or group) will be participating, the host club is advised to obtain proof of insurance for that individual/group.
- B. Event specialists and All-Around athletes may participate in sanctioned USA Gymnastics Xcel competitions.
 1. For all Xcel divisions, Individual Event Specialist (IES) competition may be conducted up to and including regional meets, at the discretion of the respective State and Regional Administrative Committees (SAC / RAC). IES competitors may compete and be ranked amongst the all-around competitors; may be counted in the team score; and would receive duplicate awards in the case of a tie for event placement (ties involving IESs are NOT broken).
 2. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher level meets by achieving an average score equal to the average of the All-Around qualifying score. If the qualification is by number or percentage, such individuals could be added as additional athletes provided they achieve an average score that meets or exceeds the average score achieved by the lowest qualifier.
 3. In all sanctioned USA Gymnastics State and Regional Championships, IES shall be placed first on the event she is competing using the following steps:
 - a. Organize gymnasts into squads.
 - b. Draw for starting events and flights.
 - c. Place the IES first on the event she is competing within the squad.

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- No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
- C. Non-citizens living and training in the United States, who are not current or past National Team members for a foreign country, may participate in all USA Gymnastics sanctioned Xcel events. For additional information regarding foreign athlete participation, refer to Chapter 2.
- D. In any USA Gymnastics sanctioned competition, each team/club must have at least one (1) active coach on the floor. Every coach on the floor at a sanctioned USA Gymnastics competition MUST be a USA Gymnastics Competitive Coach Member (formerly known as Professional or Junior Professional Member).
- E. Entry Fees and Deadlines
1. It is recommended that competition entries are received, AND a competition schedule published at least 4-6 weeks prior to the first day of competition. Entries should include:
 - a. Competitors name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
 - b. The name(s) and USA Gymnastics Competitive Coach Member number (formerly known as Professional number) and Safety Certification expiration, Background Check expiration, U110 , U112, U113 and U100 Certifications of all participating coaches.
 - c. ALL FEES PAID IN FULL.
 - d. An athlete is considered registered/entered in a competition only when her name is listed on the club's entry form and The Meet Director has received valid payment.
 2. Meet Directors may not refuse entries from competitors who wish to enter a competition that serves as a Sectional Meet or any competition that serves as a qualifier to State Championships and above if all registration procedures and entry fees are PAID IN FULL.
 - EXCEPTION: If the competition fills to maximum participant capacity, the Meet Director may consider accepting additional entries if/when space becomes available.
 3. Fees for Xcel pre-sectional qualifiers, sectional, State and Regional Championships should be determined by the fixed expenses (facility, awards, judging expenses, equipment rental, trainer) and divided by the guaranteed (or approximated) number of competitors.
 4. Entry fees for pre-sectional qualifiers, sectional meets, and State Championships are determined by the SAC, with the approval of the Regional Administrative Committee Chairman (RACC).
 1. Entry Fees for Xcel State Championships:
Maximum = \$85.00 (Bronze, Silver, Gold)
Maximum = \$95.00 (Platinum and Diamond)
Unless approved change by the RACC
 5. Entry fees for State/Regional Championships are determined by the SAC / RAC.
 6. State / Regional entry fee refunds are at the discretion of the State Administrative Committee Chairman (SACC) / RACC.
 7. Cancellation Policy - The Meet Director should make the best effort to refund all or part of the entry fee in the event that severe weather or a shortage of judges would cause a cancellation of a competition.

MEET FORMATS, NUMBER OF COMPETITORS, AND WARM-UP TIMES

I. MEET FORMATS AND NUMBER OF ATHLETES

A. Types of Competition Formats

The only acceptable meet formats are listed in this publication. Any ideas for new formats should be submitted to the National Xcel Committee Chairman (NXCC) for consideration and/or approval and possible inclusion in future *Rules & Policies*.

1. Traditional Formats:

- a. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym, with the timed warm-ups on all four events first, then competition on all four events (30-second TOUCH WARM-UPS are required).
 1. If squads consist of 13 or more Bronze, Silver, or Gold gymnasts or 9 or more Platinum or Diamond gymnasts, the squad MAY be divided into two sub-groups for the competition warm-ups (30-second touch.) The first half takes their 30-second TOUCH WARM-UPS, and then competes; then the

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second half takes their 30-second TOUCH WARM-UPS and competes. TOUCH WARM-UPS on Beam and Floor may be staggered.

2. Taking the 30-second TOUCH WARM-UP in this instance is at the discretion of the personal coach and MUST be allowed, if desired.
 - b. Meets in which the open stretch and timed warm-ups on all four events are conducted in a warm-up gym, then the gymnasts move to a competition gym to compete on all four events. (30-second TOUCH WARM-UPS are always required when the timed warm-ups are conducted on apparatus other than the competition apparatus.)
 - The apparatus must be identical to the competitive gym, with the exception of the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
2. Modified Traditional FORMAT (alternating warm-up and competition):
- a. #1: Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is only one set of apparatus. The timed warm-ups immediately precede competition on each event (this format eliminates the requirement of a 30-second TOUCH WARM-UP).
 - b. #2: Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is one Vault, one set of Bars, two Balance Beams, and one Floor Exercise mat in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the "A" beam to the "B" beam for competition. Timed warm-ups immediately preceding competition on that event. The timed warm-ups immediately precede competition on each event (this format eliminates the requirement of a 30-second TOUCH WARM-UP).
 - c. Splitting squads (dividing into two sub-groups) for timed warm-ups is NOT allowed, unless squads consist of 13 or more Bronze, Silver, or Gold gymnasts or 9 or more Platinum or Diamond gymnasts. The first half takes their timed warm-ups, and then competes; then the second half takes their timed warm-ups and competes. TOUCH WARM-UPS on Beam and Floor may be staggered.
3. Non-Traditional Formats:
- a. Meets that have two sets of apparatus (one for competition and a duplicate set for warm-ups) either in the same or in separate gyms and that alternate the warm-ups and competition, one event at a time. (Capitol Cup type format)
 - 1) Timed warm-ups on the first event for the first four squads (Flight 1) are conducted on the warm-up apparatus, then Flight 1 goes to the competitive equipment to compete on their first event while the next four squads (Flight 2) warm-up their first event. The two flights continue to alternate between warm-ups and competition until all eight squads have completed all four events.
 - 2) 30-second TOUCH WARM-UPS are required since timed warm-ups are not conducted on the competition apparatus.
 - b. Meets which have two sets of apparatus in one gym and in which the first four squads (Flight 1) have timed warm-ups and competition on one set of apparatus, while the second four squads (Flight 2) have timed warm-ups and competition on the other set of apparatus. (Modified Capitol Cup)
 - 1) As soon as the squads in Flight 1 finish timed warm-ups on their first event and begin competition, the four squads in Flight 2 begin their timed warm-ups on their first event. Once Flight 1 completes competition on the first event, the judges move to the other set of apparatus to judge Flight 2. The two flights continue to alternate between warm-up and competition until all eight squads have completed all four events.
 - 2) Since the timed warm-ups are conducted on the competition apparatus immediately preceding the competition on the event, 30-second TOUCH WARM-UPS are not required.
 - c. For both of these non-traditional formats, the total number of athletes assigned to the corresponding Flight A and B squads cannot exceed 20 for Platinum and Diamond, and 24 for Bronze, Silver, and Gold. If there are 9 or more (Platinum and Diamond) or 13 or more (Bronze, Silver, Gold) in one of the squads, they are not allowed to split timed warm-up within their squad.
 - If the number of athletes in any one session is less than 40, the athletes may be divided into six or seven squads, leaving one or two events (either warm-up gym or competition gym) per rotation empty.

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- d. If a separate gym is used as a warm-up gym, the apparatus must be identical to the competitive gym, with the exception of the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
 - e. When at all possible, the Meet Director at USA Gymnastics sanctioned Invitationals should assign teams that are split into two squads in the same flight and on "opposing" events. For example, if Team A is in two squads, Team A is assigned on Vault and Beam or Bars and Floor in the same flight, NOT Vault and Bars or Beam and Floor.
 - f. It is acceptable to have a combination of non-traditional and modified non-traditional formats in the same session.
 - Example: Use a warm-up gym and competition gym for UB, BB, and FX but have 2 VT stations in the competition gym.
- B. Determining Meet Format and Schedule
1. Select the type of format based upon number of athletes, number of divisions, number of gymnasiums and amount of apparatus available.
 - Bronze, Silver, and Gold meets with 73-96 gymnasts in a session and Platinum and Diamond meets with 57-80 gymnasts in a session must use some type of non-traditional format in order to remain within the 5-hour maximum time in the gym.
 2. Gymnasts shall be grouped in sessions (and/or squads) first according to Division.
 3. There is no specific maximum number of judgments PER DAY per panel of judges. The limit to the total number of competitors per day is determined by the number of gymnasts allowed per session based upon which type of format is used, along with the following time restraints. The schedule of the competition must provide for the following:
 - a. The 15–30-minute general warm-up may not begin before 8:00 A.M. (General stretch and bar settings).
 - b. Must conform to the maximum number of judgments per SESSION per panel of judges (see chart).
 - c. The competition must be scheduled to end by 10:00 PM. If the meet continues past 10:00 PM due to extenuating circumstances, the Meet Director must submit an explanation in writing to the RTCC, with a copy to the SACC (or RACC for Regional Championships), as well as to USA Gymnastics Member Services.
 - The Meet Referee must make a note of the time infraction on the Sanction Report Form.
 - d. Gymnasts should be on the floor (including warm-ups and competition) no longer than five (5) hours when performing a single set of optional exercises in one (1) session.
 - 1) Considering the ages of the athletes in Bronze, it is recommended that the session be no longer than 2½ hours in length, including warm-up time.
 - 2) If an athlete competes in two different sessions in one day, she must be provided adequate rest time between sessions.
 4. **REQUESTS TO EXCEED THE ALLOWABLE NUMBER OF JUDGEMENTS PER SESSION WILL NOT BE CONSIDERED.**
 - a. If the event is a State-qualifying event, additional sessions and/or days must be added.
 - b. In the case of an Invitational, the Meet Director must either place clubs on a wait list or they must change their format to allow for more than four panels of judges or more than one gym.
 5. Allow adequate time for awards ceremonies (depending on the number of age divisions, number of awards to be given, and if a separate awards area is available) between sessions when calculating total time for competition to ensure that no gymnast will compete after 10:00 P.M.

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C. Scheduling Guidelines

1. BRONZE COMPETITION

- **Example with 60 competitors**

Traditional Format with a Timed Warm-up:	Approximate TOTAL Time=	2 hrs. 40 min.
Open Stretch & Bar Settings	15- 30 min.	= 30 min.
Timed Warm-up	30 seconds per gymnast	= 30 min.
Line up, march-in	10 min.	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 30 min.
	(Maximum of 1 vault per gymnast)	
Competition	1 min. per gymnast	= 60 min.

2. SILVER COMPETITION

- **Example with 60 competitors**

Traditional Format with a Timed Warm-up:	Approximate TOTAL Time=	3 hrs. 25 min.
Open Stretch & Bar Settings	15- 30 min.	= 30 min.
Timed Warm-up	45 seconds per gymnast	= 45 min.
Line up, march-in	10 min.	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 30 min.
	(Maximum of 2 vaults per gymnast)	
Competition	1½ min. per gymnast	= 90 min.

4. GOLD COMPETITION

- **Example with 72 competitors**

Traditional Format	Approximate TOTAL Time=	4 hrs. 50 min.
Open Stretch & Bar Settings	30 min.	= 30 min.
Timed Warm-up	1 minute per gymnast	= 72 min.
Line up, march-in	10 min.	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 36 min.
	(Maximum of 2 vaults per gymnast)	
Competition	2 min. per gymnast	= 144 min.

5. DIAMOND AND PLATINUM COMPETITION

- **Example with 56 competitors**

Traditional Format	Approximate TOTAL Time=	4 hrs. 50 min.
Open Stretch & Bar Settings	30 min.	= 30 min.
Timed Warm-up	1½ minute per gymnast	= 84 min.
Line up, march-in	10 min	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 28 min.
	(Maximum of 2 vaults per gymnast for Platinum)	
Competition	2.5 min. per gymnast	= 140 min

5. DIAMOND COMPETITION

- **Example with 56 competitors**

Traditional Format	Approximate TOTAL Time=	5 hrs.
Open Stretch & Bar Settings	30 min.	= 30 min.
Timed Warm-up	2 minutes per gymnast	= 112 min.
Line up, march-in	10 min	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 28 min.
	(Maximum of 3 vaults per gymnast for Diamond)	
Competition	2.5 min. per gymnast	= 140 min

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REFERENCE CHART: TYPES OF FORMATS, WARM-UP TIMES AND MAXIMUM NUMBER OF COMPETITORS

Type of Format	Description	Warm-up time		Xcel Only	Combined Xcel/Dev
		Bronze, Silver, Gold	Diamond, Platinum	Maximum # of competitors per session per panel of judges	Maximum # of competitors per session per panel of judges
Traditional	Either one competition gym OR a warm-up and a competition gym. Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up 30-second touch is required.	Platinum Division: Maximum 1½ minute timed warm-up Diamond Division: Maximum 2-minute timed warm-up 30-second touch is required	Bronze, Silver, Gold only: 72 Diamond, Platinum only: 64 A combination of B, S, G divisions and D, P in the same session: 64	A combination of B, S, or G and Dev Levels 1-5: 72 A combination of B, S, or G and Dev Levels 6-10: 64 A combination of P or D and Dev Levels 1-5: 64 A combination of P or D and Dev Levels 6-10: 64
Modified Traditional Format #1 and Modified Traditional #2	Modified Traditional #1 - One set of equipment in the competition gym. No warm-up gym. Modified Traditional #2 – One Vault, one set of bars, two balance beams, and one floor exercise mat in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the “A” beam to the “B” beam for competition. Timed warm-ups immediately preceding competition on that event.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up No 30-second touch.	Platinum Division: Maximum 1½ minute timed warm-up Diamond Division: Maximum 2-minute timed warm-up No 30-second touch.	Bronze, Silver, Gold only: 72 Diamond, Platinum only: 64 A combination of B, S, G divisions and D, P in the same session: 64	A combination of B, S, or G and Dev Levels 1-5: 72 A combination of B, S, or G and Dev Levels 6-10: 64 A combination of P or D and Dev Levels 1-5: 64 A combination of P or D and Dev Levels 6-10: 64
Non-Traditional (Capitol Cup)	2 gyms (warm-up & competition) Timed warm-up on each event immediately preceding competition on that event.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up Plus 30-second touch on the competitive equipment.	Platinum Division: Maximum 1½ minute timed warm-up Diamond Division: Maximum 2-minute timed warm-up 30-second touch is required	Bronze, Silver, Gold only: 96 Diamond, Platinum only: 80 A combination of B, S, G divisions and D, P in the same session: Maximum of 80	A combination of B, S, or G and Dev Levels 1-5: 96 A combination of B, S, or G and Dev Levels 6-10: 80 A combination of P or D and Dev Levels 1-5: 80 A combination of P or D and Dev Levels 6-10: 64
Modified Non-Traditional (Modified Capitol Cup)	2 sets of equipment in the competition gym (No warm-up gym). Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up No 30-second touch	Platinum Division: Maximum 1½ minute timed warm-up Diamond Division: Maximum 2-minute timed warm-up No 30-second touch.	Bronze, Silver, Gold only: 96 Diamond, Platinum only: 80 A combination of B, S, G divisions and D, P in the same session: Maximum of 80	A combination of B, S, or G and Dev Levels 1-5: 96 A combination of B, S, or G and Dev Levels 6-10: 80 A combination of P or D and Dev Levels 1-5: 80 A combination of P or D and Dev Levels 6-7: 80 A combination of P or D and Dev Levels 8-10: 64

*If a squad has more than one division competing, timed warm-up will be determined by the combined total number of minutes allowed for each level.

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- D. Competitive format and draw: Procedures after entries have been received.
1. The use of random draw within squads falls under the jurisdiction of each respective SAC or RAC.
 2. The SAC may decide the competitive format and draw procedures for pre-sectional and sectional meets ONLY to allow the draw for sessions to be determined by either age divisions or by club teams.
 - If the draw is conducted by teams, awards are given for all levels and/or age divisions competing in each session.
 3. The draw for sessions at State and above Championship competitions is to be determined by age divisions.
 - a. The SAC determines specific guidelines that determine the order of competition for the age divisions and/or competitive divisions (for example, by random draw or youngest to oldest) for State Championships.
 - b. Using the pre-determined State guidelines, the Meet Director and SACC, (or other State Administrative Committee Members designated by the SACC), conduct the draw to determine the order in which the age divisions will be conducted.
 - c. The format and number of athletes for State and Regional competitions must be approved by the RDPCC and RTCC.
 - 1) For State/Regional Championships: the maximum number of gymnasts per session may be exceeded by a small percentage for special circumstances, with the approval of the RTCC, RXCC and the RACC for State Championships and by the NTCC and the NXCC for Regional Championships.
 - 2) It is the Meet Director's responsibility to contact the appropriate officers (State Championship Meet Directors contact the SACC; Regional Championships Meet Director contact RTCC). The State or Regional officer(s) will then contact the appropriate individuals, as stated above, for final approval.
 4. Club team competition format and draw shall be determined by the:
 - a. Meet Director for Invitationals and local meets.
 - b. SAC for the Pre-sectional qualifiers, Sectional and State Championships.
 - c. RAC for Regional competitions.
 5. Alphabetize teams and assign competitive numbers for each gymnast, designated by age divisions and/or competitive divisions. Each competitive division and/or age division should be designated by a specific number sequence, if possible.
 - a. If only achievement awards are given, the gymnasts are not required to compete within designated age divisions.
 - b. To assign competitor numbers, first determine all athletes in the same age division, listed alphabetically, first by team, then by last name.
 6. Determine the number of gymnasts per session based on type of competition, and allowable number of gymnasts per squad. The number of gymnasts per squad is determined by dividing the total number of gymnasts in the session by four in a traditional format, by five if a "bye" rotation is used, or by 8 in a non-traditional (Capitol Cup) format. (See Competition Formats)
 7. Draw for team placement into necessary number of squads. All members of the same age division and/or competitive division from the same team will be drawn for competitive order in the same squad in the same session.
 - a. Priority - keep competitive divisions and/or age divisions in the same session and, if possible, the same squad(s).
 - b. If warm-ups are conducted in a separate gym or on a separate set of apparatus in the same gym alternating with competition (non-traditional format), all athletes on the same team MUST be drawn in the same squad(s) within the same flight (in the same gym).
 - c. No team (club) should be drawn into more than two squads in any one session, unless the total number of gymnasts from that club exceeds the number of gymnasts that would be drawn into two squads.
 - If there are several age divisions and/or competitive divisions within the same session, teams may be drawn for placement in one or two squads.
 - d. The Meet Director should always consider the safety of the athlete first to determine the best format for the competition.
 8. Draw for starting events for each squad.

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9. Order of Events
 - a. FIG Olympic competitive order is Vault, Uneven Bars, Balance Beam, and Floor Exercise.
 - b. In the case of only one squad or 4 squads (1 panel or 4 panels of judges), the squad(s) will rotate in Olympic order.
 - c. If only 2 events compete simultaneously (2 panels of judges), it is recommended that Vault and Bars run first, followed by Beam and Floor Exercise.
10. Draw for competitive order by taking the numbers of all gymnasts assigned to that squad and draw randomly. No one gymnast shall compete as the first performer of the competition in more than one event.
 - a. If more than one competitive division must be drawn in one squad, all athletes of the same competitive division must compete consecutively. When rotating to the next event, the first competitor of a division would be dropped to the last spot.
 - b. In the case of team Invitationals in which the order of competition is drawn by team and the coach decides the competitive order of the gymnasts, all teams in the squad would compete gymnasts of one competitive division, then repeat the team order with the next competitive division of gymnasts.
11. To determine the competitive order when rotating to the next event, the number of places to be “dropped” must be applied uniformly per session and is based on $\frac{1}{4}$ of the number of competitors in the largest squad in that session.

Examples:

6 or less gymnasts in a squad – drop one (1) spot

Gymnast 1 – V
Gymnast 2 – UB
Gymnast 3 – BB
Gymnast 4 – FX

7-11 gymnasts in a squad – drop two (2) spots

Gymnast 1 – V
Gymnast 2
Gymnast 3 – UB
Gymnast 4
Gymnast 5 – BB
Gymnast 6
Gymnast 7 - FX

12+ gymnasts in a squad – drop three (3) spots

Gymnast 1 – V
Gymnast 2
Gymnast 3
Gymnast 4 – UB
Gymnast 5
Gymnast 6
Gymnast 7 - BB
Gymnast 8
Gymnast 9
Gymnast 10 – FX
Gymnast 11
Gymnast 12

- In the case of a squad being reduced in numbers due to gymnasts scratching prior to the start of competition, it may be necessary to re-define the start order on each event for that squad only if the original number of dropped places is more than $\frac{1}{4}$ of the number of gymnasts in that squad.
12. The order of competition (start lists) must be distributed to all coaches and judges and posted at the competition site.

II. MEET WARM-UPS

A. Pre-Meet (Timed) Warm-Ups

1. A 15–30-minute general/open warm-up time is required. The Uneven Bars are available to obtain settings only (Tap Swings). The apparatus is NOT available for warm-up during the general warm-up time. Marking mount distances or practicing run-up onto the board is allowed. The Floor Exercise mat and other matted and open areas may be used for locomotor warm-up activities, such as running, and for skill warm-up that can be performed in a confined space. Line drills on Floor involving simple elements are allowed; however, tumbling on the diagonal is not allowed.
2. Timed Warm-Ups
 - a. Rotations are determined by the following formula:
 - 1) Bronze Division: Maximum of 30 seconds X number of gymnasts per squad
 - Silver Division: 45 seconds X number of gymnasts per squad
 - Gold Division: 1 minute X number of gymnasts per squad
 - Platinum Division: 1½ min. X number of gymnasts per squad
 - Diamond Division: 2 min. X number of gymnasts per squad

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- 2) The amount of time for Vault and Floor Exercise pre-meet warm-ups is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast. (see charts below).
- 3) If a squad has more than one division competing, the timed warm-up will be determined by the combined total number of minutes allowed for each division (see charts below).

Example 1:

Squad	# gymnasts	Division	Warm-up Time
A	10	All Gold	10 min (10 x 1.0)
B	10	All Gold	10 min (10 x 1.0)
C	10	All Gold	10 min (10 x 1.0)
D	10	8 Gold, 2 Platinum	11 min (8 x 1.0 plus 2 x 1.5 min)

In Example 1, all squads would have 11 minutes (time of the largest squad) for vault and floor.

Example 2:

Squad	# gymnasts	Division	Warm-up Time
A	10	All Bronze	5 min (10 x 30 sec.)
B	10	All Silver	7.5 min (10 x 45 sec.)
C	10	All Silver	7.5 min (10 x 45 sec.)
D	10	6 Bronze, 2 Gold, 2 Platinum	8 min (6 x 30 sec. plus 2 x 1.0 plus 2 x 1.5)

In Example 2, all squads would have 8 minutes (time of the largest squad) for vault and floor.

- b. Bar settings (adjustments) are NOT included in the warm-up time; however, if a club or group of athletes chooses to block time, the clock will not stop within the block time. At all sanctioned events, only one gymnast at a time can be on the bars for any part of the warm-up period (this would include timed warm-ups and 30-second touch.)
- c. Block time will be allowed on Bars and Beam only at the discretion of each individual coach for teams that have several gymnasts in one squad. Individual gymnasts from different teams may join together to block time, if they so desire.
 - 1) When using a "warm-up/compete" format (one gym and one set of apparatus) with timed warm-ups immediately preceding competition on each event, gymnasts may "block" time.
 - 2) At USA Gymnastics sanctioned competitions that use a draw for individual competitive order, the first athlete to compete MUST warm-up first, whether she chooses to block or to take individual warm-up time. If the first athlete blocks warm-up time with additional athletes in the squad, those athletes will warm-up with the first competing athlete.
 - 3) Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on balance beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed.
- d. Block time for timed warm-ups is not allowed on Vault or Floor Exercise.

*Note: The entire squad warms up at the same time for Vault and Floor. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.

 - At the Bronze division it is recommended that the vault warm-up be divided by the mat configurations used within the squad. For example: the first gymnast to compete uses a 16" mat stack. All gymnasts using this configuration warm-up together (30 seconds per gymnast – guaranteed one vault per gymnast). At the conclusion of the first group, the warm-up time will stop to allow coaches to set up the next mat configuration. All gymnasts using this mat configuration warm-up together (30 seconds per gymnast – guaranteed one vault per gymnast).

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- e. Vault Warm-Up Procedures: The time will begin when the gymnast stands on the table to do a skill/jump off the table. If the gymnast does not do a skill/jump off the table, the time will begin when the gymnast begins running toward the table and touches the spring board. Warm-up drills i.e. "Handstand hops" and a "run by" without touching the board is NOT included in the warm-up time and will be allowed as long as performing these drills does not delay the competition. Excessive delay of "warm-up drills" when the timer is ready could result in a deduction.
- f. Floor Exercise Warm-up Procedures for meet formats that provide only one floor exercise mat for competition (or one floor and a tumbling strip):
- 1) For Bronze, Silver, and Gold divisions, squads with 12 or fewer gymnasts: warm-up all 12 gymnasts (time based on division of the gymnasts).
 - 2) For Bronze, Silver, and Gold divisions, squads with 13 or more gymnasts: warm-up half the squad, then compete. Warm-up the second half of the squad, then compete. Time is based on the division of the gymnasts.
 - 3) For Platinum and Diamond divisions, squads of 8 or fewer gymnasts: warm-up all 8 gymnasts, then compete (1 ½ minutes per gymnast for Platinum, 2 minutes per gymnast for Diamond).
 - 4) For Platinum and Diamond divisions, squads of 9 or more gymnasts: warm-up half the squad, then compete. Warm-up the second half of the squad, then compete (1 ½ minutes per gymnast for Platinum, 2 minutes per gymnast for Diamond).
 - 5) For non-traditional formats, the total number of athletes assigned to the corresponding Flight A and B squads cannot exceed 20 for Platinum and Diamond, and 24 for Bronze, Silver, and Gold. If there are 9 or more (Platinum and Diamond) or 13 or more (Bronze, Silver, Gold) in one of the squads, they are not allowed to split timed warm-up within their squad.
 - 6) With any allowable size squad: warm-up athletes between competitive routines.
 - a) When using this option, the Meet Director **MUST** assign an adult monitor to regulate the number of athletes warming up at any one point in time and to keep track of the competitive order. It is not a responsibility of the judges.
 - b) A gymnast is allowed to start warming up when there are only six more competitors ahead of her. This gives each athlete 5 turns on the Floor mat prior to her time to compete and there will be no more than five athletes warming up on the floor at any one point in time.
 - c) Example with 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first six athletes will warm-up together (6 x 2 minutes=12 min.). Once competition begins, the 7th athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up.
 - d) This procedure may also be used for the TOUCH WARM-UP.
 - e) If a coach determines that the athletes have not had adequate warm-up time in between routines, he/she can request of the Chief Judge to either have a short block of time for a squad or partial squad to warm-up, or for the judges to slow down to allow for up to 30 seconds between exercises.
- g. If an athlete (or team) disregards the timer and exceeds the warm-up time, the timer must report the infraction to the Meet Director or Meet Referee. This would be considered as the warning and any subsequent infraction would result in a 0.20 penalty.
- h. Warm-up rotation order
- 1) Traditional format: Squads start the timed warm-ups on their second competitive event and rotate in Olympic order to finish warm-ups on their first competitive event.
EXAMPLE: Warm-up order: UB, BB, FX, V
Competitive order: V, UB, BB, FX
 - 2) When "Bye Squads" are used, timed warm-ups must be in the same order as the competitive rotation.
- i. If timed warm-ups are conducted in a separate Warm-up gym, all equipment (warm-up and competition) must be identical (with the exception of Floor Exercise, where a tumbling strip made with the same type springs, foam and carpet as the FX mat may be used in the warm-up gym). Each board must be marked for a specific gym and event.

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- j. If a gymnast arrives late to a competition due to circumstances beyond her control (traffic delay, weather-related), every effort should be made to allow the athlete to compete. She should be provided a safe and effective warm-up without upsetting the flow of the ongoing event. Provided that she has arrived for her designated session/age division, her scores will be valid for all individual and team rankings.
- B. Competition (30-Second Touch) Warm-Ups
1. The TOUCH WARM-UPS are conducted as follows:
 - a. Vault: TOUCH WARM-UPS are not controlled by time, but rather by a guaranteed maximum number of vaults per gymnast.
 - 1) Bronze Division: each gymnast is guaranteed a maximum of one (1) TOUCH WARM-UP vault.
 - 2) Silver, Gold, and Platinum Divisions: each gymnast is guaranteed a maximum of two (2) TOUCH WARM-UP vaults.
 - 3) Diamond Divisions: each gymnast is guaranteed a maximum of three (3) TOUCH WARM-UP vaults.
 - 4) Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY, in addition to their specific number of allowable vaults.
 - 5) After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
 - b. Bars: A 30-second warm-up per gymnast is allowed; the setting of the bars is NOT included in the "touch" warm-up time.
 - c. Beam: 30-seconds per gymnast.
 - TOUCH WARM-UPS on beam only may also be staggered.
Example: For competitions using the Modified Traditional format, the first three gymnasts warm-up on beam, then athlete #1 competes. Then the 4th gymnast warm-ups while the judges evaluate the score for the first gymnast. After each subsequent routine, the next gymnast in rotation order will warm-up.
 - d. Floor Exercise: All gymnasts in the squad (or half the squad in the case of large squads) warm-up simultaneously for a time period determined by multiplying the number of gymnasts by 30 seconds.
Example: 5 gymnasts will be given 2½ minutes as a group to warm-up.
*Note: The Meet Director may choose to use the option of conducting the warm-ups in between the competitors.
 2. A TOUCH WARM-UP on the competitive equipment prior to each event is required for:
 - Any competitions that do not conduct timed warm-ups on the competitive equipment.
*Note: Any meets that are conducted with timed warm-ups directly preceding competition on each event are NOT REQUIRED to have TOUCH WARM-UPS.
 3. For Traditional format meets: In the case of large squads (9 or more Platinum or Diamond gymnasts; 13 or more Bronze, Silver, or Gold gymnasts), the squad MAY be divided into two (2) groups. The first half takes a TOUCH WARM-UP and then competes; then the second half takes a TOUCH WARM-UP and competes.
 - The option to alternate competition with the TOUCH WARM-UPS (staggered touch) may also be used, at the discretion of the Meet Director.
 4. The TOUCH WARM-UPS are not required to be in competitive order.
 - a. The first athlete to compete must be given the opportunity to touch first.
 - b. Athletes will be allowed to take the TOUCH WARM-UP in any order to expedite the one-TOUCH WARM-UP, but each athlete must still be individually timed 30-seconds on Bars and Beam.
 - c. On vault, the athletes may warm-up in any order, but each athlete is still guaranteed the division specified maximum number of vaults (Bronze 1 vault; Silver, Gold, and Platinum 2 vaults; Diamond 3 vaults).
 - d. If the TOUCH WARM-UP on Beam is staggered with warm-ups between competitive routines, the TOUCH WARM-UP must be in competitive order.
 5. A gymnast is not required to take the TOUCH WARM-UP.
 6. In the case of an unavoidable delay in the competition (i.e. electrical power outage, serious injury, etc.), the Chief Judge (and/or Meet Referee and Meet Director) may allow an additional TOUCH WARM-UP for those athletes who have already taken the 30-second touch but have had to wait an unreasonable amount of time. The safety of the athletes must be the primary concern.

III. SPECIFIC COMPETITION PROCEDURES

Included below are rules for Athletes, Coaches, Judges, Meet Personnel and Spectators.

- A. There shall be no more than 20 minutes between the end of timed warm-ups and the start of competition (or the 30-second touch competition warm-up).
- B. Gymnasts should march from event to event, with the squad presenting itself to the Chief Judge. Exception: Competition formats that include continuous rotation do not require a formal march or presentation to the judges.
- C. ONLY competing gymnasts and their coach(es) are allowed onto the competition area, and ONLY during the session in which they are competing.
 1. The only additional people allowed on the competition floor are those directly involved with the running of the event (e.g., trainers, scorers, flashers, runners, etc.).
 2. Coaches should make child care arrangements for their offspring, unless the child is old enough to act in a volunteer capacity at the competition.
- D. At all sanctioned competitions the coach of Platinum and Diamond gymnasts may display OR verbally announce the vault number of the vault that she intends to perform. Vault numbers can be displayed using any number of ways, examples: score flashing unit, white board, chalk board, etc.
- E. If a gymnast is injured prior to or during the competition, and is unable to compete in all four events, she must touch the apparatus of the event(s) in which she is unable to compete. By receiving a score of zero or higher, she has the right to continue in the competition.
 1. If the gymnast does not present to the Chief Judge and touch the apparatus on the next event(s), she will be considered as withdrawing (scratching) from the meet and thus forfeits her right to continue but is eligible for awards on the events she competed.
 2. If a gymnast is injured during the competition and is unable to compete in any additional events, she is not required to "touch" the apparatus on the remaining events. She is, however, still eligible to receive awards on any events completed prior to withdrawing (scratching).
- F. Scoring
 1. Base score will be established at the judges' meeting at Sectional and above competitions with the use of the Technical Committee base score video.
 2. It is recommended that each judge must either independently input their score electronically or submit the score in writing on a separate score slip. If only one keypad is available per event, both judges must write their own score and both (or all four) scores should be entered electronically to ensure an accurate average score. At all sanctioned meets, there MUST be a written back-up (in the form of a verification heat sheet) to record the individual judges' scores, neutral deductions and the final average score. In order to ensure accurate results, both vaults scores should be entered into electronic scoring system, especially at qualifying and championship competitions.
 3. Open scoring is defined as either electronically flashing each judge's score or by writing each judge's score on each athlete's competitor card. The SAC determines if open scoring is allowed at Xcel State Championships. The RAC determines if open scoring is allowed at Xcel Regional Championships.
 4. Start Values are to be flashed for all Divisions at all Competitions:
Procedures for Flashing Start Values:
 - 1) Each judge should independently determine a Start Value.
 - 2) The Start Value and the final score should be recorded on the judging slip and sent via the runner to the Chief Judge.
 - 3) Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' scores.
 - 4) Start Values do not have to match. A conference MAY be called to determine if the Start Value needs to be adjusted, either up or down.
 - 5) If the Start Value is changed as a result of a conference, the adjusted Start Value should be re-flashed.
 - 6) See Meet Organizational Guidelines, Clerical Committee for additional procedures for the flashing of Start Values. These guidelines can be found on the USA Gymnastics website at <https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/w-meetorgguide.pdf>,
 5. Judges may score in 0.05 increments at all USA Gymnastics sanctioned competitions.

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6. A final score of 4.00 will be awarded for any Vault, Bars, Beam or Floor Exercise routine that would result in a score equal to or less than four points (4.00). This does not include circumstances that require the event to be voided (score 0.00).
 - At State Championships and above, all void (optional) vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
 7. Once the final average score is submitted to the scoring system, it may not be changed unless an inquiry is submitted and results in a score change.
 - a. A Chief Judge may change a score after submission to the scoring system IF a neutral deduction (such as out of bounds or overtime) was inadvertently not applied. This change must occur prior to the end of the rotation. The coach must be notified of the score change and if possible, the new score should be displayed to the public.
 - b. If a judge realizes that a gymnast was mistakenly judged using the incorrect rules for her level, the routine may be re-evaluated using the appropriate rules to determine the correct Start Value and specific compositional deductions, based on the judges' shorthand. This re-evaluation must occur within 5 minutes of the end of the competition for that session. The judging panel must notify the Meet Referee and the scoring personnel that the re-evaluation is to occur. The coach must be notified immediately of any score change.
 - c. If there is a clerical error when entering scores electronically, the score may be officially changed by the end of the session.
 - d. Recommendation that, for State Championships and above: In extenuating situations, the Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled. The coach must be notified that a review will occur. No additional deductions are allowed to be taken by a judge after the review if the special requirement(s) in question is (are) awarded.
 8. All-Around Score (AA)
 - For all Xcel divisions: All-Around is the total score for the four optional events.
 9. Individual Event Finals Score: The format and qualification procedures for the Finals competition are determined by the Meet Director and must be published in advance.
 - a. Finals may be conducted at Invitational meets.
 - b. The Individual Event score/rankings are determined during the optional All-Around competition.
 10. Team Score
 - a. The method used to calculate the team score must be described clearly in the meet information for Invitational meets.
 - b. For USA Gymnastics Pre-Sectional Qualifiers, Sectionals and State club/team competitions, the SAC shall determine the method used for determining team score. Some options are:
 - 1) Limit the number of gymnasts on a team and count all scores. (Example: 6-member team, or 3-member team, all scores count.)
 - 2) Specify the number of gymnasts on a team and count all scores but one on each event. (Example: 6-member team, 5 scores per event count.)
 - 3) Allow an unlimited number of gymnasts per team; specify number of scores per event to count.
- G. Inquiry Regulations
1. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based only on the following:
 - Awarding of Start Value, specific "falls", neutral deductions or unusual occurrences.
 - A flash from a camera is not a valid reason to allow a gymnast to repeat a routine.
 2. The Meet Director must provide inquiry forms at a place designated at the coaches meeting. The form is also available:
 - a. On the USA Gymnastics website under Women's Program – Forms:
<https://usagym.org/PDFs/Forms/Women/inquiry.pdf>
 - b. From your SACC.
 3. Inquiries must be submitted to the Meet Director or Meet Referee within 5 minutes of the completion of the squad's competition on that event.
 - a. No fee may be charged to submit an inquiry.
 - b. Coaches need to be aware that an inquiry allows for a second evaluation, which may result in:

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- 1) no change in score
 - 2) the score being raised
 - 3) the score being lowered.
- c. Exception to the 5-minute to submit inquiry rule:
- 1) If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
 - 2) If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.
Example: Regional Qualifying Score = 34.00. Required Petition Score = 35.00. The athlete must achieve a three-event score totaling 26.25.
Example: Regional Qualifying Score = 35.00 Required Petition Score = 36.00. The athlete must achieve a three-event score totaling 27.00.
 - 3) These processes listed in 1) and 2) above DO NOT APPLY:
 - a) for mobility purposes, OR
 - b) if qualification to the State or Regional Championships is by percentage or designated number per age group.
4. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach. The coach may not approach the judge regarding the inquiry during the competition.
5. No video review is allowed at any Xcel competition during the processing of an inquiry unless the following criteria are met:
At all sanctioned Xcel competitions for all Divisions, a coach can request video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involves possibility that the judges missed an element that would affect the Start Value. The video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.
- a. If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.
 - b. The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision.
Examples:
 - 1) All judges did not record a full turn on BB.
 - 2) One or more judges recorded a 1/1 twist instead of 2/1 twist on FX.
 - 3) To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.
 - 4) To verify if the gymnast lands on the bottom of the feet first on a Vault, Uneven Bar/Beam dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise saltos.
 - a) immediate video review is allowed (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting the second (2nd) vault.
 - 5) To consider spotting deductions.
 - 6) To consider floor line violations.
 - 7) To consider floor exercise overtime deductions.
 - In order to submit an inquiry for an overtime deduction, a coach MUST provide a video of the routine in question.
6. If administrative procedures (see below) were not properly followed on a submitted inquiry, the coach may petition the Jury of Appeals for a review within 5 minutes of the end of the rotation/competition or the return of the inquiry form whichever occurs later. A video review, if available, may be considered by the Jury of Appeals. All videos must be reviewed in regular time. Slow-motion video WILL NOT be considered.

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Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.

7. Procedures for Inquiries:
 - a. Properly written inquiry form by the coach.
 - b. Inquiry submitted in a timely manner to the Meet Referee or Meet Director.
 - c. Inquiry reviewed/answered by the judging panel of the event in question.
 - d. Inquiry returned to Meet Referee or Meet Director.
 - e. Meet Referee or Meet Director returns inquiry to coach by hand or by a pre-defined inquiry return procedure.
- H. Jury of Appeals
 1. The Jury of Appeals is needed to resolve problems in certain situations. The Jury of Appeals for local meets and State Championships is comprised of the following individuals:
 - a. Meet Director (non-voting, if question relates to his/her gymnast)
 - b. Meet Referee (President of the Jury)
 - c. Chief Judge of the Event in question
 - d. If available, one USA Gymnastics representative (Elected State or higher Committee member or any Regional or National Officer)
 2. Methods of settling a case by the Jury:
 - a. Discussion
 - b. Voting on a decision
 - c. Majority vote dictates the final decision
 3. Jury of Appeals for Regional competitions shall include the Meet Director (unless affiliated with the inquiry), the Meet Referee, and the USA elected Administrative Officers.
- I. Justification for changing a score as a result of a conference, inquiry or Jury of Appeals:
 1. If an error (mathematical, recording, or flashing) exists.
 2. If the average score was computed from scores that were out of range.
 3. If time and/or line violations were administered improperly.
 4. If the Jury of Appeals decides to penalize the gymnast for improper attire or behavior, or the coach for improper behavior.
- J. Audience/Spectator Regulations
 1. Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
 2. Spectators are not allowed to use flash photography during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
 3. Drones are not permitted during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
 4. Spectators shall not disturb the order of the meet, its competitors and its officials. Individuals causing violations shall be asked to leave the competition site.
 5. The spectators shall not carry food or drinks into the spectators' area, if so directed.
 6. Children (offspring) of coaches and/or judges should not be on the competition floor unless performing a specific duty, such as "runner" or "score flasher."
- K. Participant Regulations
 - The use of cell phone for verbal conversation is PROHIBITED while on the "field of play". Coaches are permitted to record their OWN gymnasts' exercises for personal use but should not in any way interfere with the competition.
Exception: Walkie-talkies for the Meet Director and host club personnel and medical personnel are allowed.
- L. Music Regulations
 1. Music failures/errors that occur before the athlete has started the routine can be corrected and the correct music restarted.
 2. Procedures for music failure during the routine due to technical failure
 - a. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to **resume from point of music failure** or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music **if the decision is to accept score.**

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- b. The gymnast may stop her performance immediately and request permission from the Chief Judge continue from the point of interruption/music failure. Once permission is granted, after a reasonable amount of rest time, the gymnast may perform from point of interruption or the series / combination when music failure occurred. No score would be given for a partial routine, all deductions prior to the equipment/music failure will still be applied.
3. Floor music must be downloaded onto a mobile device for competition to avoid interruptions/failure to play/errors. Accessing music via cellular or internet connections is not allowed. Streaming music using Wi-Fi or Bluetooth will not be allowed.

M. Invitationals

All USA Gymnastics-sanctioned Invitationals are governed by the *Women's Program Rules and Policies*, safety guidelines and judging criteria. They may be held at the local, State, Regional, National and International club level.

1. Types of Invitationals

- a. Individual or team Invitationals which specify certain competitive divisions. Because all rules pertaining to that competitive division are followed, scores at such Invitationals may be used to qualify to Sectionals or higher (as determined by the SAC or RAC), may be used in injury petitions and may be used for mobility purposes.
- b. Any Invitational involving athletes from foreign countries must contact the USA Gymnastics Member Services for USA Gymnastics and/or FIG procedures. For more information regarding foreign athlete participation, please refer to Chapter 2.

2. Rules and Procedures for Invitationals

The following deviations from USA Gymnastics Local, Sectional, and State Qualifying procedures will be allowed at any Invitational:

- a. The Meet Director must publish the following in the pre-meet information:
 - 1) The age divisions and schedule for awards for each competitive division.
 - 2) Spectator admission fees and gymnast's entry fees.
 - 3) Judging Panels (1 judge, 2 judge, 4 judge, Members, etc.)
- b. Teams may determine the competitive order of their gymnasts for each event.
- c. Teams may be comprised of gymnasts from different age divisions and/or different competitive divisions.
- d. Each team may block time for TOUCH WARM-UP, based on 30 seconds per gymnast for bars, beam and floor exercise. If athletes chose to block time on bars, the clock will not stop for the setting of the bars. Vault TOUCH WARM-UP is based on a specific number of vaults (1 for Bronze; 2 for Silver, Gold, and Platinum; 3 for Diamond).
- e. For all sanctioned events that have multiple sessions of the same competitive division vying for the same individual awards and team awards, athletes must be judged by the same judging panels. This does not apply to overall team awards with combined competitive divisions of competition.
- f. Non-citizens and foreign athletes are eligible for awards at all Invitationals. It is not required to give duplicate awards for non-citizens/foreign athletes. A non-citizen training as a member of a U.S. club may also be included in a Club's Team Score. For Information regarding Foreign Athlete (Elite or non-elite) participation in the Development Program, please refer to Chapter 2.
- g. If All-Star teams (teams comprised of athletes from different clubs/teams) are allowed to compete for team score, the Meet Director must indicate this in the pre-meet information.
- h. Team competition at Invitational meets:

The Meet Director may determine the format and draw for Club team competition.

 - 1) A draw will be made to determine which teams will start on each event. If there is more than one team per squad, the teams will draw for order of competition within the squad.
 - 2) Each team may determine the competitive order of its gymnasts.
 - 3) The team may be comprised of gymnasts from different age divisions and/or different competitive divisions, depending upon the type of Invitational.
 - In the case of team Invitationals in which different competitive divisions are competing within the same squad and receiving separate awards, all teams in the squad would compete gymnasts of one competitive division, then repeat the team order with the next competitive division of gymnasts.

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- 4) If All-Star teams (comprised of athletes from different clubs) are allowed to compete for team score, this must be indicated in pre-meet information.
 - 5) Awards for the separate age divisions and/or competitive divisions are not required.
 - i. Individual Event Finals Competition (at Invitationals)
 - 1) The Meet Director, Technical Director and/or Meet Referee conduct a random draw.
 - 2) If running one event at a time, competition proceeds in Olympic order.
 - 3) If two events run simultaneously, it is recommended to conduct Vault and Bars competition first, followed by Beam and Floor Exercise.
 - 4) If two events run simultaneously, and a gymnast is drawn for the same or similar competitive order in both events, she will be dropped down in the rotation for her second event in order to provide adequate warm-up and recovery time.
 3. Gymnasts going out of order - Clarification: There is no deduction for athletes competing out of order. At Invitational meets that use a competitive start list, the coach may change the order if it would facilitate the use of equipment on the same setting. The Meet Director and the coaches within the squad must approve this.
- N. Sanction Violations – see Chapter 3.

AWARDS

The minimum numbers and/or types of awards that must be distributed are listed below. A Meet Director may present more awards, but not less, than those listed. Non-citizens living and training in the United States, who are not current or past members of a foreign national team, may participate in all USA Gymnastics sanctioned Xcel events and are eligible for awards. For more information regarding foreign athlete participation, please refer to Chapter 2.

I. INDIVIDUAL AWARDS

- A. All Xcel Divisions – the Meet Director is required to give a minimum of 40% of each age division for individual events and in the All-Around.
- B. Competition with IES included:
Whenever IES are included in a competition, the IES compete and are ranked amongst the All-Around competitors. However, if there is a tie between an IES and an All-Around athlete, the tie is NOT broken. Both athletes would receive identical awards.
Example for the vault event:
 1. First place athlete's score is 9.40.
 2. Next highest score is 9.30, earned by two athletes - one competing in the AA and the other competing as an IES. This tie is not broken; both gymnasts receive the 2nd place award.
 3. The next highest scoring athlete earns a 9.20 and would then receive the 4th place award.
- C. If the draw for sessions is by club teams, awards for all age divisions must be presented at each session.
- D. A SACC may request that the RACC grant a deviation from these minimum recommendations based on financial conditions of the State Championships. The RAC may choose to deviate from these minimum recommendations based on financial conditions of the Regional Championships.
- E. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for division mobility.

II. TEAM AWARDS

- A. Team awards are to be determined by the SAC for Sectionals through State Championships and by the RAC for Regional Championships.
- B. Should be awarded for each division (Bronze, Silver, Gold, Platinum, Diamond). Divisions should not be combined for Team Awards.
 - If a state does not have enough gymnasts in one or more Divisions to have a team competition, Divisions may then be combined for team awards. In order to do this, the SACC must request permission from the RACC.
- C. State Team Competition for Regional Championships:
 1. Regional Championships: State Team awards may be presented (at the discretion of the RAC).
 2. Club Team Awards may be presented at the discretion of the RAC.

III. AWARD TIE BREAKING SYSTEM

This system is to be used when awarding trophies or engraved medals. It may also be used when awarding ribbons; however, if financial conditions permit, it is strongly recommended that duplicate awards be presented.

A. Recognition of tied gymnasts

1. If there is a tie for first place, BOTH GYMNASTS are champions and should be announced as such, although one will receive the second-place award if duplicate awards are not possible.
2. In the case of ties for other places, the gymnasts will be announced as being tied for that rank; however, the tie-breaking procedure determines which gymnast receives the higher award, if duplicate awards are not given.
3. All gymnasts who tie for a place receive an award. When there is a tie for the last place awarded, the tie-breaking procedure is used to determine which gymnast will receive the award that day. Duplicate awards should be sent, within one month, to the remaining tied gymnasts.

B. Distribution of Awards: Example of tie for first place:

1. Award the first-place medal by one of the tie breaking procedures.
2. The second-place medal is then presented to the tied gymnast.
3. There is NO second-place ranking.
4. The third-place medal is then presented to the next gymnast, and so on.

C. Tie-Breaking Procedures for Presentation of Awards

For meets that cannot provide duplicate awards for placement, the tie-breaking system should be used.

However, whenever there is a tie, the computer should be programmed to skip the next place (example, Tie for 1st - both gymnasts are recognized as 1st place winners, with one gymnast receiving the gold, the other silver based on the tie-breaking procedure. The next highest scoring gymnast receives the 3rd place award, and no 2nd place award is presented.)

1. Ties in the All-Around

- a. The gymnast with the highest individual event score receives the award for the tied place.
- b. If the gymnasts are still tied, then the gymnast with the second highest individual event score receives the award.
- c. If the gymnasts are still tied, then the gymnast with the third highest individual event score receives the award.
- d. If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.

2. Ties in the Individual Events

- a. The gymnast with the highest All-Around total receives the award for the tied place.
- b. If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.

3. Ties at Individual Event Finals (New Life) at Invitationals

- a. The gymnast with the highest preliminary score on that event receives the award for the tied place.
- b. If still tied, then the gymnast with the highest All-Around score from the preliminary competition receives the award for the tied place.
- c. It is recommended that tied gymnasts receive duplicate awards. Use the above tie-breaking criteria if duplicate awards are not given for financial purposes or if duplicate awards are not available at the competition. The gymnast receiving the lower place award should be sent a duplicate award, if not available at the competition.

4. Ties in Team Score

- a. The team with the highest team score on a single event receives the award for the tied place.
- b. If still tied, the team with the next highest team score on an event receives the award for the tied place.
- c. If still tied, continue to the next highest of the events.
- d. In case of a tie for last awarded place, both teams are to receive awards. Use the tie breaking procedures to determine which team receives the award that day and send a duplicate award to the members of the other team.
 - In the case of a tie for the overall State Team Champion award, both states will be announced as co-champions.

SELECTION OF COMPETITION HOSTS FOR QUALIFYING EVENTS

I. BIDDING FOR A USA GYMNASTICS COMPETITION

Bid forms for State and Regional Championships are available through the respective SACC and RACC.

- A. Xcel Pre-Sectional Qualifiers, Sectional and State level competitions: send a completed bid form to the SACC.
- B. Xcel Regional competitions: send a completed bid form to the RACC.

II. CRITERIA FOR SELECTION OF COMPETITION HOSTS

After all the bids are received, they are ranked, and the host named. The aim is to provide equal opportunity to all applicants and to grant the event to the optimal host organization. Several factors are considered.

- A. The host organization must have successful event organizational experience and the reputation of operating according to the highest of ethical standards.
- B. The geographic location of the meet is to be rotated from time to time.
- C. The total schedule and location of State and Regional Championships for that year.
- D. The Meet Director MUST be a USAG Meet Director Member with current U101, U110 and U113 and criminal background check, and also must be certified as a Meet Director.
- E. The host organization and the Meet Director must guarantee the best organizational set-up for a quality event, according to the *Women's Program Rules and Policies*.
- F. The host organization must be responsible for any financial loss it may incur.

CHAPTER 8 – DEVELOPMENT PROGRAM

I. OVERVIEW

The Women's Development Program (formerly known as Junior Olympic, or JO) was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member.

A gymnast may compete in a maximum of two (2) State Championships per competitive year (one per season), either at the same or higher level.

The Development Program is divided into three major segments: developmental, compulsory, and optional. Athletes may not skip any level (exception...Level 6 may be skipped, see below). They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1-3 do not have a mobility score).

- A. **DEVELOPMENTAL:** The first segment consists of Levels 1 through 3. These levels may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may offer State Championships for these levels.
1. In-gym or inter-club testing.
 2. Equipment should accommodate the size of the gymnasts.
 3. Gymnasts must enter at Level 1 but may progress through the events and skills at different levels.
 4. A gymnast may not advance to Level 4 until she has completed the requirements as listed in the Entry and Mobility chart (see page 76).
 5. Levels 1-3: Some states have an organized Level 1-3 competitive program with sanctioned events.
 - Contact the SACC for information on scheduling, judging criteria, etc.
- B. **COMPULSORY:** The second segment consists of Levels 4 and 5. Both of these levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.
- C. **OPTIONAL:** The third segment is Levels 6-10. Levels 6, 7, 8, and 9 have difficulty restrictions, while Level 10 has no restrictions in the skill choice. Composition is evaluated at Levels 8, 9, and 10. Refer to the Development Program *Code of Points* for a complete explanation of Level 6-10 rules.
1. Levels 6 and 7 have competitive opportunities up to and including State and possibly Regional Championships, depending on the needs of each Region.
 2. Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Development Program National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

Development Program competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees (SAC, RAC). Each state has the jurisdiction to determine its state calendar, according to the needs of its members. A competitive *YEAR* is defined as the period from August 1 through July 31. A competitive *SEASON* is defined as that period from the first designated qualifying competition through the culminating Championships at each level.

II. AGE REQUIREMENTS AND MOBILITY SCORES

- A. In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the Development Program should be followed in the manner that it was intended:
1. Before moving up a level, every athlete should show proficiency at her current level.
 2. Once a high level of proficiency is achieved at the athlete's current level, she should strive to move up to the next level, as long as it is done safely.

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3. For athletes to repeat a level with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of the program or youth sports in general.
- B. No mandate scores are permitted at any level. The Development Program's purpose is to provide competitive opportunities for all athletes, regardless of their age, ability level, or training commitment in terms of hours and/or finances.
- C. Age Determination and Regulations
 1. All gymnasts must reach the minimum age for the level before competing in any USA Gymnastics sanctioned competition (see chart on page 76).
 - Example: Level 3 State Championships date is Dec. 1; the last Level 3 State Qualifier is November 17; the gymnast will turn the minimum age for level 3 (6 yrs. old) on November 28th. She is ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Level 3 State Championships that season.
 2. For all meets under the jurisdiction of the SAC or RAC, the respective committee may determine the method of determining age divisions. There are basically two options:
 - a. Age groups for the season: established by specific ages (i.e., 8-10 yr. olds, 11-12, etc.).
 - 1) In this case, the age divisions should be determined and published PRIOR to the competitive SEASON and the only adjustments that may be made during the season are sub-divisions of the age groups.
 - Exception: At Level 9 or 10 State Championships and below, age divisions may be combined if the number of athletes is small.
 - 2) The gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship meet for that level. Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.
 - For Levels 9 and 10 State Championships and below – age is determined by the date of the last day of the State Championships.
 - 3) The gymnast must compete with the age division as designated for the entire season.
 - 4) Published results MAY NOT include the gymnast's date of birth.
 - b. Age groups for each competition: established by dividing the athletes by actual birth date into approximately equal groups according to a pre-determined number of age divisions or by a pre-determined maximum number of athletes per age division.
 - Meet Directors must publish or post online the meet schedule/age divisions as soon as possible after the entry deadline.
 3. Age divisions for the Level 9 East/West and Level 10 Development Program National Championships will be determined by the National Office.
 - a. The SACC must report the names of all qualifiers to Level 9 and 10 Regional Meet to their Regional Administrative Committee Chairman (RACC) by the Monday following the State Championships, no later than 5:00pm local time.
 - b. The RACC will compile the data for their region and forward it to the Development Program Director.
 - c. The Development Program Director will then determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
 - Only regional qualifiers who achieve the minimum qualifying score to Eastern/Western Championships or Development Program Nationals at State Championships will be included in age determination. Individual Event Specialists (IES) and petitioned gymnasts will NOT be included.
 - d. The age divisions will be published on the USA Gymnastics web site and will also be sent directly to all State Administrative Committee Chairmen (SACC) and RACCs.
 4. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.
 - If, due to valid unforeseen circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC. She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage in any given age group) to the next meet.

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AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART

Level	Minimum age requirement	Pre-requisite scores	Previous experience	Mobility score to advance to the next level
1 – 2	L1 - Reached 4 th birthday L2 - Reached 5 th birthday	None		None
3	Reached 6 th birthday	None		None
4	Reached 7 th birthday	75% proficiency at Level 1-3 on Vault, Bars, Beam, Floor	Level 4 or 5*	34.00 AA at Level 4
5	Reached 7 th birthday	34.00 AA at Level 4	Level 5 or 6*	32.00 AA at Level 5 Mobility back and forth between Levels 5 and 6 is allowed.
6	Reached 7 th birthday	32.00 AA at Level 5	Level 6 or 7*	32.00 AA at Level 6 Level 6 may be skipped if a 32.00 AA was achieved at Level 5
7	Reached 7 th birthday	32.00 AA at Level 5 or 6	Level 7 or 8*	32.00 AA at Level 7 Ind. Event Specialist: 8.5 per event
8	Reached 8 th birthday	32.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event
9	Reached 8 th birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event
10	Reached 9 th birthday	34.00 AA at Level 9	Level 10 or Elite*	None

* See for specifics of dropping back in the next section

D. Dropping back through the levels

1. Once a gymnast has competed in a Sectional meet, she may NOT drop back to a lower level in the same competitive season.
 - If no Sectional meet is held, then the SAC must determine prior to the beginning of the competitive year, a designated "declaration" date for each level for such purpose. The highest level the athlete competes in a sanctioned competition after the "declaration" date designates her level for the remainder of the current season.
2. If a gymnast does not qualify to the State Championships, she may petition to drop back one Level at the beginning of the next competitive season by submitting a formal written request to:
 - a. For Levels 7 and below, the petition is sent to the SACC, and the final decision is determined by the SAC.
 - b. For Levels 8, 9 and 10, the petition is sent to the RACC, and the final decision is determined by the Regional Administrative Committee (RAC).
3. Once an athlete competes in the State Championships, she is not allowed to drop back. Valid reasons would be considered by the SAC (for Levels 7 and below) or the RAC (for Levels 8, 9 and 10) for dropping back an athlete who has competed in a State Championships. Exception: Mobility is allowed back and forth from Levels 5 and 6 without going through the petitioning process.

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- a. These reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which she had previously competed.
 - b. If a valid reason does exist, the athlete would be able to drop back only one NUMERICAL level (i.e. competed Level 8, permission to drop back one numerical level to Level 7).
4. A US Elite gymnast (an athlete who has competed as a Junior or Senior International Elite in a Classic Meet, Junior World Trials, or higher) who wants to enter the Development Program **MUST** petition to drop back to the Development Program, regardless of the year of competition, by completing the “reason for change” form (<https://usagym.org/PDFs/Forms/Women/elitedropback.pdf>) FROM HER COACH to the National Development Program Committee Chairman (NDPCC). For Information regarding Foreign Athlete (Elite or non-elite) participation in the Development Program, please refer to Chapter 2.
- a. All petitions must be received at least three (3) weeks prior to the Level 10 State Championships.
 - b. The National Development Program Committee (NDPC) will review the petition and the NDPCC will notify the coach of the acceptance/denial of the petition and will copy the respective SACC and RACC and the Regional Technical Committee Chairman (RTCC).
 - c. Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during the Elite competitive year (through Championships of the year in which she competes Level 10).
 - d. Clarification: An elite athlete dropping back into the Development Program is considered a Development Program athlete when she enters her first USA Gymnastics sanctioned event as a Level 10 athlete AFTER the petition has been granted.
 - e. All scores obtained before the petition is granted are INVALID for qualification to State Championships and above in the current season.
5. Any gymnast who competed at the Pre-Elite level (at a Regional or National qualifier and/or Challenge competition) may choose to compete as a Level 10 in the following season, since she is considered as a Pre-Elite athlete. No petition is necessary.

III. ALTERNATIVE COMPETITION EXPERIENCE/ENTRY/MOBILITY POLICIES

- A. Any athlete who has previously competed in the Development Program, but has been inactive for one or more years, must contact their SACC for proper entry regulations. The options are:
 1. Remain at the level at which they last competed.
 2. Move up one level if they achieved the minimum mobility score during their last season.
 3. Move down one numerical level, without petitioning.
- B. Athletes whose competitive experience has been in any system (including USA Gymnastics' Xcel Program) must enter the Development Program at Level 4.
- C. Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of **12** years of age is eligible to petition by submitting a formal written request to the SAC for entry into Level 7 and below. The petition must be accompanied by a video that demonstrates her skill level.
 - Refer to Chapter 2 for Foreign Athlete Participation in the Development Program.
- D. States may incorporate sub-divisions within levels (such as first-year competitors and veterans or divisions based on scores achieved) or they may provide a team competition that is conducted separately from the state individual competition.
- E. Individual Event Specialists (IES); the mobility score for advancement to the next level for IES at Levels 7, 8, and 9 is 8.50 per event. Status for competing as an IES to qualify to the next higher meet must be declared at the time of entry to the qualifying meet, not during or after the conclusion of the competition
- F. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to a higher level by achieving an average score equal to the average of the All-Around qualifying score for that level. Submit petitions in a formal written request for Levels 7 and below to the SACC and the final decision is determined by the SAC. For Levels 8 and above, petitions are sent to the RACC, and the final decision is determined by the RAC.
- G. Injury or illness petitions – see IV.

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IV. GENERAL PETITION PROCEDURES FOR USA GYMNASTICS DEVELOPMENT PROGRAM COMPETITIONS

- A. Petitions may be considered for the following reasons:
 - Injury, Illness or family tragedy (e.g., death, natural disaster)
- B. If an athlete is injured prior to a qualifying meet, but is capable of competing in one, two or three events, she may compete in the qualifying meet without jeopardizing her right to petition to the next competition.
- C. The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.
- D. Entry fees for petitioned athletes should be submitted by the entry deadline. If the petition is denied, the Meet Director must refund the entry fee within three weeks.
- E. Injury Petition Forms are posted on the USA Gymnastics website under Women’s Program – Forms – Petition Forms - <https://usagym.org/PDFs/Forms/Women/injury2021.pdf>.
- F. Specific procedures for State, Regional, Level 9 East/West Championships, Level 10 National Championships, are in the sections for those events.

COMPETITION

I. TYPES OF COMPETITION

- A. Overview of types of competition available to the levels and the qualifying scores to enter:

Level	Local and pre-Sectional	Sectional	State Championships	Regional Championships	East/ West Championships	National Championships
Level 1-5	X	X	X			
Level 6-8	X	X	X	TBD by RAC		
Level 9	X	X - 31.00 AA	X - 32.00 AA	TBD by the RAC. Level 9 and 10 qualifying scores	East and West: Top 7 per age division per region with a min. of 34.00 AA	
Level 10	X	X - 31.00 AA	X - 32.00 AA	must be approved by the NDPCC and the NTCC.		Top 7 per age division/ region with a min. of 35.00 AA

- The SAC determines the qualifying scores to Sectional meets and State Championships for Levels 8 and below.

II. GENERAL REGULATIONS

- A. The State Administrative Committee (SAC) determines
 1. If and when pre-Sectional Qualifiers and/or Sectional competitions will be conducted (as applicable by state).
 2. If State Championships at Level 1-3 will be conducted.
 3. If sub-divisions within levels will be offered, such as first year competitors and veterans, or if a team competition will be conducted separately from the state individual competition.
 4. The qualifying scores for pre-Sectional, Sectional and State Championships.
 5. If Individual Event Specialist (IES) competition for Levels 6-10 will be conducted at State Championships.
 6. The competitive schedule for State Championships and below.
 - a. It is recommended that a reasonable period of preparation be provided between seasons, especially between Compulsory and Optional Levels.

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- b. May conduct one annual State Championships, or one Fall and one Spring State Championships at Levels 7 and below.
7. State Programs of the Year are determined annually by the SAC utilizing the following criteria:
 - a. Program exhibits excellence at multiple Development Program levels with an emphasis at the highest level in the current year.
 - b. Displays good sportsmanship, team spirit and ethics.
 - c. Contributes to regional efforts (camps, clinics, Congress, volunteer positions).
- B. The Regional Administrative Committee (RAC) determines:
 1. If a Level 6/7/8 Regional Championships will be conducted.
 2. The qualifying procedures, schedule and format of the Level 6, 7 or 8 Regional Championships.
 3. Regional Programs of the Year are determined annually by the RAC utilizing the following criteria:
 - a. Program exhibits excellence at multiple Development Program levels with an emphasis at the highest level in the current year.
 - b. Displays good sportsmanship, team spirit and ethics.
 - c. Contributes to regional efforts (camps, clinics, congress, volunteer positions).

C. LOCAL MEETS (INCLUDES DUAL / TRIANGULAR MEETS BETWEEN CLUBS, INTER-SQUADS, AND INVATIONALS)

1. Local meets are NOT under the organizational responsibilities of the SAC; i.e., Meet Directors may:
 - set dates,
 - entry and gate fees
 - may contract their officials by a) using the USA Gymnastics Contract or b) by requesting the services of the state's judging contractor
 - may conduct team competition.
2. Local meets may be used for:
 - a. mobility only, OR
 - b. qualification to the pre-Sectional Qualifier (if conducted), Sectional (if conducted) or State Championships, at the discretion of the SAC.
3. Local meets may have only one club (team) competing to obtain a sanction.
4. MUST be judged by a minimum of two qualified judges per event.
 - a. EXCEPTION: One-judge panels ARE allowed at Compulsory levels 1, 2, 3, 4, and 5.
 - b. Any local meet that directly qualifies a Level 5 gymnast to a State Championships MUST be judged by a two-judge panel.
 - c. At Levels 1-3, any current, non-rated Competitive Coach Member is allowed to judge; however, the SAC determines if any additional criteria will be used for state qualifying competitions and State Championships.
5. Results from local meets need to be mailed or emailed to the SACC or designated SAC representative and the Meet Director of the pre-Sectional, Sectional or State Championships.
- D. Pre-Sectional/Sectional Qualifiers
 1. Meets that are designated by the SAC as the ONLY meets which can be used to qualify gymnasts to either Sectionals (if held) or State Championships (if held).
 2. For Sectional Meets, the SAC, in conjunction with the Meet Director, will determine by draw the placement of teams within sessions.
 3. Must have a minimum of two clubs competing to obtain a sanction.
 4. May be used to qualify a specific number of gymnasts to the State Championships.
 5. For compulsory competition, must be judged by a minimum of one qualified judge per event.
 - Any Pre-Sectional or Sectional meet that directly qualifies a Level 5 gymnast to a State Championships MUST be judged by a two-judge panel.
 6. All Optional levels must be judged by a minimum of two-judge panel per event.
 7. Results from pre-Sectional or Sectional meets need to be mailed or emailed to the SACC or the designated SAC representative and the Meet Director of the Sectional or State Championships.

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E. STATE CHAMPIONSHIPS

1. Under the total jurisdiction of the SAC and SACC.
 - The format and number of athletes must be approved by the Regional Development Program Committee Chairman (RDPCC) and RTCC.
2. MUST be conducted for Levels 4-10 and may be conducted for Levels 1- 3 (at the discretion of the SAC).
3. May be conducted in the fall and/or spring for Levels 1 - 7, at the discretion of the SAC. Level 8–10 State Championships must be conducted in the spring, according to the Regional and National schedule.
 - For those levels that have a Regional competition, the respective State Championships must be scheduled a minimum of three weeks prior to the Regional meet. Any deviation to that guideline must be approved by the RACC.
4. All Levels must be judged by a minimum of two qualified judges per event. The SAC determines the number of judges per panel, selects the judges and Meet Referee, and may determine the event assignments. It is recommended by the Development Program Committee that the SACC ask the Meet Referee to make the event assignments.
5. A present Level 8, 9 or 10 gymnast who competed at the same level the previous year and competed in the previous year's Regional Championships (and achieved a score equal to or greater than the current year's respective State Championships qualifying score) may directly enter the current year's State Championships at her respective Level.
6. Entry Fees and Deadlines
 - a. The Meet Director is required to utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed coaches' sign-in sheets during the competition.
 - b. The State entry fees may not exceed \$85.00 for compulsory and \$95.00 for optional levels unless approved by the RACC. Entries must be postmarked a minimum of 14 days (or as per SAC guidelines) prior to the first day of competition. A maximum fee of \$50.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly. Entries must include:
 - 1) Competitors and accepted petitioned athletes' name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
 - 2) The name(s) and USA Gymnastics Competitive Coach Member number, Safety Certification expiration, Background Check expiration, and U100, U112, U113 certification of all participating coaches.
 - 3) ALL FEES PAID IN FULL.
 - 4) An athlete is considered registered/entered in a competition only when her name is listed on the club's entry form and the Meet Director has received valid payment.
 - 5) Any athlete who has qualified to a State, Regional, East/West or National Championships will be allowed to participate, provided that they are capable of performing at least one event. In this case, they must present and touch each apparatus in order to receive a score of "zero" at the events in which they are unable to compete. The scores received by this individual may also contribute to the team score.
 - 6) Entry fees for pre-Sectional qualifiers, Sectional meets, and State Championships are determined by the SAC, with the approval of the RACC.
 - 7) State/Regional entry fee refunds are at the discretion of the SACC/RACC.
7. Petitions to State Championships (also see General rules for petitions - Chapter 8)
 - a. NO petitions are allowed if the qualification to State Championships is by a percent of a percent or a designated number of each age division and not by score.
 - b. If a gymnast is unable to compete at the Sectional or any local State-qualifying meet (or cannot compete in the All-Around at State Championships) due to injury or illness prior to or during State Championships), her coach may petition the SACC to allow the athlete to directly enter the State Championships, if the following requirements are met and documentation is included with the petition form:
 - 1) A photocopy of the results of one sanctioned meet from the current season showing a score which is equal to or greater than the state qualifying score.

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- If the gymnast competed at the same level in the previous season and qualified to State Championships or above, she may petition with the previous year scores from State or above meets.
- 2) Written request from the coach.
- 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- c. If an athlete who is unable to compete at any Sectional or local State-qualifying meets in the current season (or cannot compete AA at such events) due to injury or illness and is also lacking scores from last year's season due to injuries but has previously qualified to and competed in the State or above level competitions at the same level, an injury petition may be considered under special circumstances by the SACC. If necessary, the RTCC and the RDPCC will be consulted. The petition must include:
 - 1) A copy of meet results from the previous State/Regional/National competition with scores, which are at least one point higher than the current State qualifying score.
 - 2) A current video.
 - 3) Written request from the coach or parent.
 - 4) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- d. Petition Deadlines: petitions to State Championships must be received no later than the Wednesday after the last qualifying meet is held. Petitions must be sent to the SACC by email or Express Mail.
 - 1) The petitioner will be notified of the approval or denial of the petition by the SACC no later than one week before the competition.
 - 2) The SACC will notify the Meet Director of the approval or denial of the petition no later than one week before the competition.
 - 3) If a petition is accepted but the gymnast is unable to compete, the coach **MUST** notify the Meet Director and the SACC.
- 8. Awards for State Championships and above must be ordered from the national medal company by the SACC (or designee). Awards should be ordered a minimum four (4) weeks before the competition.
- 9. Results from State Championships need to be mailed or emailed to the RACC and RTCC, Regional Meet Director, and the SACC of the respective state within 72 hours.
- 10. The State Championships Director must send a financial report to the SACC within 60 days of the completion of the meet.

F. REGIONAL CHAMPIONSHIPS

1. Are under the total jurisdiction of the Regional Administrative Committee (RAC).
 - a. The format and number of athletes must be approved by the RDPCC and RTCC.
 - b. Entry fees for Development Program Regional Championships are determined by the RAC and must be approved by the National Administrative Committee Chairman (NACC).
 - c. The Regional entry fees may not exceed the National entry fee unless approved by the NACC.
 - d. The Meet Director is required to utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed coaches' sign-in sheets during the competition.
2. Must be conducted for Level 9 and 10 and may be conducted for Level 8 and below (at the discretion of the RAC).
 - a. Level 9 and 10 Regionals are conducted in April a minimum of three (3) weeks prior to Level 9 East/West and Level 10 Nationals. The date (or option of dates) is determined by the National Development Program Committee. Any deviation from this guideline must be approved by the Development Program Director.
 - b. The scheduling of Level 8 Regionals and below (if held) is at the discretion of the RAC.
 - c. The RAC determines if the Level 8, 9 and 10 Regional Championships will be conducted separately, or all held the same weekend.
3. Team competition by club team is not allowed at Regional Championships.
4. State team competition may be conducted as a separate competition (with a designated number of athletes qualifying by rank order) or as part of the individual competition in which each state designates which individual's scores will count toward the State team score.

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5. If a state has no All-Around qualifiers to Regionals (at each allowable level), the gymnast with the highest AA from the State Championships will be invited to compete at the Regional meet.
 - Individual Event Specialists (IES) athletes are NOT eligible.
6. Must be judged by a minimum of two qualified judges per panel. The RAC selects the judges and determines the number of judges per panel.
7. If the number of athletes in one age division requires that two sessions of competition be conducted, the Meet Director shall conduct a random draw by team to fill the sessions.
8. Regional Meet Directors must send Regional meet information to the State Championships Meet Director, with copies to the RDPCC, RTCC and RACC at least one week prior to the State Championship.
9. Entry forms and fees for Development Program Regional Championships must be filed and paid (with a club/company check) to the USA Gymnastics designated official at the qualifying meet, (unless there is an electronic entry system in place), who will forward them to the Meet Director of the next level meet. Entries for Regional Championships must be submitted to the designated USA Gymnastics personnel at the respective State Championships. Each club must be prepared to pay for all their qualifiers with one company check per level.
10. Petitions to Regional Championships at Levels 8, 9 and 10 (Also See General Rules for Petitions Chapter 8)
 - a. There are NO petitions to Development Program Level 8 Regional Championships if qualification is by a percentage or by specific number.
 - b. If a gymnast is unable to compete at the State Championships (or cannot compete in the All-Around at State Championships) due to injury or illness prior to or during the State Championships, her coach may petition the RTCC (or Regional Technical Assistant, if so designated) to allow the athlete to directly enter the Regional Championships, if the following requirements are met and documentation is included with the petition form:
 - 1) A photocopy of at least one pre-state, sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one point (1.00) greater than the regional qualifying score OR
 - a) Level 8: If the gymnast competed in the previous year's Development Program Level 8 Regional Championships and her Optional AA score was at least one point (1.00) greater than the current Regional qualifying score, she may submit her last year's Regional score as her pre-State Championships score.
 - b) Level 9: A Level 9 gymnast may submit her previous year's Regional or East/West score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 9 Regional qualifying score.
 - c) Level 10: A Level 10 gymnast may submit either her previous year's Regional or National score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 10 Regional qualifying score.
 - 2) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
 - 3) Written request from the coach.
 - c. If an athlete who is unable to compete at the State Championships (or cannot compete AA at State Championships) due to injury or illness is also lacking scores from both the current and last year's season due to injuries but has previously qualified to and competed in either Level 9/10 Regionals, Level 9 East/West, or Level 10 Nationals, an injury petition for the same level may be considered under special circumstances by the RTCC and the RDPCC. If necessary, the SACC and the NDPCC and National Technical Committee Chairmen (NTCC) will be consulted. The petition must include:
 - 1) A copy of the meet results must be included with the petition form. The scores from the previous Regional/National competition must be at least one point higher than the current Regional qualifying score.
 - 2) A current video that is sent to both Regional officers.
 - 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
 - d. The RTCC (or their appointee) will handle the petition, in consultation with the RDPCC and the SACC. If an agreement cannot be reached, the RTCC will make the decision.

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e. Special Considerations for Petitions to Level 9 or 10 Regional Championships

Any athlete currently competing Level 9 or 10 who has no Level 9 or 10 scores from the current season due to injury, but who had competed at or qualified to an Elite Challenge or Classic in the previous season, may petition to Level 9 or 10 Regionals. The injury petition will be considered under special circumstances by the RTCC and RDPCC. If necessary, the SACC, as well as the NDPCC and NTCC may be consulted. The petition form must be accompanied by the following:

- 1) A copy of her Elite scores from the previous season.
- 2) A current video must be sent to the two Regional officers.
- 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.

f. Deadlines for Petitions to Regional Championships:

- 1) Coaches must notify their RACC AND their RTCC email NO LATER THAN the Monday following the State Championships of any athletes they intend to petition to their Regional meet.
- 2) The complete Injury/Illness petition form - <https://usagym.org/PDFs/Forms/Women/injury2021.pdf>. The request in writing from the coach and official results are due the Monday following the State Championships by 5:00pm local time. All other required documents (physician's note) are due the Wednesday following the State Championships by 5:00pm local time.
 - Also send a copy to the SACC.
- 3) The Entry form and fees must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the RTCC will contact the Meet Director, who will refund the entry fee.
- 4) If the gymnast was injured at the State Championships, the entry fees and form should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State Championships. (Fees will be returned within three weeks if the petition is not accepted.)
- 5) The petitioner will be notified of the approval or denial of the petition by the RTCC a minimum of one week prior to the Regional meet.
- 6) The RTCC will notify the Meet Director of the approval or denial of the petition.
- 7) If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective RTCC.

11. Awards:

The RACC orders the awards for the Regional meets a minimum of 4 weeks prior to competition from the national medal company.

- a. The USA Gymnastics National Office is financially responsible for the following Regional awards:
 - 1) 1st - 3rd per age division for Development Program Level 10
 - 2) 1st - 3rd per age division for Development Program Level 9
- b. Since Regional competition for Level 8 and below is not required, the Regions are financially responsible for all awards.
- c. The RAC will determine whether the Meet Director or the RAC has the financial responsibility for the medals needed beyond the above listed medals.

12. Results of Regional Meets must be emailed within 72 hours to:

- a. For Level 8 or below, if held: SACC in that region, the RDPCC, RTCC, and RACC.
- b. For Level 9: SACC in that region, the RDPCC, RTCC and RACC, the Meet Director of the respective Eastern or Western Championships and the Development Program Director at the National Office.
 - 1) Level 9 Regional Meet Directors (or designated USA Gymnastics Regional officer) must email the meet results to the Development Program Director at the National Office no later than 24 hours after the completion of the meet.
 - 2) Also include a list of the qualifiers, plus two alternates to the Level 9 East/West National Championships.
- c. For Level 10: The SACC; the respective RDPCC, RTCC and RACC, the Development Program National Meet Director, and the Development Program Director at the National Office.

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- 1) Level 10 Regional Meet Directors (or designated USA Gymnastics Regional officer) must email the meet results to the Development Program Director at the National Office no later than 24 hours after the completion of the meet.
 - 2) Also include a list of the qualifiers, plus two alternates to the Level 10 National Championships.
 - 3) In addition, each region must include the names of the top 2 all-around athletes from the entire regional championship that did not qualify within their age group, as well as the top 5 individual athletes per event that did not qualify as an all-around athlete within their age group or as one of the 2 additional all-around athletes for the Individual Event Specialist (IES) session.
13. The Meet Director must send the financial report form within 45 days (or otherwise designated time) to the RACC.

G. LEVEL 9 EASTERN/WESTERN CHAMPIONSHIPS

1. General Regulations
 - a. Are under the jurisdiction of the USA Gymnastics National Office and the Development Program Committee.

The Meet Directors of the Level 9 Eastern and Western Championships shall contact the Development Program Director for specific information on:

 - 1) Schedule
 - 2) The draw, squads, and rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Are conducted annually in late April/early May.
 - c. The assignment of judges is the responsibility of the NTCC and the Development Program Technical Director in the National Office and is based on the recommendations of the eight Regional Administrative Committees.
 - d. Judged by four-judge panel per event, with no more than two judges from the same region on a panel.
 - The Regional Administrative Committees will lend financial support to ensure that four (4) judges from each region will be assigned. Each Regional Administrative Committee will contribute **\$400.00** to the respective Eastern or Western Meet Director.
2. Qualification to Eastern/Western Championships
 - a. Eastern/Western age divisions will be determined separately. 16 age divisions for East and West.
 - b. The top seven (7) All-Around athletes in each of the 16 age divisions from each of the four regions will compete as Regional Team members, provided they scored a minimum of 34.00 AA at the Regional Championships.
 - 1) Any gymnasts who tie for 7th place will attend East/West Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an Individual. The gymnast designated as Individual will not be eligible to receive a Regional Team Award.
 - 2) In the event of a 3-way tie for 7th place All-Around in any age division, the tie breaking procedures will be applied to determine the rank order of the athletes. The 9th place athlete will NOT be eligible for East/West Championships unless there is space available in another region in that age division.
 - c. If any region is unable to field a team of seven gymnasts per age division, the open slots will be filled based upon the Regional Team results from the previous year.
 - 1) If one spot needs to be filled, the 8th place athlete from the region whose regional team won that respective division the previous year will fill the spot. All athletes from the 1st place region who might be involved in a tie for 8th place will be used to fill the empty spots before any other region's athletes are assigned.
 - 2) If more than one spot needs to be filled in an age division and there were no ties in the 1st place region, the next individual added is the 8th place athlete from the region whose regional team placed second in the previous year.
 - 3) Only athletes from the regions that placed 1st and 2nd in the specific age division the previous year may fill the incomplete squads.

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- 4) If an athlete competes with another region, the Region becomes a designated All-Star team. The scores from the entire squad, regardless of region, will count towards the Regional All-Star team score. In the event of a tie for seventh place, the tie-breaking procedures will be applied to determine the rank order of the athletes and the eighth-place athlete will NOT be eligible to receive an All-Star team award.
- d. Foreign Athlete Eligibility – refer to Chapter 2.
- e. There are NO PETITIONS to Eastern or Western Championships.
- f. All competitors and first alternates will receive a tank leotard from their region to be worn in the competition. Each region will be designated by a specific color. The gymnasts will also receive a competition warm-up uniform from GK Elite Sportswear.
 - 1) The first alternate and the next several athletes in rank order should be measured at Regionals in the event that more than one athlete in an age division is injured or ill and cannot compete at Eastern/Western Championships. The second and subsequent alternates do not receive apparel unless they move into the 1st alternate position prior to the week of the competition.
 - 2) Apparel will be ordered for the first alternate (and any ties for 1st alternate) from each region in each age division. The apparel will be distributed only to those first alternates in attendance.
 - 3) The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If, following the competition, there are warm-up uniforms remaining, they will be sent to the alternates who did not attend either by the RACC, RDPCC, or by the National Office. The distribution of the remaining competitive leotards supplied by the Region is at the discretion of the respective RACC.
3. Entry Forms and Fees
 - a. Prior to the Regional Meets, the Meet Director of the Eastern and Western Championships must send meet information for all qualifiers and alternates to the four respective Regional Meet Directors. In addition, a copy of the meet information must be sent to the Development Program Director.
 - b. Entry forms and fees for the Level 9 Eastern and Western Championships are collected at the Regional Championships by the RACC or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL (unless there is an electronic entry system in place), along with the meet results to the Meet Director of the respective Eastern or Western Championships.
 - 1) Clubs must be prepared to pay the entry fee (maximum of \$150 per athlete) with one company check at the Regional meet.
 - 2) Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System. The number of credentialed coaches for East/West Championships and/or National Championships allowed per club are as follows:
 - 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play
 - 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play
 - 10+ athletes participating – contact the Development Program Director for coach credentials
 - 3) Upon approval of the Development Program Director, additional credentials may be purchased for \$100.00. Payment is due at the time of the request, and is payable to the respective East/West Meet Director.
 - c. Results and the names of qualifiers must be sent by email to the Development Program Director at the USA Gymnastics National Office.
 - d. Entry fees are not refundable with less than ten days notice prior to the meet.
 - 1) If an athlete who is qualified to Level 9 East/West is unable to compete due to an injury/illness and is replaced by the alternate, the Meet Director will refund the injured/ill athlete's entry fee.
 - 2) If no replacement is made, there will be no refund.
4. Injury Replacements
 - a. If a qualifier is injured prior to the Eastern or Western Championships, the alternate gymnast from her region and age division will replace her. Replacements will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
 - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she is not present at the meet and is unable to participate, the second alternate, if in

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attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.

- c. Any gymnast who is qualified to enter the Eastern or Western Championships, but is unable to compete, is **REQUIRED** to **IMMEDIATELY** notify the Development Program Director and their RACC or RDPCC. The Development Program Director will then notify the alternate and the Level 9 Eastern or Western Meet Director.
 - **DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!**
5. Format for Level 9 Eastern and Western Championships
 - a. Individual Event, All-Around and Regional Team competition will be conducted for the sixteen age divisions, as designated. There will be twenty-eight gymnasts per age division, plus any ties for the last qualifying place.
 - b. Each session will have two age divisions, one in each flight. Each flight has four squads of seven (or eight if there is a tie), with each squad representing one of the four regions.
 - c. There are two acceptable formats for Level 9 Eastern or Western Championships competition:
 - 1) Non-traditional (Capitol Cup) with one warm-up and one competition gym:
 - a) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym, provided that it is a minimum of 60' long and 8' wide and is identical to the competitive Floor Exercise).
 - b) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
 - 2) Modified non-traditional with two competitive gyms, side by side, each with a full set of equipment for all events.
 - a) The four squads in each flight are assigned to warm-up and compete in a specific gym. The first flight warms up their first event, then competes (no TOUCH WARM-UP required), While the 1st flight is competing, the other four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have competed in all four events.
 - b) Once all four squads in Flight 1 have finished competing their first event, the judges move to the other gym to judge Flight 2. The judges continue to alternate between gyms until both flights have competed in all four events.
 - 3) Medical personnel must be present during ALL competition.
 - d. The Level 9 Eastern and Western Championships will be a four (4) day event, conducted on the same dates at different sites.
 - 1) **Thursday** - Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. A welcome banquet/party may be held in the evening, at the discretion of the host.
 - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
 - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
 - c) Medical personnel must be present for ALL training and competition.
 - 2) **Friday** - Day One: First session: Competition for Junior 1 and 2; Second session: Competition for Junior 3 and 4; Third session: Competition for Junior 5 and 6
 - 3) **Saturday** - Day Two - First session: Competition for Junior 7 and 8; Second session: Competition for Senior 1 and 2; Third session: Competition for Senior 3 and 4
 - 4) **Sunday** - Day Three - First session: Competition for Senior 5 and 6; Second session: Competition for Senior 7 and 8
 - 5) There are no Individual Event Finals competition.
6. Awards

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- a. The National Office orders the awards from the National Awards Supplier.
 - b. For each age division, the top eight (8) in the All-Around and Individual Events will be given awards.
 - Ties are not broken; duplicate awards are presented.
 - c. Regional Team scores for each age group will be determined by the top four (4) scores per event.
 - All members of the first and second place Regional Teams will receive a team award.
 - d. An overall Regional Team score will be determined by the following method:
 - 1st place team 4 pts.
 - 2nd place team 3 pts.
 - 3rd place team 2 pts.
 - 4th place team 1 pt.

The overall team champions will be announced following the last session on Sunday.
7. Results and Reports
- a. Results including All-Around, Individual Event and Team scores/ranking will be sent to the Development Program Director.
 - The Development Program Director will distribute these results to the Women's Program sub-committees by email or by posting on the USA Gymnastics website.
 - b. The Meet Director must send the Financial Report form within 60 days (or otherwise designated time) to the USA Gymnastics Development Program Director.

H. LEVEL 10 NATIONAL CHAMPIONSHIPS

1. General Regulations
 - a. Are under the jurisdiction of the USA Gymnastics National Office and the Development Program Committee. The Meet Director of the Development Program National Championships will provide specific information on:
 - 1) Schedule
 - 2) The Draw, Squads and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Are conducted annually in early to mid-May, as determined by the National Office.
 - c. Individual competition as well as regional team competition is conducted for the twelve age divisions at Level 10 National Championships, in addition to one (1) "Wildcard" session.
 - d. Judged by four-judge panels per event; four judges from each region (two for Juniors and two for Seniors).
 - 2) The eight Regional Administrative Committees will lend financial support to assist with travel costs for judges. Each region will contribute **\$300.00** to the Meet Director.
2. Qualification to Development Program National Championships
 - a. The top seven (7) All-Around gymnasts in each of the twelve age divisions from each of the eight regions will compete as Regional Team members at the Development Program National Championships, provided that they achieve a minimum of 35.00 AA at the Regional meet.
 - Any gymnasts who tie for 7th place will attend the Development Program National Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an Individual.
 - In the case of a tie, the tie breaking procedures will be applied to determine the rank order of the athletes. The lower ranking athlete will be assigned to another region that has space available in that age division.
 - b. Each region will have the opportunity to qualify up to 22 additional athletes to compete in the Wildcard session.
 - 1) Two (2) total All-around athletes that did not qualify within their age group from the Regional Championship.
 - 2) Five (5) individual athletes per event that did not qualify via AA from their Regional Championship.

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- Qualification NOT by age group, rather the next eligible athletes from the entire Regional Championship.
- c. If any region is unable to field a team of seven gymnasts per age division, the open slots will be filled using the following formula:
 - 1) Region with the largest number of gymnasts in that particular age division will fill the first open slot.
 - 2) Region with the next largest number of gymnasts in that particular age division will fill the second open slot.
 - 3) Region with the next largest number of gymnasts in that particular age division will fill the third open slot.
 - 4) IF a fourth slot is open, it will return to the region with the largest number of gymnasts in that particular age division.
 - d. If any athlete competes with another region, the Region becomes a designated All-Star team. The scores from the entire squad, regardless of region, WILL count towards the Regional All-Star team score. In the event of a tie for seventh place, the tie-breaking procedures will be applied to determine the rank order of the athletes and the eighth-place athlete will not be eligible to receive an All-Star team award.
 - e. Foreign Athlete Eligibility – refer to Chapter 2.
 - f. There are NO PETITIONS to the Development Program National Championships.
 - g. All Regional Team members (including ties for 7th place) and first alternates will receive a competitive leotard, a scrunchie, and a warm-up uniform from GK Elite Sportswear. The region will also provide a tank leotard for training day.
 - 1) The first alternate and the next several athletes in rank order should be measured at Regionals in the event that more than one athlete in an age division is injured or ill and cannot compete at Development Program National Championships. The second and subsequent alternates do not receive apparel unless they move into the 1st alternate position prior to the week of the competition.
 - 2) Apparel will be ordered for the first alternate (and any ties for 1st alternate) from each region in each age division. The apparel will be distributed to only those first alternates in attendance.
 - 3) The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If, following the competition, there are warm-up uniforms remaining, they will be sent to the alternates who did not attend either by the RACC or RDPC or by the National Office. The distribution of the remaining training leotards supplied by the Region is at the discretion of the respective RACC.
3. Entry Forms and Fees
 - a. Prior to the Regional Meets, the Development Program National Championships Meet Director must send meet information for all qualifiers and alternates to the eight Regional Meet Directors. In addition, a copy of the meet information must be sent to the Development Program Director and RACC.
 - b. Entry forms and fees for all Development Program National Championships regional team qualifiers are collected at the Regional Championships by the RACC or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL (unless there is an electronic entry system in place), along with an electronic copy of the meet results to the Development Program National Championships Meet Director.
 - 1) Clubs must be prepared to pay the entry fee (maximum of \$150 per athlete) with one company check at the Regional meet.
 - 2) Include the names of any 1st or 2nd alternates on the club entry form, but fees are not paid unless the athlete is called to replace a qualifier.
 - 3) Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System. The number of Credentialed Coaches for East/West Championships and/or Development Program National Championships allowed per club are as follows:
 - 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play
 - 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play
 - 10+ athletes participating – contact the Development Program Director for coach credentials
 - 4) Upon approval of the Development Program Director, additional credentials may be purchased for \$100.00. Payment is due at the time of the request, and is payable to USA Gymnastics.

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- c. Results and the names of qualifiers must be sent by email to the Development Program Director at the USA Gymnastics National Office.
4. Injury Replacements
 - a. If a qualifier is injured prior to the Development Program National Championships, the alternate gymnast from her region and age division will replace her. Replacement will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
 - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she is not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
 - c. Any gymnast who is qualified to enter the Development Program National Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the Development Program Director and their RACC or RDPC. The Development Program Director will then notify the alternate and the Development Program National Championships Meet Director.
 - DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!
5. Format for Development Program National Championships
 - a. There will be one combined Development Program National Championships for the Junior and Senior age divisions, conducted concurrently at one site.
 - b. Competition will be conducted with two competition gyms (Junior and Senior) that include 2 sets of each apparatus.
 - 1) There will be three sessions per day in each of the two gyms for the Regional Teams, and 1 session on Friday for the "Wildcard" session.
 - 2) Each Saturday and Sunday session will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.
 - 3) The competition will be run in Modified Non-traditional (Capitol Cup) Format; refer to the chart in Chapter 9. Flight One squads compete on one set of equipment; Flight Two squads compete on the other set of equipment. Timed warm-ups immediately precede competition on each event. No 30-second touch is required.
 - c. The Development Program National Championships will be a three (3) day event, with the Welcome Party taking place the night before training / competition begins.
 - 1) **Thursday** – Welcome Party / Banquet to be held Thursday evening in conjunction with the Men's Program.
 - 2) **Friday** – Regional training day, "Wildcard" session - The facility must be available one day prior to the competition for training purposes.
 - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
 - b) Wildcard session to take place after the completion of all regional training.
 - c) Medical personnel must be present for ALL training and competition.
 - 2) **Saturday** - Optional Competition for Junior A,B,C and Senior A,B,C.
 - 3) **Sunday** - Optional Competition for Junior D,E,F and Senior D,E,F.
 - 4) There are NO Individual Event Finals competition for any member of the Regional Teams.
6. Awards
 - a. The National Office orders the awards from the National Awards Supplier.
 - b. Top 10 All-Around and Individual Event winners for each of the twelve age divisions are determined by the Optional competition. No Individual Event Finals will be held.
 - Ties are not broken; duplicate awards are presented.
 - c. Team Awards:
 - 1) All members of the top three (3) winning teams in each age division will receive an award. Team scores are determined by adding the top four (4) scores on each event.

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- 2) An overall Regional Team Champion will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:

1 st Place	8 Points	5 th Place	4 Points
2 nd Place	7 Points	6 th Place	3 Points
3 rd Place	6 Points	7 th Place	3 Points
4 th Place	5 Points	8 th Place	1 Point

- d. Development Program National Team (DEVNT): The top four AA gymnasts per age division will be designated as the Development Program National Team and will receive plaques and will be invited to attend a Development Program National Team Training Camp. In the case of a tie for fourth place, the tied athletes will qualify to the Development Program National Team.
- 1) If an eligible non-citizen athlete places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US Development Program National Team.
 - 2) In this instance, the next US citizen in rank order is placed on the Development Program National Team.
 - 3) Refer to Chapter 2 for eligibility requirements.
7. Results and Reports
- a. Results including All-Around, Individual Event and Team scores/ranking will be sent to the Development Program Director.
 - The Development Program Director will distribute these results to the Women's Program sub-committees by email or by posting on the USA Gymnastics website.
 - b. The Meet Director must send the Financial Report form within 60 days (or otherwise designated time) to the USA Gymnastics Development Program Director.
8. The Meet Director of the National Championships shall remain in close contact with the Development Program Director for assistance and guidance.

CHAPTER 9 – DEVELOPMENT PROGRAM GENERAL MEET INFORMATION

I. INFORMATION PACKETS

Include the following information and notify all eligible teams by mail or email. Information should also be posted on the host club's website.

- A. Name of meet, level(s) of competition and date.
- B. Host club and Meet Directors contact information.
- C. Entry fee (individual and/or team) and to whom it is payable.
- D. Spectator admission fees.

Spectator fees for Level 9 East/West and Level 10 Nationals:

	Training Day	Competition Days
Adults	Max - \$10/day	Max - \$35/day

- E. Site - address, phone, and map.
- F. Equipment description: Meet Directors must list manufacturer(s) for all available equipment, including boards. Complete uneven bar measurements (including the full manufacturer's allowances for height and spread) must be stated in pre-meet information and on bid forms for sectional and above meets.
- G. Type of awards and number to be awarded. Also include the approximate day/time of the award ceremonies, for example, "Awards immediately follow the competition".
- H. Local hotel and transportation information, if necessary.
- I. Competition schedule
 1. If the number of competitors is a known quantity, then specify the schedule.
 2. If the number of competitors and age divisions is unknown, indicate that a schedule will be sent after all entries have been received. Meet Directors of invitationals are advised to accept only a pre-determined number of athletes to avoid the necessity of conducting competitions during the weekdays.
 3. Consideration should be given to avoid conflicts with major religious holidays or school when scheduling competitions.
- J. Compulsory Levels 1 - 5 and Xcel competitions - Pre-Meet information must specify if one-judge panels will be used.
- K. Pre-Meet information for Invitational meets must indicate the "type" of invitational and regulations regarding team competition.

II. ENTRY REGULATIONS AND FEES

- A. All gymnastics performers and demonstrators for entertainment/demonstration purposes must be currently registered as a USA Gymnastics Athlete Member and must be covered under the individual club's insurance policy.
 - If any non-gymnastics performers (individual or group) will be participating, the host club is advised to obtain proof of insurance for that individual/group.
- B. All-Around competition is required for qualification to Sectional and above meets at all levels. Exceptions:
 1. For Levels 6-10, individual event specialist competition may be conducted up to and including regional meets, at the discretion of the respective State and Regional Administrative committees. Individual event specialist competitors may compete and be ranked amongst the all-around competitors; may be counted in the team score; and would receive duplicate awards in the case of a tie for event placement (ties involving Individual Event Specialists are NOT broken).
 2. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher level meets by achieving an average score equal to the average of the All-Around qualifying score. If the qualification is by number or percentage, such individuals could be added as additional athletes provided they achieve an average score that meets or exceeds the average score achieved by the lowest qualifier.

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- C. Any athlete who has qualified to a State, Regional, East/West or National Championships will be allowed to participate, provided that they are capable of performing at least one event. In this case, they must present and touch each apparatus in order to receive a score of "zero" at the events in which they are unable to compete. The scores received by this individual may also contribute to the team score.
- D. Non-citizens living and training in the United States, who are not current or past National Team members for a foreign country, may participate in all USA Gymnastics sanctioned events. For Information regarding Foreign Athlete (Elite or non-elite) participation in the Development Program, please refer to Chapter 2.
- E. In any USA Gymnastics sanctioned competition, each team/club must have at least one (1) active coach on the floor. Every coach on the floor at a sanctioned USA Gymnastics Women's competition MUST be a USA Gymnastics member. A minor Competitive Coach member must be accompanied by an adult Competitive Coach Member in order to be on the field of play (competition area) as a coach.
- F. Entry Fees and Deadlines
 - 1. It is recommended that competition entries are received, AND a competition schedule published at least 4-6 weeks prior to the first day of competition. Entries should include:
 - a. Competitors name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
 - b. The name(s) and USA Gymnastics member number, Safety Certification expiration, Background Check expiration, U110 certification and U100 certification of all participating coaches.
 - c. ALL FEES PAID IN FULL.
 - d. An athlete is considered registered/entered in a competition only when her name is listed on the club's entry form and the Meet Director has received valid payment.
 - 2. Meet Directors may not refuse entries from competitors who wish to enter a competition that serves as a Sectional Meet or any competition that serves as a qualifier to State Championships and above if all registration procedures and entry fees are PAID IN FULL.
 - Exception: If the competition fills to maximum participant capacity, the Meet Director may consider accepting additional entries if/when space becomes available.
 - 3. Cancellation Policy - The Meet Director should make the best effort to refund all or part of the entry fee in the event that severe weather or a shortage of judges would cause a cancellation of a competition.

MEET FORMATS, NUMBER OF COMPETITORS, AND WARM-UP TIMES

I. MEET FORMATS AND NUMBER OF ATHLETES

- A. Types of Competition Formats

The only acceptable meet formats are listed in this publication. Any ideas for new formats should be submitted to the National Development Program Committee Chairman (NDPCC) for consideration and/or approval and possible inclusion in future *Rules and Policies*.

 - 1. Traditional Formats:
 - a. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym, with the timed warm-ups on all four events first, then competition on all four events (30-second TOUCH WARM-UPS are required under certain conditions- see Competition Warm-up Procedures).
 - b. Meets in which the open stretch and timed warm-ups on all four events are conducted in a warm-up gym, then the gymnasts move to a competition gym in order to compete on all four events. (30-second TOUCH WARM-UPS are always required when the timed warm-ups are conducted on apparatus other than the competition apparatus.)
 - The apparatus must be identical to the competitive gym, with the exception of the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
 - c. When using either of the above formats, if squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad MAY be divided into two sub-groups for the competition warm-ups (30-second touch.) The first half takes their 30-second TOUCH WARM-UPS, and then competes; then the second half takes their 30-second TOUCH WARM-UPS and competes. TOUCH WARM-UPS on Beam and Floor may be staggered.
 - Taking the 30-second TOUCH WARM-UP in this instance is at the discretion of the personal coach and MUST be allowed, if desired.

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2. Modified Traditional FORMAT (alternating warm-up and competition):
 - a. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is only one set of apparatus. The timed warm-ups immediately precede competition on each event (this format eliminates the requirement of a 30-second TOUCH WARM-UP).
 - When squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad MAY be divided into two sub-groups. The first half takes their timed warm-ups, and then competes; then the second half takes their timed warm-ups and competes. TOUCH WARM-UPS on Beam and Floor may be staggered.
 - b. Modified Traditional FORMAT #2 (alternating warm-up and competition): Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is one Vault, one set of Bars, two Balance Beams, and one Floor Exercise mat in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the "A" beam to the "B" beam for competition.) Timed warm-ups immediately preceding competition on that event. The timed warm-ups immediately precede competition on each event (this format eliminates the requirement of a 30-second TOUCH WARM-UP).
 - When squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad MAY be divided into two sub-groups. The first half takes their timed warm-ups, and then competes; then the second half takes their timed warm-ups and competes. TOUCH WARM-UPS on Beam and Floor may be staggered.
3. Non-Traditional Formats:
 - a. Meets that have two sets of apparatus (one for competition and a duplicate set for warm-ups) either in the same or in separate gyms and that alternate the warm-ups and competition, one event at a time. (Capitol Cup type format)
 - 1) Timed warm-ups on the first event for the first four squads (Flight 1) are conducted on the warm-up apparatus, then Flight 1 goes to the competitive equipment to compete on their first event while the next four squads (Flight 2) warm-up their first event. The two flights continue to alternate between warm-ups and competition until all eight squads have completed all four events.
 - 2) 30-second TOUCH WARM-UPS are required since timed warm-ups are not conducted on the competition apparatus.
 - b. Meets which have two sets of apparatus in one gym and in which the first four squads (Flight 1) have timed warm-ups and competition on one set of apparatus, while the second four squads (Flight 2) have timed warm-ups and competition on the other set of apparatus. (Modified Capitol Cup)
 - 1) As soon as the squads in Flight 1 finish timed warm-ups on their first event and begin competition, the four squads in Flight 2 begin their timed warm-ups on their first event. Once Flight 1 completes competition on the first event, the judges move to the other set of apparatus to judge Flight 2. The two flights continue to alternate between warm-up and competition until all eight squads have completed all four events.
 - 2) Since the timed warm-ups are conducted on the competition apparatus immediately preceding the competition on the event, 30-second TOUCH WARM-UPS are not required.
 - c. For both of these non-traditional formats, the total number of athletes assigned to the two squads that start on the same event (one squad in Flight A and the other squad in Flight B) cannot exceed:
 - 1) Sixteen (16) for Levels 8-10
 - 2) Eighteen (18) for Levels 6/7 combined with Levels 8-10
 - 3) Twenty (20) for Levels 6 and/or 7 only
 - 4) Twenty-four (24) for Levels 1-5.
 - d. Splitting the timed warm-ups within the squad is **NOT** allowed if there are:
 - 1) Nine (9) or more Level 8-10 or Level 6/7 combined with Level 8-10
 - 2) Eleven (11) or more Levels 6 and/or 7 only
 - 3) Thirteen (13) or more Level 1-5 in any of the eight (8) squads
 - e. It is recommended that there be no less than five gymnasts per squad.
 - f. If the number of athletes in any one session is less than 40, the athletes may be divided into six or seven squads, leaving one or two events (either warm-up gym or competition gym) per rotation empty.

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- g. If a separate gym is used as a warm-up gym, the apparatus must be identical to the competitive gym, with the exception of the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
 - h. When at all possible, the Meet Director at USA Gymnastics sanctioned invitationals should assign teams that are split into two squads in the same flight and on "opposing" events. For example, if Team A is in two squads, Team A is assigned on Vault and Beam or Bars and Floor in the same flight, NOT Vault and Bars or Beam and Floor.
 - i. It is acceptable to have a combination of non-traditional and modified non-traditional formats in the same session.
 - Example: Use a warm-up gym and competition gym for UB, BB, and FX but have 2 VT stations in the competition gym.
4. Continuous competition format ("Gymfest format")
- A version of the "Modified Capital Cup" meet format mentioned above, except this format allows sessions to overlap start and end times. It was created to maximize the number of athletes who can compete in one day in a one gym setup with two sets of equipment, with a smaller separate general warm-up space. Warm-up times and maximum number of competitors for this format should mimic the "Modified Capital Cup" meet format in the below reference chart. For additional information, please refer to https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/meetformat_contcomp.pdf
- B. Determining Meet Format and Schedule
1. Select the type of format based upon number of athletes, number of levels, number of gymnasiums and amount of apparatus available.
 - Compulsory meets with 73-96 gymnasts in a session, Level 6 and 7 only meets with 57-80 gymnasts in a session, and Optional meets with 57 – 64 gymnasts in a session must use some type of non-traditional format in order to remain within the 5-hour maximum time in the gym.
 2. Gymnasts shall be grouped in sessions (and/or squads) first according to Level.
 3. There is no specific maximum number of judgments PER DAY per panel of judges. The limit to the total number of competitors per day is determined by the number of gymnasts allowed per session based upon which type of format is used, along with the following time restraints. The schedule of the competition must provide for the following:
 - a. The 15–30-minute general warm-up may not begin before 8:00 A.M. (General stretch and bar settings).
 - b. Must conform to the maximum number of judgments per SESSION per panel of judges (see chart).
 - c. The competition must be scheduled to end by 10:00 PM. If the meet continues past 10:00 PM due to extenuating circumstances, the Meet Director must submit an explanation in writing to the Regional Technical Committee Chair (RTCC), with a copy to the State Administrative Committee Chair (SACC) (or RACC for Regional meets), as well as to USA Gymnastics Member Services.
 - The Meet Referee must make a note of the time infraction on the Sanction Report Form.
 - d. Gymnasts should be on the Floor (includes warm-ups and competition) no longer than five (5) hours when performing a single set of compulsory or optional exercises in one (1) session.
 - 1) Considering the ages of the athletes in Levels 1-3, it is recommended that the session be no longer than 2½ hours in length, including warm-up time.
 - 2) If an athlete competes in two different sessions in one day, she must be provided adequate rest time between sessions.
 - e. For meets with multiple sessions PER DAY, it is recommended that judges are to be provided a 30-minute break time.
4. **REQUESTS TO EXCEED THE ALLOWABLE NUMBER OF JUDGMENTS PER SESSION WILL NOT BE CONSIDERED.**
- a. If the event is a State qualifying event, additional sessions and/or days must be added.
 - b. In the case of an invitational, the Meet Director must either place clubs on a wait list or they must change their format to allow for more than four panels of judges or more than one gym.
5. Allow adequate time for awards ceremonies (depending on the number of age divisions, number of awards to be given, and if a separate awards area is available) between sessions when calculating total time for competition to ensure that no gymnast will compete after 10:00 P.M.

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C. Scheduling Guidelines

COMPULSORY COMPETITION – Levels 1 and 2 – Example with 60 competitors

Traditional Format with a Timed Warm-up: Approximate Total Time	=	2 hrs. 10 min.
Open Stretch and Bar Settings 15- 30 min.	=	30 min.
Timed Warm-up 30 seconds per gymnast	=	30 min.
Line up, march-in 10 min.	=	10 min.
Competition 1 min. per gymnast	=	60 min.

COMPULSORY COMPETITION – Levels 1 and 2 – Example with 60 competitors

Traditional Format without a Timed Warm-up: Approx. Total Time	=	1 hr. 40 min.
Open Stretch and Bar Settings 15- 30 min.	=	30 min.
Line up, march-in 10 min.	=	10 min.
Competition 1 min. per gymnast	=	60 min.

COMPULSORY COMPETITION – Level 3 – Example with 60 competitors

Traditional Format with a Timed Warm-up: Approximate Total Time	=	2 hrs. 55 min.
Open Stretch and Bar Settings 15- 30 min.	=	30 min.
Timed Warm-up 45 seconds per gymnast	=	45 min.
Line up, march-in 10 min.	=	10 min.
Competition 1½ min. per gymnast	=	90 min.

COMPULSORY COMPETITION – Levels 4 and 5 - Example with 72 competitors

Traditional Format Approximate Total Time	=	4 hrs. 52 min.
Open Stretch and Bar Settings 30 min.	=	30 min.
Timed Warm-up 1 minute per gymnast	=	72 min.
Line up, march-in 10 min.	=	10 min.
TOUCH WARM-UP 30 seconds per gymnast	=	36 min.
(when required) (Maximum of 2 vaults per gymnast)		
Competition 2 min. per gymnast	=	144 min.

OPTIONAL COMPETITION – Levels 6 – 10 – Example with 56 competitors

Traditional Format Approximate Total Time	=	4 hrs. 52 min.
Open Stretch and Bar Settings 30 min.	=	30 min.
Timed Warm-up 1½ minute per gymnast	=	84 min.
Line up, march-in 10 min.	=	10 min.
TOUCH WARM-UP 30 seconds per gymnast	=	28 min.
(Maximum of 3 vaults per gymnast)		
Competition 2.5 min. per gymnast	=	140 min.

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REFERENCE CHART: TYPES OF FORMATS, WARM-UP TIMES AND MAXIMUM NUMBER OF COMPETITORS

Type of Format	Description	Warm-up time Levels 1 - 5	Warm-up time Levels 6 – 10	Development Program Only Maximum # of competitors per session per panel of judges	Combined Dev/Xcel Maximum # of competitors per session per panel of judges
Traditional Format	<ul style="list-style-type: none"> Either one competition gym OR a warm-up and a competition gym. Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events. 	<ul style="list-style-type: none"> L1-2: Maximum of 30 sec. timed warm-up L3: 45 sec. timed warm-up L4-5: 1-minute timed warm-up 30-second touch if warm-up is in separate gym or if more than 15/squad* 	<ul style="list-style-type: none"> L6 and L7: 1½ minutes with a 30-second touch L8-10: 2 minutes warm-up (L9,10 – 2.5 min. Bars ONLY, includes bar settings) with a 30-second touch 	<ul style="list-style-type: none"> L1-5 only: 72 L8,9,10 only: 56 L6 and/or L7 only: 64 Combined L1-5 and L8,9,10 in same session: 64 – no more than 28 L8,9,10 Combined L6 and / or L7 and L8,9,10: 60 – no more than 28 L8,9,10 	<ul style="list-style-type: none"> A combination of B, S, or G and Dev L1-5: 72 A combination of B, S, or G and Dev L6-10: 64 A combination of P or D and Dev L1-5: 64 A combination of P or D and Dev L6-10: 64
Modified Traditional Format #1 and Modified Traditional Format #2	<ul style="list-style-type: none"> Modified Traditional #1 – One set of equipment in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on that event. Modified Traditional #2 – One Vault, one set of Bars, two Balance Beams, and one Floor Exercise mat in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the “A” beam to the “B” beam for competition. 	<ul style="list-style-type: none"> L1-2: Maximum of 30 sec. timed warm-up L3: 45 sec. timed warm-up L4-5: 1-minute timed warm-up No 30-second touch 	<ul style="list-style-type: none"> L6 and L7: 1½ minutes L8,9,10: 2 minutes warm-up (L9,10 – 2.5 min. Bars ONLY, includes bar settings) No 30-second touch. 	<ul style="list-style-type: none"> L1-5 only: 72 L8,9,10 only: 56 L6 and / or L7 only: 64 Combined L1-5 and L8,9,10 in same session: 64 – no more than 28 L8,9,10 Combined L6 and / or L7 and L8,9,10: 60 – no more than 28 L8,9,10 	<ul style="list-style-type: none"> A combination of B,S, or G and Dev Levels 1-5: 72 A combination of B,S, or G and Dev L6-10: 64 A combination of P or D and Dev L1-5: 64 A combination of P or D and Dev L6-10: 64
Non-Traditional (Capitol Cup) Format	<ul style="list-style-type: none"> 2 gyms (warm-up and competition) Timed warm-up on each event immediately preceding competition on that event. 	<ul style="list-style-type: none"> L1-2: Maximum of 30 sec. timed warm-up L3: 45 sec. timed warm-up L4-5: 1-minute timed warm-up Additional 30-second touch on the competitive equipment 	<ul style="list-style-type: none"> L6 and L7: 1½ minutes L8,9,10: 2-minute warm-up (L9,10 – 2.5 min. Bars ONLY, includes bar settings) 30-second touch on the competitive equipment. 	<ul style="list-style-type: none"> L1-5 only: 96 L8,9,10 only: 64 L6 and / or L7 only: 80 Combined L1-5 and L8,9,10 in same session: 80 – no more than 32 L8,9,10 Combined L1-5 and L6 and / or L7 in same session: 80 – any # of L6 and / or L7 or L1-5 athletes is allowed Combined L6 and / or L7 and L8,9,10: 72 – no more than 32 L8,9,10 	<ul style="list-style-type: none"> A combination of B,S, or G and Dev L1-5: 96 A combination of B,S, or G and Dev L6-10: 80 A combination of P or D and Dev L1-5: 80 A combination of P or D and Dev L6-10: 64
Modified Non-Traditional (Modified Capitol Cup) Format	<ul style="list-style-type: none"> 2 sets of equipment in the competition gym (No warm-up gym). Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event. 	<ul style="list-style-type: none"> L1-2: Maximum of 30 sec. timed warm-up L3: 45 sec. timed warm-up L4-5: 1-minute timed warm-up No 30-second touch 	<ul style="list-style-type: none"> L6 and L7: 1½ minutes L8,9,10: 2-minute warm-up (L9,10 – 2.5 min. Bars ONLY, includes bar settings) No 30-second touch 	<ul style="list-style-type: none"> L1-5 only: 96 L8,9,10 only: 64 L6 and / or L7 only: 80 Combined L1-5 and L8,9,10 in same session: 80 – no more than 32 L8,9,10 L1-5 and L6 and / or L7 in same session: 80 – any # of L6 and / or L7 or L1-5 athletes is allowed Combined L6 and / or L7 and L8,9,10: 72 – no more than 32 L8,9,10 	<ul style="list-style-type: none"> A combination of B,S, or G and Dev L1-5: 96 A combination of B,S, or G and Dev L6-10: 80 A combination of P or D and Dev L1-5: 80 A combination of P or D and Dev L6-7: 80 A combination of P or D and Dev L8-10: 64

* If a squad has more than one level competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level.

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- D. Competitive format and draw: Procedures after entries have been received.
1. The State Administrative Committee may decide the competitive format and draw procedures for PRE-SECTIONAL, SECTIONAL, and STATE MEETS to allow the draw for sessions to be determined by either age divisions or by teams.
 - If the draw is conducted by teams, awards are given for all levels and/or age divisions competing in each session.
 2. The draw for sessions at State and above Championship competitions is to be determined by age divisions.
 - a. The State Administrative Committee determines specific guidelines that determine the order of competition for the age divisions and/or levels (for example, by random draw or youngest to oldest) for State Championships.
 - b. Using the pre-determined State guidelines, the Meet Director and State Administrative Committee Chairman, (or other State Administrative Committee Members designated by the SACC), conduct the draw to determine the order in which the age divisions will be conducted.
 - c. In all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first on the event she is competing using the following steps:
 - 1) Organize gymnasts into squads.
 - 2) Draw for starting events and flights.
 - 3) Place the IES first on the event she is competing within the squad.
 - 4) No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
 - d. The format and number of athletes for State and Regional competitions must be approved by the RDPCC and RTCC.
 - 1) For State/Regional Championships: the maximum number of gymnasts per session may be exceeded by a small percentage for special circumstances, with the approval of the RTCC, RDPCC and the RACC for State Championships and by the NTCC and the NDPCC for Regional Championships.
 - 2) It is the Meet Director's responsibility to contact the appropriate officers (State Meet Directors contact the SACC; Regional Meet Director contact RTCC). The State or Regional officer(s) will then contact the appropriate individuals, as stated above, for final approval.
 3. Club team competition format and draw shall be determined by the:
 - a. Meet Director for invitationals and local meets.
 - b. State Administrative Committee for the Pre-sectional qualifiers, Sectional and State Championships.
 - c. Regional Administrative Committee for Regional competitions.
 4. Alphabetize teams and assign competitive numbers for each gymnast, designated by age divisions and/or Levels. Each level and/or age division should be designated by a specific number sequence, if possible.
 - a. If only achievement awards are given for Level 5 or below, the gymnasts are not required to compete within designated age divisions.
 - b. To assign competitor numbers, first determine all athletes in the same age division, listed alphabetically, first by team, then by last name.
 5. Determine the number of gymnasts per session based on type of competition, and allowable number of gymnasts per squad. The number of gymnasts per squad is determined by dividing the total number of gymnasts in the session by four in a traditional format, by five if a "bye" rotation is used, or by 8 in a non-traditional (Capitol Cup) format. (See Competition Formats)
 6. Draw for team placement into necessary number of squads. All members of the same age division and/or level from the same team will be drawn for competitive order in the same squad in the same session.
 - a. Priority - keep levels and/or age divisions in the same session and, if possible, the same squad(s).
 - b. If warm-ups are conducted in a separate gym or on a separate set of apparatus in the same gym alternating with competition (non-traditional format), all athletes on the same team MUST be drawn in the same squad(s) within the same flight (in the same gym).
 - c. No team (club) should be drawn into more than two squads in any one session, unless the total number of gymnasts from that club exceeds the number of gymnasts that would be drawn into two squads.

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- If there are several age divisions and/or levels within the same session, teams may be drawn for placement in one or two squads.
- d. The Meet Director should always consider the safety of the athlete first to determine the best format for the competition.
7. Draw for starting events for each squad.
 8. Order of Events
 - a. FIG Olympic competitive order is Vault, Uneven Bars, Balance Beam, and Floor Exercise.
 - b. In the case of only one squad or 4 squads (1 panel or 4 panels of judges), the squad(s) will rotate in Olympic order.
 - c. If only 2 events compete simultaneously (2 panels of judges), it is recommended that Vault and Bars run first, followed by Beam and Floor Exercise.
 9. Draw for competitive order by taking the numbers of all gymnasts assigned to that squad and draw randomly. No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
 - a. If more than one level must be drawn in one squad, all athletes of the same level must compete consecutively. When rotating to the next event, the first competitor of a level would be dropped to the last spot.
 - b. In the case of team invitationals in which the order of competition is drawn by team and the coach decides the competitive order of the gymnasts, all teams in the squad would compete gymnasts of one level, then repeat the team order with the next level of gymnasts.
 10. To determine the competitive order when rotating to the next event, the number of places to be “dropped” must be applied uniformly per session and is based on $\frac{1}{4}$ of the number of competitors in the largest squad in that session.

EXAMPLE: Two even squads of 12 and two squads of 11- drop the first three (3) gymnasts in each squad to the end of the competitive order when rotating to the next event. Four odd-number squads of 9 - drop the first two (2) gymnasts to the end of competitive order.

6 or less gymnasts in a squad – drop one (1) spot

Gymnast 1 – V
Gymnast 2 – UB
Gymnast 3 – BB
Gymnast 4 – FX

12+ gymnasts in a squad – drop three (3) spots

Gymnast 1 – V
Gymnast 2
Gymnast 3
Gymnast 4 – UB
Gymnast 5
Gymnast 6
Gymnast 7 - BB
Gymnast 8
Gymnast 9
Gymnast 10 – FX
Gymnast 11
Gymnast 12

7-11 gymnasts in a squad – drop two (2) spots

Gymnast 1 – V
Gymnast 2
Gymnast 3 – UB
Gymnast 4
Gymnast 5 – BB
Gymnast 6
Gymnast 7 - FX

- In the case of a squad being reduced in numbers due to gymnasts scratching prior to the start of competition, it may be necessary to re-define the start order on each event for that squad only if the original number of dropped places is more than $\frac{1}{4}$ of the number of gymnasts in that squad.
11. The order of competition (start lists) must be distributed to all coaches and judges and posted at the competition site.

II. MEET WARM-UPS

A. Pre-meet (timed) warm-ups

1. A 15–30-minute general/open warm-up time is required. The Uneven Bars are available to obtain settings only (tap swings). The apparatus is NOT available for warm-up during the general warm-up time. Marking mount distances or practicing run-up onto the board is allowed. The Floor Exercise mat and other matted and open areas may be used for locomotor warm-up activities, such as running, and for skill warm-up that can be performed in a confined space. Line drills on Floor involving simple elements are allowed; however, tumbling on the diagonal is not allowed.

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2. Timed warm-ups

a. Rotations are determined by the following formula:

- 1) Compulsories:
 - Levels 1-2: Maximum of 30-seconds X number of gymnasts per squad
 - Level 3: 45 seconds X number of gymnasts per squad
 - Levels 4-5: 1 minute X number of gymnasts per squad
- 2) Optionals:
 - Level 6-7: 1½ min. x number of gymnasts per squad (regardless of format)
 - Levels 8 / 9 / 10: 2 min. x number of gymnasts per squad (regardless of format)
 - For Levels 9 / 10, 2.5 minutes x number of gymnasts per squad on UNEVEN BARS ONLY, INCLUDES BAR SETTINGS (regardless of format).
- 3) The amount of time for Vault and Floor Exercise pre-meet warm-ups is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast (see charts below).
- 4) If a squad has more than one level competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level (see charts below).

Example 1:

Squad	# gymnasts	Level	Warm-up Time
A	10	All Level 6/7	15 min (10 x 1.5)
B	10	All Level 6/7	15 min (10 x 1.5)
C	10	All Level 6/7	15 min (10 x 1.5)
D	10	8 at Level 6/7; 2 at Level 8	16 min (8 x 1.5 plus 2 x 2 min)

In Example 1, all squads would have 20 minutes (time of the largest squad) for Vault and Floor.

Example 2:

Squad	# gymnasts	Level	Warm-up Time
A	8	All Level 6	12 min (8 x 1.5)
B	8	All Level 7	12 min (8 x 1.5)
C	10	All Level 6	15 min (10 x 1.5)
D	8	6 at Level 7; 2 at Level 8	13 min (6 x 1.5 plus 2 x 2 min)

In Example 2, all squads would have 20 minutes (time of the largest squad) for Vault and Floor.

- b. All Levels (1-10) Bar settings (adjustments) are NOT included in the warm-up time, unless an athlete chooses to block time, either within their own team or with other teams.
 - 1) The clock will NOT stop within the block time.
 - 2) Each block is allowed to set the Bars ONE INITIAL TIME before the warm-up time begins.
 - 3) The clock WILL STOP between EACH block.
 - 4) Separate blocks of ANY SIZE can occur within a squad.
 - 5) At all sanctioned events, only one gymnast at a time can be on the Bars for any part of the warm-up period (this would include timed warm-ups and 30-second touch.)
- c. Block time will be allowed on Bars and Beam only at the discretion of each individual coach for teams that have several gymnasts in one squad. Individual gymnasts from different teams may join together to block time, if they so desire.
 - 1) When using a "warm-up/compete" format (one gym and one set of apparatus) with timed warm-ups immediately preceding competition on each event, gymnasts may "block" time.
 - 2) At USA Gymnastics sanctioned competitions that use a draw for individual competitive order, the first athlete to compete MUST warm-up first, whether she chooses to block or to take individual warm-up time. If the first athlete blocks warm-up time with additional athletes in the squad, those athletes will warm-up with the first competing athlete.
 - 3) Staggered timed warm-up is NOT allowed on Balance Beam.

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- 4) Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on Balance Beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed.
- d. Block time for timed warm-ups is not allowed on Vault or Floor Exercise.
 - Note: The entire squad warms up at the same time for Vault and Floor. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.
- e. Vault warm-up procedures: The time will begin when the gymnast stands on the table to do a skill/jump off the table. If the gymnast does not do a skill/jump off the table, the time will begin when the gymnast begins running toward the table and touches the spring board. Warm-up drills i.e. "Handstand hops" and a "run by" without touching the board is NOT included in the warm-up time and will be allowed as long as performing these drills does not delay the competition. Excessive delay of "warm-up drills" when the timer is ready could result in a deduction.
- f. Floor Exercise warm-up procedures for meet formats that provide only one Floor Exercise mat for competition (or one Floor and a tumbling strip):
 - 1) With squad of 8 or fewer Optional gymnasts: warm-up all 8 gymnasts (1½ min. each for traditional; 2 min. for non-traditional formats), then compete.
 - 2) For non-traditional formats, the total number of athletes assigned to the corresponding Flight A and B squads cannot exceed:
 - 16 for Levels 8-10
 - 20 for combined Levels 6 and 7 only
 - 24 for Levels 1-5.
 - If there are 9 or more (Levels 8-10), 11 or more (Levels 6-7 combined only), or 13 or more (Levels 1-5) in one of the squads, they are not allowed to split timed warm-up within their squad.
 - 3) With any allowable size squad: warm-up athletes between competitive routines.
 - a) When using this option, the Meet Director MUST assign an adult monitor to regulate the number of athletes warming up at any one point in time and to keep track of the competitive order. It is not a responsibility of the judges.
 - b) A gymnast is allowed to start warming up when there are only six more competitors ahead of her. This gives each athlete 5 turns on the Floor mat prior to her time to compete and there will be no more than five athletes warming up on the Floor at any one point in time.
 - c) Example with 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first six athletes will warm-up together (6 x 2 minutes=12 min.). Once competition begins, the 7th athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up.
 - d) This procedure may also be used for the TOUCH WARM-UP.
 - e) For Compulsory Levels 1-5, in a modified non-traditional format, athletes may warm-up between floor routines as a group, corresponding with the squad numbers above (f.2). The group is not limited to six athletes, as required by Levels 6-10. If the coach feels not enough warm-up time has been given, he/she may ask the Chief Judge for a reasonable amount of additional time.
 - f) If a coach determines that the athletes have not had adequate warm-up time in between routines, he/she can request of the Chief Judge to either have a short block of time for a squad or partial squad to warm-up, or for the judges to slow down to allow for up to 30 seconds between exercises, especially for Levels 4 and below.
- g. If an athlete (or team) disregards the timer and exceeds the warm-up time, the timer must report the infraction to the Meet Director or Meet Referee. This would be considered as the warning and any subsequent infraction would result in a 0.20 penalty.
- h. Warm-up rotation order
 - 1) Traditional format: Squads start the timed warm-ups on their second competitive event and rotate in Olympic order to finish warm-ups on their first competitive event.

EXAMPLE: Warm-up order: UB, BB, FX, V
Competitive order: V, UB, BB, FX

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- 2) When "Bye Squads" are used, timed warm-ups must be in the same order as the competitive rotation.
 - i. If timed warm-ups are conducted in a separate Warm-up gym, all equipment (warm-up and competition) must be identical (with the exception of Floor Exercise, where a tumbling strip made with the same type springs, foam and carpet as the FX mat may be used in the warm-up gym). Each board must be marked for a specific gym and event.
 - j. If a gymnast arrives late to a competition due to circumstances beyond her control (traffic delay, weather-related), every effort should be made to allow the athlete to compete. She should be provided a safe and effective warm-up without upsetting the flow of the ongoing event. Provided that she has arrived for her designated session/age division, her scores will be valid for all individual and team rankings.
- B. Competition (30-second touch) warm-ups
1. The TOUCH WARM-UPS are conducted as follows:
 - a. Vault: TOUCH WARM-UPS are not controlled by time, but rather by a guaranteed maximum number of vaults per gymnast.
 - 1) Level 1-5 competitions: each gymnast is guaranteed a maximum of two (2) TOUCH WARM-UP vaults.
 - 2) Level 6-10 Competitions: each gymnast is guaranteed a maximum of three (3) TOUCH WARM-UP vaults.
 - 3) Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY, in addition to their specific number of allowable vaults.
 - 4) After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
 - b. Bars: A 30-second warm-up per gymnast is allowed; setting of the bars is NOT included in the "touch" warm-up time.
 - c. Beam: 30-seconds per gymnast.
 - TOUCH WARM-UPS on Beam only may be staggered.
Example: For competitions using the Modified Traditional format, the first three gymnasts warm-up on beam, then athlete #1 competes. Then the 4th gymnast warm-ups while the judges evaluate the score for the first gymnast. After each subsequent routine, the next gymnast in rotation order will warm up.
 - d. Floor Exercise: All gymnasts in the squad (or half the squad in the case of large squads) warm up simultaneously for a time period determined by multiplying the number of gymnasts by 30 seconds.
Example: 5 gymnasts will be given 2½ minutes as a group to warm-up.
 - Note: The Meet Director may choose to use the option of conducting the warm-ups in between the competitors.
 2. A TOUCH WARM-UP on the competitive equipment prior to each event is required for:
 - a. Any competitions that do not conduct timed warm-ups on the competitive equipment.
Note: Any meets (Compulsory or Optional) that are conducted with timed warm-ups directly preceding competition on each event are NOT REQUIRED to have TOUCH WARM-UPS.
 - b. State and above competitions, regardless of the number of gymnasts per squad. Exception: Compulsory level meets are not required to have 30-second TOUCH WARM-UPS if squads do not have more than ten (10) gymnasts.
 - c. Compulsory Level 4 and 5 competition with sixteen (16) or more gymnasts per squad.
 - Levels 1-3 are not required to have TOUCH WARM-UPS.
 - d. All optional competitions (regardless of the number of gymnasts per squad).
 3. For Traditional format meets: In the case of large squads (9 or more Optional; 13 or more Compulsory), the squad MAY be divided into two (2) groups. The first half takes a TOUCH WARM-UP and then competes; then the second half takes a TOUCH WARM-UP and competes.
 - The option to alternate competition with the TOUCH WARM-UPS (staggered touch) may also be used, at the discretion of the Meet Director.
 4. The TOUCH WARM-UPS are not required to be in competitive order.
 - a. The first athlete to compete must be given the opportunity to touch first.
 - b. Athletes will be allowed to take the TOUCH WARM-UP in any order to expedite the one-TOUCH WARM-UP, but each athlete must still be individually timed 30-seconds on Bars and Beam.

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- c. On Vault, the athletes may warm-up in any order, but each athlete is still guaranteed a maximum of 2 vaults (Level 1-7) or 3 vaults (Level 8-10).
 - d. If the one-TOUCH WARM-UP on Beam is staggered with warm-ups between competitive routines, the one TOUCH WARM-UP must be in competitive order.
5. A gymnast is not required to take the TOUCH WARM-UP.
 6. In the case of an unavoidable delay in the competition (i.e. electrical power outage, serious injury, etc.), the Chief Judge (and/or Meet Referee and Meet Director) may allow an additional TOUCH WARM-UP for those athletes who have already taken the 30-second touch but have had to wait an unreasonable amount of time. The safety of the athletes must be the primary concern.

III. SPECIFIC COMPETITION PROCEDURES

Included below are rules from the *Development Program Code of Points* for Athletes, Coaches, Judges, Meet Personnel and Spectators.

- A. There shall be no more than 20 minutes between the end of timed warm-ups and the start of competition (or the 30-second touch competition warm-up).
- B. Gymnasts should march from event to event, with the squad presenting itself to the Chief Judge. Exception: Competition formats that include continuous rotation do not require a formal march or presentation to the judges.
- C. ONLY competing gymnasts and their coach(es) are allowed onto the competition area, and ONLY during the session in which they are competing.
 1. The only additional people allowed on the competition floor are those directly involved with the running of the event (e.g., trainers, scorers, flashers, runners, etc.).
 2. Coaches should make child care arrangements for their offspring, unless the child is old enough to act in a volunteer capacity at the competition.
 3. EXCEPTION: At Level 9 Easterns and Westerns, and Level 10 Nationals, alternates are allowed to be on the field-of-play and join their respective regional team for formal march-in.
- D. At Level 9 East/West and Level 10 National Championships, the gymnast MUST wear her competitive number during the competition, unless she is performing a back spin on Beam or Floor, in which case the coach must show the number to the judges. At Level 10 Nationals, high school aged athletes are encouraged to wear their competitive number during the training day as well, in order to assist collegiate coaches in identifying the athletes.
 1. If the gymnast refuses to wear the number, a warning would be issued to the coach of the gymnast. If she fails to wear the number at subsequent events, a deduction for inappropriate attire would be applied.
 2. At all other meets at which competitor number bibs are provided, the numbers may be worn or displayed.
- E. For levels 8-10 ONLY, at the State, Regional, East/West, and National optional competitions, the gymnast may display OR verbally announce the vault number of the vault that she intends to perform. Vault numbers can be displayed using any number of ways, examples: score flashing unit, white board, chalk board, etc.
- F. If a gymnast is injured prior to or during the competition and is unable to compete in all four events, she must touch the apparatus of the event(s) in which she is unable to compete. By receiving a score of zero or higher, she has the right to continue in the competition.
 1. If the gymnast does not present to the Chief Judge and touch the apparatus on the next event(s), she will be considered as withdrawing (scratching) from the meet and thus forfeits her right to continue but is eligible for awards on the events she competed.
 2. If a gymnast is injured during the competition and is unable to compete in any additional events, she is not required to "touch" the apparatus on the remaining events. She is, however, still eligible to receive awards on any events completed prior to withdrawing (scratching). It is the coach's responsibility to report any scratches/withdrawals to the attention of the Meet Director and/or Meet Referee so it is properly recorded in the scoring system.

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G. Scoring

1. Base score will be established at the judges' meeting at Sectional and above competitions with the use of the Technical Committee Base Score videos and script of deductions.
2. It is recommended that each judge must either independently input their score electronically or submit the score in writing on a separate score slip. If only one keypad is available per event, both judges must write their own score and both (or all four) scores should be entered electronically to ensure an accurate average score. At all sanctioned meets, there **MUST** be a written back-up (in the form of a verification heat sheet) to record the individual judges' scores, neutral deductions and the final average score. In order to ensure accurate results, both vaults scores should be entered into electronic scoring system, especially at qualifying and championship competitions.
3. Open scoring is defined as either electronically flashing each judge's score or by writing each judge's score on each athlete's competitor card. Open Scoring is:
 - a. Required at Level 10 Nationals and Level 9 Eastern/Western Championships.
 - b. Allowed at Regional Championships (determined by the Regional Administrative Committee (RAC)).
 - c. Allowed at Optional State Championships (determined by State Administrative Committee (SAC)).
 - d. Allowed at Optional Invitationals, at the discretion of the Meet Director.
 - e. NOT allowed at any compulsory meet, including compulsory State Championships.
 - f. Procedures for Open Scoring
 - 1) Each judge should independently determine his/her score.
 - 2) Each judge should record the Start Value and final score on the judging slip and send it to the Chief Judge via the runner. If using electronic entry, only the score is entered.
 - 3) After the Chief Judge receives all judges' scores, each individual judge's score is then flashed on the score-flashing unit.
 - 4) If the score is changed as a result of a conference, the adjusted score should be re-flashed as a "Corrected Score".
 - g. Refer to the Meet Organizational Guidelines – Clerical Committee for additional procedures for use of Open Scoring.
4. Start Values for Optional (Levels 6 - 10) Competitions
 - a. Start Values are required to be either flashed or written on the competitor's card at ALL Level 6 - 10 competitions.
 - b. Procedures for Flashing Start Values:
 - 1) Each judge should independently determine a Start Value.
 - 2) The Start Value and the final score should be recorded on the judging slip and sent via the runner to the Chief Judge.
 - 3) Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' scores.
 - 4) Start Values do not have to match. A conference **MAY** be called to determine if the Start Value needs to be adjusted, either up or down.
 - 5) If the Start Value is changed as a result of a conference, the adjusted Start Value should be re-flashed.
 - 6) See Meet Organizational Guidelines, Clerical Committee for additional procedures for the flashing of Start Values.
5. Judges may score in 0.05 increments at all USA Gymnastics sanctioned competitions.
6. A final score of 1.00 will be awarded for any Compulsory or Optional Bars, Beam or Floor Exercise routine that would result in a score equal to or less than one point (1.00).
 - At State Championships and above, all void (optional) vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
7. Once the final average score is submitted to the scoring system, it may not be changed unless an inquiry is submitted and results in a score change.
 - a. A Chief Judge may change a score after submission to the scoring system IF a neutral deduction (such as out of bounds or overtime) was inadvertently not applied. This change must occur prior to the end of the rotation. The coach must be notified of the score change and if possible, the new score should be displayed to the public.

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- b. If a judge realizes that a gymnast was mistakenly judged using the incorrect rules for her level, the routine may be re-evaluated using the appropriate rules to determine the correct Start Value and specific compositional deductions, based on the judges' shorthand. This re-evaluation must occur within 5 minutes of the end of the competition for that session. The judging panel must notify the Meet Referee and the scoring personnel that the re-evaluation is to occur. The coach must be notified immediately of any score change.
 - c. If there is a clerical error when entering scores electronically, the score may be officially changed by the end of the session.
 - d. Recommendation that, for State Championships and above: In extenuating situations, the Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled. The coach must be notified that a review will occur. No additional deductions are allowed to be taken by a judge after the review if the Special Requirement(s) in question is (are) awarded.
8. All-Around (AA) Score
- a. Compulsory All-Around is the total score for the four compulsory events.
 - b. Optional All-Around is the total score for the four optional events.
9. Individual Event Finals Score: The format and qualification procedures for the Finals competition are determined by the Meet Director and must be published in advance.
- a. Finals may be conducted at Invitational meets.
 - b. There are no Individual Event Finals conducted in any USA Gymnastics Development Program Championship competition.
 - c. The Individual Event score/rankings are determined during the optional All-Around competition.
10. Team Score
- a. The method used to calculate the team score must be described clearly in the meet information for Invitational meets.
 - b. For USA Gymnastics Pre-Sectional Qualifiers, Sectionals and State club/team competitions, the SAC shall determine the method used for determining team score. Some options are:
 - 1) Limit the number of gymnasts on a team and count all scores. (Example: 6-member team, or 3-member team, all scores count.)
 - 2) Specify the number of gymnasts on a team and count all scores but one on each event. (Example: 6-member team, 5 scores per event count.)
 - 3) Allow an unlimited number of gymnasts per team; specify number of scores per event to count.
- H. Inquiry Regulations
1. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based only on the following:
 - a. Compulsories - Incorrect elements, evaluation of major elements, falls, neutral deductions or unusual occurrences.
 - b. Optionals - Awarding of Start Value, specific "flat" compositional deductions, falls, neutral deductions or unusual occurrences.
 - A flash from a camera is not a valid reason to allow a gymnast to repeat a routine.
 2. The Meet Director must provide inquiry forms at a place designated at the coaches meeting. The form is available:
 - a. On the USA Gymnastics website under Women's Program at:
<http://usagym.org/pages/home/pages/forms.html?prog=w#womens>
 - b. From your State Administrative Committee Chairman
 3. Inquiries MUST be submitted to the Meet Director or Meet Referee within 5 minutes of the completion of the squad's competition on that event.
 - a. No fee may be charged to submit an inquiry.
 - b. Coaches need to be aware that an inquiry allows for a second evaluation, which may result in:
 - 1) no change in score,
 - 2) the score being raised, or
 - 3) the score being lowered.

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- c. Exception to the 5-minute to submit inquiry rule:
- 1) If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
 - 2) If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.
Example: Regional Qualifying Score = 34.00. Required petition score = 35.00. The athlete must achieve a three-event score totaling 26.25.
Example: Regional Qualifying Score = 35.00. Required petition score = 36.00. The athlete must achieve a three-event score totaling 27.00.
 - 3) These processes listed in sections 1) and 2) above DO NOT APPLY:
 - a) for mobility purposes, OR
 - b) if qualification to the state or regional meet is by percentage or designated number per age group.
4. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach. The coach may not approach the judge regarding the inquiry during the competition.
5. No video review is allowed at any Development Program competition during the processing of an inquiry unless the following criteria are met:
- a. At all sanctioned competitions, a coach can request video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involves possibility that the judges missed an element that would affect the Start Value. The video review process may NOT be used to appeal a judgment of degree assessment, i.e. degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.
 - 1) If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.
 - 2) The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision.
Examples:
 - a) All judges did not record a full turn on BB.
 - b) One or more judges recorded a 2/1 twist instead of 3/1 twist on FX.
 - c) To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.
 - d) To verify if the gymnast lands on the bottom of the feet first on Vault, Uneven Bar/Balance Beam dismounts, Beam acro elements that finish on top of the Beam (foot/feet), and Floor Exercise saltos.
 - For levels 8-10 ONLY: Immediate video review is allowed (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. The review MUST be completed prior to attempting the 2nd vault.
 - e) To consider spotting deductions.
 - f) To consider floor line violations.
 - g) To consider floor exercise overtime deductions.
 - In order to submit an inquiry for an overtime deduction, a coach MUST provide a video of the routine in question.
6. If administrative procedures (see below) were not properly followed on a submitted inquiry, the coach may petition the Jury of Appeals for a review within 5 minutes of the end of the rotation/competition or the return of the inquiry form whichever occurs later. At State Championships and above, a video review, if available, may be considered by the Jury of Appeals. All videos must be reviewed in regular time. Slow-motion WILL NOT be considered. Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.
- Procedures for Inquiries:
- a. Properly written inquiry form by the coach.
 - b. Inquiry submitted in a timely manner to the Meet Referee or Meet Director.
 - c. Inquiry reviewed/answered by the judging panel of the event in question.

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- d. Inquiry returned to Meet Referee or Meet Director.
 - e. Meet Referee or Meet Director returns inquiry to coach by hand or by a pre-defined inquiry return procedure.
- I. Jury of Appeals
1. The Jury of Appeals is needed to resolve problems in certain situations (see the *Development Program Code of Points*). The Jury of Appeals for local meets and State Championships is comprised of the following individuals:
 - a. Meet Director (non-voting, if question relates to his/her gymnast)
 - b. Meet Referee (President of the Jury)
 - c. Chief Judge of the Event in question
 - d. If available, one USA Gymnastics representative (Elected State or higher Committee member or any Regional or National Officer)
 2. Methods of settling a case by the Jury:
 - a. Discussion
 - b. Voting on a decision
 - c. Majority vote dictates the final decision
 3. Jury of Appeals for Regional and above competitions shall include the Meet Director (unless affiliated with the inquiry), the Meet Referee, and the USA elected Administrative Officers.
- J. Justification for changing a score as a result of a conference, inquiry or Jury of Appeals:
1. If an error (mathematical, recording, or flashing) exists.
 2. If the average score was computed from scores that were out of range.
 3. If time and/or line violations were administered improperly.
 4. If the Jury of Appeals decides to penalize the gymnast for improper attire or behavior, or the coach for improper behavior.
 5. If the video review panel determines that an incorrect evaluation has been made.
- K. Audience/Spectator Regulations
1. Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
 2. Spectators are not allowed to use flash photography during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
 3. Drones are not permitted during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
 4. Spectators shall not disturb the order of the meet, its competitors and its officials. Individuals causing violations shall be asked to leave the competition site.
 5. The spectators shall not carry food or drinks into the spectators' area, if so directed.
 6. Children (offspring) of coaches and/or judges should not be on the competition floor unless performing a specific duty, such as "runner" or "score flasher".
- L. Participant Regulations
- The use of cell phones for verbal conversation is PROHIBITED while on the field of play (competition area). Coaches are permitted to record their own gymnasts' exercise for personal use but should not in any way interfere with the competition.
- Exception: Walkie-talkies for the Meet Director and host club personnel and medical personnel are allowed.
- M. Music Regulations
1. Music failures/errors that occur before the athlete has started the routine can be corrected and the correct music restarted.
 2. Procedures for music failure during the routine due to technical failure:
 - a. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to **resume from point of music failure** or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music **if the decision is to accept score.**
 - b. The gymnast may stop her performance immediately and request permission from the Chief Judge continue from the point of interruption/**music failure**. **Once permission is granted, after a reasonable amount of rest time, the gymnast may perform from point of interruption or the series / combination when music failure occurred.** No score would be given for a partial routine, **all deductions prior to the equipment/music failure will still be applied.**

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3. There are no grounds for a coach or gymnast to request to repeat a compulsory exercise routine if the wrong version of the same level floor music plays.
4. Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular, internet, or Bluetooth connection at competitions is not allowed.

N. Invitationals

All USA Gymnastics-sanctioned Invitationals are governed by the Women's Program *Rules and Policies*, safety guidelines and judging criteria. They may be held at the local, state, regional, national, and international club level.

1. Types of Invitationals

- a. Individual or Team Invitationals (Compulsory or Optional) which specify certain level(s). Because all rules pertaining to that level are followed, scores at such invitationals may be used to qualify to Sectionals, may be used in injury petitions and may be used for mobility purposes.
- b. Individual or Team OPEN OPTIONAL Invitationals are competitions involving more than one level of gymnast, all being judged under one set of rules (for example, Elites, Level 10 and possibly Level 9's competing under Level 10 rules). Level 9 and 10 gymnasts ONLY may use the scores achieved at Open Optional Invitationals to qualify (up to State), for petition purposes, and/or for mobility.
- c. Any Invitational involving athletes from foreign countries or USA "Elite" National Team members must contact the USA Gymnastics Member Services for USA Gymnastics and/or FIG procedures.

2. Rules and Procedures for Invitationals

The following deviations from USA Gymnastics Local, Sectional, and State Qualifying procedures will be allowed at any invitational:

- a. The Meet Director must publish the following in the pre-meet information:
 - 1) The age divisions and schedule for awards for each division.
 - 2) Spectator admission fees and gymnast's entry fees.
- b. Teams may determine the competitive order of their gymnasts for each event.
- c. Teams may be comprised of gymnasts from different age divisions and/or different levels.
- d. When using a meet format that requires a TOUCH WARM-UP, each team may block time for TOUCH WARM-UP, based on 30 seconds per gymnast for Bars, Beam and Floor Exercise. If athletes choose to block time on Bars, the clock will not stop for the setting of the bars. Vault TOUCH WARM-UP is based on a specific number of vaults (2 for up to Level 7 and 3 for Levels 8-10.)
- e. For all sanctioned events that have multiple sessions of the same level vying for the same individual awards and team awards, athletes must be judged by the same judging panels. This does not apply to overall team awards with combined levels of competition.
- f. Non-citizens and foreign athletes are eligible for awards at all Invitationals. It is not required to give duplicate awards for non-citizens/foreign athletes. A non-citizen training as a member of a U.S. club may also be included in a Club's Team Score. For information regarding Foreign Athlete (Elite or non-elite) participation in the Development Program, please refer to Chapter 2.
- g. Open scoring and flashing of Start Values are allowed at Optional Invitationals, at the discretion of the Meet Director, provided that the guidelines found on in Chapter 9 - Scoring are followed.
- h. If All-Star teams (teams comprised of athletes from different clubs/teams) are allowed to compete for team score, the Meet Director must indicate this in the pre-meet information.
- i. Team Competition at Invitational Meets:

The Meet Director may determine the format and draw for Club team competition.

 - 1) A draw will be made to determine which teams will start on each event. If there is more than one team per squad, the teams will draw for order of competition within the squad.
 - 2) Each team may determine the competitive order of its gymnasts.
 - 3) The team may be comprised of gymnasts from different age divisions and/or different levels, depending upon the type of invitational.
 - In the case of team invitationals in which different levels are competing within the same squad and receiving separate awards, all teams in the squad would compete gymnasts of one level, then repeat the team order with the next level of gymnasts.
 - 3) If All-Star teams (comprised of athletes from different clubs) are allowed to compete for team score, this must be indicated in pre-meet information.

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- j. Individual Event Finals Competition (at Invitationals)
 - 1) The Meet Director, Technical Director and/or Meet Referee conduct a random draw.
 - 2) If running one event at a time, competition proceeds in Olympic order.
 - 3) If two events run simultaneously, it is recommended to conduct Vault and Bars competition first, followed by Beam and Floor Exercise.
 - 4) If two events run simultaneously, and a gymnast is drawn for the same or similar competitive order in both events, she will be dropped down in the rotation for her second event in order to provide adequate warm-up and recovery time.
- 3. Gymnasts going out of order: There is no deduction for athletes competing out of order. At invitational meets that use a competitive start list, the coach may change the order if it would facilitate the use of equipment on the same setting. The Meet Director and the coaches within the squad must approve this.

AWARDS

The minimum numbers and/or types of awards that must be distributed are listed below. A Meet Director may present more awards, but not less, than those listed. Non-citizens living and training in the United States, who are not current or past members of a foreign national team, may participate in all USA Gymnastics sanctioned events and are eligible for awards. At Level 10 Nationals, if a non-citizen places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team. For information regarding Foreign Athlete (Elite or non-elite) participation in the Development Program, please refer to Chapter 2.

I. INDIVIDUAL AWARDS

- A. Levels 1, 2, 3, 4
 - 1. The SAC determines whether achievement awards only, placement awards only, or a combination of both, are given.
 - a. If achievement awards are given, the SAC will determine the guidelines for scores.
 - b. If placement awards only are given, Level 4 will follow the guidelines for Level 5 and above.
- B. Levels 5, 6, 7, 8, 9, and 10
 - 1. If only one gymnast is entered in an age division, she receives the 1st place All-Around medal only.
 - 2. If 2-10 gymnasts are entered in an age division:
 - a. Award 1-2 All-Around for 2 gymnasts
 - b. Award 1-3 All-Around for 3-5 gymnasts
 - c. Award 1-4 All-Around for 6-10 gymnasts
 - d. Award 1st place in each event
 - 3. If 11-20 gymnasts are entered in an age division:
 - a. Award 1-6 All-Around places
 - b. Award 1-3 event places
 - 4. If 21-50 gymnasts are entered in an age division:
 - a. Award 1-6 All-Around places
 - b. Award 1-6 event places
 - 5. If 51 or more gymnasts are entered in an age division:
 - a. Award 1-10 All-Around places
 - b. Award 1-10 event places
- C. Competition with Individual Event Specialists (IES) included

Whenever Individual Event Specialists are included in a competition, the IESs compete and are ranked amongst the All-Around competitors. However, if there is a tie between an IES and an All-Around athlete, the tie is NOT broken. Both athletes would receive identical awards.

Example for the Vault event:

 - 1. First place athlete's score is 9.40.
 - 2. Next highest score is 9.30, earned by two athletes - one competing in the AA and the other competing as an IES. This tie is not broken; both gymnasts receive the 2nd place award.
 - 3. The next highest scoring athlete earns a 9.20 and would then receive the 4th place award.
- D. If the draw for sessions is by club teams, awards for all age divisions must be presented at each session.

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- E. A SACC may request that the RACC grant a deviation from these minimum recommendations based on financial conditions of the State Championships. The RAC may choose to deviate from these minimum recommendations based on financial conditions of the Regional Championships.
- F. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.
- G. Duplicate awards will be given in the case of a tie at the Level 9 Eastern/Western Championships and Level 10 National Championships.

II. TEAM AWARDS

- A. Team awards are to be determined by the SAC.
- B. Club team competition at Regional, East/West and National competitions is NOT allowed.
- C. State and/or Regional Team competition
 - 1. Level 8 and 9 Regional Championships: State Team awards may be presented (at the discretion of the RAC).
 - 2. Level 9 Eastern/Western Championships:
 - a. Regional team awards are presented to all members of the top regional team.
 - b. An overall Regional Team Champion will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:
 - 1st place team 4 pts.
 - 2nd place team 3 pts.
 - 3rd place team 2 pts.
 - 4th place team 1 pt.
 - 3. Level 10 National Championships:
 - a. Regional Team Awards are presented to all members of the top three teams in all eight age divisions.
 - b. An overall Regional Team Champion will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:

1st place team	8 points		5th place team	4 points
2nd place team	7 points		6th place team	3 points
3rd place team	6 points		7th place team	2 points
4th place team	5 points		8th place team	1 point

- c. The top four gymnasts per age division will receive a Development Program National Team plaque.

III. AWARD TIE BREAKING SYSTEM

This system is to be used when awarding trophies or engraved medals. It may also be used when awarding ribbons; however, if financial conditions permit, it is strongly recommended that duplicate awards be presented.

- A. Recognition of tied gymnasts
 - 1. If there is a tie for first place, BOTH GYMNASTS are champions and should be announced as such, although one will receive the second-place award if duplicate awards are not possible.
 - 2. In the case of ties for other places, the gymnasts will be announced as being tied for that rank; however, the tie-breaking procedure determines which gymnast receives the higher award, if duplicate awards are not given.
 - 3. All gymnasts who tie for a place receive an award. When there is a tie for the last place awarded, the tie-breaking procedure is used to determine which gymnast will receive the award that day. Duplicate awards should be sent, within one month, to the remaining tied gymnasts.
- B. Distribution of Awards: Example of tie for first place:
 - 1. Award the first-place medal by one of the tie breaking procedures.
 - 2. The second-place medal is then presented to the tied gymnast.
 - 3. There is NO second-place ranking.
 - 4. The third-place medal is then presented to the next gymnast, and so on.

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C. Tie-Breaking Procedures for Presentation of Awards

For meets that cannot provide duplicate awards for placement, the tie-breaking system should be used.

However, whenever there is a tie, the computer should be programmed to skip the next place (example, Tie for 1st - both gymnasts are recognized as 1st place winners, with one gymnast receiving the gold, the other silver based on the tie-breaking procedure. The next highest scoring gymnast receives the 3rd place award, and no 2nd place award is presented.)

1. Ties in the All-Around (Compulsory or Optional)

- a. The gymnast with the highest individual event score receives the award for the tied place.
- b. If the gymnasts are still tied, then the gymnast with the second highest individual event score receives the award.
- c. If the gymnasts are still tied, then the gymnast with the third highest individual event score receives the award.
- d. If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.
- e. At Level 9 Eastern/Western Championships, Level 10 National Championships, Elite Challenge, and Classic competitions, athletes tied in the All-Around will receive duplicate awards. However, for the purpose of presenting awards, use the above criteria, if necessary. The gymnast receiving the lower place award will be sent a duplicate award, if not available at the competition.
- f. At Level 10 National Championships, if there is a tie for fourth place All-Around, both (all) tied athletes will qualify to the Development Program National Team.

2. Ties in the Individual Events - Compulsory Only or Optional Only

- a. The gymnast with the highest All-Around total receives the award for the tied place.
- b. If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.
- c. At Level 9 Eastern/Western Championships, Level 10 National Championships, Elite Challenge, and Classic competitions, athletes tied in an individual event will receive duplicate awards. However, for the purpose of presenting awards, use the above criteria, if necessary. The gymnast receiving the lower place award will be sent a duplicate award, if not available at the competition.

3. Ties at Individual Event Finals (New Life) at Invitationals

- a. The gymnast with the highest preliminary score on that event receives the award for the tied place.
- b. If still tied, then the gymnast with the highest All-Around score from the preliminary competition receives the award for the tied place.
- c. It is recommended that tied gymnasts receive duplicate awards. Use the above tie-breaking criteria if duplicate awards are not given for financial purposes or if duplicate awards are not available at the competition. The gymnast receiving the lower place award should be sent a duplicate award, if not available at the competition.

4. Ties in Team Score - Compulsory Only or Optional Only

- a. The team with the highest team score on a single event receives the award for the tied place.
- b. If still tied, the team with the next highest team score on an event receives the award for the tied place.
- c. If still tied, continue to the next highest of the events.
- d. If there is a tie for Regional team score at Level 10 Nationals or at Level 9 East/West, both teams will receive duplicate awards. However, for the purposes of presenting awards, use the above criteria. All gymnasts on the team receiving the lower place award will be sent a duplicate award.
- e. In case of a tie for last awarded place, both teams are to receive awards. Use the tie breaking procedures to determine which team receives the award that day and send a duplicate award to the members of the other team.
 - In the case of a tie for the overall Regional Team Champion award, both regions will be announced as co-champions.

SELECTION OF COMPETITION HOSTS FOR QUALIFYING EVENTS

I. BIDDING FOR A USA GYMNASTICS COMPETITION

Bid forms for National meets can be found on the USA Gymnastics website under Women's Program Forms. State and Regional Bid Forms are available through the State and Regional Administrative Committee Chairman.

- A. Pre-Sectional Qualifiers, Sectional and State level competitions: send a completed bid form to the State Administrative Committee Chairman.
- B. Regional competitions: send a completed bid form to the Regional Administrative Committee Chairman.
- C. Level 9 Eastern/Western Championships and Level 10 National Championships: send a completed Intent to Bid form to the Development Program Director at the National office.

II. CRITERIA FOR SELECTION OF COMPETITION HOSTS

After all the bids are received, they are ranked, and the host named. The aim is to provide equal opportunity to all applicants and to grant the event to the optimal host organization. Several factors are considered.

- A. The host organization must have successful event organizational experience and the reputation of operating according to the highest of ethical standards.
- B. The geographic location of the meet is to be rotated from time to time.
- C. The total schedule and location of national meets for that year.
- D. The Meet Director MUST be affiliated with a Member Club/Member Organization and have a current Meet Director membership.
- E. The host organization and the Meet Director must guarantee the best organizational set-up for a quality event, according to the *Rules and Policies*.
- F. The facility for Level 10 National Championships, as well as Level 9 Eastern and Western Championships, must be available for one day of training prior to the event.
- G. The host organization must be responsible for any financial loss it may incur.

CHAPTER 10 - ELITE PROGRAM

The Elite Program is designed to provide competitive experiences for athletes aspiring to the National Team. The National Teams (Senior and Junior) are selected from the USA Championships each year. Additional athletes will be added from the training camps as needed to represent the USA. These athletes represent the United States in international competitions.

The Talent Opportunity Program (TOPS) is under the direction of the International Elite Committee. This program provides early screening and identification of talented athletes. The TOPS program offers State and National testing along with camp opportunities and educational materials for its participants.

HOPES and TOPS program athletes are NOT classified as "Elite" athletes.

Coaches' Representatives to the International Elite Committee (IEC) are elected by their peers following the National Championships. National Team activities and developing a strong training program for the aspiring athletes and coaches is the main responsibility of the committee.

The Elite Program is administered through the national office. The USA Gymnastics High Performance Leadership Team, in conjunction with the Elite Developmental Program Director, appoints a TOPS State Manager(s) for the development and growth of the Talent Opportunity Program within each state. Each state's TOPS Manager(s) should work closely with the State Administrative Committee Chairman and State Administrative Committee to promote the program.

For those clubs entering the Elite/HOPES Program for the first time, it is advised to visit [the website](#) for the most current and accurate information.

For up-to-date information regarding the Elite, Elite Developmental, and TOPS Programs, please review the [International Elite Committee Minutes](#).

ELITE ATHLETE PARTICIPATION – DOMESTIC QUALIFYING EVENTS

Only athletes eligible to represent the United States in World Championships and the Olympic Games are permitted to compete in Qualifying or Selection events for the World Championship or U.S. Olympic Team. Athletes must be declared eligible based on USA Gymnastics and FIG regulations prior to any Qualifying events. Specifically, athletes who have represented another country in international competition, regardless of citizenship (Foreign Athletes), who are ineligible to represent the United States at World Championships or the Olympic Games may not compete in Qualifying or Selection events for the team.

Qualifying events include Selection event(s) for World Championships or the Olympic Games, as well as preceding events that serve as the qualification pathway. Qualification events are detailed more specifically in the [athlete selection procedures](#) for World Championships and the Olympic Games in each discipline.

Exceptions *may* be granted for Foreign Athletes to participate in Pre-Qualifying events, provided ALL of the following stipulations are met:

- A. Must be a current USA Gymnastics Athlete member.
- B. Event registration is open; i.e., not restricted to current national team members or other defined group of participants, and/or does not have a set number of participants.
- C. Participation does not displace a spot that would otherwise have been allocated to a U.S. athlete.
- D. The event does not serve as a ranking/re-ranking event for the national team and is not a selection event for international assignments.
- E. Participation is approved in writing by the appropriate Program Vice President/Director prior to the close of the meet's entry deadline.
- F. If granted, the participating athlete is not eligible to qualify to the next level of Qualification/Selection event pursuant to "B-D" above.

TYPES OF ELITE COMPETITIONS AND OPPORTUNITIES

I. COMPETITIONS

National Qualifying Competitions are open to all USA Gymnastics Athlete members who have the desire, dedication, and interest in pursuing the Elite Program. It is strongly recommended that any coach and athlete interested in competing at the Elite level participate in the TOPS and elite developmental programs. Please call USA Gymnastics with any questions concerning foreign athlete participation.

- A. Compulsory and National Qualifiers are qualifying meets (by score) for Winter Cup and the Classic competitions. National Qualifier Meets are both compulsory and optional competitions.
 1. All information regarding Elite meets, including results, will be posted on the [USA Gymnastics website](#). Elite Qualifying meet information must be available on the website at least four (4) weeks in advance of the competition date. The meet hosts are responsible for reporting the results by e-mail no more than 24 hours after the competition to the USA Gymnastics Women's Vice President at USA Gymnastics.
 2. Interested gyms may conduct compulsory qualifying meets by request only. Requests should be sent to USA Gymnastics Women's Vice President - aheffernon@usagym.org. The compulsory qualifier request form may be found on the [USA Gymnastics web site](#).
 3. There will be designated National Qualifiers for the purpose of qualifying athletes to Winter Cup and the Classic competitions. Meet Directors of the National Qualifying Meets must send meet information to the USA Gymnastics office to be posted on the [USA Gymnastics website](#) and must be available on the website at least four (4) weeks in advance of the competition date.
 4. National qualifiers will be conducted prior to Winter Cup and the Classic competitions.
 5. There is no limit to the number of compulsory or optional attempts for qualification.
- B. National Competitions
 1. Winter Cup, American and U.S. Classic Meets
 - a. Winter Cup will be conducted in conjunction with the men's event in late February.
 - b. An American Classic will be conducted prior to the U.S. Classic.
 - c. The U.S. Classic competition will be conducted two to three weeks prior to USA Championships.
 - d. Gymnasts qualified directly to a Classic meet will be required to register and pay online by the deadline indicated.
 - e. The HOPES Classic competition is an Optional only competition and is conducted for HOPES level competitors. The meet serves as the qualification to the HOPES National Championships.
 - f. The HOPES National Championships will consist of the top 36 athletes, in rank order in the All-Around, from the HOPES Classic meet. The next four athletes in rank order are the designated alternates in case of injury.
 - g. Winter Cup, American and U.S. Classics competitions are Optional competitions and are conducted for qualified Junior and Senior International Elite level competitors and serve as the qualification meets to USA Championships.
 2. USA Championships
 - a. USA Championships is Optional competition for the Junior and Senior International Elite level competitors.
 - b. The Women's Team Responsibility Manual is reviewed each year by the International Elite Committee and distributed to all athletes who make the U.S. National Team.
- C. Entry Fees
 1. Compulsory only Meets: Recommended entry fee is \$75.00.
 2. National Qualifier and Classic Meets: Recommended entry fees are Compulsory - \$75.00 and Optional - \$125.00.
 3. There is no entry fee for USA Championships.
 4. Entry fees for Elite competitions are non-refundable within 30 days of the competition.

D. Competition Rules

1. International Elite level competitions will adhere to FIG rules. Refer to the [FIG website](#) for changes in competition and matting rules, see the respective competition directives.
2. Hopes division will adhere to modified FIG rules which are posted on the [website](#), under Women’s Program – TOPS/HOPES.
3. Elements not listed in the *FIG Code of Points* must be submitted to the Technical Director in advance of the competition.
4. Inquiries
 - a. If, after the completion of the last event, an athlete’s compulsory AA score is a maximum of 0.10 less than the Elite Compulsory qualifying score, the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
 - b. If, after the completion of the last event, an athlete’s optional AA score is a maximum of 0.10 less than the Hopes Classic, American Classic, and US Classic qualifying score, the coach may submit an inquiry for the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
 - c. These processes listed above DO NOT APPLY:
 - 1) for qualification to Hopes Championships.
 - 2) for qualification to US Championships.
5. For U.S. competitions, participants will follow the FIG apparel deduction stating, “The neckline of the front and back of the leotard/unitard must be proper, that is no further than half of the sternum and no further than the lower line of the shoulder blades.”
6. Coaches and athletes MUST wear club apparel when training or competing in the competition arena at Winter Cup, American Classic, U.S. Classic, and U.S. Championships.
7. The judges will NOT apply the deduction listed below from the FIG Code of Points (Section 3, page 2) at U.S. domestic competitions. Coaches may not speak directly to the athlete or give coaching cues during the exercise (exception – during a fall the coach may speak with the athlete per the FIG Code of Points).

Behaviour of Coach with direct impact on the result/performance of the gymnast/team	
– Unsportsmanlike conduct (valid for all phases of the competition) i.e. unexcused delay or interruption of competition, speaking to active judges during the competition, speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise, etc.	1 st time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning)
	1 st time – 1.00 (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks aggressively to active judges 2 nd time – 1.00 (from gymnast/team at event) Red card & removal of coach from the competition floor*
– Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition) i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc.	1.00 (from gymnast/team at event), immediate Red card & removal of coach from the competition floor*

E. Awards

Awards are given according to the following guidelines:

1. No awards for compulsory competitions.
2. HOPES Level:
 - a. National Qualifiers, Classic and Championships All-Around and Individual Event rankings are determined by the Optional scores only.
 - b. National Qualifier: Medals awarded for each age division in the all-around and events: If there are 5 or less gymnasts competing, award first place. If there are 6 or more gymnasts competing, award first through third place.
 - c. National Qualifiers: At the conclusion of each session announce the athletes who have reached the Classic optional qualification score.
 - d. Classic and Championships competition: Six places will be awarded in each age category, unless the total number of athletes in each age division falls below 24. In that case, the number of places awarded will follow the Development Program guidelines.

3. International Elite Level:
 - a. National Qualifiers: Competitors will receive All-Around medals based on the rankings from the Optional competition. If there are 5 or less gymnasts competing, award first place. If there are 6 or more gymnasts competing, award first through third place.
 - b. National Qualifiers: At the conclusion of each session announce the athletes who have reached the classic optional qualification score.
 - c. Classic competitions: All-Around and Individual Event ranking is determined by Optional scores. Eight places will be awarded in each category, unless the total number of athletes in each age division falls below 24. In that case, the number of places awarded will follow the Development Program guidelines.
 - d. USA Gymnastics Championships:
 - 1) Individual Event champions are determined by combining the Optional event score from Day One and Day Two (50%-50%). Eight places will be awarded for Individual Events.
 - 2) All-Around Champions will be determined by combining the Optional AA scores from Day One and Day Two (50%-50%). Eight places will be awarded for the All-Around.

II. CAMPS

Athletes competing in HOPES/Elite competitions, TOPS and Level 10 Nationals may be invited to attend training camps.

Coaches who have an athlete that they believe is ready for the International Elite level competition or training camp program may submit a YouTube video to the High-Performance Strategic Lead and request admission to a Training Camp. If accepted, all costs associated with their attendance at camp are the responsibility of the gymnast and coach. Subsidies for these costs may be available and vary from year to year.

You must include the full name and age of the gymnast(s), gym name and coaches' contact information.

YouTube video link should be sent to Alicia Sacramone Quinn at aquinn@usagym.org.

The video must include the following:

- 2 best Optional Skills or sections on bars, beam, and floor
- 1 Optional Vault

Coaches who have an athlete 13 years old or younger who is preparing for the elite program may request admission to the Developmental training camp program. These camps provide hands-on training for both athletes and coaches to help each athlete reach their potential. If accepted, all costs associated with their attendance at camp are the responsibility of the gymnast and coach.

You must include the full name and age of the gymnast(s), gym name, and coaches' contact information.

YouTube video link should be sent to Dan Baker at dbaker@usagym.org.

The video must include the following:

- [Elite Compulsory Routines](#) commensurate to the age of the athlete
- 2 best Optional Skills on bars, beam, and floor
- 2 best Optional leaps, jumps, turns on beam and floor
- 1 Optional Vault

ELITE AGE DETERMINATION, MOBILITY, AND PETITIONS

I. ELITE AGE DETERMINATION

- A. The age of an Elite or HOPES/TOPS athlete is determined as of December 31, in the year of the culminating meet for her level.
 - Age requirements for the divisions are determined each year by the respective Committees and will be published in the Elite Qualification Chart.
- B. A gymnast must provide her date of birth on the Entry Form.

- C. A HOPES level gymnast is required to designate her level when entering a National Qualifier to be allowed to use the HOPES rules.
 - Exception: Due to modifications to the FIG requirements for the HOPES division, a HOPES age athlete trying to qualify for the International division may use an International FIG Optional score to qualify to the HOPES Classic in her appropriate age division.

II. Level Mobility

- A. For the purpose of qualification, the Elite competitive year begins with the conclusion of the USA Gymnastics Championships and ends with the beginning of the USA Gymnastics Championships the following year.
- B. Any international level gymnast who starts the first Optional event at a Classic competition is considered an Elite gymnast and may not drop back to the Development Program in the same Elite competitive year.
- C. Gymnasts may attempt to qualify in any level within the Elite Program throughout the Elite competitive year.
- D. If a HOPES level gymnast qualifies to the HOPES Classic competition and then, within the same season, qualifies to the Junior International level for a Classic competition, she may enter either the HOPES Classic or the Junior International Classic level, but not both.
- E. A gymnast attempting to qualify for the Junior International division may use a FIG Optional competition score from a National Qualifier to qualify to the HOPES Classic meet in the appropriate age division.
- F. Athletes competing at the Junior International level in the national qualifiers may drop back to the HOPES level that corresponds to their age if they have not competed at the International level at a Classic meet.
- G. A 13–14-year-old Hopes athlete who achieves the Junior qualification score at Hopes Classic must declare if she will compete in the Hopes Championships or as a Junior Elite at U.S. Classic prior to the beginning of the awards ceremony at Hopes Classic.
 - 1. If the athlete declares that she will compete as a Junior Elite at U.S. Classic, she forfeits her qualification spot to Hopes Championships.
 - 2. The athlete may NOT qualify to U.S. Championships from the Hopes Classic. She must achieve the U.S. Championships qualifying score at U.S. Classic.
 - 3. If the athlete chooses to compete as a Junior Elite at U.S. Classic, she will be considered an Elite athlete and all drop-back rules to the Development Program will apply for 2022-2023.
- H. Compulsory qualifying scores may be obtained at compulsory meets and National Qualifying meets. Optional qualifying scores may be obtained at the National Qualifiers without jeopardizing a gymnast's Development Program competitive status. Once a gymnast obtains a qualifying score, it remains valid for the entire Elite/HOPES competitive year.
- I. An Elite gymnast may choose to return to the Development Program (Level 10) the following competitive year by sending a “reason for change” letter FROM HER COACH to the National Development Program Committee Chairman.
 - 1. All petitions must be received at least three weeks prior to the Level 10 State Meet.
 - 2. The National Development Program Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen.
 - 3. Accepted petitioned athletes may not re-enter the Elite/HOPES Program during that Elite competitive year.

III. INJURY REPLACEMENTS AT USA CHAMPIONSHIPS

- A. If qualification to USA Championships is by score, there will be NO injury replacements.
- B. If qualification to USA Championships is by placement:
 - 1. All replacements will come in rank order from the U.S. Classic competition, providing the minimum qualifying score has been obtained.
 - 2. Replacements may be made up until 24 hours prior to the start of competition.

IV. PROCEDURES FOR PETITIONING

Petitioning procedures are used when the athlete is unable to compete due to illness, injury or extenuating circumstances; they are not intended to replace the qualification system. If a petition is denied, the athlete is ineligible to submit another petition for a higher-level meet.

A. USA Championships

1. No petitions will be considered for athletes obtaining an all-around score at a Classic competition.
2. Any athlete who has attended one or more Working, Developmental, or National Team training camps in the current year is eligible to submit a petition for consideration.
3. All athletes who are not able to compete in the All-Around at Winter Cup or a Classic meet due to a previous injury but are planning to petition to Championships will be required to attend Winter Cup and/or a Classic and achieve the 2-event or 3-event qualification score to U.S. Championships unless the athlete has competed in a USA Gymnastics international competition during the current competitive year or verified at a National Team training camp within the current competitive year.
 - If submitting a petition to compete in the All-Around at U.S. Championships, the athlete must show proof of readiness on the additional event(s) through video conference with one member of the Athlete Selection Committee and one member of the High-Performance Leadership Team a minimum of seven days prior to US Championships.
4. The petition must be sent to the Vice President of Women's Program prior to the Classic competition, unless the athlete is injured during the Classic competition. The petition must include:
 - a. A written request from her coach, and/or her parent or guardian stating the reason for petition.
 - b. A photocopy of the gymnast's All-Around results from her most current Elite Meet(s).
5. A physician's written verification of the illness or injury and the date of release for return to activity must be included with all injury petitions.
6. The Athlete Selection Committee will make all decisions regarding petitions for Classics/Championships.
 - a. Decisions will be evaluated on an individual basis.
 - b. The submission of a petition is not a guarantee of acceptance.
 - c. The committee will consider the following areas when evaluating the petition:
 - 1) Results from recent international and national competitions.
 - 2) D (Difficulty) and E (Execution) Scores in comparison to the current Elite qualification chart. Note that, per event, the three-event score is higher than a four-event score.
 - 3) World Class presentation.
 - 4) Readiness to compete.
 - 5) Physical capability to fulfill training plan as listed in the *Women's Responsibility Manual*.
7. The National Office, as instructed by the Athlete Selection Committee, will notify the gymnast and her coach of the approval or denial of the petition.
8. There will be no other avenue for admittance to Championships outside of these petitioning procedures (i.e., video or pre-meet verification).

B. Winter Cup/Classics Petitions:

1. All current or former Elite athletes are eligible to submit a petition to Winter Cup or a Classic Meet.
2. All athletes who attended a training camp or have competed in a National Qualifying competition are eligible to petition.
3. Petitions should be sent, according to the above guidelines, to the Vice President of Women's Program for review by the Athlete Selection Committee.

C. U.S. National Team NCAA athletes who want to pursue both Elite and NCAA careers:

1. The athlete must submit a letter of intent stating she would like to compete in the Elite Program in the current year to the Vice President of Women's Program by January 31, of the current year.
2. When the letter is approved by the IEC, U.S. National Team NCAA athletes will be excused from National Team Camps scheduled between the conclusion of World Championships and the conclusion of NCAA Championships.
3. To maintain U.S. National Team Status, the athlete must attend scheduled National Team Camps after the conclusion of NCAA Championships through World Championships of the current year.

ELITE QUALIFYING SCORES AND PROCEDURES

I. COMPETITION REQUIREMENTS FOR ELITE DIVISIONS

- A. Score Requirements:
1. All HOPES gymnasts must achieve the [compulsory and optional qualifying score each year](#).
 2. A HOPES gymnast wishing to advance to the International Elite level must obtain the International Compulsory qualifying score for that year.
 3. Once a gymnast has passed the Compulsory requirement and has started her first optional event at a Classic competition, she is considered an Elite athlete and her Compulsory score remains valid for the rest of her career.
 4. Detailed qualification scores, rules and age group information are available on the [Elite Qualification chart](#).
 5. If a Hopes gymnast qualifies to Hopes Championships and achieves the following:
 - a. Scores the Hopes Championships qualification score at Hopes Championships,
 - b. Passes [Elite Compulsory](#) with the international score, plus one point.
 - She may use that compulsory score for the following Elite Season if she attempts to qualify as an International Elite. If the gymnast repeats Hopes or does not compete in the following Elite Season, she must achieve the required compulsory qualification score again.
- B. Qualification Meets
1. HOPES
 - a. Compulsory only meets
 - b. National Qualifiers - Compulsory and Optional competition
 - c. Classic competition - Optional scores will be used to determine both the All-Around and Individual Event standings.
 - d. Qualifying Scores at the National Qualifiers will be determined by the International Elite Committee and will be posted on the USA Gymnastics website, in the Elite Qualification Chart.
 2. Junior and Senior International Elite
 - a. Qualifying scores at the compulsory only meets and National Qualifiers (Compulsory and/or Optional)
 - 1) Compulsory and Optional qualifying scores will be determined by the International Elite Committee and will be posted on the USA Gymnastics website, in the Elite Qualification Chart.
 - 2) Any athlete who qualified and/or competed at the previous year's USA Championships may be automatically qualified to the next year's Classic competition. This will be determined by the International Elite Committee and will be posted on the USA Gymnastics website, in the Elite Qualification Chart.
 - b. Qualifying scores at the Classic competition - Optional competition (AA) - Optional qualifying scores will be determined by the International Elite Committee and will be published and posted on the USA Gymnastics website, in the Elite Qualification Chart.
 - c. Qualification scores may be obtained from a National Team training camp and/or National Team selection camp. Refer to the Elite chart for those scores and updated regulations.
 - d. A gymnast who is assigned by the Athlete Selection Committee to represent Team USA in an international competition in the competitive season may utilize the score achieved from that competition to qualify to Winter Cup, American Classic, U.S. Classic, and/or U.S. Championships.

II. QUALIFICATION TO THE JUNIOR AND SENIOR NATIONAL TEAM

The National Team size can be up to 28 athletes. To address our country's needs and mirror the quad age requirements, the junior and senior team sizes will change each year. The Support Programs for the National Team Members will be included in the National Team Handbook and will be presented each year at the National Team Meeting after Championships.

- A. The Junior and Senior National Team will be determined at the National Championships from the competition results and open slots assigned from among qualified athletes.
- Open slots may be held by the Athlete Selection Committee for later use, based upon the needs of the team.

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- B. The Junior and Senior National Team size will be determined by the International Elite Committee each year and will be posted on the USA Gymnastics website, in the Elite Qualification Chart.
- C. If the International Elite Committee determines that additional slots on the National Team are to be added, this selection will be conducted by the Athlete Selection Committee.
- D. The Junior and Senior National Team are required to participate in National Team Training Camps throughout the year and are eligible to be selected to represent the U.S. in International competitions.
- E. Selection procedures for Pan American Games, World Championships, and Olympic Games will be decided by the Athlete Selection Committee, approved by the International Elite Committee, and posted on the USA Gymnastics website and distributed to current age-eligible National Team members.
- F. To ensure that support funds are awarded to those athletes who are representing our country at the highest-level meets:
 - 1. The Senior funding slots will be determined after the final selection of the World or Olympic Team and then the remaining slots will be awarded by the rank order at USA Championships.
 - 2. The Junior funding slots will be determined from the rank order established at USA Championships.

TALENT OPPORTUNITY PROGRAM (TOPS)

The Talent Opportunity Program is an identification system that is implemented by the Elite Developmental Team Coordinator under the direction of the International Elite Committee. Its purpose is to assist the coach with early identification of potentially talented athletes, nurture and assist in the development of these athletes and their coaches, and to provide competitive opportunities.

I. AGE AND MEMBERSHIP REQUIREMENTS

- A. Gymnasts must be registered Athlete Members of USA Gymnastics between the ages of 7 and 10.
- B. Age is determined by December 31 of the year of the testing.

II. TOPS OPPORTUNITIES

- A. Physical Abilities Testing and Skill Testing
 - 1. For ages 8,9 and 10 a minimum all-around score of 36.00 in the Development Program at Level 3 and above must be obtained to participate in the TOPs program.
 - 2. Physical Abilities will be done via Zoom from September - November 2022.
 - 3. Skills testing will take place at invitational competitions, Elite national Qualifiers, and selected Nastia Liukin Cup qualifiers across the country. Each state will have the opportunity to host a TOPS qualifier at an invitational competition in their state. The process to determine the invitational will be the responsibility of the State Administrative Committee (SAC).
 - 4. PDFs and videos of the 2023 routines can be found on [this page](#).
- B. TOPS National testing - Physical Abilities and Skill Testing
 - National TOPS testing will be conducted annually in June.
- C. National TOPS Team Training Camp is offered to:
 - 1. Qualified athletes in the 8–10-year-old divisions.
 - 2. National TOPS Team Training Camp will be conducted annually in July or August.
- D. An Invitational TOPS Training Camp will be conducted in July or August. Those athletes who did not qualify to the TOPS National Team will be invited in rank order from the National Testing results to attend a training camp at their own expense. Additional open TOPS camps may be conducted throughout the year.
- E. TOPS Judging – Elite Compulsory rated judges are eligible to judge TOPS.
- F. Each State Administrative Committee may determine invitationals in their respective states to host TOPS sessions starting January 2023.

III. AWARDS

- A. National Certificates and T-shirts are presented to all athletes participating at National Testing.
- B. The National TOPS A Team is provided with a training camp (all expenses paid for each athlete) and apparel. For more information about the TOPS Program and testing dates, contact your designated TOPS State Manager or the Women's Elite Development Program Director.

The TOPS information, which includes testing forms, is available on the [TOPS website](#).

FOREIGN ATHLETE PARTICIPATION

- A. Foreign athletes without a green card may NOT participate in the following: TOPS National Teams; TOPS National Testing; National Elite Qualifier Competitions; Classic and National Championship competitions; Elite Developmental and National Team training camps.
- B. Foreign athletes that retain a US green card may participate in the following:
 - 1. TOPS National Camp
 - 2. National Testing
 - 3. Elite Developmental Camp
 - 4. National Elite Qualifier
 - 5. Classic Competitions
- C. Any foreign athlete, with or without a US green card, who has represented her home country in competition or as a member of a national team must follow the FIG rules.
- D. Effective August 1, 2016, for athletes with dual Nationality: If the athlete represents a foreign country in an international competition, the athlete may NOT participate in the US Elite Program for a minimum of two Elite competitive years. For the purpose of qualification, the Elite competitive year begins with the conclusion of the USA Championships and ends with the beginning of the USA Championships the following year.

FIG Rules Pertaining to Foreign Athlete Participation:

- 37.2.1 Gymnasts who have represented their countries internationally
When a gymnast who has represented his/her country, moves to another country and obtains citizenship (official nationality) of the latter country, he/she may – with the consent of the two Federations concerned and the Executive Committee – immediately represent the new country. FIG Statutes 2018 update PK 37 20171110_STATUTS_V02 2018_E.DOCX Where such consent is not granted, he/she may (with the consent of the Executive Committee) represent the new country one year after the date of the positive decision made by the Executive Committee.*
- 37.2.2. Dual Nationality
Where a gymnast or a judge has dual nationality, he/she may choose which country he/she wishes to represent but, having represented that country, he/she cannot also – except as provided for in paragraph 37.2.1 above – represent the other country in question.*

CHAPTER 11 – APPARATUS SPECIFICATIONS

I. GENERAL CONSIDERATIONS – APPLICABLE TO DEVELOPMENT, XCEL AND ELITE PROGRAMS

- A. Athlete safety guidelines, as listed in the *USA Gymnastics Safety and Risk Management Handbook*, should always be considered.
- B. All equipment and matting used at a USA Gymnastics sanctioned competition **MUST** be manufactured by a recognized equipment manufacturer.
- C. Procedures for the removal of blood and disinfection of the apparatus: A solution of 1 part bleach and 10 parts water (or an anti-viral spray disinfectant) should be available for the removal/disinfection of blood from the apparatus or matting.
- D. It is recommended that there be a clearance of 5 feet to 6 feet from one apparatus to any other. This includes corresponding mat areas or any other obstruction, i.e., other apparatus, walls, pillars, etc.
 1. Each competitive area **MUST** have its own physical space and may not overlap with another competitive area.
 2. There cannot be any obstructions on the Floor Exercise Area.
 3. There **MUST** be sufficient room for mounting, dismounting, and vaulting areas.
- E. It is recommended that there be a minimum of a 20-foot ceiling height for all USA Gymnastics sanctioned competitions.
- F. Equipment specifications, including Vault runway thickness, **MUST** be published in the pre-meet information.
 - Exact bar measurements **MUST** be listed on bid forms for Sectional and above meets.
- G. Development Program levels (**LEVELS 1-3** non-competitive gymnasts) and Xcel Divisions (**BRONZE, SILVER and GOLD**) may set the equipment to facilitate the exercise within the standards listed on each event below. Development Program **LEVELS 1 AND 2** meets **MUST** follow the same standards used at **LEVEL 3**.
- H. If an athlete falls due to equipment failure, judging will resume at the point of interruption or the series / combination when equipment failure occurred.

CONVERSION: CM to IN	
2 cm	¾ inch
10 cm	4 inches
12 cm	4½ inches
20 cm	8 inches
24 cm	9 inches

II. MATTING SPECIFICATIONS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. Competition Landing Mats (CLMs)
 1. One 10-12 cm (4 inch) CLM is **REQUIRED**; a second 10-12 cm (4 inch) may be placed on top of the required mat for competition.
 - If a second 10-12 cm (4 inch) mat is used for Development Program **LEVELS 6-10** or Xcel Program **PLATINUM** or **DIAMOND** divisions, it **MUST** be a minimum of 7 feet by 10 feet.
 2. 20 cm (8 inch) CLMs are allowed, but not required.
 - a. For Vault, if 20 cm (8 inch) mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm (4 inch) CLM.
 - b. For Bars and Beam, in order to use a 20 cm (8 inch) mat, the apparatus **MUST** be capable of being raised to the FIG maximum height allowance (High Bar – 246 cm; Beam – 125 cm).
 3. Maximum CLM height = 24 cm (9 inch)
 4. The area under the apparatus and/or in the landing area **MUST** be matted with Competition Landing Mats (CLMs) that are uniform in height.
- B. Base Matting
 1. If only a 10 cm (4 inch) CLM is being used, a 3 cm (1¼ inch) base mat **MUST** be used. When using 12 – 20 cm (4 – 8 inch) mats, a base mat is not required.
 - The 3 cm (1¼ inch) base mat may be placed underneath or on top of the CLM.

- C. Supplemental Matting (Skill Cushion(s), Throw Mat and/or Sting Mat(s))
 1. At all USAG sanctioned events, Meet Directors are required to provide the following supplemental matting at all 4 events: a 20 cm (8 inch) skill cushion, a 10-12 cm (4 inch) throw mat and a sting mat.
 2. Up to 24 cm (9 inch) of any combination of supplemental matting is allowed in addition to the maximum allowable CLM surface of 24 cm (9 inch) – Vault, Bars, Beam
 3. Whenever a full 20 cm (8 inch) skill cushion is used, it MUST be a minimum of 5 feet x 10 feet; however, it is recommended that it be as close as possible to the same dimensions as the CLM.
 4. Any dimension of sting mat is allowed – Vault, Bars, Beam, Floor
- D. Chalk markings are ALLOWED to be placed on landing mats as a visual cue. All markings MUST be removed after the athlete completes competition on that event.

III. MATTING SPECIFICATIONS – DEVELOPMENT PROGRAM SPECIFIC

- A. At Development Program Level 8-10 Regionals and above, Meet Directors are REQUIRED to provide 80" x 100" x 2" wide sting mats – Vault, Floor.
- B. At Development Program Nationals, Meet Director is required to provide a 7' x 10' x 8" skill cushion – Vault, Bars, Beam.

IV. SPRINGBOARD/MOUNTING SPECIFICATIONS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. Only unaltered manufactured vaulting boards are approved for sanctioned USA Gymnastics competitions. The height of the board (22 cm ± 1.5 cm) is measured from the floor to the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed, however, it is REQUIRED to provide a springboard with coil springs.
- B. Meet Directors MUST arrange to have boards that accommodate gymnasts of varying weights. Boards MUST be assigned to an event and MUST be available to all gymnasts in that session for warm-up and competition. The following 4-spring configuration for the springboard has been approved and may be utilized in USA Gymnastics sanctioned competitions:



*Contact your equipment supplier for questions related to springboard configurations of 5 or more springs.

- C. A board used to mount Bars or Beam may be placed on the CLM(s) (one or two 10-12 cm (4 inch) mats or one 20 cm (8 inch)). The board may also be placed on the allowable CLMs plus the supplemental matting of 5-10 cm (sting mat or 4-inch throw mat type skill cushions).
- D. The board (or mounting apparatus) MUST be removed as soon as possible after the gymnast has mounted.
- E. Plywood is not permitted underneath the board. (Exception: collegiate rules)
- F. An inflatable rebounding device cannot be used for mounting purposes.

V. SPRINGBOARD/MOUNTING SPECIFICATIONS – DEVELOPMENT PROGRAM SPECIFIC

- A. LEVELS 1 AND 2 athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer. If an alternative springboard is used at a Level 3 or higher USA Gymnastics sanctioned event, the Vault is considered VOID. The apparatus should resemble the shape of a Vault board, with a maximum of 38 cm (15 inches) at the high end and a maximum of 10 cm (4 inches) at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
- B. LEVELS 1-4 may use a manufactured "Junior" vaulting board.
- C. ALL LEVELS may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).
 1. At Levels 1 - 5, any manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.

- When performing the Level 3 Uneven Bar mount of glide swing, then back hip pullover, the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing. This mat/board MUST be removed as soon as possible after the jump into the glide swing.
- 2. At **Levels 6-10**, a manufactured mount mat or folded panel mat may be used instead of a board for mounting purposes.
- 3. At **LEVELS 1-10**, the mount mat may be placed on a 20 cm (8 inch) skill cushion for the purpose of mounting.
- 4. At **LEVELS 1-10**, the board may NOT be placed on a 20 cm (8 inch) skill cushion for the purpose of mounting.
- D. A gymnast may stand (without a board) on one or two 10 -12 cm (4 inch) landing mats or one 20 cm (8 inch) mat (with or without a 3 cm (1¼ inch) base mat placed under or on top of the CLM.)
 1. The gymnast may also stand on an up to 20 cm (8-inch) skill cushion (sting, throw mat or 20 cm (8 inch) skill cushion) that is placed on the CLM(s).
 2. At **LEVELS 1- 5**, any combination of CLMs and skill cushions may be used to facilitate the mount.

VI. SPRINGBOARD/MOUNTING SPECIFICATIONS – XCEL PROGRAM SPECIFIC

- A. **XCEL BRONZE, SILVER, and GOLD** athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer. The apparatus should resemble the shape of a Vault board, with a maximum of 38 cm (15 inches) at the high end and a maximum of 10 cm (4 inches) at the low end. The surface producing the “spring” may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
- B. **BRONZE and SILVER** may use a manufactured "Junior" Vault board.
- C. If an alternative springboard is used at **PLATINUM and DIAMOND** division in a USA Gymnastics sanctioned event, the Vault is considered VOID.
- D. **ALL DIVISIONS** may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).
- E. For **BRONZE, SILVER and GOLD** divisions: any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.
 - Bars: Any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes on the low bar.
 - Any manufactured mounting apparatus may be placed on top of the mats.
- F. For **ALL DIVISIONS**: a manufactured mount mat (mount trainer), spotting block, or folded panel mat may be used instead of a board for mounting purposes.
- G. When performing the Uneven Bar mount of glide swing, then back hip pullover (or jump front support mount), the mounting apparatus MUST be removed as soon as possible after the jump into the glide swing.
- H. For **ALL DIVISIONS**, the board MAY NOT be placed directly on a 20 cm (8 inch) skill cushion for the purpose of mounting.
- I. For **XCEL**, the gymnast may stand (without a board) on one or two 10 -12 cm (4 inch) landing mats or one 20 cm (8 inch) mat (with or without a 3 cm (1¼ inch) base mat placed under or on top of the CLM.)
 1. The gymnast may also stand on an "up to 20 cm (8-inch) skill cushion" (sting, throw mat or 20 cm (8 inch) skill cushion) that is placed on the CLM(s).

VII. VAULT – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. The maximum Vault table height is 135 cm (\pm 1 cm). If using a Vault table with two uprights, both MUST be set at the same height. The height is determined by measuring the distance from the floor to the center top of the Vault table.
- B. The center top of the Vault table is determined by measuring 68 cm from the back of the Vault table. Tape of any kind, including athletic tape, may NOT be placed on top of the table at any time during warm-up or competition.
- C. If the Vault runway is on a raised platform, the Vault table MUST also be placed on a raised surface of the same height and the measurement of the Vault table should be taken from the runway surface to the center top of the Vault table, rather than from the floor.
- D. All manufactured models of the Vault table (including “retro-fit” tables that are inserted into the uprights of the old horse) are allowed for competition, provided that they are capable of being adjusted to the various height specifications allowed for athletes. Matting MUST be used to cover the upright of the Vault table as well as to cover any weights placed on the Vault base for stability.
- E. VAULT RUNWAY: Measurement is from the front of the Vault table/apparatus. The runway should be a clearly defined area that provides a flat, consistent surface, free of cracks, obstructions or seams. The Meet Director MUST provide a tape measure, which MUST be extended the length of the runway in order for the gymnasts to find the point at which to start their run. Minimum width of the runway should be the width of the board.
 1. Athletic tape or Velcro strips (no chalk) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 5 cm (2 inch), maximum length is 3 feet.
 2. The Vault runway MUST be securely fastened to the floor with tape or Velcro by the Meet Director.
- F. HAND PLACEMENT MATS: May be placed on the runway (but NOT on the board) ONLY for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry.)
 1. If a hand placement mat is used, it MUST be placed Velcro-side down on the runway.
 2. MUST be manufactured by a gymnastics equipment manufacturer and cannot exceed 39.4 X 51.2 inches in length and 5 cm (2 inches) in height. No other type matting is allowed.
- G. SAFETY ZONE MAT: For Round-off and Front Handspring entry vaults, it is required to have the Safety Zone mat placed snugly around the board so that there is no space between the board and the safety zone.
 1. No extra matting is to be placed between the Safety Zone mat and the Vault table.
- H. A sting mat is NOT allowed on top of an inflatable mat. The uppermost landing surface when using an inflatable mat MUST be a minimum of a 10 cm (4-inch) skill cushion.
- I. Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface.
 - a. Exception – this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.

VIII. VAULT – DEVELOPMENT PROGRAM SPECIFIC

- A. LEVEL 2 VAULT SPECIFICATIONS:
 1. Apparatus: Mat Stack / Matting System (placed lengthwise)
 2. Dimensions:
 - a. Height: A minimum of 40 cm (16 inches) (\pm 2.5 cm or 1 inch).
 3. Competition Landing Mats (CLMs):
 - a. Any combination of CLMs, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus four additional 20 cm (8 inch) skill cushions to allow for 60 cm (24 inch), 80 cm (32 inch), 102 cm (40 inch) and 123 cm (48 inch) heights (\pm 2.5 cm or 1 inch).
 - All age divisions may use any of the above choices of heights.
 - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm (4-inch) skill cushion.
 4. Mat Stack:
 - a. May be placed on top of a solid foam pit.
 - b. A tape line MUST be placed at 81 cm (32 inch) from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm (32 inch). The tape line should also extend down the side of the mat.

- c. An additional mat (minimum of 10 cm/4 inch) MUST be placed on the floor behind the Mat Stack.
- d. All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 10 feet long.
- e. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat MUST cover the entire uppermost surface.
- f. The top surface may be either a “squared” (standard 8: mat corners) or “curved” (similar to a Vault table trainer) on the front edge.
- g. A sting mat may be used on top of the Mat Stack.

B. LEVEL 3 VAULT SPECIFICATIONS:

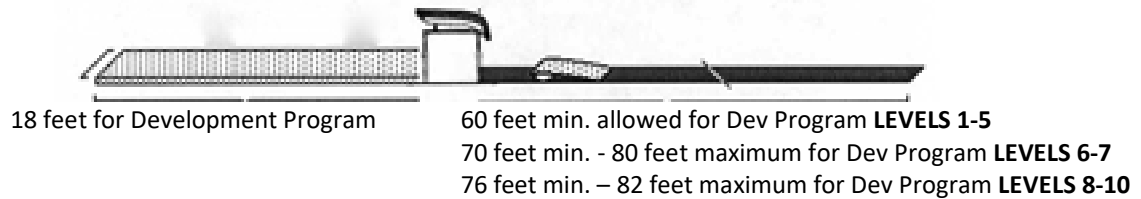
1. Apparatus: Mat Stack / Matting System (placed sideways)
2. Dimensions:
 - a. Height:
 - A minimum of 32-inch,
 - A maximum of 48 inch (+2.5 cm or 1-inch), including base mat.
 - b. Width:
 - Minimum 5 feet
 - c. Length:
 - 5 feet Length (10 feet Length - placed sideways),
3. Competition Landing Mats (CLMs):
 - a. Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus two additional 20 cm (8 inch) skill cushions to allow for 102 cm (40 inch) and 123 cm (48 inch) heights (± 2.5 cm or 1 inch).
 - All age divisions may use any of the three choices of heights.
 - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm (4-inch) skill cushion.
4. Mat Stack:
 - a. May be placed on top of a solid foam pit.
 - b. An additional mat (minimum of 6 feet x 12 feet x 10 cm (4 inch) MUST be placed on the floor behind the Mat Stack.
 - c. All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 5 feet long, ± 2 inches.
 - d. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat MUST cover the entire uppermost surface
 - e. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a Vault table trainer) on the front edge.
 - f. A sting mat may be used on top of the Mat Stack.

C. LEVEL 6/7 VAULT SPECIFICATIONS:

1. Apparatus: Vault table, base mat + Mat Stack, additional minimum 8-inch mat opposite table
 - a. Vault table: All age divisions may use the Vault table at any manufacturer setting, with a maximum of 135 cm (± 1 cm).
 - b. Base mat: minimum 4-inch (10 cm), MUST be positioned up against the Vault table.
 - c. Mat Stack:
 - 1) Width: 5 feet (minimum),
 - 2) Length: 10 feet,
 - 3) Height (including base mat): 32 inch (minimum) – 60-inch (maximum)
2. Competition Landing Mats (CLMs):
 - Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 4-inch (10 cm) skill cushion or the port-a-pit.
3. Mat Stack:
 - a. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 4-inch (10 cm) skill cushion.

- b. A sting mat may be used on top of the Mat Stack.
 - c. An additional minimum 8-inch mat is REQUIRED on the floor at the end of the Mat Stack, opposite the table.
- D. THE VAULT TABLE IS REQUIRED FOR:**
- 1. **LEVELS 4-5:** All age divisions may use the Vault table at any manufacturer setting, with a maximum of 135 cm (± 1 cm).
 - 2. **LEVELS 8-10:** All age divisions may use the Vault table with a minimum setting of 115 cm (± 1 cm) and a maximum of 135 cm (± 1 cm).
- E. RUNWAY SPECIFICATIONS**
- 1. A 76 feet minimum, 82 feet maximum runway is allowed for **LEVELS 8, 9 AND 10.**
 - 2. A 70 feet minimum, 80 feet maximum runway is allowed for **LEVEL 6 AND 7.**
 - 3. A 60 feet minimum, 80 feet maximum runway is allowed for **LEVELS 1- 5.**
 - 4. Thickness: A minimum thickness of 3.5 cm (1 and 3/8 inches) ($\pm .3$ cm or 1 /8 in.) is REQUIRED for the Vault runway at **ALL OPTIONAL LEVELS (6-10).**
- F. HAND PLACEMENT MAT:**
- 1. Clubs may NOT bring their own competitive equipment to be used by athletes during a competition, including hand placement mats.
 - 2. All Meet Directors of **LEVEL 6** and above competitions MUST provide a minimum of one manufactured Round-off hand placement mat.
 - 3. At Level 9 East/West and Level 10 National Championships, only the round-off hand placement mats manufactured by the equipment company that is supplying the apparatus will be allowed.
- G. Vaulting Board Safety Zone Mat is REQUIRED for all Front handspring onto the board and Round-off entry vaults executed at Development Program LEVELS 8, 9 AND 10.**
- The Safety Zone mat may be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) at **ALL DEVELOPMENT PROGRAM LEVELS.** In this example, the Safety Zone mat does not have to be placed snugly around the board.

Example of fully matted landing area:



- H. REQUIRED area to be matted:**
- 1. 3 cm (1¼ inch) Base mats: If 10 cm (4 inch) Competition Landing Mats (CLMs) are used, the following 3 cm (1¼ inch) base mats are REQUIRED:
 - a. A minimum of 6 feet by 18 feet for **LEVELS 4/5.**
 - b. A minimum of 8 feet x 18 feet for **LEVEL 6/7/8/9/10.**
 - c. If 12 – 20 cm (4¾ - 8 inch) landing mats are used, base mats are not required.
 - 2. Competition Landing Mats (CLMs):
 - a. For **LEVELS 4-5:** REQUIRED minimum of 6 feet by 12 feet matted area.
 - b. For **LEVELS 6-10:** REQUIRED minimum of an 8 feet x 15½ feet matted area.
 - 3. For USA Gymnastics sanctioned Development Program competitions up to and including the State Championships for **ALL LEVELS**, one 10-12 cm (4 inch) or 20 cm (8 inch) or two 10-12 cm (4 inch) CLMs (plus the maximum allowable skill cushions) will be allowed to be placed on top of a solid-foam pit provided that this information is stated in the meet information sent to the participating clubs.

IX. VAULT – XCEL PROGRAM SPECIFIC

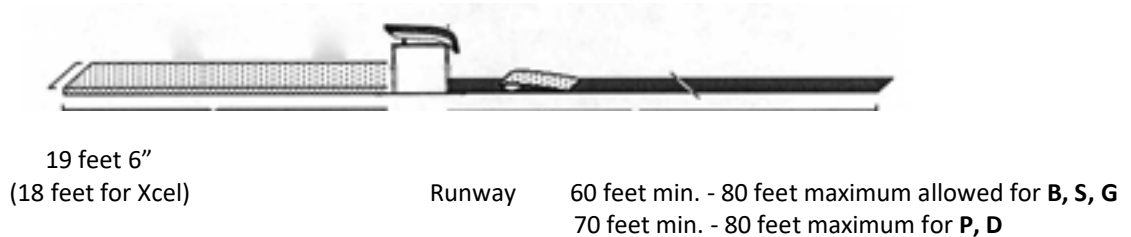
A. BRONZE VAULT SPECIFICATIONS:

- 1. Apparatus: Mat Stack/Matting System for Bronze Vault 1 and Bronze Vault 2 (placed lengthwise)

2. Dimensions:
 1. Height:
 - 1) A minimum of 40 cm (16 inches \pm 2.5 cm (1 inch))
 - 2) A maximum of 120 cm (approximately 48 inch \pm 2.5 cm (1 inch))
 3. Competition Landing Mats (CLMs):
 - a. Any combination of manufactured CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit.
 - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 10 cm (4-inch) skill cushion.
 4. Mat Stack:
 - a. May be placed on top of a solid foam pit.
 - b. An additional mat (minimum of 10 cm (4 inch)) **MUST** be placed on the floor behind the Mat Stack.
 - c. All mats used in forming the Mat Stack **MUST** be a minimum of 5 feet wide and 10 feet long.
 - d. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat **MUST** cover the entire uppermost surface.
 - e. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.
- B. **SILVER VAULT SPECIFICATIONS:**
 1. Apparatus: Mat Stack / matting system (placed sideways)
 2. Dimensions:
 - a. Height:
 - 1) A minimum of 60 cm (24 inches) (\pm 2.5 cm (1 inch)),
 - 2) A maximum of 120 cm (approximately 48 inch, \pm 2.5 cm (1 inch))
 3. Competition Landing Mats (CLMs):
 - a. Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit.
 - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 10 cm (4-inch) skill cushion.
 4. Mat Stack:
 - a. May be placed on top of a solid foam pit.
 - b. An additional mat, minimum 6 feet x 12 feet x 4 inch (10cm) **MUST** be placed on the floor behind the Mat Stack.
 - c. All mats used in forming the Mat Stack **MUST** be 5 feet wide and a minimum of 5 feet long, \pm 2 inches.
 - d. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface. This mat **MUST** cover the entire uppermost surface.
 - e. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.
 - f. A sting mat may be used on top of the Mat Stack.
 - C. The Vault table is **REQUIRED** for **GOLD, PLATINUM, AND DIAMOND** divisions.
 - All divisions may use the Vault table at any manufacturer setting.
 - D. **RUNWAY SPECIFICATIONS**
 1. A 70 feet minimum, 80 feet maximum runway is allowed for **PLATINUM** and **DIAMOND**.
 2. A 60 feet minimum, 80 feet maximum runway is allowed for **BRONZE, SILVER, and GOLD**.
 3. Thickness: **REQUIRED** minimum of 3.5 cm (1 and 3/8 inches) (\pm .3 cm or 1/8 in.) for **PLATINUM** and **DIAMOND**.
 - E. **HAND PLACEMENT MATS**
 1. All Meet Directors of **PLATINUM** competitions **or above** **MUST** provide a minimum of one manufactured Round-off hand placement mat.
 2. Clubs may **NOT** bring their own hand placement mats to be used by athletes during a competition.

- F. VAULTING BOARD SAFETY ZONE MAT is REQUIRED for all Front handspring onto the board and Round-off entry vaults executed at **DIAMOND** division competitions.
- The Safety Zone mat may be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) for **ALL XCEL DIVISIONS**. In this example, the Safety Zone mat does not have to be placed snugly around the board.

EXAMPLE OF FULLY MATTED LANDING AREA:



- F. REQUIRED area to be matted: **GOLD, PLATINUM, and DIAMOND**
1. 3 cm (1¼ inch) Base mats: If 10 cm (4 inch) Competition Landing Mats (CLMs) are used, the following 3 cm (1¼ inch) base mats are REQUIRED:
 - a. A minimum of 6 feet by 18 feet for **BRONZE, SILVER, and GOLD**.
 - b. A minimum of 8 feet x 18 feet for **PLATINUM and DIAMOND**.
 - c. If 12 cm (4 inch) or 20 cm (8 inch) landing mats are used, base mats are NOT required.
 2. Competition Landing Mats (CLMs):
 - a. For **GOLD** division: REQUIRED minimum of 6 feet by 12 feet matted area.
 - b. For **PLATINUM and DIAMOND**: REQUIRED minimum of an 8 feet x 15½ feet matted area.
 3. For USA Gymnastics sanctioned Xcel competitions up to and including the State Championships for **ALL DIVISIONS**, one (10-12 cm (4 inch) or 20 cm (8 inch)) or two (10-12 cm (4 inch)) CLMs (plus the maximum allowable skill cushions) will be allowed to be placed on top of a solid-foam pit provided that this information is stated in the meet information sent to the participating clubs.

X. UNEVEN BARS – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

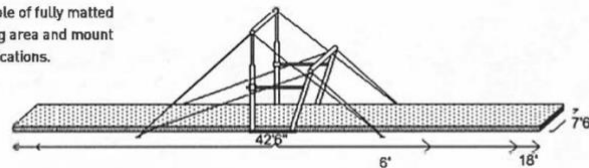
- A. Based on the best interest of the gymnast’s safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, the rails **MUST** be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer’s recommended safety parameters.
- B. The distance (spread) between the Bars may be set to the preference of the athlete, provided that after such adjustment, the Bars remain within the allowances identified by the manufacturer of the apparatus.
- C. For equipment that has a slider mechanism on both Bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite changing of bar sets during competition.
- D. Fiberglass rails with wood covering or any other FIG approved rails are REQUIRED for all sanctioned meets.
- E. No other substance besides chalk and water may be placed on the rails of the Uneven Bars.
- F. Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm ± 1 mm.
 - AAI “soft blue rails” are allowed but **MUST** be listed in the pre-meet information.
- G. If a 10 cm (4 inch) mat (skill cushion) is placed on the CLM(s) for dismount purposes, an additional 10 cm (4 inch) or 20 cm (8 inch) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion **MUST** be removed immediately after the release element is performed.
 - An alternate skill cushion made of softer foam is allowed at invitationals and is REQUIRED at State Championships and above. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases **ONLY** (to be placed under the gymnast during the release and immediately removed). This is **NOT** allowed for mounts, dismounts or landings on any event.

- H. When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s)) is/are removed immediately after the release move is performed.
- A 0.30 deduction will be taken if the spotting device is not removed.

XI. UNEVEN BARS – DEVELOPMENT PROGRAM SPECIFIC

- A. A single bar may be used for **LEVELS 1, 2 AND 3** competitions; provided that the single bar meets the current low bar specifications.
- B. MOUNT SPECIFICATIONS:
1. **LEVELS 6-10:** 18 feet minimum mount distance is allowed. (No maximum).
 2. **LEVELS 1-5:** 6 feet minimum mount distance is allowed. (No maximum).

Example of fully matted landing area and mount specifications.



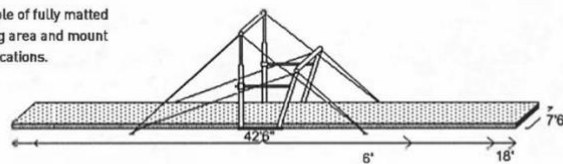
3. MATTING REGULATIONS FOR MOUNTS

- a. Mounts without the use of a board:
- 1) May stand on one (1) 12 cm or 20 cm mat or two (2) 23 cm CLMs.
 - 2) May also stand on an additional "up to 8-inch" skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLMs.
- b. Board, Mount Trainer Mat or folded panel mat used to mount:
- 1) May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the CLM.
 - 2) May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
 - 3) A Mount Trainer Mat or folded panel mat may be placed on an 8-inch skill cushion.
 - 4) A Springboard may NOT be placed on an 8-inch skill cushion.
- C. REQUIRED AREA TO BE MATTED:
1. The matted area under Bars MUST be:
 - a. A minimum of 6 feet by 15 feet for **LEVELS 1-3**.
 - b. A minimum of 6 feet by 24 feet for **LEVELS 4 AND 5**.
 - c. A minimum of 7½ feet by 36 feet for **LEVELS 6-10**.

XII. UNEVEN BARS – XCEL PROGRAM SPECIFIC

- A. A single bar may be used for **BRONZE** competitions, provided that the single bar meets the current low bar specifications. This information MUST be included in the pre-meet information.
- B. MOUNT SPECIFICATIONS:
1. **PLATINUM and DIAMOND:** 18 feet minimum is allowed. (No maximum).
 2. **BRONZE, SILVER, and GOLD:** 6 feet minimum is allowed. (No maximum).

Example of fully matted landing area and mount specifications.



C. REQUIRED AREA TO BE MATTED:

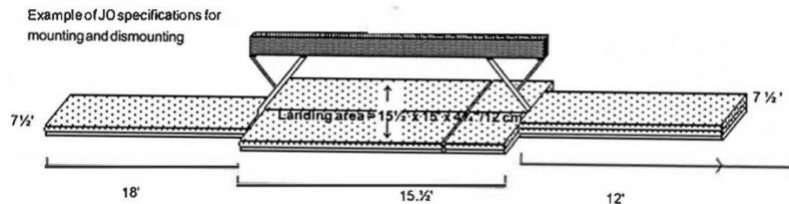
1. The matted area under Bars MUST be:
 - a. A minimum of 6 feet by 15 feet for **BRONZE**.
 - b. A minimum of 6 feet by 24 feet for **SILVER** and **GOLD**.
 - c. A minimum of 7½ feet by 36 feet for **PLATINUM** and **DIAMOND**.
2. An alternate skill cushion made of softer foam is allowed at invitationals and is **REQUIRED** at State Championships and above. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches high for “C” and more difficult bar releases performed in the **DIAMOND** Division **ONLY** (to be placed under the gymnast during the release and immediately removed). This is **NOT** allowed for dismounts or landings on any event.

XIII. BALANCE BEAM – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. Height specifications - measured from the floor to the top of the Beam.
- B. For all competitions, the Beam legs **MUST** be placed on the floor or a stable surface.
 1. It is strongly recommended that the entire mounting area be level.
- C. At all sanctioned competitions:
 1. Beam **MUST** be adjustable.
 2. Beam **REQUIRED** to be padded.
- D. Beams with a “spring” mechanism are allowed.
- E. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.
- F. Supplemental Matting: If available (not required): Maximum of nine (9) inches using sting mats, 4-inch throw, and/or 8-inch skill cushions may be placed on top of allowable CLMs in **ALL** matted areas (under the Beam and/or dismount area).

XIV. BALANCE BEAM – DEVELOPMENT PROGRAM SPECIFIC

- A. **ALL LEVELS** may use the Beam at any height, regardless of age division; however, the height **MUST** be within a minimum of 100 cm (± 1 cm) and a maximum of 125 cm (± 1 cm).

**B. MOUNT SPECIFICATIONS**

1. **LEVELS 6-10:** 18 feet minimum is allowed. (No maximum)
2. **LEVELS 3-5:** 12 feet minimum is allowed. (No maximum)

C. MATTING REGULATIONS FOR MOUNTS

1. Mounts without the use of a board:
 - a. May stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
 - b. May also stand on an additional up to 8-inch skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).
2. Board, mount trainer mat or folded panel mat used to mount:
 - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the CLM.
 - b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
 - c. A mount trainer or folded panel mat may be placed on an 8-inch skill cushion.
 - d. A Springboard may **NOT** be placed on an 8-inch skill cushion.

D. REQUIRED AREA TO BE MATTED:

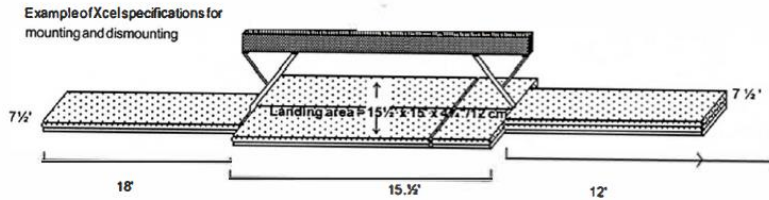
1. **LEVELS 1 – 4:**
 - a. Each end of Beam: **REQUIRED** minimum of 6 feet by 12 feet.
 - b. Under the Beam: **REQUIRED** minimum of 12 feet wide by 15½ feet long.

2. LEVELS 5-10:

- a. Each end of Beam: REQUIRED minimum of 7½ feet by 12 feet.
- b. Under the Beam: REQUIRED minimum of 15 feet wide by 15½ feet long.
 - 1) An 8 feet wide mat for dismount area is recommended for **LEVELS 7 AND ABOVE**.
 - 2) Whenever a 10 cm (4 inch) supplemental mat (“throw” mat) is used in addition to the CLM(s) for the dismount, it MUST be a minimum of 7 feet by 10 feet.

XV. BALANCE BEAM – XCEL PROGRAM SPECIFIC

- A. ALL DIVISIONS** may use the Beam at any height, regardless of age division; however, the height MUST be within a minimum of 100 cm (± 1 cm) and a maximum of 125 cm (± 1 cm).



B. MOUNT SPECIFICATIONS

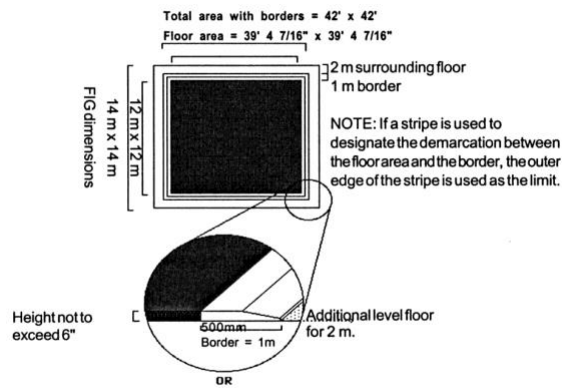
- 1. **BRONZE, SILVER, and GOLD:** 12 feet minimum is allowed. (No maximum)
- 2. **PLATINUM and DIAMOND:** 18 feet minimum is allowed. (No maximum)

C. REQUIRED AREA TO BE MATTED:

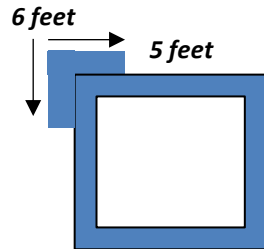
- 1. **BRONZE, SILVER, and GOLD:**
 - a. Each end of Beam: REQUIRED minimum of 6 feet by 12 feet.
 - b. Under the Beam: REQUIRED minimum of 12 feet wide by 15½ feet long.
- 2. **PLATINUM and DIAMOND:**
 - a. Each end of Beam: REQUIRED minimum of 7½ feet by 12 feet.
 - 1) An 8 feet wide mat for dismount area is recommended.
 - 2) Whenever a 10 cm (4 inch) supplemental mat (“throw” mat) is used in addition to the CLM(s) for the dismount, it MUST be a minimum of 7 feet by 10 feet.
 - b. Under the Beam: REQUIRED minimum of 15 feet wide by 15½ feet long.

XVI. FLOOR EXERCISE – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. FIG specifications:** 12 meters X 12 meters (39 feet 4 7/16-inch X 39 feet 4 7/16 inch). The measurement is from the outside of the tape or where the carpet changes color. The floor surface MUST be a minimum of 1¼ inch thick (3.2 cm) to a maximum of 7½ inch thick (19.05 cm) $\pm ½$ inch. The top of the mat MUST be joined into one continuous level surface.



- B. When the Floor Exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the boundary.
- C. To protect the gymnast if they go beyond the dimensions of the Floor Exercise mat, the outside corners MUST be padded with unfolded panel mats or other such matting or carpet-bonded foam, a minimum of 3.5 cm ($1\frac{3}{8}$ inches) high, to protect the gymnast if they go beyond the dimensions of the Floor Exercise mat. The matting MUST extend a minimum of five (5) feet out from the edge of the boundary line and extend a minimum of six (6) feet from the corner down each side of the Floor Exercise area. The corner padding should be attached (with Velcro or something similar) to the floor, foam or carpet to avoid separating or slipping. An example of the additional matting at one corner is shown below:



- D. If carpeting is used, 3.2 cm ($\frac{1}{4}$ inch) pile is maximum height recommended.
- E. Additional matting: Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat MUST be clearly marked. It is recommended that athletic tape (provided by the coach) be used to mark the mats. Chalk may be used but should be removed before the next competitor. A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.
- F. Only 1 skill cushion/throw mat (4 inch or 8 inch) per tumbling pass may be used, with no more than 2 mats on the Floor Exercise area at any one point in time. Matting may be used as a take-off / landing surface.
- It is acceptable to have both mats on separate ends of a diagonal. Example: an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.
 - If sting mat is placed on TOP of the skill cushion/throw mat, it does NOT count as one of the 2 allowable mats on the Floor Exercise at any one point in time.
- G. When a tumbling "strip" is used in place of a full Floor Exercise area in the training and/or warm-up gym, it MUST be constructed of the same materials as the spring floor used in the competition gym and MUST be a minimum of 8 feet wide and 56 feet long. A minimum of 3 feet in length of additional padding (carpet bonded foam or something similar) is REQUIRED at each end of a 56 feet tumble strip that is used for warm-up.

XVII. FLOOR EXERCISE – DEVELOPMENT PROGRAM SPECIFIC

- A. The Development Program uses FIG specifications (see above) for **LEVELS 6 – 10**.
- B. For **LEVEL 6 – 10** competitions held in outside facilities, the outside of the corners MUST be padded.
- C. **LEVELS 4 and 5** may use a 36 feet X 36 feet area. **LEVELS 1-3** may use a tumbling strip area provided it is a minimum of 8 feet wide and 56 feet long. If only a strip is available, the Meet Director MUST indicate this in the pre-meet information.
- D. Rebound or spring type floors are REQUIRED for all **LEVELS 8-10** competitions. It is strongly recommended that a spring type floor also be used at **LEVEL 7 AND BELOW**.

XVIII. FLOOR EXERCISE – XCEL PROGRAM SPECIFIC

- A. XCEL uses FIG specifications for **BRONZE, SILVER, GOLD, PLATINUM, and DIAMOND**.
- B. For **PLATINUM** and **DIAMOND** competitions held in outside facilities, the outside of the corners MUST be padded.
- C. A tumbling strip may be used for competition for **BRONZE** and **SILVER** Divisions, provided it is a minimum of 8 feet wide and 56 feet long. The Meet Director MUST indicate this in the pre-meet information.
- D. Rebound or spring type floors are REQUIRED for all **PLATINUM** and **DIAMOND** competitions. It is strongly recommended that a spring type floor also be used for **BRONZE, SILVER, and GOLD**.

APPARATUS REQUIREMENTS FOR ELITE COMPETITIONS
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I. GENERAL CONSIDERATIONS

Elite competitions MUST adhere to the FIG apparatus specifications. They can be found on the [FIG web site](#).

II. ADDITIONAL APPARATUS SPECIFICATIONS:**A. Competition Landing Mats (CLMs) for Vault, Bars and Beam:**

Elite/Hopes MUST use FIG specifications 20 cm. (-2 cm tolerance, no + tolerance) mat thickness.

1. National Qualifying meets MUST use 20 cm. mats.
2. International Elites and Hopes athletes MUST use a 10 cm supplemental landing mat for Vault and for Bars/Beam dismounts at all optional competitions. This mat cannot be moved once the routine begins.
3. If a vaulting board is used for a mount, it MUST be placed on top of the 20 cm and or the 20 cm and 10 cm. Competition matting cannot be moved once the routine begins.
4. The 10 cm dismount mat for Balance Beam will be designated to one end of the Beam and not moved.
5. Only the manufactured 100 by 120 cm Round-Off Entry mats are allowed for use in front of the vaulting board for hand placement on Round-off entry vaults. Sting mats are NOT allowed on the Vault runway.

B. Supplemental Matting (Skill Cushions, 4-inch throw mats and sting mats)**1. No supplemental matting is allowed at Olympic Trials.****2. VAULT**

- a. All levels - no supplemental matting for optional competition. A skill cushion should be available during warm up.

3. BARS

- a. USA Championships: No additional matting other than FIG specifications may be used, with the following exceptions:

- 1) Junior International athletes may place a manufactured sting or 10cm mat under the Bars during competition in addition to the 20 cm base mat. This matting cannot be moved.
- 2) Junior International athletes may use a skill cushion (maximum thickness of 8 inch) in addition to the 20 cm (-2cm tolerance) CLM for release elements on Bars. Matting MUST be removed after release move.

- b. Classics and the HOPES Championship competitions: No additional matting other than FIG specifications may be used, with the following exceptions:

- 1) Junior International and HOPES athletes may place a manufactured sting or 10cm mat under the Bars during competition in addition to the 20 cm base mat. This matting cannot be moved.
- 2) Junior International and HOPES athletes may use a skill cushion (maximum thickness of 8 inch) in addition to the 20 cm (-2cm tolerance) CLM for release elements on Bars. Matting MUST be removed after release move.

- c. National Qualifiers

- 1) Junior/Senior International and HOPES athletes may place a manufactured sting or 10cm mat under the Bars during competition in addition to the 20 cm base mat. This matting cannot be moved.
- 2) Junior/Senior International and HOPES athletes may use a skill cushion (maximum thickness of 8 inch) in addition to the 20 cm (-2cm tolerance) CLM for release elements on Bars. Matting MUST be removed after release move.

4. BEAM

- No supplemental matting for optional competition. A skill cushion should be available during warm-ups.

5. FLOOR EXERCISE

- a. USA Championships, Classics, and HOPES Championships competitions:

- Junior/Senior International and HOPES athletes may place up to two manufactured sting mats or 10 cm mats separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat MUST be clearly marked with tape or chalk to indicate the actual boundary line(s). Sting mats can be removed or remain on the floor throughout the routine. Floor matting MUST be placed prior to the start of the floor routine. A mat cannot be added once the gymnast has begun.

b. National Qualifiers:

- Junior/Senior International and HOPES athletes may place up to two manufactured sting mats or 10 cm mats separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat MUST be clearly marked with tape or chalk to indicate the actual boundary line(s). Mats can be removed or remain on the floor throughout the routine. Floor matting MUST be placed prior to the start of the floor routine. A mat cannot be added once the gymnast has begun.

III. SPRINGBOARD/MOUNTING SPECIFICATIONS

- A.** Only unaltered manufactured vaulting boards that meet FIG specifications are approved for USA Gymnastics competitions.
- B.** A board used to mount Bars or Beam may be placed on the 20 cm CLM. The board may also be placed on the mandatory 10 cm supplemental dismount landing mat. If the mount and dismount are in the same location, the board MUST be placed on the 10 cm supplemental dismount landing mat. No matting may be moved after the routine begins.
1. For international athletes Beam and Bars will use only one board (soft).
 2. For HOPES athletes Beam and Bars boards you may remove springs to adjust to the Hopes athlete. You MUST return the spring as soon as your athlete is finished on that event.

IV. VAULTING - SPRINGBOARD CONFIGURATIONS:

- A.** International Level athletes: Two (2) springboard configurations (Springs may not be moved or replaced)
1. AAI boards = soft 6 springs (3-1-2)
 2. AAI boards = hard 8 springs (3-3-2).
- B.** HOPES athletes: Two (2) springboard configurations (springs may not be moved or replaced)
1. Five (2-1-2)
 2. Six spring (3-1-2)