

2023 USA Gymnastics Championships

June 19-24, 2023 – Tulsa, Oklahoma

[USAGymChamps.com](http://www.usagymchamps.com/)
<http://www.usagymchamps.com/>

ENTRIES

- Entry fees are a fee of \$175.00 per athlete.
- Entry fee for blocks is on a separate sanction \$25.00 per athlete. Silver level & up.

A step-by-step guide to register for this event is available [HERE](#).

Entry Deadline:

- All participants in Gym Champs must be registered through USA Gymnastics. Deadline is May 24, 2023, to register and pay on USA Gymnastics.
- Late registrations will be accepted through May 27, 2023
- Entry Fee for Late Registration is \$350.00 per athlete.
- All athletes utilizing KSIS must be registered in KSIS by May 24, 2023. Click [HERE](#) for instructions.
- All athletes utilizing Acro Companion will be registered in Acro Companion by USA Gymnastics.
- NO CHANGES OR ADDITIONS WILL BE ALLOWED AFTER May 27, 2023.

TICKETS

All-session and single-day tickets are now available. [Click here to purchase](#).

SCHEDULES/ROTATIONS

See the [USA Gymnastics Championships website](#) for the latest version.

LIVE RESULTS

- Developmental Live results will be available on [KSIS](#).
- Arena Live results will be available on Acro Companion

MANDATORY COACHES' ORIENTATION MEETING

- The mandatory coaches orientation meeting will be held on Monday, June 19th. Time and Location TBA.
- A coaches break-out meeting will be held on Monday, June 19th. Time and location TBA.

TARIFF SHEETS

- All tariff sheets must be submitted through KSIS for Level 7 through 12-18. (11-16 and 12-18 final routines will need to be submitted through Acro Companion). Click [HERE](#) for instructions.
- All tariff sheets must be submitted through Acro Companion for 13-19 and Senior. Coaches will be emailed their tariff sheets for submission. (11-16 and 12-18 final routine will need to be submitted through Acro Companion)
- **Coaches:**
Submitted tariff sheets must be as accurate as possible. If you have a question about your tariff sheets, please have them reviewed prior to uploading. If there are changes to tariff sheets between the deadlines of June 7th and June 17th, please notify Dylan Maurer: dmnninja@gmail.com about the changes.
- **Deadlines**
Initial Tariff Sheet deadline is June 6th. All revisions must be made by and uploaded to KSIS or Acro Companion by June 17th.
- **Late Tariff Penalties:**
 - New tariffs submitted 10 or more days before the start of competition = no penalty.
 - New tariffs submitted less than 10 days before the start of competition = \$50.00 per club
 - New tariffs submitted less than 5 days before the start of competition = \$100.00 per tariff.
 - Revised tariffs submitted less than 3 days before the start of competition = \$100.00 per tariff.
- **Tariff Sheet Review:**
The judges will evaluate the tariff sheets before arrival to the competition. Please note, this is only for tariff sheets that are submitted by June 6th.

Judges will be available to review their findings with coaches on Monday June 19th in the judges room at the Cox Business Convention Center. Any necessary revisions must be submitted to the meet referee Dylan Maurer (dmnninja@gmail.com) by 7:00 PM on Monday June 19th. Minor changes can be made using the minor change form per the Code of Points.

MUSIC POLICY

Each club must submit all athlete competition music for the USA Gymnastics Championships through KSIS for all levels. Music is to be submitted to KSIS or Acro Companion on or before, June 17, 2023. Click [HERE](#) for instructions on how to submit music to KSIS. For Acro Companion there is a clickable link on the tariff sheet for music to be loaded.

- For 11-16 and 12-18 qualification routines music must be uploaded to KSIS.
- For 11-16 and 12-18 final routines, music must be uploaded to Acro Companion.
- For all 13-19 and Senior routines music must be uploaded to Acro Companion.

For KSIS each routine must be:

- Separate file in MP3 format
- These files will be used for all training and competitive routines occurring on the competition floor.
- All clubs must bring backup music on a USB flash drive containing all music for your club.
- Please bring a second copy of music on a phone or tablet to be used on the training floor.

If there is a change to a pair/groups' music after June 20th, coaches must bring separate USB flash drive marked with the pair/groups' name, club, level, and routine to the Scoring Table.

For Acro Companion: Instructions TBA

If there is a change to a pair/groups' music after June 20th coaches must bring separate USB flash drive marked with the pair/groups' name, club, level, and routine to the Scoring Table.

COACHES & OFFICIALS

Coaches, judges and officials who are professional members will be issued credentials. No pending memberships will be allowed. Coaches must register online for the 2023 USA Gymnastics Championships. No coach changes may be made after the registration deadline. No hospitality will be provided for coaches.

ACROBATIC JUDGE'S MEETING

The Judges meeting will take place on Monday, June 19th from 9 a.m.-12 p.m. in the judge's room at the Cox Business Convention Center.

COACH ATTIRE

All coaches must wear club or athletic apparel with athletic shoes to be on the competition floor. No national team apparel that bears the USA flag or a national team logo may not be worn at any time during training, warm-up, or competition at the USA Gymnastics Championships. This includes warm-ups, t-shirts, competitive apparel, backpacks, duffle bags, etc. National team attire may not be worn even if the logo or flag has been covered. Unless otherwise requested by the program director, please leave all national team apparel/accessories at home.

The following dress code must be followed during all training, warm-up and competition sessions. Violators will be asked to leave the event floor or training/warm-up area.

- Warm-up pants, long pants or capri length pants only. No shorts are allowed.
- Team polo shirt or team t-shirt. Warm-up jackets are optional.
- Gym/athletic shoes are required. No flip-flops.
- No denim allowed.
- No caps or hats allowed.

ATHLETE ATTIRE

All athletes must wear club or athletic apparel with athletic shoes to be on the competition floor. No national team apparel that bears the USA flag or a national team logo may be worn at any time during training, warm-up, or competition at the USA Gymnastics Championships. This includes warm-ups, t-shirts, backpacks, duffle bags, etc. National team attire may not be worn even if the logo or flag has been covered. Unless otherwise requested by the program director, please leave all national team apparel/accessories at home. Acrobatic athletes will be permitted to wear competitive apparel that bears the American flag.

The following dress code must be followed during all training, warm-up and competition sessions. Violators will be asked to leave the event floor or training/warm-up area.

- During training, girls may wear long-sleeved or sleeveless leotards, and boys may wear shorts and t-shirts.
- Girls may wear black bike shorts or leggings during training or warm-up sessions.
- Girls should not have any exposed undergarments or straps. Black or color-coordinated to leotard t-back sports bra is acceptable.

Athletes named to the national team for the first time will receive a temporary national team warm-up to wear for photographs after the awards ceremony. National team members will receive their national team warm-ups once they receive an international assignment.

AWARDS

Development Level Competition

Awards will be given out for first to sixth place.

Awards are given for all-around only for Development level. These awards will be presented in the development hall.

Age Group 11-16 Competition

- If there are less than 6 entries in the category all participants will go to finals. The top 8 go to finals if there are more than 12 entries in a category. If there are less than 12 entries in a category, the top 6 entries go to finals. If there are more than 30 entries in a category, the top 10 entries go to finals.
- In finals, the score starts from zero. Awards will be presented for the top 3 places at the completion of the finals exercise. The finals exercise and awards will occur in the arena.

11-16 Finals Exercise will be:

Event	Routine
WP	Balance
MXP	Dynamic
MP	Balance
WG/MX Trio	Dynamic
MG/MX Group	Balance

Elite Level Competition

- Awards will be given out for first through third place.
- JE 12-18, JE 13-19, and Senior Elite perform balance, dynamic, and combined exercise. The scores from the qualification round balance and dynamic exercises will be used for the balance and dynamic awards. The top finishers, based on number of entries, from the qualifications (sum of balance and dynamic exercises) will advance to finals. In finals, scoring starts from zero and competitors will perform one Combined exercise. The score of the Combined exercise will determine overall medal winners in each category.
- For all 12-18 pair/groups who do not qualify for finals, they will have an opportunity to compete their combined exercise for an exhibition score only at a designated time in the Arena.
- 12-18 Balance and Dynamic awards will be given at the Cox Business Convention Center (Development Hall)
- 11-16 & 12-18 Final awards will be given in the Arena at the conclusion of their finals exercise.
- 13-19 & Senior awards will be at the end of each night's competition in the Arena.
- The master schedule will have the location of the Development awards ceremonies. Awards ceremonies for athletes competing in the arena will take place on the arena floor.
- Athletes should wear their competitive leotards for all award ceremonies.
- Awards for each session will be given immediately following the session. Elite awards will be presented after finals. If the session is running early, awards will be given early. Athletes receiving awards should report to the staging area immediately following the session.
- The athlete/athletes of the year and elite coach of the year will be awarded at a place and time yet to be determined.

DEVELOPMENTAL AND SPECIAL AWARDS

- Development Coach of the Year
- Glen Sundby Award for Outstanding Pair/Group Performance (Development and International Track athletes)
- Janet Von Barga Judging Award
- Team Awards- Top 3 places will be given. Level 7 through 10 in Cox Business Convention Center (Development Hall). 11-16 and 12-18 in Arena. 13-19 and Senior TBA

Arena Awards

- Pair/Group of the Year
- Coach of the Year
- Sportsperson of the Year
- Star Service Award

SIZING

- Level 7 sizing will be on Wednesday and Thursday evening prior to competing. Time TBA.
- Level 8-10 athletes will present for sizing on Monday June 19th, immediately after training times. Training times TBA.
- 11-16 - Elite Level Athletes will present for sizing on Tuesday June 20th immediately after training times.

NATIONAL TEAM SELECTION AND ANNOUNCEMENTS

The 2023 USA Gymnastics Championships will serve as the selection for the Senior National Team and Junior (12-18 and 13-19) National Teams, ICT Team, as well as selection to Pan American Championships. To be considered for a National Team, each athlete must submit a signed selection procedure by Friday, June 16th sent to Kyla Knights kknights@usagym.org.

The Athlete Selection Committee (SNT, JNT and 11-16 AGT) consists of:

- Ronda Francis – Elite Committee Chair
- Jennifer Banowsky – Elite Coach Representative
- Nicole Barrilleaux – (Non-Voting) International Expert
- Jessica Renteria- Athlete Representative
- Alayna Davis- (Non-Voting) High Performance Coordinator
- Kyla Knights- (Non-Voting) Acrobatic Gymnastics Director

SELECTION PROCEDURES

- [2023-24 Senior National Team](#)
- [2023-24 Junior National Team](#)
- [2023-24 International Club Team](#)
- [2023 Pan American Championships - 11-16/Elite Mixed Groups](#)

NATIONAL TEAM MEETING

The 2023-2024 National Team meeting will be held on Sunday June 25th, Seniors TBA and Juniors TBA. Please note, that once scheduled, attendance at the National Team Meeting will be required for all 2023-2024 Junior and Senior National Team members and coaches. Location TBA.

DEADLINES

Task	Due By
USA Gymnastics Registration and Payment	Payment and registration due by May 24th
KSIS Scoring Register Pair/Groups	Website open May 10th, Athlete and Pair/Group Due by May 24th
Upload Tariff Sheets	All Tariff Sheets must be uploaded by June 6th
Judges Review Tariff Sheets	Judges review Tariff sheets and make comments to coaches. Changes must be uploaded by June 17th
Upload Music and Photos	Coaches upload all music by June 17th.
KSIS and Acro Companion Closed	June 17th 11:59 PM CST

HOTELS

[Click here](#) to book accommodations.

LIVE STREAMS

Watch the 2023 USA Gymnastics Championships Cox Business Convention Center Sessions LIVE on [FlipNow](#) Powered by USA Gymnastics.

Watch 2023 USA Gymnastics Championships Arena Sessions on the USA Gymnastics YouTube channel.

VOLUNTEER

USA Gym Champs Volunteers

- Interested in volunteering? [Click here](#) for the volunteer Handbook and to register.
- Program specific Acro Volunteer positions will be sent out via email. Email Kyla Knights, kknights@usagym.org for more information.

CONTACT

Acrobatic Gymnastics Program Director: Kyla Knights, kknights@usagym.org.