



# WOMEN'S PROGRAM VIRTUAL SANCTION PLAYBOOK



USA GYMNASTICS.



# VIRTUAL EVENT SANCTIONING

All USA Gymnastics sanctioned events, both live and virtual, are governed by USA Gymnastics Women's Program *Rules and Policies (R&P)*, USA Gymnastics safety guidelines, Safe Sport Policy, and judging criteria. Virtual sanctions are to be obtained by following the same procedures outlined in the Women's Program *R&P*.

Participating clubs must follow all local health and safety guidelines. It is the responsibility of each participating club and Meet Director to ensure their own compliance.

The Virtual Playbook is a "living" document, and will be updated accordingly as the 2020-2021 season progresses. Additional requirements and clarifications will be added, should the virtual season include State meets and beyond.

## PRIMARY GOALS

1. To provide athletes a competitive experience when face-to-face, on-site competitions may not be allowed.
2. To provide athletes a competitive opportunity to allow for mobility and qualification.
  - The Development Program (DP), Xcel, and Women's Program Committees have agreed to allow the use of "live simultaneous" virtual sanctioned competitions for mobility for the 2020-2021 season.
3. To provide clubs an opportunity to participate in or host a competition.
4. To provide spectators the opportunity to support their athletes.
5. To provide a competitive goal for athletes.



## SANCTION REQUIREMENTS

1. All participants must be a USA Gymnastics Member in good standing.
2. All athlete, coach and judge entries must be entered via the USA Gymnastics Meet Reservation System.
3. Meet Directors must follow the rules set forth in this Virtual Playbook and in the Women's Program *R&P*.
4. As with a live event, a USA Gymnastics virtual sanctioned event CANNOT be run concurrently in the same session with non-USA Gymnastics sanctioned event.
5. Domestic events only.

## FLEXIBILITY FOR MEET HOSTS

USA Gymnastics would like to stress the importance of flexibility when allowing for virtual sanctioned competitions during the 2020-2021 season. While certain aspects of hosting/attending a gymnastics competition must be followed to ensure the safety of the athlete, other items will be allowed to deviate from the Women's Program *Rules and Policies* to allow clubs to still participate in these competitions. These include:

1. **Medical procedures:** 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 in the Women's *R&P*, is required.
  - For meets outside of a gym, Sanctioned Event Minimum Medical requirements must be followed.
2. **Equipment specification:** USA Gymnastics realizes that clubs have an assortment of different equipment and equipment arrangements and would like to be flexible for allowing virtual competitions to take place in any club. Meet directors have the ability to set the equipment specifications for their competition. Any deviation from the Women's *R&P* should be noted in the competition information packet.
3. **Competition start time:** Warm-ups may take place before 8 a.m., but no earlier than 7 a.m., to allow for the possibility of an increased number of sessions throughout the day. Competition must be concluded no later than 10 p.m.



4. **Judging inquires** allowed for livestream format competitions only. Inquires are NOT allowed for video submission formats at this time.
5. To allow for more efficient warm-ups and a total reduced warm-up time, clubs are encouraged to use all equipment available in their space. A designated warm-up timer must be present to ensure compliance with the warm-up times found in the Women's R&P.
6. Any other deviation from the Women's Program R&P must be approved by the Women's DP Director.

## VIRTUAL SANCTION FEED/FORMATS

Virtual Sanction Fees will be \$100 for the 2020-2021 season and will cover all participating clubs / locations. The use of the Flyp10 platform will be provided to any USA Gymnastics sanctioned event at NO cost for the 2020-2021 season.

There are two format types for virtual sanctions that may be utilized.

1. **Virtual Live Stream Format** (i.e. Zoom, Skype, Google Meets, or Flyp10 paired with a live-streaming platform.)
  - a. Competition must be streamed live.
    - This format **WILL** be allowed for athlete mobility per the DP, Xcel, and Women's Committees.
    - Each individual State Administrative Committee will determine if the virtual live stream format will be allowed for qualification.
  - b. All athletes from each location will compete, live, all four events.
  - c. Judging panels may either be all virtual, or a hybrid of virtual and on-site, depending on the make-up of the competition.
    - Subject to local guidelines, it may be possible for more than one club to be in the same location while still allowing additional clubs to participate using a virtual livestream platform.
  - d. Panels of virtual judges will view all routines in real time.
    - A short delay will be allowed if using a platform that requires video uploads, such as Flyp10, paired with the live stream.
2. **Video Submission Format** (i.e. Flyp10, Virtual Stars)
  - a. This format alone will **NOT** be allowed for athlete mobility. Each individual SAC will determine if the video

submission format will be allowed for qualification.

- If paired with a livestream platform, this format will be considered live and **WILL** be allowed for mobility.
  - When pairing Flyp 10 with a live streaming platform, coaches will upload the videos of each routine with their mobile device. A separate video recording device will be used to stream the entire gym (all active equipment in view), to ensure routines submitted were performed on the first try. USA Gymnastics would like to encourage that each participating club has the stream on display in the gym so that the athletes may watch their peers competing in other locations.
- b. This format should be utilized for athletes and coaches looking for detailed feedback from judges.
- c. This format does not have to be recorded live for this sanction.

## VIRTUAL COMPETITION PLATFORM

All videos and recordings of live streams must follow the [Safe Sport Policy](#). Prior to the competition, Meet Directors must communicate with all separate location Meet Coordinators to verify if any live streams will be utilized to broadcast their athletes to spectators.

Meet Coordinators must provide information to the Meet Director and all participants on where the recorded content will be stored, who will have access, and for how long. Meet Coordinators will also be responsible for communicating with parents any opt-out procedures necessary. Social media live platforms (Facebook, Instagram) should not be used, as they could violate the Safe Sport policy.

If you do not see the livestream virtual platform you would like to use listed below, please send your [platform request](#) to Women's DP Director Christy Naik at [cnaik@usagym.org](mailto:cnaik@usagym.org).

- Flyp10
- Google Meet
- Skype
- stsLIVEgym\*
- Virtual Stars
- YouTube\*\*
- Zoom

\* **stsLIVEgym:** At this time, video retention is not to exceed 30 days. In addition, parents need to be aware of any opt-out procedures with a disclaimer on the landing page of the website.

\*\***YouTube:** YouTube may be utilized as a virtual platform as long as the following conditions are met:

- Event must be conducted as an 'unlisted event.'

- Meet Director will need to have established procedures as to how the unlisted link will be distributed and to whom. In addition, the meet director should include in the distribution communication a statement that stress that the link is for intend the sole use of the intended recipient(s) and should not be shared.
- Meet Director must also have an established timeline for removal of the recording. Preferably within, 72 hours at the conclusion of the event.

**Note:** Additional platforms may be added and will be listed here.

For the 2020-2021 season, USA Gymnastics has partnered with Flyp 10 to offer a free platform to assist with virtual sanctioned events; however, it is not a requirement to use Flyp 10. Meet Directors may use any of the approved platforms that best suits their needs.

## ENTRY REGULATIONS AND FEES

All of the athletes, coaches and judges participating/competing in a USA Gymnastics Sanctioned Event must be pre-registered as an Athlete, Professional, or Junior Professional member of USA Gymnastics. Any athlete, coach or judge who is unable to be verified as a current USA Gymnastics member will be ineligible to participate in any USA Gymnastics sanctioned event. In addition, any and all athletes who wish to compete at USA Gymnastics sanctioned events must be affiliated with a current USA Gymnastics Member Club. An athlete must be coached by a Professional member of the same affiliated club, with the exception of an emergency situation (see Women's R&P page 22, IV.L.).

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 USA Gymnastics sanctioned virtual competitions. For information regarding Foreign Athlete (Elite or non-elite) participation in the Women's Program, please refer to Chapter 2, page 26 in the Women's R&P.

Entry fees will be at the discretion of the Meet Director. It is strongly encouraged that meet hosts price their competitions accordingly to account for any virtual platform service fees, in addition to any livestream service fees. To allow for proper competition planning, a

## INFORMATION PACKETS / DIRECTIVES

Virtual competition hosts must include the following information and notify all eligible teams electronically by e-mail. Information should also be posted on the host club's website.

1. Name of meet, level(s) / divisions(s) of competition, and date.
2. Host Club and Meet Director / Coordinator contact information.
3. Entry fee (individual and/or team), to whom it is payable, deadlines, refund policy and method of submission.
4. Must utilize USA Gymnastics Meet Reservation System to enter participants.
5. Level(s) / Division(s) offered and age categories.
6. Virtual platform information specific to the competition.
  - Each additional location is responsible for providing any relevant livestream information for their location. This information must be communicated to the Meet Director before being distributed to spectators to ensure Safe Sport compliance.
7. Awards are at the discretion of the meet host. If awards will be provided, the meet host must provide the type of awards and number to be awarded.
8. Competition schedule.
9. Any deviation(s) to the *Rules & Policies*, the *DP Code of Points*, or the *Xcel Code of Points*.



deadline for accepting athletes in Meet Reservation must be established, and communicated, to all participating clubs. It is recommended that a competition schedule published at least 4-6 weeks prior to the first day of competition.

# VIDEO REQUIREMENTS

1. All camera placements must be static – utilize tripod, tabletop, solid surface.
2. Internet speed should be sufficient to stream/upload high definition video.
3. Filmed from as close to a normal judges' position as possible.
4. For all livestream options, a second camera should be recording routines as videos, to ensure a backup video is available should there be any issues with the internet connectivity.
5. The gymnast's entire body must be visible at all times. If, for example, the legs or arms are cut off on the video or the video malfunctions, this may be treated as an equipment failure and utilize a "technology breakdown deduction", similar to a music failure deduction.
6. Camera view must capture the following width (W) and height (H) angles:



## VAULT

(W) Completion of run, springboard, vault table, entire landing mat area  
(H) Base mat to highest expected vault height

Athlete run will not be scored for 2020-2021 season. Meet Director & Meet Referee will need to work together to decide how virtual judges will know when athlete begins run.



## UNEVEN BARS

(W) Entire matted area under bar set, including mount position for a board or glide kip mount, matted area behind high bar to include all landing surfaces  
(H) Base mat to highest expected handstand position on high bar

Ideal position: Head-on view showing side of bar set



## BALANCE BEAM

(W) Entire length of beam and dismount landing area  
(H) Base mat to highest expected skill set height for each session / competition

Ideal position: side view, all dismounts landing on same end



## FLOOR EXERCISE

(W) All four (4) clearly indicated corners, including out of bound areas  
(H) Floor level to highest expected skill set height for each session / competition

## EXPECTATIONS: HOST CLUB / MEET DIRECTOR

1. Confirm adequate strength and bandwidth of internet connection to accommodate virtual platform.
2. Request virtual sanction and submit payment for one (1) of two (2) virtual options, as listed above.
3. Organize pre-meet information to distribute electronically by email, as well as posted to the host club's website. In addition to the information mentioned in the Women's Program R&P, the below needs to be clarified:
  - a. Must utilize USA Gymnastics Meet Reservation system for all virtual and non-virtual sanctions.
  - b. Virtual platform information specific to the competition.
    - The Meet Director is responsible for ensuring that each participating club is following Safe Sport compliance by verifying live stream information, including where recorded videos will be stored, for how long, and how these videos can be accessed.
  - c. Where recorded videos will be stored, for how long, and how these videos can be accessed.
  - d. If awards will be provided, the meet host must provide the type of awards and number to be awarded.



- e. Competition schedule.
  - f. Compulsory Levels 1-5 and Xcel competitions: pre-meet information must specify if one-judge panels will be used.
    - For mobility: one (1) judge panel is allowed for mobility for all levels and divisions level(s)/ division(s). For qualification to DP State Meets – for Level 5 and above – a two judge panel must be utilized. For Xcel State Meets, the SAC determines judge's ratings and panel requirements.
  - g. Each individual State Administrative Committee (SAC) is responsible for determining athlete qualification procedures.
  - h. Any deviation(s) to the *Rules & Policies* the *DP Code of Points*, or the *Xcel Code of Points*.
4. Secure virtual judging panels and one (1) Meet Referee for competition using the written processes outlined in *Women's Program Rules & Policies*, Chapter 5 – Meet Officials.
  5. Establish schedule
    - a. While it is ideal to run all 4 events at the same time, camera placement for events may prohibit this. Pre-meet communication must take place between all locations to confirm camera placement, as well as to confirm how many events can be run at a time.
    - b. Depending on the number of clubs participating, the Meet Director will be responsible for assigning start and finish times to each club. This does not include warm-up time. Be ready to start the first event at the designated start time.
  6. Establish pre-meet communication between locations: a "trial/test" run should be completed before the competition date between the host club Meet Director and the other location Meet Coordinators to determine:
    - a. Exact camera placement for all four (4) events
    - b. Floor music volume levels
    - c. Lighting source adjustment for optimal remote viewing
  7. Must be available to answer questions throughout event.

2. Ensure cameras are positioned in accordance with pre-meet communication with host club Meet Director.
  - All cameras should be placed on solid surface, ideally utilizing a tripod for positioning.
3. Communicate all live stream information to the Meet Director to ensure Safe Sport compliance. Meet Coordinators will be responsible for communicating live stream information (if applicable), including payment information and any opt out procedures, to spectators.

## Meet Referee



1. Hosts "virtual" judges meeting before competition begins. Information covered:
  - Technology navigation (platform, scoring, other)
  - How to submit scores

## Virtual Judging Panels



1. All virtual judges will be compensated based on the Judges' Compensation Package found in the *Women's Program Rules & Policies*. The competition entry fee should be reasonable to allow the host club to cover costs associated with judge's compensation, virtual platform, sanction fee, etc.
2. Judges' per diem will **NOT** be paid to any judges sitting on a virtual panel. On-site judges will be paid per diem.

## Scoring



1. The host club must decide on a scoring system that works for each individual situation. In order for scores to be sent to myusagym.com to assist in athlete tracking, host clubs should utilize Flyp10, ProScore or ScoreKing.

## Awards



1. Awards will be at the discretion of each competition host club. Some awards options include:
  - Virtual competition completion certificates.
  - Separate award time scheduled to recognize each athlete.
  - Host mails out awards after the conclusion of the competition. Note: this will increase the hosts financial responsibility to account for awards and shipping.
2. Awards at a virtual State or Regional Championships will be at the discretion of the SAC or RAC, respectively. Meet hosts should make every effort to provide awards for virtual State meets and above.

# EXPECTATIONS

## Meet Coordinator – Additional Location(s)

1. Prepare space to be "competition ready."
  - No obstructions in camera view
  - Ensure lighting is adequate for view from camera