



SECTION IX: COMPETITION GUIDELINES

I. Participants

1. Participants
 - a. The Meet Director is responsible to check membership and other mandated requirements of all coaches, judges, and athletes at any USAG sanctioned invitational meet.
 - b. Coaches must have the following requirements to be on the floor at any competition:
 - i Current Competitive Coaches membership
 - ii Current Safety certification
 - iii U100: Fundamental Gymnastics Instruction course
 - iv T210: Annual T&T Update
 - v Current Background Check (18+)
 - vi U110: U.S. Center for Safe Sport Course (18+)
 - vii U112: Tough Coaching or Emotional Abuse Course (18+)
 - viii U113: Safe Sport Policy Course (18+)
 - ix Concussion education acknowledgment (18+)
 - c. Judges must have the following requirements to be on the floor at an
 - i Current Judges membership
 - ii Current Safety certification
 - iii Current Judges rating
 - iv T210: Annual T&T Update
 - v Current Background Check (18+)
 - vi U110: U.S. Center for Safe Sport Course (18+)
 - vii U113: Safe Sport Policy Course (18+)
 - viii Concussion education acknowledgment (18+)
 - d. Volunteers
 - i Current Volunteer membership
 - ii U110: U.S. Center for Safe Sport Course (18+)
 - iii Background check consistent with USAG background check policy
 - e. Medical
 - i Current Medical membership
 - ii U110: U.S. Center for Safe Sport Course (18+)
 - iii Current Background Check (18+)

II. Types of Competitions

B. Invitational Meet

1. Purpose
 - a. An invitational competition is a competition that is not a State, Regional, or National Championships.
 - b. The host may decide who receives an invitation to the competition.

- c. If sanctioned, an invitational competition may serve as an eligibility meet.
- 2. Sanction
 - a. A Meet Director member must obtain a sanction for an invitational competition.
 - b. Entry fees for an invitational competition are at the discretion of the Meet Director, unless otherwise indicated in the State Rules & Policies.
- 3. Judges
 - a. Judges for an invitational competition are seated at the discretion of the Meet Director.
 - b. Judging panels must be the same for all athletes within a division. If an athlete competes out of session with different judges they will not be eligible for awards or titles, however, it may be possible for scores to count for qualification or mobility purposes if all other requirements are met.
- 4. Format
 - a. The schedule for an invitational competition is at the discretion of the Meet Director.
 - b. Routines and passes will be performed as listed in the Code of Points or variations may be used if previously published in the meet directives.
 - c. All invitational competitions are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final flight should start no later than 10:00 pm.
- 5. Awards
 - a. Awards for invitational competitions are at the discretion of the Meet Director, unless otherwise indicated in the State Rules & Policies.

C. Eligibility Meet

- 1. Purpose
 - a. An eligibility competition is any sanctioned competition in which an athlete participates prior to qualifying for Stars & Stripes Championships and/or USA Gymnastics Championships for the development program. Athletes within the Elite Program must attend two eligibility competitions prior to the USA Gymnastics Championships.
 - b. The host may decide who receives an invitation to the competition.
 - c. An eligibility competition may also serve as a mobility competition with the prior approval of USA Gymnastics.
 - d. Athletes are not required to compete in all the events in which they wish to earn eligibility status. Participation in one or all events warrants the athlete eligibility requirement.
- 2. Sanction
 - a. A Meet Director member must obtain a sanction for an invitational competition.
 - b. Entry fees for an eligibility competition are at the discretion of the Meet Director, unless otherwise indicated in the State Rules & Policies.
- 3. Judges
 - a. Judges for an eligibility competition are seated at the discretion of the Meet Director.
 - b. Section VII in the R&P determines the number and category of judges required for each level.
- 4. Format
 - a. The schedule for an eligibility competition is at the discretion of the Meet Director.
 - b. Routines/passes are listed in the Code of Points or variations may be used.
 - c. All eligibility competitions are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final flight should start no later than 10:00 pm.
 - d. Awards
 - e. Awards for eligibility competitions are at the discretion of the Meet Director, unless otherwise indicated in the State Rule and Policies.
- 5. National Invitational
 - a. The Program office may host eligibility competitions.

D. Mobility Meet

1. Purpose
 - a. Scores may be earned at a mobility competition allowing athletes to move up from one level to the next.
 - b. Mobility may be achieved at any sanctioned competition where the proper number and category of judges are seated.
 - c. The host may decide who receives an invitation to the competition.
 - d. A mobility competition may serve as an eligibility meet towards an athlete's participation requirement for the qualification process to Stars & Stripes Championship and/or the USA Gymnastics Championships.
 - e. Level 8 athletes may use a single invitational competition to mobilize a maximum of two levels. They may compete initially at one level, and if the next level mobility score is achieved, they may then compete at that new level to earn the mobility score to move up the next competitive level. Athletes may only compete one single level (per discipline) at State, Regionals, and National Championships.
2. Sanction
 - a. Athlete mobility may only take place at USAG T&T sanctioned competitions.
 - b. Entry fees for a mobility competition are at the discretion of the Meet Director, unless otherwise indicated in the State Rules & Policies.
3. Judges
 - a. Judges for a mobility competition must be either seated by or approved by the State Technical Representative for all competitions through State Championships.
 - b. Section VII in the R&P determines the number and category of judges required for each level.
4. Format
 - a. The schedule for a mobility competition is at the discretion of the Meet Director.
 - b. All mobility competitions must use all routines and passes as listed in the respective Code of Points.
 - c. All mobility competitions are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final flight should start no later than 10:00 pm.
5. Awards
 - a. Awards for mobility competitions are at the discretion of the Meet Director, unless otherwise indicated in the State Rules & Policies.
6. Results
 - a. The Meet Director shall forward complete results to the State Chair within forty-eight (48) hours of the competition.
 - b. Results must be displayed onsite, and made available to all clubs participating in the competition in one of two ways:
 - i. Results must be e-mailed to each club within forty-eight (48) hours of the competition
 - ii. Results must be posted to a website within forty-eight (48) hours of the competition.

E. State Championships

1. Purpose
 - a. The purpose of the State Championships is to name State Champions for Levels 5 through Senior Elite in each discipline. States may include Levels 1-4 at the discretion of the State Committee.
 - b. The State Championship will serve as one of two of the qualifying meets for the Stars & Stripes Championships and/or the USA Gymnastics Championships for Development Levels 5-Open. Athletes who earn a qualification score for their level in a discipline may

- enter the Stars & Stripes Championships and/or the USA Gymnastics Championships, provided they have previously met the eligibility requirement.
- c. For Levels 5-Open, an athlete's respective State Championships may not serve as an eligibility competition. It may not be used to fulfill the athlete's participation requirement for qualifying to the Stars & Stripes Championships and/or the USA Gymnastics Championships.
 - d. Athletes who are injured or have extenuating circumstances and have not attended the required eligibility competitions may submit a request to the state chair for an exemption wavier of the eligibility meet requirement.
 - e. State Championships may be used as an eligibility competition for Youth, Junior, Intermediate, and Senior Elite athletes.
 - f. Level 5-Open athletes are mandated to attend State Championships as a requirement for entering in the Stars & Stripes Championships and/or the USA Gymnastics Championships.
 - g. An athlete's respective State Championships provides the first of two score qualifying opportunities for levels 5-Open to the Stars & Stripes Championships and the USA Gymnastics Championships.
2. Requirements
- a. The State Committee shall award the location and venue for State Championships. The state may choose to host the competition or allow bids for individual teams.
 - b. Teams within the state may request the opportunity to host the State Championships; however, the state retains profits from the meet. The State Committee may approve an amount or a percentage of the profits to be directed to a club or individual who contributes to the success of the event. (Example: a club provides all labor for setup and teardown or provides all food for the hospitality area.)
 - c. The State Chair will serve as the Meet Director for State Championships or may appoint a qualified Meet Director.
 - d. Each state is required to host State Championships.
 - e. Two or more states may co-sanction their championships if the number of teams in one state is not sufficient for the competition to be financially feasible.
 - f. A state co-sanction requires prior approval of the Regional Chair.
 - g. State Championships are recommended to be conducted prior to Regional Championships. The appropriate Regional Chair must approve in writing any deviation from these dates.
3. Sanction
- a. The State Chair must obtain a sanction for State Championships.
 - b. Entry fees for State Championships must be a flat fee; the maximum amount cannot exceed \$115.
4. Judges
- a. The State Technical Representative must seat the judges for State Championships. Section VI in the R&P determines the number and category of judges required for each level.
5. Format
- a. The State Chair (or the state chair appointed Meet Director) will decide the schedule for State Championships.
 - b. State Championships must follow USAG T&T competition rules and use routines/passes as listed in the Code of Points. If a State is competing additional levels or age groups approved by the Program Director, Championships may be held for those groups, but all teams must be notified in advance that these additional levels will not qualify to Stars & Stripes Championships and/or USA Gymnastics Championships.
 - c. All Trampoline & Tumbling competitions, including State Championships, are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final

flight should start no later than 10:00 pm.

6. Awards

- a. Awards for 1st-3rd place at the State Championships must be ordered from USA Gymnastics sponsor: A-1 Awards.
- b. All other awards are at the discretion of the Meet Director in consultation with the State Committee.

7. Results

- a. The Meet Director must forward competition results to the State Chair within forty-eight (48) hours of the competition for the purpose of verifying scores for USA Gymnastics Championships and Stars & Stripes Championships.
- b. Results must be displayed onsite, and made available to all clubs participating in the competition in one of two ways:
 - i Results must be e-mailed to each club within forty-eight (48) hours of the competition
 - ii Results must be posted to a website within forty-eight (48) hours of the competition.

F. Regional Championships

1. Purpose

- a. The purpose of the Regional Championships is to name Regional Champions for Levels 5 through Senior Elite in each discipline. Regions may include Levels 1-4 at the discretion of the Regional Committee.
- b. May serve as one of the two required competitions in which athlete's levels 5-Open qualify to the Stars & Stripes Championships and/or the USA Gymnastics Championships.
- c. Is required for Levels 5-Open to be eligible for the Stars & Stripes Championships and/or the USA Gymnastics Championships.
- d. Regional Championships may not serve as an athlete's eligibility requirement for Levels 5-Open towards the Stars & Stripes Championships and/or the USA Gymnastics Championships, however for Youth, Junior, Intermediate, and Senior Elite athlete it may be used as an eligibility competition if it is not being used as a qualifier.
- e. Athletes who are injured or have extenuating circumstances and have not attended the required eligibility competitions may submit a request to the Regional Chair for an exemption wavier.

2. Requirements

- a. Each region is required to host an annual Regional Championships.
- b. Unless otherwise indicated by Regional Rules & Policies, the Regional Championships should be held in a different part of the region each year to make it more accessible.
- c. The Regional Chair will decide the site and date of the Regional Championships with approval from the Regional Committee.
- d. Teams within the region may request the opportunity to host the Regional Championships; however, the region retains profits from the meet. The Regional Committee may approve an amount or a percentage of the profits to be directed to a club or individual who contributes to the success of the event. (Example: a club provides all labor for setup and teardown or provides all food for the hospitality area.)
- e. The Regional Chair will serve as the Meet Director for Regional Championships.
- f. Regional Championships must follow USA Gymnastics T&T competition rules as found in the current Code of Points.

3. Sanction

- a. The Regional Chair must obtain a sanction for Regional Championships.
- b. Entry fees for Regional Championships must be a flat fee; the maximum amount cannot exceed \$140.

4. Judges
 - a. The Regional Technical Representative must seat the judges for the Regional Championships.
 - b. Section VII in the R&P determines the number and category of judges required for each level.
5. Format
 - a. The Regional Chair will decide the schedule for Regional Championships.
 - b. Regional Championships must follow USAG T&T competition rules and use routines/passes as listed in the Code of Points. If a Region is competing additional levels or age groups approved by the Program Director, championships may be held for those groups, but all teams must be notified in advance that these additional levels will not qualify to Stars & Stripes Championships and/or USA Gymnastics Championships.
 - c. All Trampoline & Tumbling competitions, including Regional Championships, are required to be scheduled to finish by 10:00pm. In the event of an extenuating circumstance, the final flight should start no later than 10:00 pm.
6. Awards
 - a. Awards for 1st-3rd place at the Regional Championships must be ordered from USA Gymnastics sponsor, A-1 Awards.
 - b. All other awards are at the discretion of the Regional Chair in consultation with the Regional Committee.
7. Results
 - a. The Regional Chair must forward competition results to all State Chairs in the Region and the Program Office, within forty-eight (48) hours of the competition for the purpose of verifying qualifying scores.
 - b. Results must be displayed onsite, and made available to all clubs participating in the competition in one of two ways:
 - i Results must be e-mailed to each club within forty-eight (48) hours of the competition
 - ii Results must be posted to a website within forty-eight (48) hours of the competition.
- G. National Championships**
 1. Purpose
 - a. The purpose of the USA Gymnastics Championships is to name National Champions in all disciplines for Levels 8-Open, Youth, Junior, Intermediate, and Senior Elite divisions.
 - b. The purpose of the Stars & Stripes Championships is to name champions in all disciplines for Levels 5-7 and HUGS.
 2. Eligibility
 - a. Any USAG T&T sanctioned competition may serve as an eligibility competition. (Exception: Levels 5-Open may not use State or Regional Championships and Youth, Junior, Intermediate, and Senior Elite may not use National Invitational competitions as eligibility competitions)
 - b. The competitive season begins August 1 of each year.
 - c. Reports submitted from USAG T&T events and current membership status will be reviewed by the State Chair to determine eligibility.
 - d. State Chairs must approve said eligibility within 72 hours of notification. The State Chair must then notify the T&T Program Manager of the approval.
 3. Championships meet sites
 - a. USAG will choose the site of the Stars & Stripes Championships and the USA Gymnastics Championships.
 4. Judges

- a. The National Technical Committee seats judges for both the USA Gymnastics Championships and the Stars & Stripes Championships.
 - b. Judges will submit a Request for Assignment to the Technical Committee on or before the required date to be considered for a panel.
 - c. Whenever possible, maximum panels will be used; however, the Technical Committee reserves the right to use minimum panels when appropriate.
5. Qualification to USA Gymnastics Championships and Stars & Stripes Championships
- a. Please refer to Section V.I.E and VI.II.A for the qualification procedures.
6. Petitions
- a. Please refer to Section V.I.E.4 and Section VI.II.B of the R&P for petition procedures.

H. Championships Procedures

1. Entry information
- a. Directives for the Stars & Stripes Championships and the USA Gymnastics Championships will be posted on the USAG website.
 - b. Late entries will be accepted upon approval of the T&T Program. Entry fee will be double.
 - c. Entry deadline will be set by USAG and will not be more than thirty (30) to forty-five (45) days prior to the Stars & Stripes Championships and the USA Gymnastics Championships.
 - d. Corrections or additions may be submitted concerning entries on or before the date set.
 - e. All athletes meeting qualifying scores and eligibility requirements at the specified qualifying competitions may enter the Stars & Stripes Championships and/or the USA Gymnastics Championships. All entries will be subject to the verification by the state chairs.
2. Competition schedule
- a. A tentative competition schedule for Stars & Stripes Championships and USA Gymnastics Championships will be posted on the USAG website.
 - b. The definite competition schedule for Stars & Stripes Championships and/or USA Gymnastics Championships will be published on the USAG website after the entry deadline.
3. Competition format
- a. USA Gymnastics Championships
 - i. USA Gymnastics Championships will include competition for both men and women in Individual Trampoline, Tumbling and Double Mini Trampoline for Development Levels 8-Open, and Synchronized Trampoline for Development Levels 9-Open, and the following Elite levels; Youth, Junior, Intermediate, and Senior.
 - ii. USAG Trampoline & Tumbling Development & Elite rules will be used for both warm-up and competition.
 - iii. Finals will be held for Level 9 and above.
 - b. Stars & Stripes Championships
 - i. Stars & Stripes Championships will include competition for both males and females in Individual Trampoline, Tumbling, and Double Mini for Levels 5-7.
 - ii. All age groups will be offered in each discipline.
4. Awards
- a. USA Gymnastics Championships
 - i. Awards will be presented to 1st-3rd in each Elite division and discipline.
 - ii. Awards will be presented to 1st-8th in each Development division and discipline.
 - b. Stars & Stripes Championships
 - i. Awards will be presented to each division, discipline, and flight.
 - ii. Awards will be presented to overall 1st-8th in each division and discipline (across

all flights).

5. Results
 - a. Results will be posted to the USAG website within forty-eight (48) hours of competition

I. Inquiries

1. An inquiry can be filed by an athlete for their own score, a coach for their own athlete's score or for a non-personal athlete from a different club than that of the appellant. Spectators are not allowed to participate in the inquiry process.
 - a. Inquiries of execution or horizontal displacement scores are not permitted, except in respect to a clerical error.
 - b. Non-personal athlete inquiries are only allowed in regard to difficulty, interruption, landing penalties and difficulty judges penalties.
2. A difficulty inquiry and/or questions about penalties displayed can be made at the judge's table prior to approaching the meet referee about an official inquiry.
3. The Meet Referee must be notified of a possible inquiry within 15 minutes after the flights results are made available. The written inquiry and supporting video must be officially filed within 10 minutes of the verbal notification. A credit card must be submitted, or the inquiry fee may be invoiced to the appellant.
4. At USA Gymnastics Championships when Final 1 (F1) and Final 2 (F2) are held, all inquiries must be filed immediately before the start of the next flight.
5. Coaches and athletes are not allowed to approach the Jury of Inquiry. All information must be in writing on the inquiry form and presented to the Meet Referee.
6. The inquiry form, video, a difficulty sheet, the Code of Points, judging aids, and scratch paper may be presented to the Jury. The Jury will be instructed to judge each routine as a CJP or a DD judge would do to determine the outcome of the written inquiry.
7. Inquiries must be dealt with by the Jury of Inquiry as quickly as possible and the final decision announced to concerned parties.
8. Video
 - a. At invitational competitions, eligibility/mobility competitions, State and Regional Championships the organizing committee is not required to have an official video. The Jury of Inquiry may review a video submitted by the coach or athlete filing the inquiry.
 - b. At all national sanctioned events the organizing committee may provide official video for Levels 8-Open. The Jury of Inquiry may use this video for the inquiry process. If needed, the Jury of Inquiry may also review a video submitted by the coach or athlete filing the inquiry. Official video will be used first, the Jury of inquiry may decide to review another video, if submitted.
 - c. Any video used by the Jury must clearly show the issue being investigated. If the video is of inadequate quality or at an inappropriate angle to be able to render a decision, the video and inquiry may not be accepted or presented to the Jury. If the Jury determines the video to be inconclusive, the original judges' decision will be sustained.
 - d. The video will be watched in real time by each jury member independently. Each member of the jury will judge the routine, determining number of valid elements, difficulty awarded, any interruptions, landing deductions and/or Chair of the Judges Panel penalties and/or Difficulty Judge penalties as needed to determine the outcome of the written inquiry.
9. Inquiry Fee

	Personal Athlete	Non-Personal Athlete (different club to appellant)
a. Local competitions	\$25.00	\$50.00
b. State Championships	\$50.00	\$100.00
c. Regional Championships	\$75.00	\$150.00
d. National Competitions	\$100.00	\$200.00
10. Jury of Inquiry outcomes

- a. Only the issues that are submitted on the written inquiry form will be reviewed by the Jury.
 - b. The majority opinion of the Jury will prevail, and their decision is final. The outcome may result in raising, lowering or no change to the original score. An outcome of inconclusive is also possible and would result in the original judge's decision being sustained.
 - c. If the judges panel's original decision is overturned, the athlete's score will be raised to reflect the correction, and no fee will be charged to the applicant.
 - d. If the judges panel's original decision is sustained, the athlete's score will not be changed, and the meet organizer will retain and process the inquiry fee.
 - e. If the Jury deems the video evidence to be inconclusive, the athlete's score will not be changed, and the meet organizer will process the inquiry fee.
 - f. In the case of a non-personal athlete inquiry, if the Jury decides that the judges panel missed applying a specific call, the athlete's score will be lowered to reflect the correction, and no fee will be charged to the applicant.
 - g. In the case of non-personal athlete inquiry, if the Jury decides that the judges panel made the correct call, the athlete's score will not be changed, and the meet organizer will retain and process the inquiry fee.
11. Jury of Inquiry composition
- a. Local, state and regional competitions
 - i Meet Referee (1) or a replacement with appropriate rating designated by the Meet Referee
 - ii Chair of Judges Panel (1) from a panel that was not involved in the original decision.
 - iii One (1) additional judge with the appropriate rating
 - iv All members of the Jury of Inquiry must be free of conflict of interest and not involved in the original call. They may not be on the judges panel inquired about.
 - b. National Competitions
 - i Meet Referee (1) will act as coordinator to facilitate processing of the inquiry.
 - ii Duties:
 - Addresses concerns and directs the coach to first consult with the Chair of the Judges Panel. The Meet Referee may consult with the Chair of the Judges Panel on the coach's behalf.
 - Determine if the Inquiry was submitted within the allowable timeframe.
 - Verify that the video shows the issue in question.
 - Place the results on hold through the scorekeeper.
 - Notify the judges panel of the inquiry, confirm elements performed in both routines and collect the relevant judging sheets.
 - Verify with the panel that the video shows the athlete/routine in question.
 - Gather additional video to confirm no repeats exist if necessary.
 - Assemble the Jury to independently view the video(s) and provide access to rules and scratch paper.
 - Collect and tally the Jury's decisions and oversee necessary score changes.
 - Notifies the coach, judges panel, and scorekeeper of the Jury's decision.
 - iii Three (3) Judges will be appointed from the Technical Committee, Junior or Senior Judges Council or FIG Judges.
 - iv All members of the Jury of Inquiry must be free of conflict of interest and not involved in the original call. They may not be on the judges panel inquired about.
 - v An appointed Jury member must recuse themselves if they have a personal conflict of interest.

III. USA Gymnastics Event Participant Member Behavior Policy

1. At all USAG sanctioned events, inappropriate coach behavior is defined as:
 - a. 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 during the meet or to jeopardize the athlete/competition in any way unless there has been a violation of the Rules & Policies.
 - b. Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USAG or club doctor, trainer, other credentialed personnel)
 - c. Derogatory remarks to the press regarding USA Gymnastics, its designated representatives, meet officials or personnel.
 - d. Violating any of the coaches' or judges' specific responsibilities as listed later in this chapter.
2. This inappropriate behavior will be penalized as follows:
 - a. 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.
 - b. Second offense: withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).
3. At all USAG sanctioned events, unacceptable coach behavior is defined as:
 - a. Verbal, emotional, sexual, or physical abuse of a gymnast.
 - b. Consumption or being under the influence of alcohol or drugs.
4. This unacceptable behavior will be penalized as follows:
 - a. 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.
 - b. The individual ejected will receive a sanction violation, as outlined in Section IV.
 - c. The Meet Director and/or any witnessing adult 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.
 - d. 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 member.

IV. Equipment Specifications

All competitions must adhere to the equipment specifications listed in Section IV.H: Sanctions & Competitions for each competition and each discipline.

V. Meet Director's Timeline

This resource can be found [here](#).