



**NATIONAL DEVELOPMENT PROGRAM COMMITTEE MEETING**

Monday, May 13, 2024

Hilton Daytona Beach Oceanfront Resort – Daytona Beach, FL

Meeting was called to order by National Development Program Committee Chair Tom Koll at 6:00 pm.

**Roll Call:**

Region 1	JD MacDonald	Voting
Region 2	Tiffany Quincy	Voting
Region 3	Rich Villarreal	Voting
Region 4	Paige Roth	Voting
Region 5	Kittia Carpenter	Voting
Region 6	Jamie Winkler	Voting
Region 7	Linda Johnson	Voting
Region 8	Brad Harris	Voting
National Development Program Committee Chair	Tom Koll	Non-voting*
Women's Development Program Director	Christy Naik	Non-voting
National Xcel Committee Chair	Claudia Kretschmer	Non-voting
Xcel Program Manager	Heather Ould	Guest
AAI	Terry Williams	Guest

\*Casts a vote only in the case of a tie or acclamation.

**1. Regional nominations for the National Program of the year:**

- Region 1: Olympus Gymnastics – UT
- Region 2: Pacific Reign - WA
- Region 3: Metroplex Gymnastics - TX
- Region 4: Twin City Twisters - MN
- Region 5: Cincinnati Gymnastics Academy - OH
- Region 6: Connecticut Gymnastics Academy - CT
- Region 7: Capital Gymnastics - VA
- Region 8: Brandy Johnson's Global Gymnastics - FL

Congratulations to the National Program of the Year – Brandy Johnson's Global Gymnastics (R8)

**Unless otherwise noted, the following clarifications and recommendations for change are effective for the 2024-2025 season, scheduled to begin August 1, 2024.**

- 2. SPECIFIC COMPETITION PROCEDURES:** Recommendation to add to the *Women's Program Rules & Policies (R&P)*: Only competing gymnasts and their coach(es) are allowed onto the competition area, and only during the session in which they are competing. **ADD** - At the Meet Director's discretion and at invitationals ONLY, this may also include gymnasts that were entered and scheduled for that session but had to scratch due to injury.

**MOTION:** Kittia Carpenter (R5)

**SECOND:** Jamie Winkler (R6)

**PASSED**



- 3. STATE CHAMPIONSHIPS:** Recommendation to update the R&P: At State meet, gymnasts who have qualified as an ALL AROUNDER do not have to designate as an Individual Event Specialist (IES). If their scores do not qualify in the All Around, they may still have qualified on an individual event. However, if a gymnast ONLY qualified as an IES, they MUST designate their events since they would not be eligible to compete on events in which they did not qualify.

**MOTION:** Kittia Carpenter (R5)

**SECOND:** Tiffany Quincy (R2)

**PASSED**

- 4. INJURY PETITION:** Recommendation to update the R&P: If an athlete is injured prior to competing her 4th event, she may utilize the regular injury petition procedure, or she may elect to utilize her three-event score if it is equal to or greater than 75% of the required petition score.

**MOTION:** Kittia Carpenter (R5)

**SECOND:** Paige Roth (R4)

**PASSED**

- 5. COMPULSORY:** Recommendation to add to the *Compulsory Book*: Add a round-off as option 2f in the Level 5 Beam routine and update the text to reflect new choreography options:

*[If reversing the **ROUND-OFF**, after the forward passé pose, step forward right and point the left foot forward.]*

**2f. (\*) ROUND-OFF (.60)**

*Transfer the weight onto the right foot to execute a right lunge OR 'mountain climber entrance' on the right leg.*

*To execute the ROUND-OFF, kick the left leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the right hand sideways on the beam as the body turns 90° left. Continue to kick the left leg backward-upward as the torso lowers.*

*Place the left hand on the beam sideways, or slightly turned in (hands shoulder-width apart) as the right leg pushes off the beam to execute a **ROUND-OFF** right. When the hands are on the beam, the body is in an inverted stretched body position. Push off of the beam with the arms and shoulders. Turn 90° inward to snap down while keeping the ears covered by the arms.*

*The head remains in alignment, with the shoulder and hip angle open, and focus under the left arm in order to see the beam on the snap down. With the legs together and straight, snap the body up while keeping the ears covered by the arms to finish in a straight or demi-plié stand. The foot position on landing is optional. Legs extend straight on the completion of the skill.*

**3. Side Lunge text following ROUND-OFF**

*While turning 90° left, press on the ball of the right foot (relevé is not required) on the beam in demi-plié while extending the left leg to the side (slightly turned out), pointing the left foot on top of the beam to finish in a side lunge.*

*Continue with the text as written.*

*[If the ROUND-OFF was reversed, simply return to the text at the completion of the side lunge]*

**DEDUCTIONS**

Failure to pass through vertical	up to 0.30
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to show flight from hands to feet (i.e., hands and feet on beam at the same time)	<u>0.30</u>
+ See general faults and penalties	

*Points of emphasis:*

*Stretched body alignment through vertical, straight arms and legs, flight off hands*

**MOTION:** Rich Villarreal (R3)

**SECOND:** JD MacDonald (R1)

**PASSED**



6. **TIMED WARM-UPS:** Recommendation to update the *R&P & DEV Code of Points*: At all sanctioned events on Uneven Bars ONLY; if a Level 9 and/or 10 squad has less than 5 athletes (4 or less) due to onsite scratches or unforeseen circumstances, an additional 2 ½ minutes timed warm up may be provided. This WILL include the bar settings.  
**MOTION:** JD MacDonald (R1)  
**SECOND:** Brad Harris (R8)  
**PASSED**
7. **WESTERNS:** Recommendation to reduce Open Stretch from 25 minutes to 20 minutes for Level 9 **Western** Championships.  
**MOTION:** Paige Roth (R4)  
**SECOND:** JD MacDonald (R1)  
**PASSED**
8. **MATTING - VAULT (LEVEL 6/7):** Recommendation to update the *DEV COP* and *R&P*: The Level 6/7 Vault mat stack **MUST** be equal to or higher than the underside of the top of the table. There is no maximum height for the mat stack.  
**MOTION:** Paige Roth (R4)  
**SECOND:** JD MacDonald (R1)  
**PASSED**
9. **MATTING -** ~~Recommendation to update the *R&P*: Require 20cm mats for Vault at Level 9 Easterns & Westerns and Level 10 Nationals.~~  
**MOTION:** JD MacDonald (R1)  
**SECOND:** Rich Villarreal (R3)  
**DEFEATED**
10. **ALL-STAR SESSION:** Recommendation to adopt the 2025 All-Star session proposal and proposed 2025-2028 draw.  
**MOTION:** Paige Roth (R4)  
**SECOND:** Brad Harris (R8)  
**PASSED**

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**CLARIFICATION** – Explaining with more details to make easier to understand, no vote required:

1. Bye rotation (Chapter 6, page 49 & 55): At DEV State meets and above: Meet Directors are REQUIRED to utilize a bye rotation when there are 5 or less athletes per squad.
  - UPDATE to read: If a Meet Director is aware of any rotation that will have 5 or less athletes prior to the start of competition, a bye rotation is required to be utilized.

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**DISCUSSION** - The committee discussed the following topics, but **NO ACTION was taken:**

- Vault: Weights used on all vault table bases at competitions to help keep the vault tables from tipping or moving.
- Super Team calculations for Western Championship.
- Mandated bar settings.
- Level 10 National Championship feedback - All-Star session, process for first alternates

Meeting adjourned: 9:40 PM.