

**2026 LEVEL 10 NATIONAL CHAMPIONSHIPS
TECHNICAL PACKET**

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EVENT WEBPAGE

2026 Women's Development Program National Championships webpage – [CLICK HERE](#)

⇒ The below items can be found on the event webpage:

- Schedule
- Friday Training Schedule
- Draw
- Age Division Charts

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REGISTRATION & CREDENTIAL PICK UP

Registration & Credential pickup ROOM 203	Wednesday (5/6/26)	Thursday (5/7/26)	Friday (5/8/26)	Saturday (5/9/26)	Sunday (5/10/26)
	7:30 am – 8:30 pm	7:30 am – 8:30 pm	7:30 am – 8:30 pm	7:30 am – 8:30 pm	7:30 am – 12:00 pm

- A.** Participants are only eligible for a credential if:
- 1.** All membership requirements are up to date.
 - a.** All athletes **MUST** be current USA Gymnastics Athlete members.
 - 18+ athletes **MUST** have completed the U110: U.S. Center for Safe Sport Core Course to be on the field-of-play.
 - b.** All coaches and judges **MUST** be current USA Gymnastics members in good standing, which includes completed Safety Certification, Safe Sport Training, and background check.
- B.** Any changes to the submitted roster will incur a non-refundable fee of \$100 per change.
- C.** Credentials are issued to only competing athletes, 1st alternates and coaches who have been properly entered in through Meet Reservation.
- Any roster changes will incur a \$100 fee per change.
 - If a credential is lost or misplaced, a duplicate may be requested at the Credentialing Office. A non-refundable replacement fee of \$100 will be charged for each reissued credential.
- D.** Coaches are required to:
- 1.** Pick up club packet prior to the start of competition
 - Packet contents include credentials for all athletes registered under their club, competitor numbers, rosters and safety pins.
 - 2.** Pick up their own credentials (cannot pick up for other coaches)
 - 3.** Sign the sanction form
 - 4.** Show a valid photo ID to receive credentials. PLEASE PLAN ACCORDINGLY.
- E.** Credentials must be worn so that they are visible on the outside of your clothing (except for athletes during all warm-up and competition sessions). All coaches, officials and USA Gymnastics Staff must always wear their credential while on the field-of-play.
- In the case of a coach spotting an athlete, the credential may be removed for the actual spotting but must be worn before and after spotting takes place.
- F.** The allowed number of credentialed coaches per club for Dev Nationals are as follows:
- 1.** 1-4 athletes participating – MAX of 3 credentialed coaches allowed on the field of play.
 - 2.** 5-9 athletes participating – MAX of 4 credentialed coaches allowed on the field of play.
 - 3.** 10+ athletes participating – at the discretion of the Women's Dev Program Director.

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GK APPAREL DISTRIBUTION

GK Elite Apparel Distribution ROOM 202	Wednesday (5/6/26)	Thursday (5/7/26)	Friday (5/8/26)	Saturday (5/9/26)	Sunday (5/10/26)
		7:30 am – 7:00 pm	7:00 am – 5:00 pm	7:00 am – 5:00 pm	7:00 am – 12:00 pm

- A.** All Regional Team members (including ties for 7th place) and 1st alternates will receive the official GK apparel package: long sleeve competitive leotard, scrunchie, and warm-up uniform (jacket, pants) from GK Elite Sportswear.
- The 2nd and subsequent alternates do not receive apparel unless they move into the 1st alternate position prior to the week of the competition.
- B.** All-Star session competitors (including unbreakable ties for 5th place) will receive the following: tank competitive leotard, scrunchie, and warm-up uniform (jacket, pants) from GK Elite Sportswear.
- C.** GK will only distribute apparel to regional team members and on-site 1st alternates.
- If a scratch takes place prior to the start of competition, GK will hold the scratched athlete's apparel to utilize for onsite replacement athlete needs.
 - At the end of competition, any extra regional apparel will be sent with the respective regional chair to distribute as necessary.
- D.** Each region will provide a tank leotard for training day, which IS NOT a part of the apparel package that the athlete picks up from GK.
- Contact your Regional Administrative or Development Chair for individual Regional Apparel pick-up.
- E.** Competitors are required to wear the provided GK apparel for competition as well as their full warm-up uniform for march-in and awards ceremonies.
- F.** Coaches are expected to follow the proper professional gymnastics attire guidelines as outlined in the [Women's R&P](#) at all times during training and competition sessions.

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SCHEDULE OF EVENTS

THURSDAY 5/7/26	FRIDAY 5/8/26	SATURDAY 5/9/26	SUNDAY 5/10/26
Opening Ceremonies	Training Day All-Star session	Competition	
	Open workouts by region - Structured by regional chairs. - Athletes must train during their designated region's times.	Jr A / Sr A Jr B / Sr B Jr C / Sr C	Jr D / Sr D Jr E / Sr E Jr F / Sr F
	All-Star session		

- Only competing athletes (including 1st alternates) assigned to the session, their coaches, and meet officials are allowed on the field of play during competition.
- Medical personnel will be present for ALL training and competition sessions.

TRAINING DAY

- Structured workouts are assigned by region.
- Athletes may ONLY train in the DESIGNATED gym at the DESIGNATED time.
- Training is available for all qualifiers and 1st alternates (1st alternate and All-Star session athlete training availability to be determined by regional chairs). Please check with your RACC or RDPCC for additional information.
- Only the 1st training group will have access to open stretch on the competition floors. Training groups 2, 3 and 4 will open stretch on the carpet bonded foam, which is the same size as 4 competition sized floors.

ORIENTATION / TECHNICAL MEETING

- An Orientation / Technical Meeting for coaches will be held prior to each regional training session as well as each competitive session throughout the weekend.
 - Meeting to go over session specific information including, but not limited to, any scratches that might affect rotations, alternate procedures, technical items, etc.
- A minimum of one (1) coach per club is REQUIRED when that club has athletes competing
- NCAA: Color-coded stickers indicating the athletes' graduation year will be available on-site during training day. Athletes who have NOT SIGNED or are NOT COMMITTED are encouraged to attach these stickers to their competitor number and wear them during training and competition. NCAA coaches utilize this tool to identify the athletes for recruiting purposes.

**2026 LEVEL 10 NATIONAL CHAMPIONSHIPS
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- A. All-Star session (Friday night)**
- 1.** Regions will be grouped together.
 - 2.** Modified Non-Traditional Capital Cup format.
 - a.** 2 sets of apparatus, in which the first 4 squads (Flight 1) have timed warm-ups and competition on 1 set of apparatus, while the second 4 squads (Flight 2) have timed warm-ups and competition on the other set of apparatus.
 - The other 2 sets of equipment to be utilized for continuous warm-up for any athlete not included in the current rotation.
 - An athlete MAY NOT finish her timed warm-up in the competition gym and then continue to warm-up on the open equipment.
 - b.** As soon as the Flight 1 squads finish timed warm-ups on their 1st event and begin competition, the 4 squads in the Flight 2 begin their timed warm-ups on their 1st event. Once Flight 1 completes competition on the 1st event, the judges move to the other set of apparatus to judge Flight 2. The 2 flights continue to alternate between warm-up and competition until all 8 squads have completed all four events.
 - c.** 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.
- B. National Championships (Saturday & Sunday)**
- 1.** Competition will be conducted with two competition gyms (Junior and Senior) that includes 2 full sets of equipment (4 total sets of equipment).
 - 2.** Modified Non-traditional Capital Cup format:

SCRATCHES OR CHANGES – REPLACEMENT PROCEDURES

- A.** Any athlete who is qualified but unable to compete, is REQUIRED to IMMEDIATELY notify their Regional Administrative (RACC) or Development Program (RDPCC) Committee Chairman. DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!
- RACC/RDPCC will notify the Women's Development Program Director (WDPD) first and then will notify the next eligible athlete (1st alternate (ALT)).
- B.** If the injury/illness occurs within 48 hours of the start of competition, the 1st ALT will be contacted. If the 1st ALT is not present at the meet and is unable to participate, the 2nd ALT (if in attendance at the meet) may be called upon to replace the injured/ill athlete.
- If the 2nd ALT is not present at the meet site, there will be NO replacement.
- C.** For scratches or changes in athlete or coach information while onsite at the event, please contact Christy Naik at cnaik@usagym.org IMMEDIATELY.
- D.** REGIONAL TEAM ALL AROUND QUALIFIERS (see below for All-Star qualifier replacement procedures):

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1. If a qualifier (regional age group team) is injured prior to the start of the event, the 1st alternate 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.
 2. 1st alternates are allowed to report to open stretch on competition day and may stay on the field of play (in full warm-up) with their regional team if NOT called in to compete.
 3. During the orientation/technical meeting, coaches of 1st (and 2nd) alternates MUST provide their contact information in case their athlete is called to compete.
- E. ALL-STAR SESSION QUALIFIERS**
1. If an All-Star qualifier is injured prior to the All-Star session, the next eligible athlete (alternate) from her region will replace her. Replacements will be allowed up until 12 am on Thursday preceding competition.
 2. If a scratch or change occurs with an All-Star athlete while onsite at the event, there will be no replacements.

EQUIPMENT

- Vault: AAI TAC/10 Vault table
- Bars: AAI EVO-ELITE Uneven Bars with Graphite E Rails
- Beam: AAI EVO-ELITE RA Balance Beam
- Floor: AAI Power Elite Spring Deck w/ American Elite Carpet and Foam Border
- Boards: AAI Tac/10 Board, AAI Stratum Board
- Landing mats: 12 cm

All rules regarding mat and apparatus specifications can be found in the R&P, appropriate deductions will be taken for misuse.

FLOOR EXERCISE MUSIC

It is the responsibility of the coach(es) to provide their gymnast's music.

- A.** Must be downloaded onto a mobile electronic device (MP3, computer, tablet, smart phone, etc.) that has a display screen
 - Must be turned to airplane mode, when applicable.
- B.** Accessing music via cellular, internet, or Bluetooth connection at competitions is not allowed.
- C.** CD playback equipment is no longer provided by the Meet Director.

VAULT NUMBERS

It is the responsibility of the coach and/or athlete to flash the correct number for the vault the gymnast intends to perform.

- Must be displayed prior to each Vault
 - A vault chart will be available for reference in each gym.

**2026 LEVEL 10 NATIONAL CHAMPIONSHIPS
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- All-Star session athletes
 - Top 6 All-Around and top 10 Individual Event winners are determined by the competition. Ties are NOT broken; duplicate awards are presented.
- Dev National athletes
 - Top 10 All-Around and Individual Event winners for each of the 12 age divisions are determined by the competition. Ties are NOT broken; duplicate awards are presented.
 - Team Awards: All members of the top 3 winning teams in each age division will receive a plaque.
 - Team scores are determined by adding the top 4 scores on each event.
 - In the event there is a tie in the team competition, the team with the highest individual event team score will receive the plaques at the awards ceremony. Plaques will be mailed to the members of the other team.
 - An overall Regional Team Champion "Super Team" will be announced following the final session of the weekend. The Super Team is determined based upon the rankings of the Regional Teams in each age division.
- Dev National Team:
 - The top 4 AA gymnasts per age division will be named to the Development Program (Dev) National Team, will receive plaques, and will be invited to attend a Dev National Team Training Camp. In the case of a tie for 4th place, the tied athletes will both qualify to the Dev National Team.
 - If an eligible non-citizen athlete places in the top 4 AA, she will receive the award for her AA placement; however, she is NOT eligible to become a member of the Dev National Team.
 - In this instance, the next US citizen in rank order is placed on the Dev National Team.

SUBMISSION OF NEW ELEMENTS

- For all athletes performing a new element or Vault NOT listed in the Code of Points, the USA Gymnastics New Element Evaluation form must be submitted to the National Technical Committee Chairman (NTCC) / Meet Referee by the conclusion of Thursday training. All forms must be signed by your RTCC and include the gymnast's competitor number and age division.
- NO OTHER FORM OF VERIFICATION WILL BE ACCEPTABLE.
- If the skill is performed successfully in competition, it will be presented at the joint committee (Development Program and Technical) meeting for confirmation of difficulty value and the possible inclusion in the *Development Program Code of Points*, with the athlete's name.

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INQUIRY FORMS

Inquiry forms are available at the head table. Please complete the form and return it to Linda Thorberg, Tom Koll, Nichole Otterson, or Christy Naik for evaluation.

JUDGES

Meet Referees: Linda Thorberg (NTCC)
Nichole Otterson (Women's Program Technical Director)

ALL-STAR SESSION

VAULT	BARS	BEAM	FLOOR
CJ Donnalyn Trevethan (R3)	CJ Gail McGann (R6)	CJ Cindy Lord (R1)	CJ Evelyn Chandler (R8)
Mary Lou Ackman (R5)	Sarah Nelson (R4)	Mary Milchanowski (R7)	Patricia Walkabout (R2)
Connie Dickson (R4)	Sue Leonelli (R7)	Linda Mulvihill (R2)	Becky Cox (R5)
Diane Cote-Burke (R6)	Lindsay Abney (R1)	Deb Kornegay (R8)	Lydia Messenger (R3)

NATIONAL CHAMPIONSHIPS

JUNIORS

VAULT	BARS	BEAM	FLOOR
CJ Donnalyn Trevethan (R3)	CJ Gail McGann (R6)	CJ Cindy Lord (R1)	CJ Evelyn Chandler (R8)
Mary Lou Ackman (R5)	Sarah Nelson (R4)	Mary Milchanowski (R7)	Patricia Walkabout (R2)
Portia Propst (R8)	Alicia Toy (R3)	Christine Dalrymple (R6)	Leesa Berahovich (R1)
Erin Jacobsen (R2)	Heather Forbes (R5)	Shari Mann (R4)	Leslie Boyer (R7)

SENIORS

VAULT	BARS	BEAM	FLOOR
CJ Cheryl Hamilton (R7)	CJ Patty Ames (R2)	CJ Kathleen Edwards (R5)	CJ Kelly Dornon (R4)
Heather Carmody (R1)	Catherine Batsche (R8)	Rodica Lazar (R3)	Larry Goldsmith (R6)
Connie Dickson (R4)	Sue Leonelli (R7)	Linda Mulvihill (R2)	Becky Cox (R5)
Diane Cote-Burke (R6)	Lindsay Abney (R1)	Deb Kornegay (R8)	Lydia Messenger (R3)