

**2025 – 2026**



# ***RULES AND POLICIES***

Governing Competitors and Competitions  
sanctioned by USA Gymnastics  
and the

**National Women's Program Committee**



## 2025 – 2026 RULES & POLICIES

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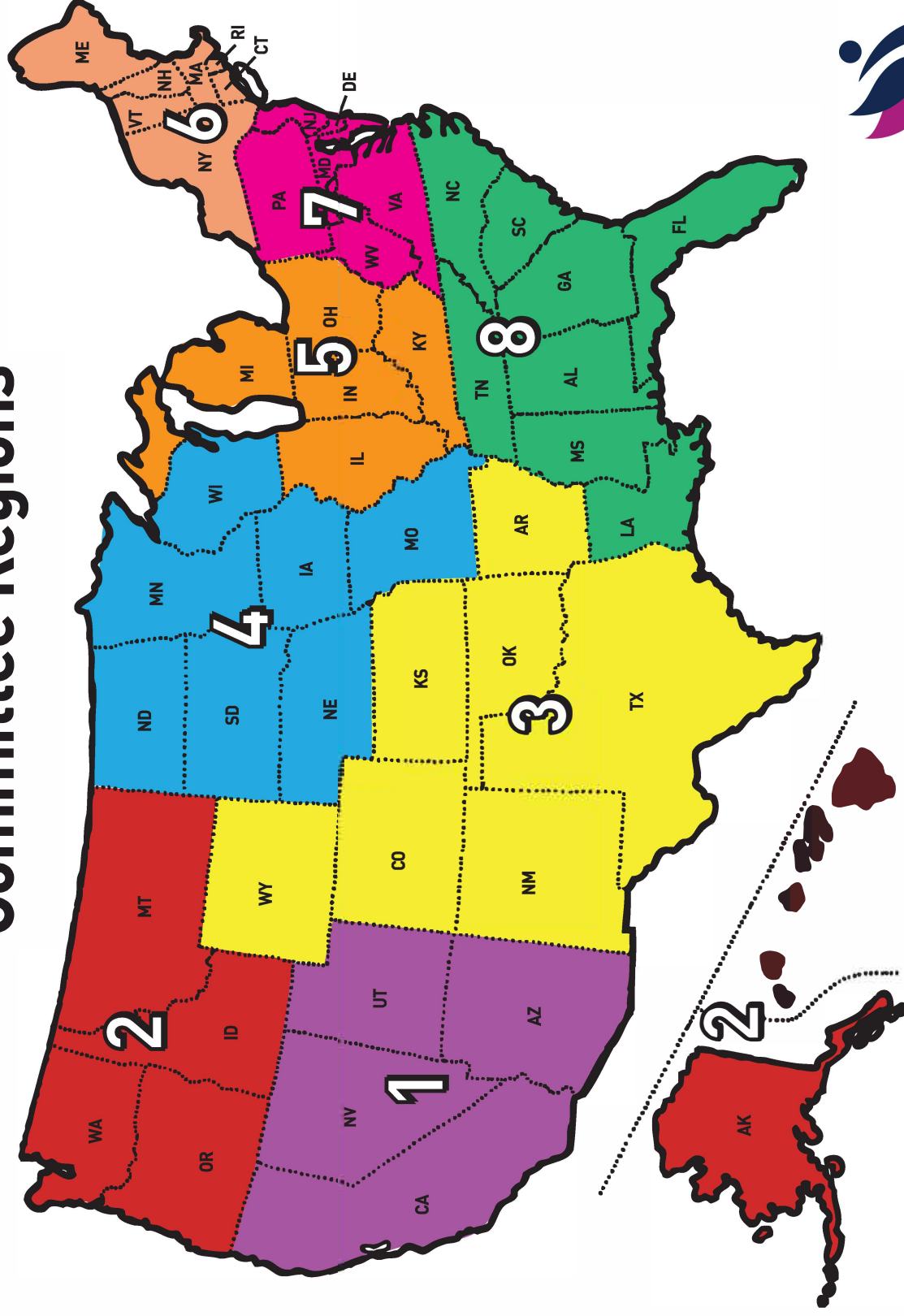
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# USA Gymnastics Women's Program Committee Regions



Women's Artistic



# USA Women's Artistic

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<b>Region 6</b>	Michele Archer	Pat Panichas	Jamie Winkler	Gail Caspare
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<b>SACC FL:</b> <a href="http://www.usagfl.org">www.usagfl.org</a>	Toni	Rand	<a href="mailto:AmTwist@aol.com">AmTwist@aol.com</a>	7957 Steeplechase Court Port St. Lucie, FL 34986
<b>SACC GA:</b> <a href="http://www.gausag.org">www.gausag.org</a>	Becky	Oppenheimer	<a href="mailto:beckygausag@yahoo.com">beckygausag@yahoo.com</a>	731 Carpenter Way Woodstock, GA 30188
<b>SACC LA:</b> <a href="http://www.LAUSAG.com">www.LAUSAG.com</a>	Jackie	Latino	<a href="mailto:latinojackie@aol.com">latinojackie@aol.com</a>	4170 Barataria Blvd Marrero, LA 70072
<b>SACC MS:</b> <a href="http://www.msusag.com">www.msusag.com</a>	Cynthia	Dedeaux	<a href="mailto:cynthiadedeaux92@gmail.com">cynthiadedeaux92@gmail.com</a>	21271 Lawrence Ladner Road Kiln, MS 39556
<b>SACC NC:</b> <a href="http://www.nc-usagymnastics.org">www.nc-usagymnastics.org</a>	Karen	Pleasants	<a href="mailto:karen.ncgym@gmail.com">karen.ncgym@gmail.com</a>	1921 Eagle Creek Ct. Raleigh, NC 27606
<b>SACC SC:</b> <a href="http://www.sc-gymnastics.org">www.sc-gymnastics.org</a>	Mendi	Knisley	<a href="mailto:meknisley10@gmail.com">meknisley10@gmail.com</a>	9 Tall Tree Lane Taylors, SC 29687
<b>SACC TN:</b> <a href="http://www.tnusag.org">www.tnusag.org</a>	Larry	Corrigan	<a href="mailto:CegcCoach1@cs.com">CegcCoach1@cs.com</a>	2231-H Madison Street Clarksville, TN 37043

## **LIAISONS TO WOMEN'S PROGRAM**

Board of Directors Representative: Jen Bortz  
Program Council Members: Kittia Carpenter, Jen Bortz

### **National Association of Women's Gymnastics Judge's (NAWGJ)**

<https://nawgj.org/>

### **NCAA Eligibility-Legislative Services**

[www.athleticscholarships.net/ncaa-clearinghouse](http://www.athleticscholarships.net/ncaa-clearinghouse)

### **US Elite Coaches Association (USECA)**

[www.useca.org](http://www.useca.org)

### **Women's Collegiate Gymnastics Association**

[www.wcgagym.com](http://www.wcgagym.com)

### **U.S. Gymnastics Club Owners Association**

[www.usgcoa.org](http://www.usgcoa.org)

**USA GYMNASTICS BOARD OF DIRECTORS**

President

(Employed by Board of Directors)

Chief Programs Officer (CPO)

Women's Program Staff

**WOMEN'S PROGRAM COMMITTEE**

Women's Program Committee Chairman (WPCC)  
National Administrative Committee Chairman (NACC)  
National Technical Committee Chairman (NTCC)  
International Elite Committee Chairman (IECC)  
National Development Program Committee Chairman (NDPCC)  
National Xcel Committee Chairman (NXCC)  
Athlete Representative  
\*Vice President of Program  
\*President of USA Gymnastics

**NATIONAL SUB-COMMITTEES**

**Administrative**

NACC  
RACC (8)  
\*\*Athlete Rep (3)  
\*NDPCC  
\*NXCC  
\*NTCC

**Technical**

NTCC  
RTCC (8)  
\*\*Athlete Rep (3)  
\*NDPCC  
\*NACC  
\*WDPTD  
\*WJAC

**International Elite**

IECC  
Coach Rep (3)  
Athlete Rep (1)  
\*HPLT  
\*VP of Women's  
Program

**Development Program**

NDPCC  
RDPCC (8)  
\*\*Athlete Rep (3)  
\*NTCC  
\*WDPD

**Xcel**

NXCC  
RXCC (8)  
\*\*Athlete Rep (3)  
\*NTCC  
\*NDPCC  
\*Xcel Manager

\*Non-voting member

\*\*If Available

Judges Selection Committee:

HPLT, IECC, Brevet Judge assigned by the IEC

Athlete Selection Committee:

HPLT, IECC, Athlete Rep

**REGIONAL ADMINISTRATIVE COMMITTEES (8)**

Regional Administrative Committee Chair (RACC)  
State Administrative Committee Chair (SACC)  
Regional Technical Committee Chair (RTCC)  
Regional Development Program Committee Chair (RDPCC)  
Regional Xcel Committee Chair (RXCC)

(8) Regional Technical Committee

RTCC  
RACC  
RDPCC  
RXCC

(8) Regional Development Program Committee

RDPCC  
RTCC  
RACC  
RXCC

(8) Regional Xcel Committee

RXCC  
RTCC  
RACC  
RDPCC

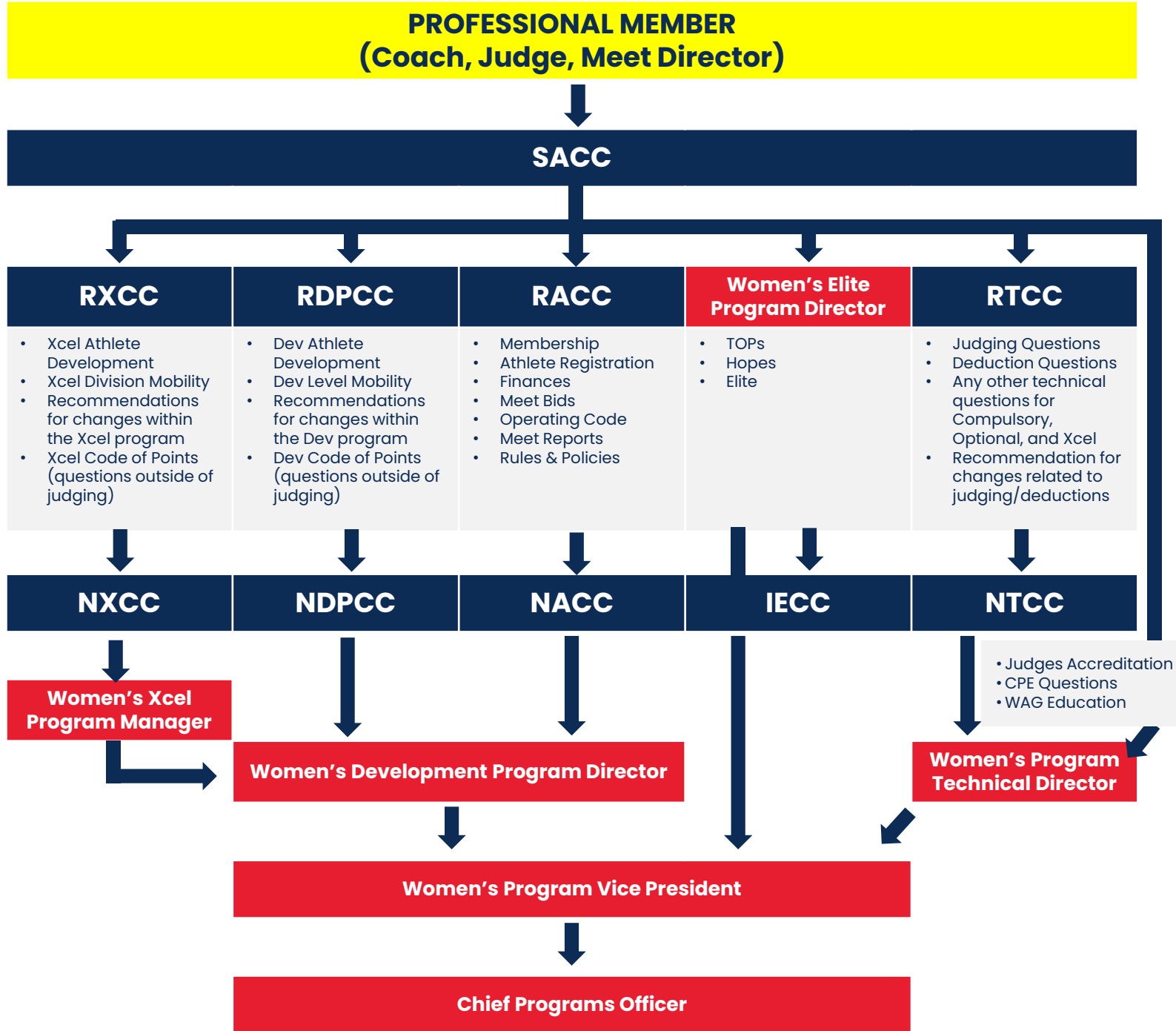
**(51) STATE COMMITTEES**

State Administrative Committee Chair (SACC)  
State Administrative Committee Members (SACM)

**ALL MEMBERS OF THE USA GYMNASTICS WOMEN'S PROGRAM**

# Women's Program Hotline

Should members have questions, they should utilize the Hotline starting with contact to the State Administrative Committee Chair.



## KEY

### State

SACC – State Administrative Committee Chair

### Regional

RXCC – Regional Xcel Committee Chair

RDPCC – Regional Development Program Committee Chair

RACC – Regional Administrative Committee Chair

RTCC – Regional Technical Committee Chair

### National

NXCC – National Xcel Committee Chair

NDPCC – National Development Program Committee Chair

NACC – National Administrative Committee Chair

IECC – International Elite Committee Chair

NTCC – National Technical Committee Chair

**Committee Chair**

**Staff**

## CHAPTER 1 - INTRODUCTION TO THE WOMEN'S PROGRAM

The purpose of the Women's Program of USA Gymnastics is to promote, serve, and administer the official gymnastics program for girls and women of all levels of ability throughout the United States. This shall be done by:

- ⇒ Carrying out the purposes and objectives of USA Gymnastics.
- ⇒ Providing for the expansion and improvement of gymnastics programs through the training and certification of judges and the education of qualified instructors to conduct appropriate gymnastics programs.
- ⇒ Organizing competitions for girls and women of all ability at local, state, regional, and national events.
- ⇒ Providing for the technical organization and development of specific guidelines, rules, and policies, and providing a network of communication necessary for the implementation of these objectives.

Interpretation of this publication is the expressed duty and responsibility of the Women's Program Committee and the President of USA Gymnastics.

### Volunteer Leadership Structure in the Women's Program

The USA Gymnastics Women's Program operates with a volunteer-based leadership structure at the state, regional and national levels. This structure plays a critical role in ensuring the efficient and effective delivery of program information and support to members across the country.

### Purpose and Importance

Volunteer leaders—including State and Regional Administrative Committee Chairs and other appointed roles—serve as the primary points of contact for members in their respective areas. These individuals are experienced professionals who possess in-depth knowledge of local gymnastics environments.

This decentralized leadership model is essential for the following reasons:

- **Local Relevance:** Volunteer leaders provide guidance that is tailored to the specific needs and circumstances of their state or region.
- **Timely Communication:** Having designated contacts across all areas of the country allows members to receive prompt and accurate responses to questions and concerns.
- **Program Consistency:** Volunteer leaders are trained to implement USA Gymnastics policies uniformly, ensuring national consistency while addressing regional variation.
- **Operational Efficiency:** The use of local leadership supports more responsive decision-making and program delivery, reducing delays in communication or support.

### Member Guidance

Members are encouraged to direct questions or requests for clarification to their **State or Regional leadership** before contacting the national office. Doing so ensures that inquiries are addressed by individuals most familiar with the relevant policies, procedures, and local considerations.

This structure enhances the overall effectiveness and responsiveness of the Women's Program and reflects USA Gymnastics' commitment to member service and community engagement.

Throughout this document are references to different volunteer leadership positions as outlined in the [Women's Program Operating Code](#). Please refer to the [Operating Code](#) for further clarification on duties and responsibilities of each position.

ACRONYM	POSITION
SAC	State Administrative Committee
SACC	State Administrative Committee Chairman
RAC	Regional Administrative Committee
RACC	Regional Administrative Committee Chairman
RDPC	Regional Development Program Committee Chairman
RXCC	Regional Xcel Committee Chairman
RTCC	Regional Technical Committee Chairman
NAC	National Administrative Committee
NACC	National Administrative Committee Chairman
NDPC	National Development Program Committee
NDPCC	National Development Program Committee Chairman
NXC	National Xcel Committee
NXCC	National Xcel Committee Chairman
NTC	National Technical Committee
NTCC	National Technical Committee Chairman
IEC	International Elite Committee
IECC	International Elite Committee Chairman
ASC	Athlete Selection Committee
JSC	Judges Selection Committee

For any questions that cannot be answered from the [Rules & Policies](#), members are encouraged to utilize the [Women's Program Hotline](#) to assist in determining who to contact. The [Women's Program Directory](#) contains contact information for all individuals holding one of the above positions within your state and region.

## CHAPTER 2 - MEMBERSHIP

### I. USA GYMNASTICS MEMBERSHIP POLICY

- A. USA Gymnastics membership is valid from August 1 through July 31.
  - Mid-season registrations are valid through July 31 of that season.
- B. Memberships are nonrefundable and nontransferable.
- C. The following USA Gymnastics members may be on the field of play, provided they are in good standing, meet all membership requirements, and are performing their designated role:
  - A. Athlete
  - B. Competitive Coach
  - C. Judge
  - D. Meet Director
  - E. Photographer/Videographer\*\*
  - F. Medical\*
  - G. Volunteer\*

\* Must be contracted by Meet Director

\*\* Must be contracted by Meet Director AND is not permitted to hold a dual role (e.g./ coach & photographer) while present on the field of play.
- D. All members must:
  - A. Follow the USA Gymnastics Code of Ethical Conduct.
  - B. All participants MUST be pre-registered using the Meet Reservation system. Any participant who is unable to be verified as a current USA Gymnastics member will be ineligible to participate in any sanctioned event.
    - At sign-in for all USA Gymnastics-sanctioned events, members must present either a current electronic membership card with valid dates and requirements, or an event-specific credential verified by the Meet Director. Proof of membership must also be shown in the competition area if requested.
- E. For more information regarding membership terms, conditions, and registration, please contact Member Services at 800-345-4719 or via email at [membership@usagym.org](mailto:membership@usagym.org).

### II. ATHLETE MEMBER RIGHTS AND OBLIGATIONS

- A. Including the Athlete Bill of Rights, all gymnasts are entitled to:
  1. Compete if all eligibility (entry, score, and age) and Meet Reservation requirements are met.
  2. Access all meet-provided facilities.
  3. Utilize official meet personnel (e.g., physician, trainer, music manager).
  4. In the case of a tie (and if the award is not available at the meet); receive tie awards by mail within one month of the completion of the event, free of charge.
  5. Be treated with courtesy and respect by all participants and staff.
  6. Compete in a safe, well-equipped environment that supports optimal performance.
- B. **ATHLETE RESPONSIBILITIES**  
All gymnasts must:
  1. Hold a current USA Gymnastics Athlete membership and present their card at sanctioned events.
  2. Be affiliated with a USA Gymnastics Member Club.
    - Unaffiliated athletes may not compete.
  3. Be coached by a Competitive Coach member from their affiliated club, unless in an emergency.
  4. Present herself in appropriate attire.

ATHLETE ATTIRE	
APPROPRIATE ATTIRE	INAPPROPRIATE ATTIRE After an initial warning, a <b>0.20 deduction</b> will be applied for any infraction.
<ul style="list-style-type: none"> <li>• Full sleeve and sleeveless leotards               <ul style="list-style-type: none"> <li>○ Leg cut of the leotard MUST be below the pelvis / hipbone</li> </ul> </li> <li>• Unitards with ankle or short length legs               <ul style="list-style-type: none"> <li>○ With or without sleeves</li> </ul> </li> <li>• Tights (capri length or longer) and shorts               <ul style="list-style-type: none"> <li>○ May be worn under OR over leotard</li> <li>○ May be black, match the leotard, or are skin tone</li> <li>○ No embellishments allowed (small manufacturer's branding allowed)</li> </ul> </li> <li>• Gymnastics footwear</li> <li>• Bra straps may be black, match the leotard, the gymnasts skin tone, or clear               <ul style="list-style-type: none"> <li>○ No underwear should be deliberately exposed</li> </ul> </li> <li>• Stud earrings allowed in any part of the ear               <ul style="list-style-type: none"> <li>○ All other piercings must be removed.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Backless and racerback leotards: Unless the open area is filled with mesh or flesh-colored fabric, a leotard is considered backless when the open area visually extends:               <ul style="list-style-type: none"> <li>○ lower than 2 inches (approximately) below the bottom of the scapula (shoulder blade)</li> <li>○ wider than the vertical midpoint of the scapula.</li> </ul> </li> <li>• Leotards with spaghetti straps</li> <li>• Bare midriffs</li> <li>• T-shirts</li> <li>• Boxer / loose fitting shorts</li> <li>• Tennis shoes</li> </ul>

- a. Leotard and/or warm-up uniforms should be worn for march-in and award ceremonies.
- b. Gymnasts may not warm up or compete wearing a hard, non-removable cast at sanctioned events.

5. Maintain a well-groomed appearance:
  - a. Wear clean attire.
  - b. Keep hair secured away from the face (so as to not obscure her vision of the apparatus).
6. Treat all other participants and staff with courtesy, respect and politeness
7. Exhibit self-control and calmness in the case of a fall or injury.
8. Accept the received score without criticism or comment.
9. Be aware that infringement of obligations (any violation or failure to follow the responsibilities, rules, or requirements set forth) could lead to deduction and/or expulsion by the Jury of Appeals.
10. Stay in designated areas during the event (field of play or assigned spectator space).
  - a. Gymnasts must change in designated areas and may not appear in underwear on the competition or warm-up floor at any time.
  - b. Gymnasts must eat or drink outside of the competition area.
    - **EXCEPTION:** water bottles should be allowed, or a water fountain should be accessible for athletes to stay hydrated.
11. Adhere to all meet regulations, including warm-up procedures and rotation schedules.
12. Know the meet rules, schedule (arrive early for warm-up), and lineup.

### III. COMPETITIVE COACH RESPONSIBILITIES:

All coaches MUST:

- A. Maintain a USA Gymnastics Competitive Coach membership by fulfilling all competitive coach membership requirements.
- B. Dress in attire reflecting the best image of gymnastics.
  1. If there is a possibility that any item worn will hinder a coach's ability to perform their duties, either that item should be removed or not worn while on the field of play.
  2. A coach may NOT actively spot or assist an athlete on a skill during warm-up or competition while wearing a cast or medical device that limits mobility in any way.
- C. At State meets and above, the coaches' dress code is as follows:

COACH ATTIRE (STATE MEETS AND ABOVE)	
APPROPRIATE ATTIRE	INAPPROPRIATE ATTIRE
<ul style="list-style-type: none"> <li>• Athletic shoes with rubberized soles</li> <li>• Pants               <ul style="list-style-type: none"> <li>○ Athletic warm-up style</li> <li>○ Docker-style</li> <li>○ Athletic/tailored shorts of reasonable length</li> </ul> </li> <li>• Shirts               <ul style="list-style-type: none"> <li>○ Collared</li> <li>○ Business casual</li> <li>○ T-shirts (with or without gym logo)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> clothing with holes or tears</li> <li>• <b>NO</b> jeans</li> <li>• <b>NO</b> short shorts</li> <li>• <b>NO</b> spaghetti strap shirts</li> <li>• <b>NO</b> low-cut shirts</li> <li>• <b>NO</b> open back shirts</li> <li>• <b>NO</b> midriff/undergarment revealing shirts</li> <li>• <b>NO</b> hats or visors</li> </ul>

- D. Be professional.
  1. Follow all guidelines for the competition as stated in the *Women's Program Rules and Policies*, including entry regulations.
  2. Be present at all warm-up and competition sessions.
  3. Attend all coaches' meetings and be familiar with the meet set-up and organization.
  4. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
    - a. Refrain from approaching a judge directly.
    - b. Instruct their gymnasts and parents to discuss any concerns they may have with the coach.
  5. Be mentally and physically prepared and rested to provide the safest environment for the gymnast.
  6. Display good sportsmanship.
  7. Set an example for the athletes by displaying a positive attitude and exemplary conduct.
  8. Treat all competitions the same, regardless of the skill level.
  9. Show respect for all gymnasts, coaches, judges, and meet personnel.
- E. The use of cell phones for verbal conversation in PROHIBITED while on the field of play (competition area). Coaches are permitted to record their OWN gymnasts' exercise for personal use but should not in any way interfere with the competition.
  - Coaches recording athletes other than their own is PROHIBITED.
- F. Check the time of floor exercise music on the official music playback equipment prior to competition and report any problems to the Meet Referee.
  1. Must provide Floor exercise music in digital format (MP3, computer, tablet, smart phone, etc.).
  2. These electronic devices must have a display screen and must be on airplane mode, when applicable.
  3. Playing music via Bluetooth is not allowed.
- G. Be respectful of and responsible for his/her athletes at all times during the travel to and from the competition, at the training prior to competition, during the off hours, and during the competition itself.
- H. Inform the gymnasts and gymnasts' parents of all competitive requirements, as well as their rights and obligations.
- I. Continually update coaching knowledge and experience on a planned regular basis, by means of study, review of films, attending workshops, and participating in clinics, etc.
- J. Coach gymnasts from their own team only, unless another coach asks for assistance, or a gymnast has no coach available.

- K. Obtain an Accident Report Form signed by the Meet Director and/or medical personnel in the case of any injury to a gymnast for whom they are responsible. Accident Report forms will be included in the Sanction packet sent to the Meet Director, who will duplicate and provide copies for the medical personnel. The coach or parent of the injured athlete must be sure to secure this form, completed by the medical personnel and signed by the Meet Director, prior to leaving the competition.

#### IV. JUDGES' RESPONSIBILITIES

All Judges MUST:

- A. Maintain a USA Gymnastics Judge membership by fulfilling all Judge membership requirements.
- B. Maintain USA Gymnastics Judges' Accreditation ratings for the appropriate level of competition and be current with Continuing Professional Education (CPE) requirements.
- C. Update judging knowledge and experience on a planned, regular basis, which includes studying, practice judging with videos or live athletes, attending courses, and judging as much as possible.
- D. Serve only in the capacity of an official during warm-ups and competition. They may not act in a dual capacity (i.e., coach/judge, parenting/judge, Meet Director/judge, Announcer/Judge, etc.).
- E. Be professional.
  1. Apply rules and deductions appropriately across all Levels and Divisions.
  2. Treat all competitions the same, regardless of skill level.
  3. Dress appropriately, regardless of the level of competition, in the required uniform.

JUDGE ATTIRE	
APPROPRIATE ATTIRE <i>Exception: theme invitationals</i>	INAPPROPRIATE ATTIRE
<ul style="list-style-type: none"> <li>• Navy skirt/pants/dress</li> <li>• Jacket/sweater</li> <li>• White blouse/shirt</li> <li>• Suit jackets – REQUIRED for State meets and above</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> leggings</li> <li>• <b>NO</b> footwear that could be damaging to the mats and/or floor.</li> </ul>

4. Be mentally and physically prepared and rested to evaluate all gymnasts as accurately as possible.
5. Be familiar with the meet setup and organization.
  - No judge 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 R&P.
6. Be quick, cooperative, and efficient in resolving differences during a conference.
7. Remain at their event station until the entire competition is completed.
8. Refrain from conversation with other judges and coaches during the competition.
  - The judges' responsibility does not involve the conduct of the gymnast(s) during warm-up or training. Any conversation or comments with the athlete should be made only if requested by the coach or athlete.
9. Be confidential about meet matters, their own scores or other judges' scores or opinions.
10. Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
11. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
12. Refrain from soliciting invitations to judge specific competitions by making direct contact with the Meet Director.
- F. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area).
  - Judges may use an electronic device for scoring purposes, but must turn off messages, email notifications, etc. by switching their device to airplane mode.
- G. Earbuds / EarPods are not allowed to be worn while officiating.
- H. Fulfill all assignments according to the contractual agreement.
  - Only dire circumstances should prohibit a judge from fulfilling an assignment. If a judge must cancel an assignment, she/he must notify the appropriate officials at the earliest possible moment.
- I. Avoid judging a meet in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect their ability to judge objectively.
- J. Be considerate of the Meet Director's equipment by refraining from wearing footwear that could be damaging to the mats and/or floor.



**CHAPTER 3 – FOREIGN PARTICIPANTS**

The US Olympic Committee recognizes USA Gymnastics as the governing body for the sport of gymnastics in the United States. As such, USA Gymnastics has authority over all gymnastics competitions, exhibitions, and training exchanges hosted in the United States.

USA Gymnastics is a member of the Federation of International Gymnastics (FIG), the International governing body for gymnastics. As such, USA Gymnastics and all its members are subject to the FIG rules and regulations governing gymnastics exchanges between countries. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host Federation.

With the increased opportunities for participation in events involving foreign athletes, both in the United States and abroad, USA Gymnastics has the responsibility to inform its members of the FIG regulations governing these activities. The FIG and its member federations have jurisdiction over international events (events involving more than one country's athletes). Violations of the FIG regulations can result in restrictions of the member federation and/or its athletes. While USA Gymnastics realizes the cultural enrichment that these types of events provide to our members, strict compliance to the FIG Regulations MUST be followed.

The USA Gymnastics National office must be notified of any competitions in the U.S. involving athletes, coaches and/or judges who are non-citizens and who also reside in and/or represent a foreign country. The USA Gymnastics National office must be notified of any U.S. athletes, coaches, or judges' intention to participate in any gymnastics activities in a foreign country.

Any non-U.S. citizen residing in the United States, who intends to participate in any gymnastics activity within the United States, must notify their country of citizenship gymnastics federation of their intention to participate in gymnastics activities within the United States.

Contact the USA Gymnastics Member Services department for assistance and direction. **DO NOT DIRECTLY CONTACT ANY FOREIGN FEDERATION, CLUB, ATHLETE, COACH OR JUDGE.**

**I. FOREIGN MEMBERSHIPS**

Athletes, Coaches, and/or Judges from Countries other than the United States.

- A. A foreign athlete/coach/judge membership must be obtained by submitting a completed membership form along with a fee of \$60.00 to USA Gymnastics Member Services department.
- B. All foreign memberships are null and void each July 31<sup>st</sup>.
- C. Foreign Memberships do NOT receive benefits of membership other than the required insurance coverage at the sanctioned event(s).
- D. A foreign athlete membership is valid for one (1) season. If an athlete has an active foreign athlete membership, a domestic athlete membership may not be obtained for that athlete during the same season. If an athlete has a domestic athlete membership, a foreign athlete membership may not be obtained for that athlete during the same season.

**II. DUTIES AND RESPONSIBILITIES OF USA GYMNASTICS MEMBERS IN REGARD TO INTERNATIONAL EXCHANGES**

- A. EXCERPT FROM THE STATUTES OF THE FEDERATION INTERNATIONALE DE GYMNASTIQUE (FIG)

VII. OFFICIAL EVENTS OF THE FIG AND ELIGIBILITY OF GYMNASTS

Art. 29.2 Inter-Federation events and responsibilities of Federations: Federations may organize events among themselves in accordance with the Statutes and Regulations of the FIG. It is, however, forbidden for gymnasts or judges of a Federation to participate in competitions or demonstrations in the sphere of activity of another Federation without the prior consent of the Federations involved and that of the Federation organizing the event. Likewise, the participation of gymnasts or judges of a Federation in an event organized by a body other than a Federation must be subject to the prior consent of any Federations involved. Federations are also responsible to FIG for the behavior of their gymnasts, coaches, judges and other officials and they act as guarantors to the FIG in respect of these responsibilities.

Refer to the FIG Code of Discipline for additional information.

- B. Any competition/exhibition conducted in the United States, which includes foreign athletes, must be sanctioned by USA Gymnastics.
- C. Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.

**III. REQUIREMENTS FOR FOREIGN EXCHANGES**

The following categories have been defined for participation of foreign athletes in this country and for participants of USA club athletes in a club exchange in a foreign country. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host Federation. Every procedure MUST be followed to protect the athletes and the federations.

**A. COMPETITIONS/ CONDUCTED IN THE UNITED STATES**

- 1. Prior approval of Foreign Federation must be secured through a request made by USA Gymnastics.
- 2. All aspects of the event MUST be approved by USA Gymnastics. This includes but is not limited to:
  - a. sponsorships
  - b. marketing/property rights
  - c. equipment/format
  - d. television
  - e. all promotional, marketing, and advertising materials
- 3. The use of the word "INTERNATIONAL" in the title of a competition/exhibition is strictly FORBIDDEN.
- 4. Promotion or advertising depicting the event as a competition between two or more countries is forbidden. (i.e., USA vs. Canada)

- Athletes from a foreign country competing in the United States represent only their club at the exchange; they are NOT representing their country as a National Team member.

5. FIG has a 5% tax on prize money awarded at an event.

### B. TRAINING EXCHANGES CONDUCTED IN THE UNITED STATES

1. Prior approval of foreign Federation must be secured through a request made by USA Gymnastics.
2. Only a letter of invitation with the specific information is required; however, it is not necessary to sanction.
3. Proof of Insurance coverage:
  - a. It is the sole responsibility of the event host to secure proper insurance for the event. (Be aware that some insurance packages do not cover foreign athletes or coaches.)
  - b. Training exchanges may not be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect.
4. Prior notification to USA participants that they represent only their club at this exchange, and they are not participating as official USA representatives.

### C. COMPETITIONS, EXHIBITIONS, AND TRAINING EXCHANGES CONDUCTED IN ANOTHER COUNTRY

1. USA Gymnastics must receive communication from the host country requesting permission for USA Gymnastics members to attend.
2. USA Gymnastics must approve of your club's participation BEFORE your club accepts an invitation to participate in another country's event. Notification requesting permission to participate in a foreign competition, exhibition or training exchange must be provided to the Program Director at the USA Gymnastics office.
3. Events sponsored by and/or held in a foreign country CANNOT be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect. Prior notification to USA participants that USA Gymnastics insurance does not cover their participation in an event sponsored by and held in a foreign country is required.
4. Any judge (US or foreign citizens) must receive permission from the National Federation of their country of citizenship before accepting an invitation to officiate a competition that is conducted outside of their country of citizenship.
5. USA participants may only represent their club at these events/exchanges, and they may not participate as official USA representatives.
  - a. For example: Official results may not reflect "USA".
  - b. Prior notification to USA participants that they represent only their club at this exchange, and they are not there as official USA representatives is required.
6. USA National Team members may not represent their club in an international event without the approval of the Program Director or the National Team Coordinator.

## IV. ELIGIBILITY AND PARTICIPATION REQUIREMENTS FOR FOREIGN ATHLETES RESIDING IN THE USA

### A. Types of athletes:

1. **FOREIGN ATHLETE:** has competitive (non-Elite) experience outside the US.
  - a. US citizens residing in a foreign country OR;
  - b. Non-US citizen
2. **FOREIGN ELITE ATHLETE:** is currently named to, has previously competed for, or has represented a foreign national team.
  - a. Resides in the US and is a non-US citizen OR;
  - b. Resides in the US and is a US citizen OR;
  - c. Is a current Development Program Optional Level gymnast

### B. Eligibility requirements for petitioning into the Development Program:

1. **US CITIZEN FOREIGN ATHLETE** must:
  - a. Reside in the US and;
  - b. Submit a formal written request to:
    - 1) RDPCC for entry into the Development Program at Level 8 or above or;
    - 2) SACC for Level 7 or below.
    - 3) The request must be accompanied by a video that demonstrates the skill level for which she is submitting the petition along with proof of residency outside the US.
    - 4) Verification of the granting of the petition will be provided by the SACC (Level 7 or below) or the RDPCC (Level 8 or above)
  - c. Non-US citizen athletes who are living in the US and training in a US gymnastics club are eligible to compete and receive awards for all USA Gymnastics Development Program sanctioned events, including State, Regional, Level 9 Eastern/Western, and Level 10 National Championships.
    - If a non-citizen athlete places in the top four (4) All-around at Level 10 National Championships, she will receive the award for her AA placement; however, she is NOT eligible to become a member of the Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team.
  - d. Foreign athletes (those that reside and/or train in another country) are eligible for individual as well as team awards at any Invitational competition that has secured a foreign sanction from USA Gymnastics.
2. **NON-US CITIZEN FOREIGN ELITE ATHLETE** must:
  - a. Reside in the US and;
  - b. Complete the **two-step process** below before any scores achieved in the Development Program are valid for qualifying purposes.
    - 1) Submit a formal written request (no specific form required) and provide proof of foreign citizenship (driver's license, birth certificate, passport) to the NDPC.

- 2) Request documentation from the country's federation in which she competed, granting the athlete permission to compete in the Development Program for the US Club
    - Must be sent directly to the Vice President of Women's Program ([aheffernon@usagym.org](mailto:aheffernon@usagym.org)).
  - c. Once proper documentation has been received by USA Gymnastics, the athlete may compete in the Development Program and represent her club up to and including Regional Championships for the current competitive season. Verification of the granting of the petition will be provided by the NDPCC.
  - d. For the athlete to remain eligible to compete in the Development Program, THIS PROCESS MUST BE COMPLETED ANNUALLY.
3. **US CITIZEN** (or has retained a green card, demonstrating intent to become a US Citizen) **FOREIGN ELITE ATHLETE** must:
- a. Reside in the US and;
  - b. Complete the **two-step process** below before any scores achieved in the Development Program are valid for qualifying purposes.
    - 1) Submit a formal written request (no specific form required) to the NDPCC.
    - 2) Request documentation from the country's federation in which she competed, granting the athlete permission to compete in the Development Program for the US Club
      - Must be sent directly to the Vice President of Women's Program ([aheffernon@usagym.org](mailto:aheffernon@usagym.org)).
  - c. Once proper documentation has been received by USA Gymnastics, the athlete may compete in the Development Program and represent her club up to and including Eastern/Western Championships and National Championships. Verification of the granting of the petition will be provided by the NDPCC.
    - If the athlete has a green card but is not yet a US Citizen, and places in the top four (4) All-around at the Level 10 National Championships, she will receive the award for her AA placement; however, she is NOT eligible to become a member of the Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team.

**V. ELIGIBILITY AND PARTICIPATION REQUIREMENTS FOR DEVELOPMENT PROGRAM ATHLETES COMPETING INTERNATIONALLY FOR ANOTHER FEDERATION**

**A. Eligibility requirements for petitioning into the Development Program:**

**1. A DEVELOPMENT PROGRAM GYMNAST COMPETING AT THE ELITE LEVEL FOR ANOTHER COUNTRY/FEDERATION:**

- a. MUST reside in the US and;
- b. MUST complete the **two-step process** below before any scores achieved in the Development Program are valid for qualifying purposes.
  - Submit a formal written request (no specific form required) to the NDPCC ([tkoll60@gmail.com](mailto:tkoll60@gmail.com)) with additional copies sent to the Vice President of Women's Program ([aheffernon@usagym.org](mailto:aheffernon@usagym.org)) and Development Program Director ([cnaik@usagym.org](mailto:cnaik@usagym.org)).
  - Request documentation from the country's federation in which she competed, granting the athlete permission to compete in the Development Program for the US Club.
    - Must be sent directly to the Vice President of Women's Program ([aheffernon@usagym.org](mailto:aheffernon@usagym.org)) (with additional copies sent to the NDPCC. ([tkoll60@gmail.com](mailto:tkoll60@gmail.com)) and Development Program Director ([cnaik@usagym.org](mailto:cnaik@usagym.org)).
- c. Once proper documentation has been received by USA Gymnastics, the athlete may compete in the Development Program and represent her club up to and including Eastern/Western Championships and National Championships. Verification of the granting of the petition will be provided by the NDPCC.

2. An Elite gymnast residing in the US who is a US Citizen or has retained a green card (demonstrating intent to become a US Citizen) and who wants to compete in the Development Program and who **is currently named to, has previously competed for, or has represented a foreign national team**, must petition to enter the Development Program by sending a formal written request to the NDPCC ([tkoll60@gmail.com](mailto:tkoll60@gmail.com)) with additional copies sent to the Vice President of Women's Program ([aheffernon@usagym.org](mailto:aheffernon@usagym.org)) and Development Program Director ([cnaik@usagym.org](mailto:cnaik@usagym.org)). In addition to the formal request, the athlete must request documentation be sent to the Vice President of Women's Program ([aheffernon@usagym.org](mailto:aheffernon@usagym.org)) at USA Gymnastics directly from the country's federation in which she has competed, granting the athlete permission to compete in the Development Program for the US Club.
  - a. The **two-step process** must be completed before the athlete's scores achieved in the Development Program are valid for any qualifying purposes. **Verification of the granting of the petition will be provided by the NDPCC**
  - b. Once proper documentation has been received by USA Gymnastics, the athlete may compete in the Development Program and represent her club up to and including Eastern/Western Championships and National Championships.
  - c. If the athlete has a green card but is not yet a US Citizen, and places in the top four (4) All-around at the Level 10 National Championships, she will receive the award for her AA placement; however, she is not eligible to become a member of the Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team.

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**VI. GENERAL FOREIGN SANCTION PROCEDURES FOR COMPETITIONS/EXHIBITIONS CONDUCTED IN THE UNITED STATES:**

Every procedure **MUST** be followed to protect the athletes and the federations.

- A.** If the event involves athletes and is a competition/camp/clinic/exhibition, a foreign sanction is **REQUIRED**.
- B.** The foreign sanction can be purchased online by the event director.
- C.** **ONLY** one discipline per foreign sanction request. A separate foreign sanction request must be submitted for each competing discipline.
- D.** Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.
- E.** After receiving the Foreign Sanction request form/payment, USA Gymnastics will contact the foreign federation to request their approval for their athletes/coaches to participate.
- F.** All participants residing in the USA must have the appropriate USA Gymnastics membership and certifications.

## CHAPTER 4 - SANCTIONS

### I. SANCTIONING A DOMESTIC USA GYMNASTICS EVENT

- A. USA Gymnastics, as the national governing body for the sport, is responsible for the granting of sanctions.
- B. Sanctions are required for all USA Gymnastics competitions.
- C. All sanctions must name an individual who will act at the Meet Director. Only individuals who have passed the Women's Meet Director Exam can hold a current Meet Director role, showing they have fulfilled all Meet Director membership requirements.
- D. Meet Directors MUST be affiliated with a current Member Club, Event Production Company, Judges Association or University in order to host a USA Gymnastics sanctioned event.
- E. Sanctions may also be obtained for clinics, workshops, and camps.
- F. Only a current USA Gymnastics Member Club and USA Gymnastics University member may register athletes into a sanctioned event.
- G. All participants MUST be entered via the USA Gymnastics Meet Reservation system.
- H. USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event. Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day. If a Meet Director chooses to conduct a multi-gymnastics association event, they must adhere to the following policies. Violations of any of the below policies may result in sanction revocation.
  1. Permissible Gym Set Up:
    - a. Events with one gym set-up:
      - USA Gymnastics competitors and non-USA Gymnastics competitors are NOT permitted to compete at the same time in the same competitive space, nor can they alternate sessions throughout the day.
    - b. Events with multiple gym set-ups:
      - 1) Dedicated field-of-play (*can be more than 1*) reserved to conduct only USA Gymnastics sessions.
      - 2) Additional dedicated field-of-play (*can be more than 1*) reserved to conduct any non-USA Gymnastics sessions.
      - 3) Each separate field-of-play should be clearly defined by signage, or separated by a specific, noticeable barrier (i.e., airwall, curtain, stanchion, etc.)
        - Example: A Meet Director is hosting an event in a large space that can be partitioned into 3 competitive field-of-play areas; Field A, Field B and Field C.
          - a) Fields A and B are reserved for USA Gymnastics sessions.
          - b) Field C conducts the non-USA Gymnastics sessions.
          - c) The Meet Director may use all the Fields A, B or C to conduct non-USA Gymnastics sessions provided that the non-USA Gymnastics sessions are conducted either prior to or following USA Gymnastics sessions on each competitive day.
  2. Meet Director must have an event plan that illustrates:
    - a. A clear definition of the start and end times of each organization's competition sessions for the duration of the event.
    - b. All event procedures that prohibit non-USA Gymnastics session participants (athletes, coaches, judges) from accessing the dedicated USA Gymnastics gyms/competition area during USA Gymnastics sessions.
  3. Meet Director must obtain a separate certificate of insurance from each gymnastics association whose sessions will be conducted in the same venue as the USA Gymnastics sanctioned event.

### I. Prohibited Items at USA Gymnastics Sanctioned Events

Category	Prohibited Items
Smoking/Vaping	Cigarettes, e-cigarettes, vapes and all smoking paraphernalia
Weapons	Firearms, sling shots, sand clubs, metal knuckles, daggers, dirks, spring blade knives, nun-chucks, throwing stars, air guns, stun guns, or any device intended to cause harm via electric shock
Clothing	Clothing that promotes drug or alcohol use, contains vulgar or obscene content, or is worn in a way that distracts from the competitive environment
Technology	<ul style="list-style-type: none"> <li>• Earbuds / EarPods while on the competitive equipment (gymnast), coaching (coach), or officiating (judge)</li> <li>• Use of cell phones or wireless devices is prohibited while in competition area.               <ul style="list-style-type: none"> <li>○ Exception: Coaches videoing their own athletes, judges using for scoring purposes</li> </ul> </li> </ul>

### II. PROCEDURES FOR REQUESTING A DOMESTIC SANCTION

- A. All sanction requests must be through the online sanction application.
- B. When requesting a sanction, equipment/venue set-up/ take down and training days must be included, as well as competition days.
- C. Only one discipline per sanction.
- D. Events conducted in more than one location must have a separate sanction for each location.
- E. Once a sanction has been granted, the *Rules and Policies* must be followed.
- F. Sanction Fees – DOMESTIC AND FOREIGN SANCTIONS
  - The flat rate fee paid at the time of the sanction application is **\$265.00**. Additional fees may be due at the time of sanction closure based on the number of athlete participants. [Click here](#) for more information regarding sanction pricing.
- G. Foreign Sanctions
  1. A foreign sanction is required for events in which foreign athletes, coaches and judges participate. All foreign sanction requests must be obtained through the online sanction application.

## IV. SANCTION VIOLATIONS AND PENALTIES

### SANCTION VIOLATIONS MAY RESULT IN A FINE, VOIDING OF A COMPETITION AND ITS RESULTS, AND/OR LOSS OF SANCTIONING PRIVILEGES.

- A. When any USA Gymnastics member(s) participating in the event fails to follow the *Rules and Policies*, actions may be taken against the Meet Director, hosting institution and/or the individual offenders by the USA Gymnastics National Office
- B. **MEET DIRECTOR VIOLATIONS** (including but not limited to):
  1. Allowing any participant on the field-of-play without current, valid memberships and/or educational/background check screening.
  2. Violations of any regulation within any USA Gymnastics policies or the Women's Program *Rules and Policies*.
  3. Failure to return required sanction forms and athlete fees by the designated deadline.
  4. Failure to enter all participants into Meet Reservation.
  5. Failure to pay athlete participant fee at the closing of the sanction.
  6. Altering USA Gymnastics language on sanction report form.
  7. Failure to obtain signatures of officials/coaches on the sanction report form sign-in sheet(s).
  8. Improper timing of the competition:
    - a. Any session that takes over 5 hours to complete.
    - b. Starting the warm-ups before 8:00 A.M.
    - c. Finishing after 10:00 P.M. due to poor scheduling.
  9. Exceeding the maximum allowable number of gymnasts in a session.
  10. Changing or altering any procedures listed in the Judges' Compensation package.
- C. **VIOLATION PENALTIES - MEET DIRECTOR:**
  1. A Meet Director may receive the following penalties for violating any of the above stated violations.
    - a. A **first-time violation** results in a fine of \$100.00 for one violation plus \$100.00 for each additional violation associated with the same sanction.
    - b. A **second time violation** results in a fine of \$500.00 for one violation. For each additional violation associated with the same sanction, the fine is \$500.00 each. In addition, a second-time violation may result in possible suspension of sanctioning privileges for the next competitive season, to be determined by the NAC.
  2. Fines apply only to the Meet Director.
  3. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
  4. If a fine is assessed to a Meet Director but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
  5. If the violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
  6. If a fine is assessed but not satisfied by the deadline indicated, the Meet Director's membership may be placed in a pending status.
  7. Escalating penalties accrue during the current competitive season (August 1-July 31).
  8. If a Meet Director incurs three (3) sanction violations in one competitive season, he/she will be placed in pending status. He/she must retake and pass the Meet Director Exam before being placed in active status.
- D. **MEMBER VIOLATIONS** (including but not limited to):
  1. Individuals who do not have the appropriate membership and/or educational or background check certifications or falsifies one of the above-mentioned memberships and attempts to participate on the field at a USA Gymnastics sanctioned competition.
  2. Participating in any unacceptable behavior.
- E. **VIOLATION PENALTIES - PARTICIPANT (COACH/JUDGE):**
  1. A member may receive the following penalties for violating any of the above state violations:
    - a. A first-time violation results in a fine of \$100.00.
    - b. A second time violation results in a fine of \$500.00.
    - c. A third time violation results in a fine of \$1,000.00 and possible suspension of membership.
  2. Fines apply only to the individual.
  3. If a fine is assessed to a member but not paid by the deadline indicated, their membership will go into a pending status until all balances are paid.
  4. Escalating penalties accrue during the current competitive season (August 1<sup>st</sup> – July 31<sup>st</sup>).
- F. **VIOLATION PENALTIES - MEET REFEREE:**
  - A Meet Referee may receive a \$100.00 fine for failure to report a sanction violation on the sanction report form.
- G. **VIOLATION PENALTIES - COMPETITOR:**
  1. If an individual gymnast is in violation of the regulations, she will be disqualified, and all awards returned. (Example: wrong level, wrong age division.)
  2. 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 Competitive Coach member

## CHAPTER 5 – MEET DIRECTOR RESPONSIBILITIES

For any USA Gymnastics Women's Program sanctioned event, Meet Directors MUST follow and be familiar with all sections of the *Rules and Policies (R&P)*, such as meet packet contents and the specifics for the meet if it is a State meet or above. In addition, the Meet Director must be thoroughly versed in the organization and regulations of gymnastics competitions. Any Meet Director who violates any regulations of the *R&P* will be subject to disciplinary action.

### I. INFORMATION PACKETS

Meet Directors must provide the following information to all eligible teams by mail or email, but all information should also be posted on the host club's website.

- A. Name of meet, competition date(s), Dev level(s) and/or Xcel division(s)
- B. Host club and Meet Directors contact information.
- C. Entry fee (individual and/or team) and to whom it is payable.
- D. Spectator admission fees.
- E. Site - address, phone, and map.
- F. Equipment description: Meet Directors must list manufacturer(s) for all available equipment, including boards. Complete UB measurements (including the full manufacturer's allowances for height and spread) must be stated in pre-meet information and on bid forms for Sectional and above meets.
  - If a tumbling strip will be used for competition for DEV Levels 1-3 or Xcel Bronze and Silver Divisions, that must be stated in the pre-meet information as well.
- G. Age divisions, if known in advance; or procedures for determining age divisions
- H. Type of awards and number to be awarded. Also include the approximate day/time of the award ceremonies, for example, "Awards immediately follow the competition".
- I. Local hotel and transportation information, if necessary.
- J. Competition schedule
  1. If the number of competitors is a known quantity, then specify the schedule.
  2. If the number of competitors and age divisions is unknown, indicate that a schedule will be sent after all entries have been received. Meet Directors of invitationals are advised to accept only a predetermined number of athletes to avoid the necessity of conducting competitions during the weekdays, which would require that the athletes miss school.
  3. Consideration should be given to avoid conflicts with major religious holidays or school when scheduling competitions.
    - Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants. USA Gymnastics acknowledges and regrets that athletes may need to choose to opt out of participation in any specific competition due to anticipated or predictable religious practices or scheduling conflicts.
- K. DEV Compulsory Levels 1 - 5 / Xcel **Bronze – Gold**: Pre-Meet information must specify if one-judge panels will be used.
- L. Pre-Meet information for Invitational meets must indicate the "type" of invitational and regulations regarding team competition.

### II. MEET DIRECTOR RESPONSIBILITIES REGARDING JUDGES

- A. The Meet Director will not pay fees that exceed the USA Gymnastics Judges' Compensation Package for payment of judges at any sanctioned competition.
  - Meet Directors / host organizations may give gifts to meet officials. The gift cannot exceed a retail value of \$20.00.
- B. If so designated by the SAC/RAC, the Meet Director may utilize NAWGJ as the contracting body for officials for USA Gymnastics Sanctioned Meets.
  1. The Meet Director is required to pay a contractor's fee of \$5.00 per contracted judge to the approved contractor. If the request is received less than 30 days prior to the competition, the fee is \$7.00 for each official contracted.
  2. If the Meet Director fails to comply with the terms of the sanction or the Women's Program *R&P*, judges may refuse to perform any judging obligations. However, all/both parties should make every immediate attempt/effort to resolve any disputes, in keeping with the best interest of the athletes involved. No such action should ever be taken that would jeopardize or compromise the safety or wellbeing of the athlete.
  3. The Meet Director will be bound by the terms of the individual contract agreed upon for that particular meet.
  4. A minimum 30-minute break is recommended for judges between scheduled sessions.

### III. MEET DIRECTOR RESPONSIBILITIES REGARDING COMPETITIVE COACHES

- A. A Meet Director and/or any witnessing USA Gymnastics member MUST immediately report abuse to the local authorities and submit a Safety and Response Report to USA Gymnastics or the US Center for Safe Sport as required by his/her responsibilities as a mandatory reporter.
- B. At a USA Gymnastics sanctioned event, if any member of USA Gymnastics observes action by a coach and believes that the safety of an athlete is in question (for example: risk of catastrophic injury, concussion, etc.), that member should report the matter to the Meet Director.
  1. The Jury of Appeals will then promptly review and resolve any issue related to the matter by the following process:
    - a. Discussion
    - b. Decision by a majority vote
  2. A decision by the Jury of Appeals may include a warning to the coach for improper behavior or such other action as the Jury of Appeals determines to be warranted and may include action to ensure the safety of the athlete. A decision of the Jury of Appeals is final and binding and is not subject to appeal.
  3. The Jury of Appeals is comprised of the following individuals:

- a. Meet Director (unless affiliated with the inquiry, for example – if the question relates to his/her gymnast).
- b. Meet Referee (President of the Jury)
- c. Chief Judge of the Event in question
- d. If available, one USA Gymnastics representative (Elected State or higher Committee member, or Regional or National officer).
- 4. However, the Jury of Appeals for Regional and higher-level competitions are comprised of the following:
  - a. Meet Director (unless affiliated with the inquiry)
  - b. Meet Referee (President of the Jury)
  - c. USA Gymnastics elected Administrative Officers
- C. Meet Directors should first issue a verbal warning (in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics) to any coach who is exhibiting inappropriate behavior. This warning must be documented and recorded by the Meet Referee on the sanction report form.
- D. After a verbal warning, a Meet Director should remove access to the competitive field of play by withdrawing the individual in questions floor credential. This action must be documented and recorded by the Meet Referee on the sanction report form.
- E. After removal of competitive field of play access, a Meet Director (in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics) should remove access to the competition venue. The ejection MUST be documented and recorded by the Meet Referee on the sanction report form. The individual ejected will receive a sanction violation.

**IV. MEET DIRECTOR RESPONSIBILITIES REGARDING MEDICAL PERSONNEL/PROCEDURES**

- A. Medical staff are responsible for following their state's scope of practice and practice guidelines.
- B. Medical providers must not have a dual role at the event. For example, the medical provider cannot also be a coach, judge, meet director, floor manager, etc.
- C. For all 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 any participants are affiliated with a club that is not the host club (i.e., dual meet), medical coverage, as listed below, is required.
- D. For all events taking place outside of the club, determine the Sanctioned Events Minimum Medical requirements.
  - 1. **HIGH RISK** (Levels 8,9,10, Elite, Diamond & Sapphire divisions): The performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds.
    - a. 1 practitioner is required per 64 athletes competing at once and one per venue.
      - Example: 75 athletes on the event floor at once in one room of a convention center and 75 athletes on the event floor in a different room of a convention center = 4 medical staff
    - b. Requires the following level of medical staff present during warm-up, practice, and competition:
      - 1) Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, or Sports Certified Physical Therapist (PT, SCS), or
      - 2) A licensed medical professional who has competency in all the following skills:
        - a) Assessment and stabilization of the cervical spine, spine boarding, fractures (including open fractures) and dislocations
        - b) Ability to determine, through use of a validated tool, whether a concussion has occurred
        - c) Advanced first aid to control bleeding from deep wounds
        - d) CPR with AED certification
      - 3) Incident report form to be completed by medical staff.
    - c. Supplies needed: AED (recommended, not required), splints, gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches
  - 2. **MODERATE RISK** (Levels 4,5,6,7 and Gold, Platinum Divisions): The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains or strains
    - a. 1 medical staff member is required per 100 athletes competing at any given time and 1 per venue.
      - Example: If all events take place in one arena with 80 athletes on the event floor at once = 1 medical staff member is required.
    - b. Requires the following level of medical staff present during practice and competition.
      - 1) A medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic)
      - 2) Prefer practitioner who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
      - 3) Incident report form to be completed by medical staff.
    - c. Supplies needed: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags
  - 3. **LOW RISK** (Levels 1,2,3 and Bronze, Silver Divisions): The performance of skills that pose a risk of injury likely limited to bumps, bruises or abrasions
    - a. No medical personnel required. Coach or Meet Director should be comfortable with basic first aid.
      - Meet director to complete incident report form
    - b. Supplies needed: First Aid Kit with breakable ice packs.



- E. Injury clearance criteria for an injury that occurs during a sanctioned competition when a licensed medical provider is covering the event:
  1. During a medical evaluation following a serious injury, the evaluating medical practitioner will collaborate with the athlete's coach(es) and parents/guardians to determine if the gymnast can return to competition/training without significant risk for increased injury.
  2. Encouraging or knowingly permitting an athlete to return to training prematurely following a serious injury and without clearance of a medical professional is considered physical misconduct under the SafeSport Code.
  3. If an athlete requires medical assessment due to injury, they may complete the routine and resume competition within the same session ONCE MEDICALLY CLEARED. A 30-second touch warm-up may be allowed upon return.
- F. All events are encouraged to share a completed basic EAP for the meet venue with the medical team and key meet personnel. A fillable EAP template can be downloaded for use [HERE](#).

**V. PRE AND DURING MEET RESPONSIBILITIES**

- A. Upon the online purchase of a sanction, Meet Directors and administrators will have access to the sanction packet that includes:
  1. Certificate of Sanction: must be posted during the competition.
  2. Safety and Response Event Checklist
  3. Sanction Report Form
  4. Participant sign-in sheet
  5. Application for a Certificate of Insurance (for events conducted in an outside facility which requires proof of insurance.) The Meet Director must forward this application directly to the insurance company.
  6. Incident and Injury report form: a document that must be completed if an athlete is injured. The medical personnel or Meet Director must complete the report form, and the Meet Director must sign it. A copy of the report form must be given to the coach or parent of the injured athlete before they leave the sanctioned facility. The parent then must submit it to the insurance company. The insurance company will not honor an incident/injury report form that has NOT been signed by the official Meet Director.
- B. To add or change a Meet Director, submit the request on the [Add/Change Meet Director form](#). It is permissible to have two (2) Meet Directors.
- C. If an event is canceled, written notification must be submitted to USA Gymnastics Member Services prior to the start date of the event to [sanctions@usagym.org](mailto:sanctions@usagym.org).
- D. Meet Directors MUST:
  1. Pass the [Meet Director exam](#) required to obtain the Meet Director membership role to host a USA Gymnastics sanctioned competition.
  2. Utilize the required online Meet Reservation system to verify that all participants are members of USA Gymnastics and to record all event participants.
  3. Sign any contract required by the outside venue. The Meet Director may be a co-signer or an additional signer; however, a minimum of one signature must be the same on the sanction form and the venue contract.
  4. Secure judges, which may be acquired through the designated and approved contractor. Contact your SACC for specific state requirements and appropriate numbers of judges per panel.
  5. Order awards.
    - Awards for State Meets and above are ordered by a USA Gymnastics elected officer.
  6. Verify that all equipment specifications are correct, and the equipment is properly installed.
  7. Consider all reasonable safety measures when setting up the competition floor.

EXAMPLES:

    - a. Each competitive area should not overlap with another competitive area.
    - b. There cannot be any obstructions on the Floor Exercise area.
    - c. There must be sufficient room for mounting, dismounting and vaulting areas.
  8. Notify clubs of any rotation or session splits prior to the competition start date to prevent scheduling conflicts and allow time for clubs to add additional coaches to the sanction if needed.
  9. Provide options to play only digital copies of floor music (MP3 players, computers, tablets, smart phones, etc.). Meet Directors are no longer required to provide compact disc players. The electronic devices provided by the coach must have a display screen and must be in airplane mode. Playing music via Bluetooth is not allowed.
  10. Be present during the entire warm-up and competition.
  11. Follow all regulations found in the Women's Program *R&P* and all technical regulations from the Women's Technical Committee minutes and the *Code of Points* (both Development Program and Xcel).
  12. Ensure that all participants have signed the Sanction Report Form and/or Sign-in sheet.

**E. POST-MEET RESPONSIBILITIES**

- 1. RESULTS:** Meet results must be distributed to ALL participating clubs at the meet site, by mail, or by posting online. Published results MAY NOT include the gymnast's date of birth or USAG member number. In addition, the Meet Director MUST email a copy of the Meet Results (All-around and individual event scores for each level and age division) within 72 hours to:
  - a. For sanctioned local meets
    - 1) SACC, or designated SAC representative.
    - 2) Meet Director of the Pre-Sectional, Sectional or State Meet, depending upon the system of qualification.
  - b. For Pre-Sectional Qualifiers or Sectional Meets
    - 1) SACC, or designated SAC representative.
    - 2) Sectional or State Meet Director, depending upon the system of qualification.
  - c. For State, Regional, Eastern/Western, and National Championship meets, see meet specifics in relevant chapters.
- 2. REPORTS**
  - a. Sanction Report Forms
    - 1) When closing a sanction, Meet Reservation must be updated to include all on-site registrations for event participants as well as cancel registrations for those that did not participate.
    - 2) Upload the sanction report form, Safety and Response checklist, and all completed sign-in forms to your sanction detail page online within 72 hours of the completion or cancellation of your event.
    - 3) Verify that the Meet Referee has submitted the Meet Referee report form.
    - 4) Applicable competition fees must be sent to the SACC/RACC of the host state (based on physical location of the meet).
    - 5) If an event is canceled, written notification via email must be submitted to [sanctions@usagym.org](mailto:sanctions@usagym.org) prior to the start date of the event.
  - b. The Meet Director of State and above level meets must send a completed Financial Report form within 60 days (or otherwise designated time) to the designated person - see meet specifics.
    - 1) Report forms can be found at the USA Gymnastics website or from the SACC.
    - 2) For State meets and above, competition fees must be sent to the SACC / RACC of the host state (based on physical location of the meet).

## CHAPTER 6 - MEET OFFICIALS

Consistent with the provisions of the Amateur Sports Act of 1978, the United States Olympic Committee has designated USA Gymnastics as the National Governing Body (NGB) for the sport of gymnastics in the United States. As reflected in its Articles of Incorporation and its conduct under those Articles, USA Gymnastics' responsibilities for governing the sport of gymnastics include the regulation of matters relating to the training, testing, certification, and assignment of judges for gymnastics competition conducted or sanctioned by USA Gymnastics.

### I. CONTRACTING OF OFFICIALS

To ensure properly rated officials at all sanctioned events, officials may be contracted through a designated and approved contractor.

- A. SACs shall determine their officials' contractor and/or assigner to be used for meets that are conducted under the organizational jurisdiction of the SAC.
- B. RACs shall determine their officials' contractor.
- C. USA Gymnastics criteria for selection of officials must be followed.
- D. The Meet Director must complete a "Request for Judges" form and send it to the Contractor, with payment of \$5.00 for each official contracted, by the deadline designated by the SAC.
  - If the request is received less than 30 days prior to the competition, the fee is \$7.00 for each official contracted. Assignments for such late requests will be based on availability since there may not be enough certified officials available. Forms can be found on the USA Gymnastics website or contact the SACC.
- E. Meet hosts of Invitational competitions or any meets that are not under the organizational jurisdiction of the SAC may use the state-approved contractor or may contract the officials directly using a USA Gymnastics contract.
  - The Meet Director may also request specific judges (by name or by ratings) when they submit a "Request for Judges" form to the state approved contractor. The Request for Judges Form is available on the USA Gymnastics website under Women's Program – Forms – Meet Forms or from the SACC or the NAWGJ State Judging Director.

### F. MODIFICATIONS

If any conditions on the contract are altered, it is the responsibility of the Meet Director to contact the individual judge(s) and the contracting official and provide that information to both parties. Additional days or sessions are considered "non-contractual" and could result in the judge voiding the contract.

- Additional assigning fees of \$1.00 per judge may be charged by the contracting official if called upon to notify the judges of any changes.

### G. CANCELLATION

If the contract obligations are not fulfilled by either party because of extenuating circumstances, no mandatory penalties will be applied to either party. Example: Inclement weather (prohibiting travel), grave illness or public health emergency.

- When inclement weather exists (weather which delays or prohibits safe travel for the judges), the Meet Director is responsible for the judges' lodging and meals. Judges will be accommodated with minimal expense and could be lodged in private homes with food provided. Hotel rooms are compensated ONLY if approved by the Meet Director.

1. Failure to comply with the contractual agreement will result in the following:

#### a. ON THE MEET DIRECTOR'S PART:

- 1) A minimum of 14 days' notice is required for amendments or cancellation of officials. If cancellation of officials occurs less than 14 days prior to the meet and the officials are not re-assigned to another competition, the Meet Director is responsible for payment of 2 hours honorarium per judge and any non-refundable expenses incurred.
- 2) Regardless of the timing of the cancellation of the meet, if the judge has purchased a non-refundable airline ticket, the Meet Director is responsible for reimbursing the judge for the "change fee" charged by the airlines to use the ticket for a future flight. To receive future credit for the canceled flight, the judge must contact the airlines PRIOR TO THE SCHEDULED DEPARTURE to cancel the originating flight and must rebook a flight within one year of the DATE OF ISSUE of the original ticket by providing the ticket number. If the ticket is not canceled prior to the scheduled departure, it becomes null and void.

#### b. ON THE JUDGES' PART

- 1) If a judge is unable to fulfill a contract due to personal reasons, she is obligated to contact the assigner to determine which officials may still be available and call a proper replacement. If she fails to contact the assigner or does not give a minimum of 14 days' notice to the assigner and/or the Meet Director, a penalty of 2 hours honorarium and any non-refundable expenses incurred by the Meet Director will be paid to the Meet Director by the judge.
- 2) Regardless of the timing of the cancellation on the part of the judge, if the Meet Director has purchased a non-refundable airline ticket, the judge is obligated to contact the airlines PRIOR TO THE SCHEDULED DEPARTURE to cancel the originating flight and to then reimburse the Meet Director for the cost of the ticket. The judge is then able to use the credit (minus a "change fee") to purchase another airline ticket for themselves within one year from the DATE OF ISSUE of the original ticket by providing the ticket number. If the ticket is not canceled prior to the scheduled departure, it becomes null and void.

**II. AFFILIATION OF JUDGES**

Affiliation rules aim to protect gymnast fairness, not restrict officials from judging.

**A. AFFILIATION OF JUDGES WITH AN INDIVIDUAL(S) OR GYMNASTICS CLUB:**

1. A judge **IS CONSIDERED AFFILIATED** at a specific meet if he/she is:
  - a. An *immediate family member\** of a:
    - 1) competing gymnast
    - 2) coach of a competing club
      - A judge whose immediate family member is a coach at a competing club is affiliated with that club regardless of whether the family member is on the floor coaching at a specific meet.
    - 3) club owner/administrator whose club is competing
    - 4) Women's Artistic (Development Program or Xcel) team member of a club competing in the meet.  
Example: A parent of a Level 5 gymnast is judging an Optional competition in which her daughter's club is competing.
  - \* *Immediate family refers to a parent, stepparent, grandparent, or sibling. In addition, it could include any other person living in the household.*
  - b. A person on the payroll of a competing club.
    - A judge who critiques or coaches more than once a month on an ongoing basis at a specific gymnastics club is considered affiliated with that club.
  - c. A Women's Artistic (Development Program or Xcel) team member of a club competing in the meet.
    - Example: A Level 10 gymnast holds a Compulsory rating and is judging gymnasts from her own club at a Compulsory meet.
  - d. A Coach of a competing gymnast.
  - e. A Club Owner of a competing club/gymnast.
  - f. Any sports science professional that is paid for ongoing services for a competing athlete.
    - Example: Athletic Trainer, Physical Therapist, Sports Psychologist
2. A judge **IS NOT CONSIDERED AFFILIATED** at a specific meet if he/she is:
  - 1) An immediate family member of a Men's, Rhythmic, Acrobatic Gymnastics, or Tumbling/Trampoline Team member of a competing club.
  - 2) An immediate family member of any child enrolled in a recreational class of a competing club.

**B. Judges affiliated with a club, gymnast or coach participating in the competition MAY BE ASSIGNED TO JUDGE, with the following stipulations:**

- a. In USA Gymnastics qualifying competitions with panels of two (2) or four (4) judges:
  - 1) An affiliated judge may be assigned as a Panel judge or as the Meet Referee.
  - 2) No more than one (1) judge with the same affiliation may be assigned per panel.
  - 3) An affiliated judge may NOT be assigned as Chief Judge, regardless of accreditation rating.
- b. In non-qualifying Open Invitationals with panels of two (2) or four (4) judges:
  - 1) Affiliated judges may be assigned as a Chief or Panel judge.
  - 2) If any of the Chief Judges are affiliated, the Meet Director must list the judges (and their affiliation) on the pre-meet information.
- c. For meets using one-judge panels, an affiliated judge may be assigned ONLY when there are not enough non-affiliated judges available and only with the approval of the RTC.
  - 1) If the RTCC is affiliated and must be assigned, approval must come from the SAC.
  - 2) An affiliated judge may be assigned to a one-judge panel for Development Program Level 1 and 2 and Xcel Bronze and Silver Divisions.
- d. If the club with which the judge is affiliated is not participating in the meet to which the judge has been assigned, he/she is NOT considered affiliated at that meet.
  - 1) If the meet format has separate team and individual awards per session, then a judge would be affiliated only during the session(s) in which the club/team that he/she is affiliated with is competing.
  - 2) If there is an overall team award for the same levels at the end of the entire meet, the affiliation rules apply for the entire competition.

**III. CRITERIA FOR JUDGES SELECTION TO USA GYMNASTICS WOMEN'S COMPETITIONS**

- A. The National Technical Committee (NTC) establishes the criteria for selection of judges to Women's competitions. Infractions should be brought to the attention of the RTCC and/or the NTCC for appropriate action.
- B. The assignment of all judges will be made according to the *Women's Program Rules and Policies*, USA Gymnastics Technical Committee criteria for selection and the philosophy as defined herein.
- C. Geographical representation is not required but may be considered in all selection of officials. (See specific competitions).
- D. It is permissible to assign judges from adjacent or neighboring states and/or regions, if necessary, to obtain the desired number and appropriately rated judges at minimal cost.

- E. To be considered for an assignment, all judges MUST be:
1. Current USA Gymnastics Women's Program members serving in a judge role.
  2. Certified and actively judging at the level of meet to which they are assigned.
    - If all local judges with the proper rating have been asked and there are not enough properly rated officials available to judge on a specific date, and the format of that local or sectional meet cannot be adjusted to allow the gymnast to be judged by properly rated officials, the assigner uses the following guidelines to assign the meet:
      - a) Notify the Meet Director and give them the option of securing properly rated judges from outside their geographic area (or state).
      - b) If the above option is not financially feasible, the assigner must notify and receive approval from the RTCC to assign a judge at the next lower level, giving priority to the following:
        - 1<sup>st</sup> – a judge who has taken and passed one part of the accreditation exam for the next level.
        - 2<sup>nd</sup> – a judge who has taken the next level exam but has not yet passed either part.
      - c) It is recommended that any judge assigned to judge a level higher than the rating held should be assigned to Vault.
      - d) Compulsory meets: Current optional only rated judges are allowed to judge compulsory Vault ONLY if there are not enough available compulsory rated judges, provided that the RTCC has given permission.
  3. Able to annually maintain his/her USA Gymnastics Continuing Professional Education (CPE) requirements (see chart).
    - a) If a judge has not completed his/her CPE requirements by **July 31<sup>st</sup>**, he/she CANNOT BE ASSIGNED to any USA Gymnastics sanctioned competition until such time that they submit the completed annual CPE form.
    - b) Some states may have trouble in securing enough officials who are current with CPE requirements to staff a specific competition. If there is an absolute necessity to assign a judge who is delinquent in completing his/her CPE requirements, the judge may be assigned; however, that judge's compensation will be reduced by \$5.00 per hour.
- F. Priorities for assigners after August 1 of each year:
1. Assign properly rated judges
    - a) 1<sup>st</sup> - those who have completed annual CPE requirements.
    - b) 2<sup>nd</sup> - if not enough of the above are available, assign those who have not yet met their CPE requirements.
  2. Only after all possibilities of the above have been exhausted, may the assigner request permission from the RTCC to allow a judge with one rating lower to be assigned.
- G. Holding a specific rating does not insure a judging assignment. Once the availability of judges has been established, the assigners must consider:
1. Requests by the Meet Director for specific judges or specific ratings.
  2. The minimum rating required to judge the specific meet.
  3. Geographical location of the meet. Attempts should be made to keep the travel costs at a minimum for the Meet Director.
  4. When assigning judges to a competition with multiple days, assigners are encouraged to change the events each day provided the meet has a separate awards ceremony for each session.
- H. **LOCAL, PRE-SECTIONAL AND SECTIONAL MEETS:** At local, pre-sectional and sectional meets, the assigning official may make the event assignments. Criteria for assignment of judges must be followed.
1. The SAC determines the judging criteria (**panel size**) for DEV Levels 1-5 and Xcel **Bronze - Gold**.
  2. When designating the Chief Judge positions for sanctioned competitions, rating and longevity do not necessarily determine assignment as Chief Judge. Reference the chart later in this chapter for the minimum rating required.
- I. **STATE:** The SAC selects the Meet Referee and the officials for State Championships. Chief Judge and Panel Judge assignments to specific events at State and Regional Championships are the responsibility of the SAC or RAC. It is strongly recommended that the SAC and the RAC ask the assigned Meet Referee to make the Individual Event Assignments.
- J. **REGIONALS:** In consultation with the RACC and approval of the RTCC, the RAC selects the officials for Regional competitions.
1. Each SAC must submit their recommendations in rank order (or groups in rank order) to the RTCC **and RACC**.
  2. Rotation of officials is not required but may be considered.
  3. The RTCC, if unavailable, selects the Meet Referee, in consultation with the RACC.
- K. **LEVEL 9 EASTERN/WESTERN CHAMPIONSHIPS** and **LEVEL 10 NATIONAL CHAMPIONSHIPS** assignments will be made by the NTCC, in consultation with the Women's Program Technical Director after reviewing the regional recommendations as well as financial considerations.
1. The RTCC must submit their RAC's recommendations in rank order (or groups in rank order) to the NTCC (with a copy to the Women's Program Technical Director) no later than **November 1**.
  2. Rotation of officials is not required but may be considered.
- L. **DEVELOPMENT PROGRAM and XCEL COMPETITIONS**
- All judges for the following competitions must possess a current judging certification at the level/division to which they are assigned. All judges assigned to Development Program State, Regional, Eastern/Western and National Championships or Xcel State & Regional Championships shall have been actively judging within the corresponding Development Program level (Compulsory or Optional) or Xcel division during the competitive season and shall be current members of USA Gymnastics with current Safety/Risk Management Certification and, for those who are 18 years and older, a Criminal Background Check, U110 Safe Sport Certification and U113 Safe Sport Policy Course completion. To be assigned to a sanctioned competition, all judges must be current with all USA Gymnastics Continuing Professional Education (CPE) requirements.

**M. SELECTION FOR ELITE COMPETITIONS**

1. The Judges' Selection Committee (JSC) is responsible for judge's assignments to Elite National Competitions (Classics, Championships, Olympic Trials, Pan American Trials, and World Championship Trials), Hopes Classics and Championships, as well as international judging assignments. The JSC consists of the High-Performance Lead, International Elite Committee Chairman (IECC), and a FIG Brevet Judge appointed by the IEC.
2. All Elite National competitions (National Qualifying Meets, Classics, Championships, Olympic Trials, Pan American Trials, and World Championship Trials) and Hopes Classics and Championships are under the technical jurisdiction of the USA Gymnastics National Office and the International Elite Committee (IEC).
3. All judges for Elite and Hopes Optional competitions must hold a current FIG-Brevet rating.
4. Judges assigned to a Compulsory National Qualifying meet must hold an Elite Compulsory rating, as well as a current FIG or USA Gymnastics Brevet or National rating.
5. Judges assigned to a TOPS skill testing must hold a current Level 10, National, USA Brevet or FIG Brevet rating and must have completed the TOPS Judges' Certification Course (WTJC).
6. Judges for Optional Competition at National Qualifying meets:
  - a. All judges must come from the pool of selected FIG-Brevet officials established by the IEC.
  - b. Judges for National Qualifying meets conducted by the National office will be assigned by the JSC.
  - c. Judges for National Qualifying meets conducted in conjunction with Invitational competitions will be selected by the Meet Director, according to the guidelines established by the IEC and with the approval of the USA Gymnastics Vice-President of Women's Program.
7. USA Championships/Classic Competitions:
  - a. All judges must come from the pool of selected FIG-Brevet officials established by the IEC.
  - b. Selection and event assignments will be made by the JSC.
  - c. Technical questions will be addressed by the Vice-President of Women's Program, the IECC, or their designated replacement.
  - d. A Video Review Panel will be used for Classic and above competitions and will consist of experts selected by the IEC.

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**IV. JUDGE ACCREDITATION / CERTIFICATION**

"Judges' Accreditation" is the name applied to the certification process, which is a part of USA Gymnastics University. The Continuing Professional Education (CPE) system will be implemented as listed below:

- A. Annual CPE credits are required to be assigned to judge any USA Gymnastics competition.
- B. The accreditation year is **August 1 - July 31**. A CPE annual report form is due by May 31<sup>st</sup> of each year.
- C. CPE credits will be calculated in actual clock hours (hours involved in the activity).
- D. The rating a judge holds on **July 31** of each year determines the number of CPE hours required for the next accreditation year. Entry level judges attaining their rating after the start of the accreditation year are not required to report CPE hours until the following accreditation year. All CPE hours accumulated during that time may be used to fulfill the CPE requirements.  
EXAMPLES:
  1. If an individual achieved a Compulsory rating for the first time prior to **August 1**, the CPE requirements are due by May of the following year. If this individual upgrades their rating to 6/7/8 after **August 1**, they are only required to fulfill the CPE hours required of a Compulsory rated judge, as that was their rating as of **July 31**.
  2. If an individual achieved a Compulsory rating for the first time on or after **August 1, 2025** the CPE requirements are not due until **May of 2026**, since he/she had no rating as of **July 31, 2025**.
- E. USA Gymnastics and NAWGJ elected officers (State, Regional and National Chairman/Directors) are exempt from CPE requirements for the years in which they hold office. Also exempt are Women's Program National office staff and national coaching staff.

F. REQUIRED ANNUAL CPE HOURS CHART

Highest Rating Held	Total CPE hours needed per Accreditation Year	Minimum # of Clinic CPE Hours required as part of the yearly total	Maximum # of CLINIC hours allowed to carry forward to the next Accreditation Year after the annual total has been met.
Xcel B/S/G	12 hours	6 hours	2 hours
Xcel (all Divisions)	16 hours	8 hours	3 hours
Level 4/5	12 hours	6 hours	2 hours
Level 6/7/8	12 hours	6 hours	2 hours
Level 9	16 hours	8 hours	3 hours
Level 10	20 hours	10 hours	4 hours
National	20 hours	10 hours	4 hours
Brevet	20 hours	10 hours	4 hours

1. A **MINIMUM** of ½ of the required Clinic hours/credits **MUST** be earned at **IN-PERSON** CPE-approved clinics.
2. A **MAXIMUM** of ½ of the required Clinic hours/credits **MAY** be earned by:
  - a. Attending LIVE VIRTUAL (not recorded/archived) CPE-approved clinics, and/or
  - b. Completing USAG University Online Judges courses.  
Note: Clinicians also receive Clinic hour credits when teaching at such events. Clinicians at Regional or National Education receive an additional 2 credit hours for preparation time for every one hour of lecture.
3. **IN-PERSON** CPE Clinic hours: Can consist of in-person CPE-approved State, Regional, or National organized events, such as Congresses, Clinics, Courses or Symposiums. These events **MUST** be publicized in advance and open to all judges in the state, region, or nation, as applicable. (Exception: eligibility requirements must be met for National/Brevet judges' courses.) Judging or coaching sessions will be designated as "approved for CPE".
4. **VIRTUAL/ONLINE** Clinic/Course hours can consist of:
  - a. **LIVE** (not recorded) CPE-approved VIRTUAL Clinics/Symposiums/Congresses.
    - 1) Clinic organizers **MUST** receive CPE Clinic approval prior to advertising the event for "Clinic" credits.
    - 2) Communication between the clinician and the registrants is required for these types of education functions to count for Clinic hours.
    - 3) A list of participants must be reported to USA Gymnastics Women's Program Technical Director at the conclusion of the event.
    - 4) Archived USA Gymnastics webinars are **NOT** eligible to fulfill any CPE Clinic hours.
  - b. **USA Gymnastics University Online Judges Courses**
    - Only online judges' courses for which you must register with USA Gymnastics will be eligible for Clinic hours/credit.
5. If more than ½ of the required clinic hours are earned from online clinics/courses, the extra hours may be applied to the miscellaneous category, if necessary, to meet their total required CPE hours.
6. If a judge has more total credits than necessary for their rating, and they have more than the necessary CLINIC hours/credits for their rating, the extra clinic hours can be carried forward (a maximum number of credits designated by rating). The judge must indicate on their Annual CPE Report Form the specific number of Clinic hours carried forward from each category (in-person or live virtual/USAG Online Courses).
  - Example: A Level 10 judge must earn a minimum of 20 CPE hours/credits, with a minimum of 10 CPE hours earned by attending CPE-approved CLINICS (no more than 5 live virtual or online USAG University Judge Courses can be used to fulfill the total Clinic hours; the other 5 must be from attending in-person clinics). If 9 in-person clinic hours and 5 Live virtual are earned, plus 10 miscellaneous credits, then 4 in person clinic hours are carried forward.
7. Judges should retain their CPE clinic forms for documentation, with a copy of the Annual Report Form.
8. All clinics eligible for CPE Clinic credit require pre-approval from the appropriate State or Regional USA Gymnastics and NAWGJ officers by submitting the Clinic Approval Form a minimum of 3 weeks prior to the clinic. USA Gymnastics and NAWGJ officers must return a copy of the signed Clinic Approval Form to the USA Gymnastics National office. CPE-approved clinics require a sanction (only if athletes are involved) and once submitted to the National office, are posted on the [Judges home page](#) (select CPE Clinics).
9. It is the responsibility of each judge to pre-print the CPE Clinic Credit form prior to attendance at a pre-approved clinic session. Judges must present the CPE Clinic Credit form for a signature at the conclusion of the clinic or following each session at multi-track Congresses/Symposiums. Clinical CPE activities are to be recorded on a [Clinic CPE credit form](#), which can be found online under Women's Program-Judges-Judges' Accreditation forms.

10. Annual Miscellaneous CPE credit: A maximum number of CPE hours may be acquired for the following miscellaneous activities:
  - a. Coaching (6 hours) at a **USA Gymnastics** competitive level, to be signed by supervisor or club owner.
  - b. In-gym observation or in-gym critiquing/consulting with coaches and gymnasts (6 hours), to be signed by the coach.
    - Attendance at State/Regional/National training camps may be used as miscellaneous credit–hours; however, if there is a clinician who is specifically assigned to the judges and has an organized agenda for instruction, it may be used for clinic-hours.
  - c. Volunteering (4 hours) at a judging-related activity such as a **USA Gymnastics** competition or at a USA Gymnastics Congress or clinic. CPE form must be signed by the event coordinator, Meet Director, or Meet Referee. 2 of these 4 hours can come from service as a USA Gymnastics Committee member or NAWGJ Committee member.
  - d. Video or live practice judging at a level equal to or higher than your current level (3 hours). Practice judging will require pre-approval from the NAWGJ SJD and/or USA Gymnastics SACC. For pre-approval, simply send an email to the appropriate officer requesting permission. Please note that live practice judging will also require pre-approval from the Meet Director. This is done by contacting the Meet Referee for the event, NOT the Meet Director. The practice judge should come prepared with all judging materials and wear the appropriate judging uniform. Video practice judging will be recorded in hours and requires written verification from the supervising judge.
  - e. Miscellaneous CPE activities are to be recorded on the Miscellaneous CPE Credit form, which can be found online under Women’s Program-Judges-Judges’ Accreditation forms.

**G. TRACKING CONTINUING PROFESSIONAL EDUCATION (CPE):**

1. Each judge is responsible for keeping accurate records of his/her CPE activity, including documentation of attendance at the approved CPE experiences. Documentation should correspond to the hours submitted on the Annual CPE Record form.
2. The USA Gymnastics SACC will be responsible for designating a USA Gymnastics CPE Coordinator for their state. CPE Coordinators must be proficient in Excel spreadsheets. The CPE Coordinator will maintain a list of all judges in the state, the number of CPE hours they completed each year, and the number of clinical hours they will carry forward to the next year, if applicable.
3. Each judge is responsible for recording a summary of their total annual CPE hours by category, recorded on the Annual CPE Record form, and submitting their form to their respective CPE Coordinator by **May 31** of each year. The Annual CPE Record form is available online under Women’s Program-Judges-Judges’ Accreditation forms or may be obtained from the state CPE Coordinator.
4. The CPE Coordinator is responsible for sending a master list of all judges in their state, indicating those who have successfully completed their annual CPE requirements to the Women’s Program Technical Director and Women’s Judges’ Accreditation Coordinator at the USA Gymnastics national office, their respective NAWGJ SJD & RJD, and USA Gymnastics SACC, RTCC, and RACC by **June 30** of each year.
5. If a judge does not complete all their required CPE hours within a given accreditation year, they must apply CPE hours from the successive year to make up for the hours they were lacking. When completed, they must still send the proper documentation to their CPE Coordinator, who then sends an updated list to the National Office and their respective State and Regional officers.
  - Note that CPE hours cannot be used twice, meaning if hours are being used to make up for a deficit in the previous accreditation year, those same hours cannot not be applied to the current accreditation year as well.
6. The National Office will conduct audits each year that will require randomly selected judges to submit actual documentation of their CPE, as reported to the CPE Coordinator, to the USA Gymnastics National office. Any judge who fails to provide documentation of actual CPE hours as reported will be subject to disciplinary actions.
7. Should a judge exceed the total minimum number of CPE hours required of their rating in an accreditation year, and the excess is in the category of Clinic Hours, they may carry forward the excess Clinic hours up to the maximum number of carry-over clinic hours allowed as designated by their rating. Excess miscellaneous hours may NOT be carried over.  
EXAMPLE: A National judge is required to earn a TOTAL of 20 total CPE hours, 10 of which MUST be Clinic hours
  - a. Earns a total of 24 CPE hours: 14 Clinic hours and 10 Miscellaneous hours – There is an excess of 4 clinic hours beyond the required 20 hours, so 4 clinic hours may be carried over.
  - b. Earns a total of 20 CPE hours: 12 Clinic hours and 8 Miscellaneous hours for the minimum 20 hours required of that rating. No carry-over of Clinic hours is possible since the total number of required hours for that rating has not been exceeded.



# COMPULSORY LEVELS

	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			Minimum # Judges Per Panel	Geographic Representation
	MEET REFEREE	CHIEF JUDGE	PANEL JUDGE		
LEVEL 3					
LOCAL	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	1  (# and minimum criteria for 1-judge panel determined by SAC)	
PRE- SECTIONAL/ SECTIONAL	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	Level 4/5 ---- Criteria determined by SAC	1  (# and minimum criteria for 1-judge panel determined by SAC)	
STATE	Level 6/7/8 and 4/5 Criteria and selection determined by SAC	Level 4/5 Criteria determined by SAC	Level 4/5 Criteria determined by SAC	2	Determined by SAC
LEVEL 4					
LOCAL	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	1  (If 1 judge panel- min. 4/5 w/ min. of 1 yr. experience	
PRE- SECTIONAL/ SECTIONAL	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	1  Determined by SAC: If 1-judge panel - min. 4/5 w/ min. of 1 yr. experience	
STATE	Level 6/7/8 and 4/5 Selected by SAC	Level 4/5	Level 4/5	2 or 4  Determined by SAC	Determined by SAC
LEVEL 5					
LOCAL	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	1 or 2  (1 judge panel allowed if not a state qualifier - must be min. Lev. 4/5 w/ min. of 1 yr. experience	
PRE- SECTIONAL/ SECTIONAL	Level 6/7/8 and 4/5	Level 4/5	Level 4/5	2	
STATE	Level 6/7/8 and 4/5 Selected by SAC	Level 4/5	Level 4/5	2 or 4  (Determined by SAC)	Determined by SAC

## CHAPTER 6 – MEET OFFICIALS

### OPTIONAL LEVELS

	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			MINIMUM # JUDGES PER PANEL	GEOGRAPHIC REPRESENTATION
	MEET REFEREE	CHIEF JUDGE	PANEL JUDGE		
LEVEL 6 / 7					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 9	Level 6/7/8	Level 6/7/8	2	
STATE	Level 9 Selected by SAC	Level 9	Level 6/7/8	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, or Brevet or National Must have served as MR or CJ at L6/7 Sectional or State	Level 9	Level 6/7/8	2 or 4 (Determined by RAC)	Determined by RAC
LEVEL 8					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 9	Level 6/7/8	Level 6/7/8	2	
STATE	Level 9 Selected by SAC	Level 9	Level 6/7/8	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, or Brevet or National Must have served as MR or CJ at L8, L9 or L10 Sectional or State	Level 9	Level 6/7/8	2 or 4 (Determined by RAC)	Determined by RAC
LEVEL 9					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 10	Level 9	Level 9	2	
STATE	Level 10 Selected by SAC	Level 10	Level 9	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, If not available, then another Brevet or National Must have served as MR or CJ at L9 or L10 Sectional or State	Level 10	Level 9	2 or 4 (Determined by RAC)	Determined by RAC
EASTERN / WESTERN	RTCC, or another Brevet selected by NTCC; Must have served as MR or CJ at L9 or L10 Reg'l or State	National  Must have served as MR or CJ at L9 or L10 Reg'l or State	Level 10 or above; Must have judged a L9 or L10 Local, Sect., State or Reg'l	4	4 per region; 1 from each region per panel
LEVEL 10					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 10	Level 10	Level 10	2	
STATE	Level 10 Selected by SAC	Level 10	Level 10	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, If not available, then another Brevet or National Must have served as MR or CJ at L10 Sect. or State	National  With approval of RTCC	Level 10	2 or 4 (Determined by RAC)	Determined by RAC
NATIONAL CHAMPIONSHIPS	NTCC plus 1 Brevet selected by NTCC; Must have served as MR or CJ at L10 Reg'l or State	National Must have served as MR or CJ at L10 Reg'l or State	National Must have judged a L10 Local, Sect., State or Reg'l	4	4 judges per region (2 for Junior and 2 for Senior 2 East and 2 West regions on each panel

## CHAPTER 6 – MEET OFFICIALS

XCEL DIVISIONS					
	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			MINIMUM # JUDGES PER PANEL	GEOGRAPHIC REPRESENTATION
	MEET REFEREE	CHIEF JUDGE	PANEL JUDGE		
BRONZE / SILVER / GOLD					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 4/5 Xcel B/S/G  Criteria determined by SAC	Level 4/5 Xcel B/S/G  Criteria determined by SAC	Level 4/5 Xcel B/S/G  Criteria determined by SAC	1  (# and minimum criteria for 1-judge panel Determined by SAC	
STATE	Level 4/5 Xcel B/S/G Selected by SAC	Level 4/5 Xcel B/S/G	Level 4/5 Xcel B/S/G	2 or 4 Determined by SAC	Determined by SAC
REGIONAL	RTCC, or Brevet/National/Level 10 Must have served as MR or CJ at Bronze, Silver, or Gold State	Level 4/5 Xcel B/S/G  With approval of RTCC	Level 4/5 Xcel B/S/G	2 or 4 Determined by RAC	Determined by RAC
PLATINUM					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 7/8 Xcel Rated	Level 7/8 Xcel Rated	Level 7/8 Xcel Rated	2	
STATE	Level 7/8 Xcel Rated Selected by SAC	Level 7/8 Xcel Rated	Level 7/8 Xcel Rated	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, or Brevet/National/Level 10 Must have served as MR or CJ at Platinum State	Level 7/8 Xcel Rated  With approval of RTCC	Level 7/8 Xcel Rated	2 or 4 (Determined by RAC)	Determined by RAC
DIAMOND					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 7/8 L9 recommended Xcel Rated	Level 7/8 L9 recommended Xcel Rated	Level 7/8 L9 recommended Xcel Rated	2	
STATE	Level 7/8 L9 recommended Xcel Rated Selected by SAC	Level 7/8 L9 recommended Xcel Rated	Level 7/8 L9 recommended Xcel Rated	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, or Brevet/National/Level 10 Must have served as MR or CJ at Diamond State	Level 7/8 L9 recommended Xcel Rated  With approval of RTCC	Level 7/8 L9 recommended Xcel Rated	2 or 4 (Determined by RAC)	Determined by RAC
SAPPHIRE					
LOCAL / PRE-SECTIONAL / SECTIONAL	Level 9 Xcel Rated	Level 9 Xcel Rated	Level 9 Xcel Rated	2	
STATE	Level 9 Xcel Rated Selected by SAC	Level 9 Xcel Rated	Level 9 Xcel Rated	2 or 4 (Determined by SAC)	Determined by SAC
REGIONAL	RTCC, or Brevet/National/Level 10 Must have served as MR or CJ at Sapphire State	Level 9 Xcel Rated  With approval of RTCC	Level 9 Xcel Rated	2 or 4 (Determined by RAC)	Determined by RAC

# USA GYMNASTICS JUDGES' COMPENSATION PACKAGE

(EFFECTIVE AUGUST 1, 2025 - JULY 31, 2026)

**V. NON-JUDGING COMPENSATION****A. JUDGES REPORT TIMES AND FINES**

1. Judges MUST report to the judges' meeting/hospitality room 30 minutes prior to the scheduled march-in for local and invitational competitions, unless otherwise specified by the Meet Referee. Judges' compensation will begin at the scheduled report time. Any official who does not report within five (5) minutes of the scheduled report time will be compensated from the first scheduled march-in time.
2. Reporting time for those competitions requiring video analysis, which may be up to one (1) hour prior to march-in. The Meet Referee will specify the reporting time.

**B. TRAVEL**

1. The standard IRS rate will be paid for the entire round-trip mileage for all drivers, including those who drive to meet a carpool.
  - Judges are not required to carpool.
2. Judges are not required to submit a printed MapQuest-type documentation to be reimbursed for mileage, unless requested by the Meet Director. The Meet Referee should verify the individual judge's MapQuest electronically.
  - IRS mileage rate changes are announced in December of each year and will be posted on the USA Gymnastics website, with the new rate effective in January. Should the IRS make a rate change during the year, the new rate will be posted with an effective date.
3. Riders' fees are not paid.
4. Plane, train, or bus travel expenses (as stated on the contract) shall be paid in full by the Meet Director. The total mileage cost should not exceed the cost of an airline ticket to the same location if the Meet Director requests that the judge purchase their own airfare or other means of travel.
  - a. If the judge requests to drive, instead of fly, the Meet Director must determine the cost of the airline ticket and communicate that information to the judge for the judge to be aware of the maximum reimbursement.
  - b. If the Meet Director requests that the judge purchase their own airfare or other means of travel, the judge must communicate the cost to the Meet Director for approval prior to finalizing travel plans.
    - Travel insurance is NOT a reimbursable expense.
5. Mileage to and from the airport, tolls, airport parking, fees for one bag (but not overweight bag charges), taxi or limousine service (as stated on the contract) shall be paid by the Meet Director. These expenses MUST be listed on the contract and be approved by the contracting official to be compensated by the Meet Director. Only standard and customary expenses with accompanying receipts will be reimbursed in the actual amounts.
6. For competitions that span over 2 or more days:
  - a. If overnight accommodations are not necessary, round-trip mileage will be paid for each day.
  - b. If lodging is provided to the judges by the Meet Director:
    - 1) If a judge chooses to return home and drive back the 2<sup>nd</sup> (and successive) days, round-trip mileage will be paid ONLY ONCE, unless pre-arrangements have been made with the contracting official and the Meet Director.
    - 2) When calculating mileage for meets requiring overnight accommodations, include electronic MapQuest-type documentation of the total miles from home to hotel, to and from competition venue, and return to home.
7. No other expenses (such as baby-sitters, car repairs, car rental, reimbursement for lost salary, or other normal work-related expenses) will be paid.

**C. LODGING**

1. If a judge must stay overnight prior to, during or following the competition, lodging MUST be provided by the Meet Director.
2. Meet Directors are strongly recommended to provide single room accommodations when a hotel stay is required, at no additional cost to the judge.
3. The form of accommodation (double occupancy vs. single occupancy) must be specified in the judge's contract.
  - a. Accommodations based on double occupancy must provide two beds, which CANNOT include a sleeper sofa.
  - b. A judge may request single room accommodations if not provided by the Meet Director.
    - If necessary to share the cost of the room with the Meet Director, the judge will pay no more per night than the difference between the actual room rate and the current CONUS lodging rate for overnight accommodation.
4. Whenever there is an early-morning report time and/or a late finish time, it is recommended that the Meet Director provide the option for the judges to stay at a hotel. Distance and/or weather conditions should be considered.

**D. PER DIEM**

1. Meet Directors may either provide judges' meals or pay per diem, according to type of meet listed below.
  - a. Meals provided by the Meet Director should be nutritional and not just concession-type food.
  - b. Judges with dietary restrictions should bring their own food.
  - c. It is inappropriate for a judge to provide his/her family with meals in (or from) the judges' hospitality area.
  - d. If meal accommodations are required at the end of the competition, the Meet Director should include that in pre-meet information.
    - Judges are not expected to stay and eat a meal after the competition is over.

**2. Day (Local) Meets**

- a. No per diem will be paid (or meals provided) for competitions that require the judge to be at the meet site for less than 3 hours unless round trip mileage is 100 miles or more. These rates are determined regardless of departure or arrival time to the judge's home.
- b. Per Diem compensation should be paid to the judges at a rate of:
  - 1) \$20.00 Diem - When on-site responsibilities are at least 3 hours but less than 8 hours. (Time begins with reporting time to include meetings and competition) is assessed if a meal is not provided by the Meet Director.
  - 2) \$40.00 Diem - When on-site responsibilities are 8 hours or more. \$20.00 per meal (up to a maximum of \$40.00 per day) is assessed for any meals not provided by the Meet Director.
  - Clarification: Reimbursement for breakfast is not considered for day (local) meets which the judge travels to and from the meet site in one day.

**3. Overnight Meets**

- a. All meals not provided by the Meet Director are compensated at a rate of \$20.00 per meal, with a maximum of \$60.00 per day. Per diem or provided breakfast is required for only judges with an overnight stay.
- b. Guidelines for meals the night before the competition begins.
  - 1) For a judge traveling by air, meals that occur while the judge is traveling to and from the competition, a per meal per diem may be requested.
  - 2) For a judge traveling by ground and travel time exceeds 3 hours or 150 miles one way, a \$20.00 per diem may be requested.
  - 3) For a judge traveling less than 3 hours or under 150 miles one way, there is no per diem request.

**VI. JUDGING COMPENSATION**

**A. HOURLY MEET FEES**

1. Judges will be paid an hourly fee, according to their rating, with a minimum payment of 3 hours PER DAY.
2. The daily number of paid hours is calculated from the report time to the end time of the meet.
3. For meets with 3 or more sessions PER DAY, it is recommended that judges be provided a minimum of two 30-minute break times. Meals are to be provided during breaks, when appropriate as determined by the Meet Referee, regardless of the number of sessions per day.
  - All break time will now be compensated; therefore, the judge MUST remain on the grounds of the venue.
4. Additional breaks, of any duration, may be provided between sessions throughout the day.
  - Following a meal break, judges should return to the field of play at the scheduled march-in time; however, in the case of meets at which the athletes have a timed warm-up period immediately following the march-in, the Meet Referee may make arrangements with the Meet Director to continue the break time to ensure judges' receive adequate time to eat/rest, provided that they can return to the field of play within five minutes of the start of competition.
5. At State, Regional and National competitions which require a video analysis (Base Score) in addition to the judges' meeting, the paid judging time starts with the scheduled report time, up to 1 hour prior to the scheduled march-in time.
6. A portion of the hourly rate may be broken into halves, not less. Calculate the total time at the meet, then round off to the nearest ½ hour (i.e., a total of 8 hours 15 minutes will be considered as 8 hours; a total of 8 hours 16 minutes will be considered as 8½ hours). Do not round up for each session.
7. The fee scale indicated in this document will be applicable for all USA Gymnastics sanctioned events unless otherwise specified in advance by the USA Gymnastics President.
  - All TOPS competitions will be paid according to the hourly rate.

**B. CHAMPIONSHIP MEET FEES**

Judges shall receive a daily or flat rate, according to ratings. The daily rate applies to all meets of more than 4 hours - up to 8 hours of actual judging time. ½ day competitions (up to 4 hours of actual judging time) will use the ½ day rate. Only for DEV / Xcel Regional meets that utilize a 4-judge panel, any additional time over 8 hours/day will be compensated at the regular hourly rate.

1. Judges' fees to be calculated by:
  - a. Calculate first the total time at the meet (report time to end of competition for the day)
  - b. Deduct 8 hours, which are paid by the daily rate.
  - c. Any excess hours are paid using the regular hourly rate.

EXAMPLE:

  - 1) Report time - 8:00 AM, 3 sessions (2 breaks), meet ends at 10 PM = 14 hours
  - 2) 8 hours to be paid at daily rate, 6 additional hours to be paid at regular hourly rate for specific rating.

d. The meet is complete when all scores are entered, and any inquiries settled.
2. STATE CHAMPIONSHIPS FEES – Judges' fees for State meets may be negotiated by the SAC and the chief official of the contracting organization but CANNOT exceed the basic fee schedule.
3. At all Dev and Xcel Regional Championship Meets that utilize a 2-judge panel, daily Championship rates do not apply. Regular hourly fees will be calculated.

**C. CHIEF JUDGE/MEET REFEREE PAYMENT**

1. The Meet Referee shall be paid the hourly fee for the time during which she/he is conducting official on-site Meet Referee responsibilities.
2. A judge serving as Meet Referee OR Chief Judge shall receive an additional \$10.00 per day at the following USA Gymnastics competitions:
  - a. Level 9 Eastern/Western Championships and Level 10 National Championships.
  - b. USA Gymnastics Regional Championships, regardless of the number of judges per panel.
  - c. State meets with four-judge panels.
  - d. Sanctioned local / sectional meets to Meet Referee only if also serving as a Chief Judge.
  - e. Dual compensation (total of \$20/day) is given if the Meet Referee also serves as a Chief Judge. This applies to all Regional and above meets and State meets with four-judge panels.
3. Chief Judge OR Meet Referee \$10.00 payment is NOT paid at:
  - a. State meets with two-judge panels with a separate Meet Referee (non-judging);
  - b. Local / sectional meets with a separate Meet Referee (non-judging);
  - c. Local / sectional meets with one-judge panels, such as intrasquad meets, or meets with less than four events running concurrently.

**VII. XCEL JUDGING GUIDELINES**

- A. Judges' rating:
  1. Individuals without a Dev rating may receive a Bronze/Silver/Gold ONLY rating by completing:
    - a. J110: Xcel Bronze/Silver/Gold Judges' Course
    - b. WJX1: Xcel Bronze/Silver/Gold Judging Exam.
  2. Xcel rated (no Dev rating): Judges with a previous Level 9 or above rating who no longer judge in the Dev program. Only applicable to judges who fill out an exemption eligibility form and are granted the rating from the National Office.
  3. A Level 7/8 rating is required for Platinum and Diamond Divisions.
  4. A minimum of Level 9 rating is recommended for Diamond Division.
  5. A minimum of Level 9 rating is REQUIRED for Sapphire Division.
  6. If there is a lack of qualified judges, the assigner must contact the RTCC for permission to assign a lower rated judge, if necessary.
- B. Recommendation: 2-judge panels.
  1. For mobility purposes, 1-judge panels ARE ALLOWED at Bronze, Silver and Gold Divisions.
  2. A 2-judge panel is required for Platinum, Diamond and Sapphire Divisions for all mobility and qualifying meets.
- C. An affiliated judge may be used.
  - There may not be more than one judge per panel with the same affiliation.

JUDGES' RATING	ALLOWABLE XCEL DIVISION TO JUDGE	RATE PER HOUR
Xcel Bronze/Silver/Gold	Bronze, Silver, Gold	\$19.00
Xcel Rated (no Dev rating)	All Divisions	\$21.00
Level 4/5 only	Bronze, Silver, Gold	\$19.00
Level 6/7/8 only	Bronze - Diamond	\$21.00
Level 4/5 and 6/7/8	Bronze - Diamond	\$23.00
Level 9	All Divisions	\$27.00
Level 10	All Divisions	\$31.00
National	All Divisions	\$34.00
Brevet	All Divisions	\$37.00

**USA GYMNASTICS JUDGES' COMPENSATION PACKAGE FOR WOMEN'S ARTISTIC GYMNASTICS**

(EFFECTIVE AUGUST 1, 2025 - JULY 31, 2026)

RATE	\$37.00	\$34.00	\$31.00	\$27.00	\$23.00	\$21.00	\$19.00
HOURS	BREVET	NATIONAL	10	9	4/5 + 6/7/8	6/7/8 ONLY	4/5
3	\$111.00	\$102.00	\$93.00	\$81.00	\$69.00	\$63.00	\$57.00
3.5	\$129.50	\$119.00	\$108.50	\$94.50	\$80.50	\$73.50	\$66.50
4	\$148.00	\$136.00	\$124.00	\$108.00	\$92.00	\$84.00	\$76.00
4.5	\$166.50	\$153.00	\$139.50	\$121.50	\$103.50	\$94.50	\$85.50
5	\$185.00	\$170.00	\$155.00	\$135.00	\$115.00	\$105.00	\$95.00
5.5	\$203.50	\$187.00	\$170.50	\$148.50	\$126.50	\$115.50	\$104.50
6	\$222.00	\$204.00	\$186.00	\$162.00	\$138.00	\$126.00	\$114.00
6.5	\$240.50	\$221.00	\$201.50	\$175.50	\$149.50	\$136.50	\$123.50
7	\$259.00	\$238.00	\$217.00	\$189.00	\$161.00	\$147.00	\$133.00
7.5	\$277.50	\$255.00	\$232.50	\$202.50	\$172.50	\$157.50	\$142.50
8	\$296.00	\$272.00	\$248.00	\$216.00	\$184.00	\$168.00	\$152.00
8.5	\$314.50	\$289.00	\$263.50	\$229.50	\$195.50	\$178.50	\$161.50
9	\$333.00	\$306.00	\$279.00	\$243.00	\$207.00	\$189.00	\$171.00
9.5	\$351.50	\$323.00	\$294.50	\$256.50	\$218.50	\$199.50	\$180.50
10	\$370.00	\$340.00	\$310.00	\$270.00	\$230.00	\$210.00	\$190.00
10.5	\$388.50	\$357.00	\$325.50	\$283.50	\$241.50	\$220.50	\$199.50
11	\$407.00	\$374.00	\$341.00	\$297.00	\$253.00	\$231.00	\$209.00
11.5	\$425.50	\$391.00	\$356.50	\$310.50	\$264.50	\$241.50	\$218.50
12	\$444.00	\$408.00	\$372.00	\$324.00	\$276.00	\$252.00	\$228.00

\*All fees based on a minimum of 3 hours

- PER DIEM
  - ⇒ \$20.00 - when on-site responsibilities are at least 3 hours but less than 8 hours.
  - ⇒ \$40.00 - when on-site responsibilities are 8 hours or more. \$20.00 per meal (up to a maximum of \$60.00 per day) is assessed for any meals not provided by the Meet Director.
- MILEAGE: current IRS rate RT
- MEET REFEREE OR CHIEF JUDGE PAYMENT:
  - State Meets w/ 4-judge panels, all Regional meets, Level 9 Eastern/Western and Level 10 National Championships
    - \$10/day; \$20/day dual compensation given if Meet Referee also serves as Chief Judge
  - State Meet w/ 2-judge panels and any local/sectional meets
    - \$10/day – only TO Meet Referee IF also serving as a Chief Judge

*REGIONAL CHAMPIONSHIPS DEVELOPMENT PROGRAM / XCEL 4-JUDGE PANEL		
RATING	FULL DAY (8 HOURS)	½ DAY (4 HOURS)
BREVET	\$250.00	\$125.00
NATIONAL	\$240.00	\$120.00
LEVEL 10	\$220.00	\$110.00
LEVEL 9	\$210.00	\$105.00
LEVEL 8	\$200.00	\$100.00
NATIONAL ELITE QUALIFIERS		
	\$250.00	\$125.00

LEVEL 9 EASTERN / WESTERN CHAMPIONSHIPS = <b>\$275/DAY</b>
LEVEL 10 NATIONAL CHAMPIONSHIPS = <b>\$350/DAY</b> ALL-STAR SESSION = <b>\$200/DAY</b>
ELITE CLASSIC, USA CHAMPIONSHIPS, US OLYMPIC TRIALS = <b>\$350/DAY</b>

\*At all Dev and Xcel Regional Championship Meets that utilize a 2-judge panel, daily Championship rates DO NOT APPLY. Regular hourly fees will be calculated.

- For DEV and Xcel Regional Championships and National Elite Qualifiers, the additional time over 8 hours will be compensated at the regular hourly rate.
- At National Elite Qualifiers, the championship rate will apply to all elite sessions (compulsory and optional). If a judge is assigned to the national elite qualifier and also judges additional DEV invitational sessions on the same day as the elite session(s), the judge will be paid the hourly rate for the DEV sessions and championship rate for the elite sessions.

## CHAPTER 7 – GENERAL MEET INFORMATION

### I. STATE ADMINISTRATIVE COMMITTEE (SAC)

The State Administrative Committee (SAC) is responsible for establishing and maintaining policies and procedures that govern competition structure, event logistics, judging assignments, and program recognition within the state. The SAC acts with the intent to meet the needs of its members while ensuring adherence to national standards and consistency within the region.

Responsibilities include (but are not limited to):

#### A. COMPETITION CALENDAR AND EVENT STRUCTURE

1. Determine the state competition calendar annually, according to the needs of the membership.
2. Decide if and when Pre-Sectional Qualifiers and/or Sectional competitions will be conducted (if applicable in the state).
3. Set the competitive schedule for State Championships and qualifying events:
  - a. May conduct one annual State Championships or separate Fall and Spring State Championships for Levels 7 and below.
  - b. It is recommended that a reasonable period of preparation be scheduled between seasons, particularly between Compulsory and Optional levels.

#### B. QUALIFICATION AND ENTRY REQUIREMENTS

- a. Establish qualifying scores and criteria for:
  - a. Pre-Sectional and Sectional meets
  - b. State Championships for all Dev levels and all Xcel divisions
- b. Determine whether State Championships will be conducted for:
  - a. Levels 1–3
  - b. All Xcel Divisions
- c. Decide whether to include Level 6–10 Individual Event Specialist (IES) competitions at State Championships.

#### C. COMPETITION FORMAT AND SUBDIVISIONS

1. Define the structure of State-level competitions, including:
  - a. Whether subdivisions within levels or divisions (e.g., first-year competitors vs. veterans) will be offered
  - b. Whether team competition will be conducted separately from individual events

#### D. JUDGING ASSIGNMENTS AND REQUIREMENTS

1. Determine panel size for Dev Levels 1 – 3 and Xcel Bronze – Gold Divisions.

#### E. PROGRAM RECOGNITION

1. Annually determine the Dev State Program of the Year, based on criteria including:
  - a. Excellence at multiple Development Program levels, with emphasis on high-level performance in the current season
  - b. Demonstrated sportsmanship, team spirit, and ethical behavior
  - c. Contributions to regional initiatives (e.g., camps, clinics, Congress, volunteer support)
2. Annually determine the Xcel State Program of the Year, based on criteria including:
  - a. Program demonstrates the Xcel Program philosophy including Sportsmanship, Leadership, Teamwork, and Fun.

### II. REGIONAL ADMINISTRATIVE COMMITTEE (RAC)

The Regional Administrative Committee (RAC) is responsible for the governance, structure, and oversight of Regional-level competition and recognition programs. The RAC ensures consistency with national standards while addressing the specific needs of its region. Responsibilities include, but are not limited to:

#### A. OVERSIGHT OF REGIONAL CHAMPIONSHIPS

The RAC is responsible for determining whether Regional Championships will be conducted and for establishing the structure and policies for those events.

1. Level 6/7/8 Regional Championships
  - a. Determine whether a Level 6/7/8 Regional Championships will be conducted.
  - b. Establish the qualifying procedures, competition format, and event schedule for Levels 6, 7, and 8, if applicable.
2. Qualification and Competition Structure
  - a. Set the qualification standards, entry requirements, and meet formats for all Regional Championships.
  - b. Finalize the event schedules for all eligible levels and divisions.
3. Awards and Recognition
  - a. Define the structure and criteria for individual and team awards distributed at Regional Championships.
4. Judging Assignments
  - a. Determine the judging panel size and the selection procedures for all judges officiating Regional Championships.

#### B. Regional Program of the Year

The RAC is responsible for selecting the Regional Program of the Year, honoring excellence in club and coach performance within the Development Program.

1. Dev Programs are evaluated annually using the following criteria:
  - a. Demonstrates competitive success across multiple Development Program levels, with emphasis on the highest level achieved in the current year.
  - b. Consistently displays strong sportsmanship, team spirit, and ethical behavior.
  - c. Makes meaningful contributions to regional initiatives, including camps, clinics, congresses, and volunteer service.
2. Xcel Programs are evaluated annually using the Xcel Program philosophy including Sportsmanship, Leadership, Teamwork, and Fun.



### III. TYPES OF COMPETITION

All USA Gymnastics-sanctioned Invitationals are governed by the Women's Program *Rules and Policies*, safety guidelines and judging criteria. They may be held at the local, state, regional, national, and international club level.

#### A. LOCAL MEETS (INCLUDES DUAL / TRIANGULAR MEETS BETWEEN CLUBS, INTER-SQUADS, AND INVITATIONALS)

1. Local Meets are NOT under the organizational responsibilities of the SAC. Meet Directors may:
  - a) Set dates,
  - b) Set entry fee and gate fee,
  - c) Contract officials by using the USA Gymnastics Contract or by requesting the services of the state's judging contractor,
  - d) Conduct team competition.
2. May be used for:
  - a. mobility only, or
  - b. qualification to the pre-Sectional Qualifier (if conducted), Sectional (if conducted) or State Championships, at the discretion of the SAC.
3. May have only 1 club / team competing to obtain a sanction.
4. All athletes must be judged by a judge member. Contact the SACC for specific State requirements and appropriate number of judges per panel. The SAC determines if any additional criteria will be used for State qualifying competitions and State Championships.
  - a. For any competition using only a 1-judge panel, it is recommended to have a floating Meet Referee, if possible.
  - b. For Xcel Bronze, Silver and Gold Divisions ONLY, 1-judge panels are allowed.
  - c. Compulsory Levels 1, 2, 3, 4, and 5 are allowed to be judged by 1-judge panels.
    - Any local meet that directly qualifies a Level 5 gymnast to a State Championships MUST be judged by a 2-judge panel.
  - d. DEV Levels 6-10 and Xcel Diamond, Platinum and Sapphire Divisions MUST be judged by a minimum of 2 qualified judges per event.
5. Results from local meets need to be emailed to the SACC or designated SAC representative and the Meet Director of the State Championships.
6. TYPES OF INVITATIONALS
  - a. Individual or Team Invitationals which specify certain level(s) and/or division(s). Because all rules pertaining to that level/division are followed, scores at such invitationals may be used to qualify to Sectionals, may be used in injury petitions and may be used for mobility purposes.
  - b. Individual or Team OPEN OPTIONAL Invitationals are competitions involving more than one level of gymnast, all being judged under one set of rules (for example, Elites, Level 10 and possibly Level 9's competing under Level 10 rules).
    - 1) Level 9 and 10 gymnasts ONLY may use the scores achieved at Open Optional Invitationals to qualify (up to State), for petition purposes, and/or for mobility.
    - 2) An Elite athlete—defined as one who has competed as a Junior or Senior International Elite in a Classic Meet, Winter Cup, Junior World Trials, or higher—must be registered as an OPEN athlete when participating in an invitational. These athletes may not be included in awards with non-Elite athletes.
      - An Elite athlete is officially considered a Development Program athlete only after the petition has been granted and she competes in her first USA Gymnastics sanctioned event as a Level 10. Any scores earned prior to petition approval are not valid for qualification to State Championships or higher-level events during the current season.
  - c. Any Invitational involving athletes from foreign countries or USA "Elite" National Team members must contact the USA Gymnastics Member Services for USA Gymnastics and/or FIG procedures.
7. The following deviations from USA Gymnastics Local, Sectional, and State Qualifying procedures will be allowed at any invitational:
  - a. The Meet Director must publish the following in the pre-meet information:
    - 1) The age divisions and schedule for awards for each session.
    - 2) Spectator admission fees and gymnast's entry fees.
    - 3) Judging panels (1-judge, 2-judge, 4-judge, members, etc.)
  - b. Teams may determine the competitive order of their gymnasts for each event.
  - c. Teams may be comprised of gymnasts from different age divisions and/or different DEV levels and/or Xcel divisions.
  - d. When using a meet format that requires a touch warm-up, each team may block time for touch warm-up, based on 30 seconds per gymnast for Bars, Beam and Floor Exercise. If athletes choose to block time on Bars, the clock will NOT stop for the setting of the bars. Vault touch warm-up is based on a specific number of vaults per DEV level / Xcel division.
  - e. For all sanctioned events that have multiple sessions of the same level vying for the same individual awards and team awards, athletes must be judged by the same judging panels. This does not apply to overall team awards with combined DEV levels / Xcel divisions of competition.
  - f. Awards: Non-citizens and foreign athletes are eligible for awards at all Invitationals. It is not required to give duplicate awards for non-citizens/foreign athletes. A non-citizen training as a member of a U.S. club may also be included in a club's team score.
  - g. Open scoring and flashing of Start Values - allowed at DEV Optional Invitationals (at the discretion of the Meet Director) provided that the previously mentioned scoring guidelines are followed.
  - h. If All-Star teams (teams including athletes from different clubs/teams) are allowed to compete for team score, the Meet Director must indicate this in the pre-meet information.

- i. Team Competition at Invitational Meets:  
The Meet Director may determine the format and draw for Club team competition.
  - 1) A draw will be made to determine which teams will start on each event. If there is more than one team per squad, the teams will draw for order of competition within the squad.
  - 2) Each team may determine the competitive order of its gymnasts.
  - 3) The team may include gymnasts from different age divisions and/or different DEV levels / Xcel divisions, depending upon the type of invitational.
    - In the case of team invitationals in which different DEV levels / Xcel divisions are competing within the same squad and receiving separate awards, all teams in the squad would compete gymnasts of one DEV level / Xcel division, then repeat the team order with the next level/division of gymnasts.
- j. Individual Event Finals Competition - Invitationals
  - 1) The Meet Director, Technical Director and/or Meet Referee conduct a random draw.
  - 2) If running one event at a time, competition proceeds in Olympic order.
  - 3) If two events run simultaneously, it is recommended to conduct Vault and Bars competition first, followed by Beam and Floor Exercise.
  - 4) If two events run simultaneously, and a gymnast is drawn for the same or similar competitive order in both events, she will be dropped down in the rotation for her second event to provide adequate warm-up and recovery time.
- k. Gymnasts going out of order: There is no deduction for athletes competing out of order. At Invitational meets that use a competitive start list, the coach may change the order if it would facilitate the use of equipment on the same setting. The Meet Director and the coaches within the squad must approve this.

**B. PRE-SECTIONAL/SECTIONAL QUALIFIERS**

- 1. Meets that are designated by the SAC as the ONLY meets which can be used to qualify gymnasts to either Sectionals (if held) or State Championships (if held).
- 2. For Sectional Meets, the SAC, in conjunction with the Meet Director, will determine the draw and placement of teams within sessions.
- 3. Must have a minimum of 2 clubs competing to obtain a sanction.
- 4. May be used to qualify a specific number of gymnasts to the State Championships.
- 5. For compulsory competition, must be judged by a minimum of 1 qualified judge per event.
  - Any Pre-Sectional or Sectional meet that directly qualifies a Level 5 gymnast to a State Championships MUST be judged by a 2-judge panel.
- 6. All Optional levels must be judged by a minimum of 2-judge panel per event.

**C. STATE CHAMPIONSHIPS AND ABOVE**

See appropriate sections as outlined in the Development Program and Xcel Program chapters for these events.

**IV. AGE REQUIREMENTS AND REGULATIONS**

- A. In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within both the Development and Xcel programs should be followed in the manner that it was intended:
  - 1. Before moving up in competition, every athlete should show proficiency at her current DEV level or XCEL division.
  - 2. Once a high level of proficiency is achieved at the athlete's current competitive level or division, she should strive to move up to the next competitive level or division, as long as it is done safely.
  - 3. USA Gymnastics cannot require/mandate a gymnast to move up to a higher level or division.
  - 4. For athletes to repeat a competitive level or division with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of either the Development or Xcel programs, or youth sports in general.
- B. AGE DETERMINATION
  - 1. All gymnasts must reach the minimum age for the level or division BEFORE competing in any USA Gymnastics sanctioned competition.
    - a. EXAMPLE 1: Level 3 State Championships date is Dec. 1; the last Level 3 State Qualifier is November 17; the gymnast will turn the minimum age for Level 3 (6 yrs. old) on November 28<sup>th</sup>. She is ineligible to compete in the qualifying meet and therefore does not have the opportunity to qualify to the Level 3 State Championships that season.
    - b. EXAMPLE 2: Bronze State Championships date is Dec. 1; the last Bronze State Qualifier is November 17; the gymnast will turn the minimum age for Bronze (5 yrs. old) on November 28<sup>th</sup>. She is ineligible to compete in the qualifying meet and therefore does not have the opportunity to qualify to the Bronze State Championships that season.
  - 2. For invitationals and qualifying meets below the State Championships, the Meet Director may determine the age divisions and must publish such information in the pre-meet information.
  - 3. For all meets under the jurisdiction of the SAC or RAC, that respective committee may determine the method of determining age divisions. There are two (2) options:
    - a. OPTION 1 - Age groups for the season: established by specific ages (i.e., 8-10 yr. old's, 11-12, etc.).
      - 1) In this case, age divisions should be determined and published PRIOR to the competitive SEASON and the only adjustments that may be made during the season are subdivisions of the age groups.
        - Exception: At Level 9 or 10 State Championships and below, age divisions may be combined if the number of athletes is small.
      - 2) The gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship meet for that level or division. EXCEPTION: The gymnast must have reached the minimum age for her level or division prior to entering any qualifying competition.

- For Levels 9 and 10 State Championships and below – age is determined by the date of the last day of the State Championships.
- 3) The gymnast must compete with the age division as designated for the entire season.
- b. OPTION 2 - Age groups for each competition: established by dividing the athletes by actual birth date into approximately equal groups according to a predetermined number of age divisions or by a predetermined maximum number of athletes per age division.
  - Meet Directors must publish or post online the meet schedule with age divisions as soon as possible after the entry deadline.
- c. Published results MAY NOT include the gymnast's date of birth.
- 4. Age divisions for Level 9 Eastern/Western and Level 10 Development Program National Championships are determined by the National Office.
  - a. No later than 5:00 PM local time the Monday following the State Championships, the SACC must report the names of all qualifiers to Level 9 and 10 Regional Meet to their RACC.
  - b. The RACC will compile the data for their region and forward it to the Development Program Director.
  - c. The Development Program Director will determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
    - 1) Athletes included in age determination: only regional qualifiers who achieve the minimum qualifying score to Level 9 Eastern/Western Championships or Level 10 Nationals at State Championships.
    - 2) Athletes NOT included in age determination: Individual Event Specialists/IES and petitioned athletes.
  - d. The age divisions will be published on the USA Gymnastics website and will also be sent directly to all SACCs and RACCs.
- 5. If a gymnast competes in the wrong age division, her scores are invalid for all All-Around, individual events, or team awards; however, the score achieved may be used for level or division mobility.
  - a. If, due to valid unforeseen/unpredictable (not anticipated or predicted) circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC for State Championships and RACC for Regional Championships. She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage in a given age group) to the next meet.
    - Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants. USA Gymnastics acknowledges and regrets that athletes may need to choose to opt out of participation in any specific competition due to anticipated or predictable religious practices or scheduling conflicts.

#### **V. ENTRY REGULATIONS**

- A. All gymnastics performers and demonstrators for entertainment/demonstration purposes must be currently registered as a USA Gymnastics Athlete Member and must be covered under the individual club's insurance policy. Any such performance must be conducted before the competition starts or after the entire competition is completed and no evaluation is allowed. No gymnastics performance for "exhibition" is allowed during the competition.
  - If any non-gymnastics performers (individual or group) will be participating, the host club is advised to obtain proof of insurance for that individual/group.
- B. At any USA Gymnastics sanctioned competition, All-Around athletes (who compete all four (4) events) and Individual Event Specialists/IES (athletes who compete 3 events or less) may participate. All-Around competition is required for qualification to Sectional and above meets at all Development Program levels and/or Xcel divisions. Exceptions:
  - 1. For DEV Levels 6-10 and all Xcel Divisions, IES competition may be conducted up to and including regional meets, at the discretion of the respective SAC and RAC. IES competitors may compete and be ranked amongst the All-Around competitors; may be counted in the team score; and would receive duplicate awards in the case of a tie for event placement (ties involving IES are NOT broken).
  - 2. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher level meets by achieving an average score equal to the average of the All-around qualifying score. If the qualification is by number or percentage, such individuals could be added as additional athletes provided, they achieve an average score that meets or exceeds the average score achieved by the lowest qualifier.
- C. Any athlete who has qualified to a State, Regional, Eastern/Western or National Championships will be allowed to participate, if they can perform at least 1 event. In this case, they must present and touch each apparatus to receive a score of "zero" at the events in which they are unable to compete. The scores received by this individual may also contribute to the team score.
- D. 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 all USA Gymnastics sanctioned events.
- E. In any USA Gymnastics sanctioned competition, each team/club must have at least one (1) active coach on the floor. Every coach on the floor at a sanctioned competition MUST be a USA Gymnastics member.
  - A minor (age 16-17) Competitive Coach member must be accompanied by an adult Competitive Coach Member to be on the field of play (competition area) as a coach.

**VI. ENTRY FEE GUIDELINES**

- A. Entry fees for pre-sectional and Sectional meets are determined by the SAC, with the approval of the RACC.
- B. Entry Fee Limitations for State and Regional Championships
  1. Entry fees for State Championships are determined by the SAC and must be approved by the RACC but may not exceed the Regional Championship meet entry fee.
  2. Entry fees for Regional Championships are determined by the RAC and must be approved by the NACC but may not exceed the National Championship meet entry fee.
  3. State / Regional Championship refunds are at the discretion of the SAC / RAC.
- C. The USA Gymnastics Meet Reservation System IS REQUIRED to be utilized for registration (not to accept payments) at all USA Gymnastics sanctioned events.
- D. An athlete is considered registered/entered in a competition only when her name is listed on the club's entry form and the Meet Director has received full payment of all fees (including, but not limited to entry fees, late fees, etc.).
- E. Once all competition entries are received, it is recommended that a competition schedule be published at least 4-6 weeks prior to the first day of competition.
- F. Meet Directors may NOT refuse entries from competitors who wish to enter a competition that serves as a Sectional Meet or any competition that serves as a qualifier to State Championships and above (including the Nastia Liukin Cup) if all registration procedures AND entry fees are PAID IN FULL.
  - Exception: If the competition fills to maximum participant capacity, the Meet Director may consider accepting additional entries if/when space becomes available.
- G. Cancellation Policy - The Meet Director should make the best effort to refund all or part of the entry fee if severe weather or a shortage of judges would cause a cancellation of a competition.

**VII. ATHLETE RESIDENCY/CLUB'S STATE CHAMPIONSHIPS DETERMINATION**

- A. A gymnast **MUST** compete in the State Championships based upon the state in which her training facility is physically located.
  1. If a gymnast resides in one state and their training facility is located in another neighboring state, the physical location of the gymnast's training facility determines the residency of the gymnast for State meet determination.
  2. The gymnast must compete in the proper Regional meet, based upon the State Meet in which they competed.
  3. If an athlete relocates residences between State and Regional meets, thereby placing them in a different region:
    - a. Development Program Level 8 and below and all Xcel Divisions – will be allowed to compete in their new region so long as they meet the qualifying requirement of that region and qualification was by score, not rank of athletes.
    - b. Development Program Level 9 and 10 – must compete in the region in which they qualified, regardless of new residence.
- B. A club **MUST** compete in the State Championship(s) of the state in which the training facility is physically located.
  1. Clubs that have gyms in different locations (under the same ownership) have the option of competing under one club name or as separate clubs. The decision **MUST** be made at the beginning of the competitive year and communicated to the SACC and/or RACC, as applicable.
  2. If two different clubs (different names/owners) are coached by the same person, the SAC may decide if the clubs may compete as one combined team in USA Gymnastics qualifying meets and State Championships.

**VIII. MEET FORMATS & NUMBER OF ATHLETES**

**A. TYPES OF COMPETITION FORMATS**

The only acceptable meet formats are listed in this publication. Any ideas for new formats should be submitted to the NDPCC for consideration and/or approval and possible inclusion in future *Rules and Policies*.

**1. TRADITIONAL FORMATS:**

- a. **OPTION 1:** 1 GYM - Meets in which the open stretch, timed warm-ups and competition are conducted in one (1) gym, with the timed warm-ups on all four (4) events first, then competition on all four (4) events (30-second TOUCH WARM-UPS are required under certain conditions- see Competition Warm-up Procedures).
- b. **OPTION 2:** WARM UP GYM + COMPETITION GYM - Meets in which the open stretch and timed warm-ups on all four (4) events are conducted in a warm-up gym, then the gymnasts move to a competition gym to compete on all four (4) events. (30-second TOUCH WARM-UPS are always required when the timed warm-ups are conducted on apparatus other than the competition apparatus.)
  - The warm-up apparatus **MUST** be identical to the competitive apparatus, apart from the Floor Exercise. If a spring tumbling strip is used instead of a full FX area, it **MUST** be a minimum of 60' long and 8' wide.
- c. When using either of the two (2) Traditional format options, squads **MAY** be divided into two sub-groups for the competition warm-up (30-second touch) **ONLY** if squads consist of:
  - 1) 13 or more DEV Compulsory and/or Xcel Bronze, Silver, or Gold gymnasts OR
  - 2) 9 or more DEV Optional and/or Xcel Platinum, Diamond, or Sapphire gymnasts
  - 3) The first half takes their 30-second touch warm-ups and then competes; then the second half takes their 30-second touch warm-ups and competes. Touch warm-ups on Beam and Floor may be staggered.
    - Taking the 30-second TOUCH WARM-UP in this instance is at the discretion of the personal coach and **MUST** be allowed, if desired.

2. **MODIFIED TRADITIONAL FORMATS** (alternating warm-up and competition – both formats ELIMINATE the requirement of a 30-second touch warm-up):
  - a. **OPTION 1: 1 GYM:** Meets in which the open stretch, timed warm-ups and competition are conducted in one (1) gym in which there is ONLY 1 SET OF APPARATUS. The timed warm-ups immediately precede competition on each event.
  - b. **OPTION 2: 1 GYM:** Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is 1 Vault, 1 set of Bars, 2 Balance Beams, and 1 Floor Exercise mat in the competition gym. NO WARM-UP GYM. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the “A” beam to the “B” beam for competition. Timed warm-ups immediately preceding competition on that event.
  - c. When squads consist of 13 or more DEV Compulsory and/or Xcel Bronze, Silver, or Gold gymnasts or 9 or more Optional and/or Xcel Platinum, Diamond or Sapphire gymnasts, the squad MAY be divided into two (2) sub-groups.
    - The first half takes their timed warm-ups and then competes; then the second half takes their timed warm-ups and competes.
  - d. Touch warm-ups on Beam and Floor may be staggered.

3. **NON-TRADITIONAL FORMATS:**

- a. **CAPITOL CUP:** Meets that have 2 sets of apparatus (1 for competition and a duplicate set for warm-ups) either in the same or in separate gyms and that alternate the warm-ups and competition, 1 event at a time.
  - 1) Timed warm-ups on the 1<sup>st</sup> event for the 1<sup>st</sup> 4 squads (Flight A) are conducted on the warm-up apparatus, then Flight A goes to the competitive equipment to compete on their 1<sup>st</sup> event while the next 4 squads (Flight B) warm-up their 1<sup>st</sup> event. The 2 flights continue to alternate between warm-ups and competition until all 8 squads have completed all 4 events.
  - 2) 30-second touch warm-ups are REQUIRED since timed warm-ups are not conducted on the competition apparatus.
- b. **MODIFIED CAPITOL CUP:** Meets which have 2 sets of apparatus in 1 gym and in which the first 4 squads (Flight A) have timed warm-ups and competition on 1 set of apparatus, while the second 4 squads (Flight B) have timed warm-ups and competition on the other set of apparatus.
  - 1) As soon as the squads in Flight A finish timed warm-ups on their 1<sup>st</sup> event and begin competition, the 4 squads in Flight B begin their timed warm-ups on their 1<sup>st</sup> event. Once Flight A completes competition on the 1<sup>st</sup> event, the judges move to the other set of apparatus to judge Flight B. The 2 flights continue to alternate between warm-up and competition until all 8 squads have completed all four events.
  - 2) 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.
- c. For both non-traditional formats, the total number of athletes assigned to the corresponding Flight A and Flight B squads CANNOT EXCEED:

# of athletes	DEV Levels	XCEL Divisions
16 athletes	L8 – L10	Diamond, Sapphire
18 athletes	L6/L7 combined w L8-L10	
20 athletes	L6 and/or L7 only	Platinum
24 athletes	L1-L5	Bronze, Silver, Gold

- d. Regardless of the number of athletes within the squad, timed warm-ups MAY NOT be split.
  - e. It is recommended that there be no fewer than 5 gymnasts per squad.
    - If a Meet Director is aware before the competition begins that a rotation will have fewer than five (5) (4 or less) athletes, a bye rotation must be scheduled and used for that group.
  - f. If the number of athletes in any one session is fewer than forty (40), the athletes may be divided into six (6) or seven (7) squads, leaving one or two events (either warm-up gym or competition gym) per rotation empty.
  - g. If a separate gym is used as a warm-up gym, the apparatus must be identical to the competitive gym, apart from the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
  - h. When at all possible, the Meet Director should assign teams that are split into two squads in the same flight and on “opposing” events. For example, if Team A is in two squads, Team A is assigned on Vault and Beam or Bars and Floor in the same flight, NOT Vault and Bars or Beam and Floor.
  - i. It is acceptable to have a combination of non-traditional and modified non-traditional formats in the same session.
    - Example: Use a warm-up gym and competition gym for UB, BB, and FX but have 2 VT stations in the competition gym.
4. **CONTINUOUS COMPETITION FORMAT (“Gymfest format”)**
- A version of the “Modified Capital Cup” meet format mentioned above, except this format allows sessions to overlap start and end times. It was created to maximize the number of athletes who can compete in one day in a one gym setup with two sets of equipment, with a smaller separate general warm-up space. Warm-up times and maximum number of competitors for this format should mimic the “Modified Capital Cup” meet format in the below reference chart.

**B. DETERMINING MEET FORMAT AND SCHEDULE**

1. Select the type of format based upon number of gyms and/or apparatus available, number of athletes, and number of levels and/or divisions.
  - TO REMAIN WITHIN THE 5-HOUR MAXIMUM TIME IN THE GYM, MEETS WITH THE BELOW ATHLETE NUMBERS IN ONE SESSION MUST USE SOME TYPE OF NON-TRADITIONAL FORMAT:
    - a. 73 - 96 gymnasts – DEV Compulsory levels, Xcel Bronze, Silver, and Gold Divisions
    - b. 57 - 80 gymnasts – DEV Levels 6 and 7 only, Xcel Platinum
    - c. 57 - 64 gymnasts – DEV Levels 8 - 10, Xcel Diamond and Sapphire Divisions
2. Gymnasts shall be grouped in sessions (and/or squads) first according to level and/or Division.
3. There is no specific maximum number of judgments PER DAY per panel of judges.
4. The limit to the total number of competitors per day is determined by the number of gymnasts allowed per session based upon which type of format is used, along with the following time restraints. The schedule of the competition must provide for the following:
  - a. The 15–30-minute general warm-up may NOT begin before 8:00 A.M. (General stretch and bar settings).
  - b. Must conform to the maximum number of judgments per SESSION per panel of judges.
  - c. The competition must be scheduled to end by 10:00 PM. If the meet continues past 10:00 PM due to extenuating circumstances, the Meet Director must submit an explanation in writing to the RTCC, with a copy to the SACC (or RACC for Regional Championships), as well as to USA Gymnastics Member Services.
    - The Meet Referee must make a note of the time infraction on the Sanction Report Form.
  - d. Gymnasts should be on the Floor (includes warm-ups and competition) no longer than five (5) hours when performing a single set of Compulsory or Optional exercises in one (1) session.
    - 1) Considering the athlete ages in DEV Levels 1-3 as well as Xcel Bronze, it is recommended that session durations do not exceed 2.5 hours, including warm-up time.
    - 2) If an athlete competes in two different sessions in one day, she must be provided adequate rest time between sessions.
  - e. For meets with multiple sessions PER DAY, a minimum 30-minute break is recommended for judges between scheduled sessions.
5. **REQUESTS TO EXCEED THE ALLOWABLE NUMBER OF JUDGMENTS PER SESSION WILL NOT BE CONSIDERED.**
  - a. If the event is a State qualifying event, additional sessions and/or days must be added.
  - b. In the case of an invitational, the Meet Director must either place clubs on a wait list or they must change their format to allow for more than four panels of judges or more than one gym.
6. Allow adequate time for awards ceremonies (depending on the number of age divisions, number of awards to be given, and if a separate awards area is available) between sessions when calculating total time for competition to ensure that no gymnast will compete after 10:00 P.M.

## CHAPTER 7 – GENERAL MEET INFORMATION

### C. SCHEDULING GUIDELINES

The below example charts are for any competition run in a **traditional format** with a timed warm up:

DEVELOPMENT PROGRAM						
Level	Open stretch and bar settings	Timed warm-up	Line up, march in	Touch warm-up (when required)	Competition	Approx. Total time
<b>Levels 1 &amp; 2</b> (w/ max of 72 competitors)	15-30 min. = 30 min.	30 sec. / gymnast = 36 min.	10 min.		1 min per gymnast = 72 min	2 hrs. 28 min.
<b>Level 3</b> (w/ max of 72 competitors)	15-30 min. = 30 min.	45 sec. / gymnast = 54 min.	10 min.		1½ min per gymnast = 108 min	3 hrs. 22 min.
<b>Levels 4 &amp; 5</b> (w/ max of 72 competitors)	15 - 30 min.	1 min. / gymnast = 72 min.	10 min.	30 sec. / gymnast = 36 min. (max 2 vaults / gymnast)	2 min / gymnast = 144 min.	4 hrs. 52 min.
<b>Levels 6 – 7</b> (w/ max of 56 competitors)	15 - 30 min.	1½ min. / gymnast = 84 min.	10 min.	30 sec. / gymnast = 28 min. (max 3 vaults / gymnast)	2½ min. / gymnast = 140 min	4 hrs. 52 min.
<b>Levels 8 – 10</b> (w/ max of 5 competitors)	15 - 30 min.	2 min. / gymnast = 112 min. <i>Levels 9 &amp; 10 BARS ONLY - 2½ min MAX (includes UB settings)</i>	10 min.	30 sec. / gymnast = 28 min. (max 3 vaults / gymnast)	2½ min. / gymnast = 140 min	5 hrs.

XCEL PROGRAM						
DIVISION	OPEN STRETCH AND BAR SETTINGS	TIMED WARM-UP	LINE UP, MARCH IN	TOUCH WARM-UP (WHEN REQUIRED)	COMPETITION	APPROX. TOTAL TIME
<b>BRONZE</b> (w/ 60 competitors)	15-30 min. = 30 min.	30 sec. / gymnast = 30 min.	10 min.	30 SEC. / GYMNAST = 30 MIN. (MAX 1 VAULT / GYMNAST)	1 min per gymnast = 60 min	2 hrs. 40 min
<b>SILVER</b> (w/ 60 competitors)	15-30 min. = 30 min.	45 sec. / gymnast = 45 min.	10 min.	30 SEC / GYMNAST = 30 MIN (MAX 2 VAULT / GYMNAST)	1½ min per gymnast = 90 min	3 hrs. 25 min.
<b>GOLD</b> (w/ 72 competitors)	15-30 min. = 30 min.	1 min. / gymnast = 72 min.	10 min.	30 sec. / gymnast = 36 min. (max 2 vaults / gymnast)	2 min / gymnast = 144 min.	4 hrs. 50 min.
<b>PLATINUM</b> (56 competitors)	15-30 min. = 30 min.	1½ min. / gymnast = 84 min.	10 min.	30 sec. / gymnast = 28 min. (max 2 vaults / gymnast @Platinum)	2½ min. / gymnast = 140 min	4 hrs. 50 min.
<b>DIAMOND, SAPPHIRE</b> (56 competitors)	15-30 min. = 30 min.	2 min. / gymnast = 112 min.	10 min.	30 sec. / gymnast = 28 min. (max 3 vaults / gymnast)	2½ MIN. / GYMNAST = 140 MIN.	5 hrs.

# CHAPTER 7 – GENERAL MEET INFORMATION

## DEVELOPMENT PROGRAM FORMAT REFERENCE CHART

TYPE OF FORMAT + DESCRIPTION	MAXIMUM TIMED WARM-UP		MAXIMUM # OF COMPETITORS PER SESSION PER PANEL OF JUDGES		
	Levels 1 – 5	Levels 6 – 10	DEVELOPMENT PROGRAM ONLY	COMBINED DEV/XCEL	
TRADITIONAL FORMAT	Levels 1 & 2:	Levels 6 & 7, TOPS:	72	72	
<ul style="list-style-type: none"><li>Either 1 competition gym OR a warm-up + a competition gym.</li><li>Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events.</li><li>30-second touch IS REQUIRED if warm-up is in separate gym or if more than 15/squad*</li></ul>	30 sec MAX	1½ minutes MAX	L1-5 only	Combination of B, S, or G + Dev L1-5	
	Level 3:	Levels 8, 9 & 10:	64	64	
	45 sec MAX	2 minutes MAX*	L6 and/or L7 ONLY OR Combination of L1-5 + L8,9,10 (no more than 28 L8-10) in same session	Combination of B, S, or G + Dev L6-10 (no more than 28 L8-10 in same session) OR Combination of P, D, Sa + Dev L1-5 (no more than 28 D & Sa in same session) OR Combination of P, D, Sa + Dev L6-10 (no more than 28 L8-10, D or Sa in same session)	
MODIFIED TRADITIONAL #1	Levels 4 & 5: 1-minute MAX	*Levels 9 & 10 BARS ONLY 2½ min MAX (includes UB settings)	60	Combination of L6 and / or L7 + L8-10 (no more than 28 L8-10)	
<ul style="list-style-type: none"><li>1 set of equipment in the competition gym.</li><li>No warm-up gym.</li><li>Timed warm-ups immediately preceding competition on each event.</li><li>NO 30-second touch</li></ul>			56		
			Combination of L6 and / or L7 + L8-10 (no more than 28 L8-10)		56
	L8, 9, 10 only		Combination of D, Sa + Dev L6-10		
MODIFIED TRADITIONAL #2					
<ul style="list-style-type: none"><li>1 V, 1 UB, 2 BB*, 1 FX mat in the competition gym.<ul style="list-style-type: none"><li>*The judges move from the “A” beam to the “B” beam for competition.</li></ul></li><li>No warm-up gym.</li><li>Timed warm-ups immediately preceding competition on each event.</li><li>NO 30-second touch</li></ul>					
NON-TRADITIONAL (CAPITOL CUP)	Levels 1 & 2:	Levels 6 & 7, TOPS:	96	96	
<ul style="list-style-type: none"><li>2 gyms (warm-up and competition)</li><li>Timed warm-up on each event immediately preceding competition on that event.</li><li>30-second touch on competitive equipment IS required</li></ul>	30 sec. MAX	1½ minutes MAX	L1-5 only	Combination of B, S, or G + Dev L1-5	
	Level 3:	Levels 8, 9 & 10:	80	80	
	45 sec. MAX	2 minutes MAX*	L6 and / or L7 only OR Combination of L1-5 + L8,9,10 (no more than 32 L8-10) in same session OR Combined L1-5 + L6 and / or L7 (any # of L6 and / or L7 or L1-5 athletes is allowed) in same session	Combination of B, S, or G + Dev L6-10 (no more than 32 L8-10 in same session) OR Combination of P, D, Sa + Dev L1-5 (no more than 32 D & Sa in same session) OR Combination of Dev L6 and / or L7 + P	
MODIFIED NON-TRADITIONAL (MODIFIED CAPITOL CUP)	Levels 4 & 5:	*Levels 9 & 10 BARS ONLY 2½ min MAX (includes UB settings)	72	Combination of P, D, Sa + Dev L6-10	
<ul style="list-style-type: none"><li>2 sets of equipment in the competition gym</li><li>No warm-up gym.</li><li>Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event.</li><li>NO 30-second touch</li></ul>	64				
	1-minute MAX		Combined L6 and / or L7 and L8,9,10 (no more than 32 L8,9,10)		
			L8,9,10 only		

\* If a squad has more than one level competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level.

\* If a competition runs only 2 events at a time, the number of competitors allowed per session equals half of the maximum allowable competitors for that level or division.



# CHAPTER 7 – GENERAL MEET INFORMATION

## XCEL PROGRAM FORMAT REFERENCE CHART

Bronze = B, Silver = S, Gold = G, Platinum = P, Diamond = D, Sapphire = Sa

TYPE OF FORMAT + DESCRIPTION	MAXIMUM TIMED WARM-UP		MAXIMUM # OF COMPETITORS PER SESSION PER PANEL OF JUDGES			
	Bronze, Silver, Gold	Platinum, Diamond, Sapphire	<u>Xcel Divisions Only</u>	<u>Combined Xcel/Dev</u>		
TRADITIONAL	Bronze	Platinum	72	72		
<ul style="list-style-type: none"><li>Either 1 competition gym OR a warm-up + a competition gym.</li><li>Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events.</li><li>30-second touch IS required.</li></ul>	30 sec MAX	1½ minute MAX	B, S, G only	Combination of B, S, or G + Dev L1-5		
MODIFIED TRADITIONAL #1	Silver	Diamond, Sapphire	64	64		
<ul style="list-style-type: none"><li>1 set of equipment in the competition gym.</li><li>No warm-up gym.</li><li>Timed warm-ups immediately preceding competition on each event.</li><li>NO 30-second touch.</li></ul>	45 sec MAX	2-minute MAX	P only OR Combination of B, S, G + P, D, Sa (no more than 28 D, Sa) in the same session	B, S, or G + Dev L6-10 (no more than 28 Dev L8-10 in same session) OR Combination of P, D, Sa + Dev L1-5 (no more than 28 D & Sa in same session) OR Combination of P, D, Sa + Dev L6-10 (no more than 28 Dev L8-10, D or Sa in same session)		
MODIFIED TRADITIONAL #2	Gold		60	Combination of P + D, Sa (no more than 28 D, Sa)	Combination of P, D, Sa + Dev L6-10 (no more than 28 Dev L8-10, D or Sa in same session)	
<ul style="list-style-type: none"><li>1 V, 1 UB, 2 BB*, 1 FX in the competition gym.<ul style="list-style-type: none"><li>*The judges move from the “A” beam to the “B” beam for competition.</li></ul></li><li>No warm-up gym.</li><li>Timed warm-ups immediately preceding competition on each event.</li><li>NO 30-second touch.</li></ul>	1 minute MAX			56		
				D, Sa only		56
						Combination of D, Sa + Dev L6-10
NON-TRADITIONAL (CAPITOL CUP)	Bronze	Platinum	96	96		
<ul style="list-style-type: none"><li>2 gyms (warm-up &amp; competition)</li><li>Timed warm-up on each event immediately preceding competition on that event.</li><li>30-second touch on competitive equipment IS required</li></ul>	30 sec MAX	1½ minute MAX	B, S, G only	Combination of B, S, or G + Dev L1-5		
	Silver	Diamond, Sapphire	80	80		
	45 sec MAX	2-minute MAX	P only OR Combination of B, S, G + D, Sa (no more than 32 D, Sa) in the same session OR Combined B, S, G + P (any # of P or B, S, G athletes is allowed) in the same session	Combination of B, S, or G + Dev L6-10 (no more than 32 L8-10 in same session) OR Combination of P, D, Sa + Dev L1-5 (no more than 32 D & Sa in same session) OR Combination of Dev L6 and / or L7 + P		
MODIFIED NON-TRADITIONAL (MODIFIED CAPITOL CUP)	Gold		72	Combined P and D, Sa (no more than 32 D, Sa)	64	
<ul style="list-style-type: none"><li>2 sets of equipment in the competition gym</li><li>No warm-up gym.</li><li>Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event.</li><li>NO 30-second touch</li></ul>	1 minute MAX			64		
				D, Sa only		Combination of P, D, Sa + Dev L6-10

\*If a squad has more than one division competing, timed warm-up will be determined by the combined total number of minutes allowed for each level.

\* If a competition runs only 2 events at a time, the number of competitors allowed per session equals half of the maximum allowable competitors for that level or division.

**D. COMPETITIVE FORMAT AND DRAW** (procedures AFTER entries have been received)

1. The SAC may decide the competitive format and draw procedures for pre-sectional and sectional ONLY to allow the draw for sessions to be determined by either age divisions or by club teams.
  - If the draw is conducted by teams, awards are given for all levels and/or age divisions competing in each session.
2. The draw for sessions at State and above Championship competitions is to be determined by age divisions.
  - a. The SAC determines specific guidelines that establish the order of competition for the age divisions and/or DEV levels or Xcel divisions (for example, by random draw or youngest to oldest) for State Championships.
  - b. Using the predetermined State guidelines, the Meet Director and SACC, (or other SAC Members designated by the SACC), conduct the draw to determine the order in which the age divisions will be conducted.
  - c. In all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first (1<sup>st</sup>) on the event she is competing using the following steps:
    - 1) Organize gymnasts into squads.
    - 2) Draw for starting events and flights.
    - 3) Place the IES first on the event she is competing within the squad.
    - 4) No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
      - On Uneven Bars ONLY: If any level 9 or 10 squad has fewer than five (5) athletes (4 or less) due to onsite scratches or unforeseen (not anticipated or predicted) circumstances, an additional 2½ minutes timed warm up may be provided. This additional warm-up time MUST include bar settings.
  - d. The format and number of athletes for State and Regional competitions must be approved by the RDPCC (Dev) or RXCC (Xcel) and RTCC.
    - 1) For State/Regional Championships: the maximum number of gymnasts per session may be exceeded by a small percentage for special circumstances, only with the approval of:
      - a. State Championships - the RTCC and the RDPCC (DEV) or RXCC (Xcel) and the RACC
      - b. Regional Championships - the NTCC and the NDPCC (DEV) or NXCC (Xcel) and the NACC.
    - 2) It is the Meet Director's responsibility to contact the appropriate officers (State Meet Directors contact the SACC; Regional Meet Directors contact RTCC). The State or Regional officer(s) will then contact the appropriate individuals, as stated above, for final approval.
3. Club team competition format and draw shall be determined by the:
  - a. Meet Director for invitationals and local meets.
  - b. SAC for pre-sectional qualifiers, sectional and State Championships.
  - c. RAC for Regional competitions.
4. Alphabetize teams and assign competitive numbers for each gymnast, designated by age divisions and/or DEV levels or Xcel divisions. Each level/division and/or age division should be designated by a specific number sequence, if possible.
  - a. If only achievement awards are given for DEV Level 5 or below, the gymnasts are not required to compete within designated age divisions.
  - b. To assign competitor numbers, first determine all athletes in the same age division, listed alphabetically, first by team, then by last name.
5. Determine the number of gymnasts per session based on type of competition, and allowable number of gymnasts per squad. The number of gymnasts per squad is determined by dividing the total number of gymnasts in the session by four (4) in a traditional format, by five (5) if a "bye" rotation is used, or by eight (8) in a non-traditional (Capitol Cup) format.
  - If a Meet Director is aware before the competition begins that a rotation will have fewer than five (5) (4 or less) athletes, a bye rotation must be scheduled and used for that group.
6. Draw for team placement into necessary number of squads. All members of the same age division and/or DEV level/ Xcel division from the same team will be drawn for competitive order in the same squad in the same session.
  - a. Priority - keep DEV levels and Xcel divisions and/or age divisions in the same session and, if possible, the same squad(s).
  - b. If warm-ups are conducted in a separate gym or on a separate set of apparatus in the same gym alternating with competition (non-traditional format), all athletes on the same team MUST be drawn in the same squad(s) within the same flight (in the same gym).
  - c. No team (club) should be drawn into more than two squads in any one session, unless the total number of gymnasts from that club exceeds the number of gymnasts that would be drawn into two squads.
    - If there are several age divisions and/or DEV levels or Xcel divisions within the same session, teams may be drawn for placement in one or two squads.
  - d. The Meet Director should always consider the safety of the athlete first to determine the best format for the competition.
7. Draw for starting events for each squad.
  - Start lists must be distributed to all coaches and judges and posted at the competition site.
8. Order of Events
  - a. FIG Olympic competitive order is Vault, Uneven Bars, Balance Beam, and Floor Exercise.
  - b. In the case of only one (1) squad or four (4) squads (1 panel or 4 panels of judges), the squad(s) will rotate in Olympic order.
  - c. If only 2 events compete simultaneously (2 panels of judges), it is recommended that Vault and Bars run first, followed by Beam and Floor Exercise.

9. Draw for competitive order by taking the numbers of all gymnasts assigned to that squad and draw randomly. No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to fewer than four (4) athletes.
  - a. If more than one DEV level/ Xcel division must be drawn in one squad, all athletes of the same DEV level/ Xcel division must compete consecutively. When rotating to the next event, the first competitor of a DEV level/ Xcel division would be dropped to the last spot.
  - b. In the case of team invitationals in which the order of competition is drawn by team and the coach decides the competitive order of the gymnasts, all teams in the squad would compete gymnasts of one DEV level/ Xcel division, then repeat the team order with the next DEV level/ Xcel division of gymnasts.
  - c. On Uneven Bars ONLY: If any level 9 or 10 squad is reduced to fewer than 5 athletes (4 or less) due to onsite scratches or unforeseen (not anticipated or predicted) circumstances, an additional 2½ minutes timed warm up may be provided. This WILL include bar settings.
10. To determine competitive order when rotating to the next event, the number of places to be “dropped” must be applied uniformly per session and is based on ¼ of the number of competitors in the largest squad in that session.  
 EXAMPLE: Two even squads of 12 and two squads of 11 - drop the first three (3) gymnasts in each squad to the end of the competitive order when rotating to the next event. Four odd-number squads of 9 - drop the first two (2) gymnasts to the end of competitive order.
  - In the case of a squad being reduced in numbers due to gymnasts scratching prior to the start of competition, it may be necessary to re-define the start order on each event for that squad only if the original number of dropped places is more than ¼ of the number of gymnasts in that squad.

**6 OR LESS GYMNASTS IN A SQUAD**

Drop one (1) spot

- ⇒ Gymnast 1: V
- ⇒ Gymnast 2: UB
- ⇒ Gymnast 3: BB
- ⇒ Gymnast 4: FX

**7 – 11 GYMNASTS IN A SQUAD**

Drop two (2) spots

- ⇒ Gymnast 1: V
- ⇒ Gymnast 2
- ⇒ Gymnast 3: UB
- ⇒ Gymnast 4
- ⇒ Gymnast 5: BB
- ⇒ Gymnast 6
- ⇒ Gymnast 7: FX

**12+ GYMNASTS IN A SQUAD**

Drop three (3) spots

- ⇒ Gymnast 1: V
- ⇒ Gymnast 2
- ⇒ Gymnast 3
- ⇒ Gymnast 4: UB
- ⇒ Gymnast 5
- ⇒ Gymnast 6
- ⇒ Gymnast 7: BB
- ⇒ Gymnast 8
- ⇒ Gymnast 9
- ⇒ Gymnast 10: FX
- ⇒ Gymnast 11
- ⇒ Gymnast 12

**IX. MEET WARM-UPS**

**A. GENERAL WARM-UP**

A 15–30-minute general/open warm-up time is required. The Uneven Bars are available to obtain settings only (tap swings). The apparatus is NOT available for warm-up during the general warm-up time. Marking mount distances or practicing run-up onto the board is allowed. The Floor Exercise mat and other matted and open areas may be used for locomotor warm-up activities, such as running, and for skill warm-up that can be performed in a confined space. Line drills on Floor involving simple elements are allowed; however, tumbling on the diagonal is not allowed.

**B. TIMED WARM-UPS:**

Rotations are determined by the following formulas:

1. 30-seconds X number of gymnasts per squad
  - i. DEV Levels 1, 2
  - ii. Xcel Bronze Division
2. 45 seconds X number of gymnasts per squad
  - DEV Level 3
  - Xcel Silver Division
3. 1 minute X number of gymnasts per squad
  - DEV Levels 4, 5
  - Xcel Gold Division
4. 1½ minutes X number of gymnasts per squad
  - DEV Levels 6, 7
  - Xcel Platinum Division
5. 2 minutes X number of gymnasts per squad
  - DEV Levels 8, 9, 10
    - Level 9 & 10 ONLY (Includes Bar settings) – 2½ minutes X number gymnasts
  - Xcel Diamond & Sapphire Divisions
6. VAULT & FLOOR EXERCISE warm up time is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per DEV level / Xcel division.
7. If a squad has more than one DEV level and/or Xcel division competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level/division (see charts below).

*Example 1:*

Squad	# gymnasts	DEV Level	Warm-up Time
A	10	All Level 6/7	15 min (10 x 1.5)
B	10	All Level 6/7	15 min (10 x 1.5)
C	10	All Level 6/7	15 min (10 x 1.5)
D	10	8 at Level 6/7; 2 at Level 8	<b>16 min</b> (8 x 1.5 plus 2 x 2 min)

In Example 1, all squads would have **16 minutes** (time of the largest squad) for Vault and Floor.

*Example 2:*

Squad	# gymnasts	Xcel Division	Warm-up Time
A	10	All Gold	10 min (10 x 1.0)
B	10	All Gold	10 min (10 x 1.0)
C	10	All Gold	10 min (10 x 1.0)
D	10	8 Gold, 2 Platinum	<b>11 min</b> (8 x 1.0 plus 2 x 1.5 min)

In Example 2, all squads would have **11 minutes** (time of the largest squad) for Vault and Floor.

8. Bar settings (adjustments) are NOT included in the warm-up time, unless an athlete chooses to block time (either within their own team or with other teams).
  - a. The clock will NOT stop within the block time.
  - b. Each block is allowed to set the Bars ONE INITIAL TIME before the warm-up time begins.
  - c. The clock WILL STOP between EACH block.
  - d. Separate blocks of ANY SIZE can occur within a squad.
  - e. At all sanctioned events, only one gymnast at a time can be on the Bars for any part of the warm-up period (this would include timed warm-ups and 30-second touch).
9. **BLOCK TIME (BARS & BEAM ONLY)**

Block time is allowed at the discretion of each individual coach for teams that have several gymnasts in one squad. Individual gymnasts from different teams may join together to block time, if they so desire.

  - a. When using a “warm-up/compete” format (one gym and one set of apparatus) with timed warm-ups immediately preceding competition on each event, gymnasts may “block” time.
  - b. At USA Gymnastics sanctioned competitions that use a draw for individual competitive order, the first athlete to compete MUST warm-up first, whether she chooses to block or to take individual warm-up time. If the first athlete blocks warm-up time with additional athletes in the squad, those athletes will warm-up with the first competing athlete.
  - c. Staggered timed warm-up is NOT allowed on Balance Beam.

- d. Coaches with more than one gymnast from the same team are allowed to block all their gymnasts together on Balance Beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed.

**10. BLOCK TIME (VAULT & FLOOR EXERCISE):** Block time is NOT ALLOWED. (note Xcel SPECIFIC procedures below).

- a. The entire squad warms up at the same time for Vault and Floor. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.
- b. XCEL SPECIFIC (VAULT):
- 1) The number of guaranteed vaults for a division is the MINIMUM number of vaults a gymnast must receive in TIMED Warm-ups. If the time expires without some gymnasts receiving the minimum number of guaranteed vaults, those gymnasts are permitted to “finish” their warm-up. Guaranteed minimum number of warm-up vaults per division:
    - a) Bronze: 1
    - b) Silver, Gold, Platinum: 2
    - c) Diamond, Sapphire: 3
  - 2) For any squad utilizing the Vault mat stack: it is recommended that the vault warm-up be divided by the mat configurations used within the squad. Example: the 1<sup>st</sup> gymnast to compete uses a 16” mat stack. All gymnasts using this configuration warm-up together. At the conclusion of the first group, the warm-up time will stop to allow coaches to set up the next mat configuration. All gymnasts using this mat configuration warm-up together.

**11. VAULT WARM-UP PROCEDURES**

- a. Time will begin when a gymnast performs either of the below:
- 1) Gymnast stands on the table or mat stack to do a skill/jump off, OR
  - 2) Gymnast begins running toward the table and touches the springboard.
- b. Warm-up drills i.e., “Handstand hops” and a “run by” without touching the board is NOT included in the warm-up time and will be allowed if performing these drills does not delay the competition.
- Excessive delay of “warm-up drills” when the timer is ready could result in a deduction.
- c. During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete runs or jumps on the Vault runway following the previous competitor’s final vault.
- d. The gymnast may NOT run or jump in front of the Vault judge’s table.
- In this instance, a warning would be given for exceeding warm-up time.

**12. FLOOR EXERCISE WARM-UP PROCEDURES**

- a. For **TRADITIONAL** format competitions that provide only 1 Floor Exercise for competition, or 1 Floor plus a tumbling strip:
- 1) Warm-up all gymnasts, compete all gymnasts if there are:
    - a) Squads of 8 or fewer – DEV Optional and/or Xcel Platinum, Diamond, Sapphire
    - b) Squads of 12 OR FEWER – DEV Compulsory Levels 1-5 and Xcel Bronze, Silver, Gold Divisions
  - 2) Warm-up half the squad, then compete. Warm up the 2<sup>nd</sup> half of the squad, then compete if there are:
    - a) Squads of 9 or more - DEV Optional and/or Xcel Platinum, Diamond, Sapphire
    - b) Squads of 13 or MORE gymnasts – DEV Compulsory Levels 1-5 and Xcel Bronze, Silver, Gold Divisions
- b. For **NON-TRADITIONAL** formats, the total number of athletes assigned to the 2 squads that start on the same event (1 squad in Flight A and the other squad in Flight B) cannot exceed:
- 1) 16 for DEV Levels 8-10, Xcel Diamond, and Sapphire Divisions
  - 2) 20 for combined DEV Levels 6-7, Xcel Platinum Divisions
  - 3) 24 for DEV Levels 1-5 and Xcel Bronze, Silver, and Gold Divisions
  - 4) Regardless of the number of athletes within the squad, timed warm-ups MAY NOT be split.
    - Every attempt should be made to keep squads as even as possible.
- c. With any allowable size squad: warm-up athletes between competitive routines.
- 1) When using this option, the Meet Director MUST assign an adult monitor to regulate the number of athletes warming up at any one point in time and to keep track of the competitive order. It is NOT a responsibility of the judges.
  - 2) For DEV Levels 6-10 and Xcel Platinum – Sapphire Divisions: A gymnast is allowed to start warming up when there are only six (6) more competitors ahead of her. This gives each athlete five (5) turns on the Floor mat prior to her time to compete and there will be no more than five (5) athletes warming up on the Floor at any one point in time.
    - EXAMPLE with eight (8) Level 8-10 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first six (6) athletes will warm-up together (6 x 2 minutes=12 min). Once competition begins, the 7<sup>th</sup> athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up.
  - 3) This procedure may also be used for the TOUCH WARM-UP.
  - 4) For DEV Compulsory Levels 1-5 and Xcel Bronze – Gold Divisions, in a modified non-traditional format, athletes may warm-up between floor routines as a group, corresponding with the squad numbers above. The group is not limited to six (6) athletes, as required by DEV Levels 6-10 and Xcel Platinum - Sapphire.
    - If a coach determines that athletes have not had adequate warm-up time in between routines, he/she can request of the Chief Judge to either have a short block of time for a squad or partial squad to warm-up, or for the judges to slow down to allow for up to 30 seconds between exercises, especially for DEV Levels 1 - 5 and Xcel Bronze - Gold Divisions.

- C. **EXCEEDING WARM-UP TIME:** If an athlete (or team) disregards the timer and exceeds the warm-up time, the timer must report the infraction to the Meet Director or Meet Referee. This would be considered as the warning, and any subsequent infraction would result in a 0.20 penalty.

**D. WARM-UP ROTATION ORDER**

1. TRADITIONAL format: Squads start timed warm-ups on their 2<sup>nd</sup> competitive event and rotate in Olympic order to finish warm-ups on their 1<sup>st</sup> competitive event.

EXAMPLE: Warm-up order: UB, BB, FX, V  
Competitive order: V, UB, BB, FX

2. When "Bye Squads" are used, timed warm-ups must be in the same order as the competitive rotation.

- E. If timed warm-ups are conducted in a separate warm-up gym, all equipment (warm-up and competition) MUST BE IDENTICAL (except for Floor Exercise, where a tumbling strip made with the same type springs, foam and carpet as the FX mat may be used in the warm-up gym). Each board must be marked for a specific gym and event.
- F. If a gymnast arrives late to a competition due to circumstances beyond her control (traffic delay, weather-related, etc.), every effort should be made to allow the athlete to compete. She should be provided a safe and effective warm-up without upsetting the flow of the ongoing event. Provided that she has arrived for her designated session/age division, her scores will be valid for all individual and team rankings.

**G. 30-SECOND TOUCH WARM-UP**

1. A touch warm-up on the competitive equipment prior to each event must be offered for any competitions using a Traditional or Capitol Cup format (excluding Modified Traditional and Modified Capitol Cup).
  - For TRADITIONAL format meets: In the case of large squads (9 or more DEV Optional, Xcel Platinum - Sapphire; 13 or more DEV Compulsory, Xcel Bronze - Gold), the squad MAY be divided into two (2) groups. The 1<sup>st</sup> half takes a touch warm-up and then competes; then the 2<sup>nd</sup> half takes a touch warm-up and competes.
    - The option to alternate competition with the touch warm-ups (staggered touch) may also be used, at the discretion of the Meet Director.
2. The 1<sup>st</sup> athlete to compete must be given the opportunity to touch first; however, the gymnast is NOT REQUIRED to take the touch warm-up.
3. The touch warm-ups are NOT REQUIRED to be in competitive order.
4. **VAULT:** Touch warm-ups are not controlled by time, but rather by a guaranteed maximum number of Vaults per gymnast. Athletes may warm-up in any order, but each athlete is still guaranteed the specified maximum number of Vaults per DEV level / XCEL division.
  - a. **One (1)** Vault MAX: Xcel Bronze competitions
  - b. **Two (2)** Vaults MAX: DEV Levels 1-5, Xcel Silver - Platinum competitions
  - c. **Three (3)** Vaults MAX: DEV Levels 6-10, Xcel Diamond and Sapphire competitions
  - d. Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY, in addition to their specific number of allowable Vaults.
  - e. After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
5. **BARS:** A 30-second warm-up per gymnast is allowed; setting of the bars is NOT included in the "touch" warm-up time.
6. On **BARS & BEAM only:** Athletes will be allowed to take the touch warm-up in any order to expedite the one-touch warm-up, but each athlete must still be individually timed 30-seconds.
7. **BEAM:** 30-seconds per gymnast.
  - BEAM ONLY - Touch warm-ups may be staggered.
    - If the touch warm-up on BEAM is staggered with warm-ups between competitive routines, the touch warm-up MUST be in competitive order.

EXAMPLE: For competitions using a Modified Traditional format, the first three (3) gymnasts will touch warm-up on BB, then athlete #1 competes. The 4th gymnast will touch warm up while judges evaluate the score for the 1<sup>st</sup> gymnast. After each subsequent routine, the next gymnast in rotation order will touch warm up.
8. **FLOOR EXERCISE:** All gymnasts in the squad (or ½ the squad in the case of large squads) warm up simultaneously for a time period determined by multiplying the number of gymnasts by 30 seconds.  
EXAMPLE: 5 gymnasts will be given 2½ (5 x 30/seconds per gymnast) minutes as a group to touch warm-up.
  - The Meet Director may choose to use the option of conducting the touch warm-ups in between the competitors.
9. In the case of an unavoidable delay in the competition (i.e., electrical power outage, serious injury, etc.), the Meet Director, in conjunction with the Meet Referee, may allow an additional TOUCH WARM-UP for those athletes who have already taken the 30-second touch but have had to wait an unreasonable amount of time. The safety of the athletes must be the primary concern.

**X. SPECIFIC COMPETITION PROCEDURES**

Included below are rules for Athletes, Coaches, Judges, Meet Personnel AND Spectators.

- A. There shall be no more than 20 minutes between the end of timed warm-ups and the start of competition (or the 30-second touch competition warm-up).
- B. Gymnasts should march from event to event, with the squad presenting itself to the Chief Judge.
  - EXCEPTION: Competition formats that include continuous rotation DO NOT require a formal march or presentation to the judges.
- C. ONLY competing gymnasts and their coach(es) are allowed on the field of play, and ONLY during the session in which they are competing.
  1. At invitationals ONLY, a Meet Director may allow injured/scratched gymnasts onto the field of play ONLY during the session they were scheduled to compete.
  2. At Level 9 Easterns/Westerns & Level 10 Nationals, alternates are allowed to be on the field-of-play and join their respective regional team for formal march-in. Alternates must wear their provided warm-ups at all times while on the field-of-play, unless they are called in to compete.
  3. The only additional people allowed on the field of play are those directly involved with the running of the event (e.g., trainers, scorers, flashers, runners, etc.).

- Unless a child is old enough to act in a volunteer capacity at a competition, attending coaches should make childcare arrangements for their child(ren).
- D.** At Level 9 Easterns/Westerns & Level 10 Nationals, a gymnast **MUST** wear her competitive number during the competition.
- **EXCEPTION:** An athlete is performing a back spin on BB or FX. The coach must show the number to the judges prior to the athlete beginning her routine.
- 1) If the gymnast refuses to wear the number, a warning would be issued to the coach of the gymnast. If she fails to wear the number at subsequent events, a deduction for inappropriate attire would be applied.
  - 2) At all other meets at which competitor number bibs are provided, the numbers may be worn OR displayed.
- E.** At Level 10 Nationals, high school aged athletes are encouraged to wear their competitive number during the training day as well, to assist collegiate coaches in identifying the athletes.
- F. VAULT NUMBER:** For DEV L6-10 and Xcel Gold - Sapphire Divisions, the Vault number of the vault that the gymnast intends to perform must be visually displayed at any sanctioned competition that utilizes a 4-judge panel. At all other sanctioned competitions, the Vault name OR number may be audibly communicated to the judges.
- Vault numbers can be displayed using any number of ways, examples: score flashing unit, white board, chalk board, etc.
- G.** If a gymnast is injured prior to or during the competition and is unable to compete in all four (4) events, she must present to the Chief Judge and touch the apparatus of the event(s) in which she is unable to compete. By receiving a score of zero or higher, she has the right to continue in the competition.
1. If the gymnast does not present to the Chief Judge and touch the apparatus on the next event(s), she will be considered as withdrawing (SCRATCHING) from the meet and thus forfeits her right to continue but is eligible for awards on the event(s) she was able to compete.
  2. If a gymnast is injured during the competition and is unable to compete in any additional events, she is not required to "touch" the apparatus on the remaining events. She is, however, still eligible to receive awards on any events completed prior to withdrawing (scratching).
    - It is the coach's responsibility to report any scratches/withdrawals to the attention of the Meet Director and/or Meet Referee, so it is properly recorded in the scoring system.
- H. SCORING**
1. Base score will be established at the judges' meeting at Sectional and above competitions with the use of the Technical Committee Base Score videos and script of deductions.
  2. It is recommended that each judge must either independently input their score electronically or submit the score in writing on a separate score slip.
    - a. If only one (1) keypad is available per event, both judges must write their own score, and both (or all four) scores should be entered electronically to ensure an accurate average score.
    - b. To ensure accurate results, both Vault scores should be entered into an electronic scoring system, especially at qualifying and championship competitions.
  3. At **State meet and above**, there must be a written back-up (in the form of a verification heat sheet) to record the individual judges' scores, neutral deductions, and the final average score.
    - **At local or invitational meets, their use is left to the discretion of the Meet Director.**
      - **If a verification sheet is not used, the Chief Judge must document both individual scores, the average score, and any neutral deductions.**
  4. **OPEN SCORING:**
    - a. Defined as either electronically flashing each judge's score OR writing each judge's score on each athlete's competitor card.
    - b. **REQUIRED at:**
      - Level 10 Nationals & Level 9 Eastern/Western Championships.
    - c. **ALLOWED at:**
      - 1) DEV & Xcel Regional Championships (to be determined by RAC)
      - 2) DEV Optional & Xcel State Championships (to be determined by SAC)
      - 3) DEV Optional Invitationals (at the discretion of the Meet Director)
    - d. **NOT ALLOWED at:**
      - Any DEV compulsory meet, including DEV compulsory State Championships.
    - e. **Procedures for Open Scoring**
      - 1) Each judge should independently determine his/her score.
      - 2) Each judge should record the Start Value and final score on their judging sheet. If using electronic entry, only the score is entered.
      - 3) After the Chief Judge receives all judges' scores, each individual judge's score is then flashed on the score-flashing unit.
      - 4) If the score is changed because of a conference, the adjusted score should be re-flashed as a "Corrected Score".
  5. **START VALUES**
    - a. **REQUIRED** to be either flashed or written on the competitor's card for DEV L6-10 and all Xcel divisions at all sanctioned competitions.
    - b. **Procedures for flashing Start Values:**
      - 1) Each judge should independently determine a Start Value.
      - 2) The Start Value and the final score should be recorded on their judging sheet.
      - 3) Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' scores.
      - 4) Start Values do not have to match. A conference **MAY** be called to determine if the Start Value needs to be adjusted, either up or down.

- 5) If the Start Value is changed because of a conference, the adjusted Start Value should be re-flashed.
6. Judges may score in 0.05 increments at all USA Gymnastics sanctioned competitions.
7. A final score of 1.00 (DEV) or 4.00 (Xcel) will be awarded for any routine that would result in a score equal to or less than 1.00 (DEV) or 4.00 (Xcel).
8. **VOID VAULTS:** At State Championships and above, all void (optional) vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
9. Once the final average score is submitted to the scoring system, it may not be changed unless an inquiry is submitted and results in a score change.
  - a. A Chief Judge may change a score after submission to the scoring system IF a neutral deduction (such as out of bounds or overtime) was inadvertently not applied. This change must occur prior to the end of the rotation. The coach must be notified of the score change and if possible, the new score should be displayed to the public.
  - b. If a judge realizes that a gymnast was mistakenly judged using the incorrect rules for her level, the routine may be re-evaluated using the appropriate rules to determine the correct Start Value and specific compositional deductions, based on the judges' shorthand. This re-evaluation must occur within 5 minutes of the end of the competition for that session. The judging panel must notify the Meet Referee and the scoring personnel that the re-evaluation is to occur. The coach must be notified immediately of any score change.
  - c. If there is a clerical error when entering scores electronically, the score may be officially changed by the end of the session.
  - d. At State Championships and above: In extenuating situations, the Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled and restricted elements were NOT performed. The coach must be notified that a review will occur. No additional deductions are allowed to be taken by a judge after the review if the Special Requirement(s) in question is (are) awarded.
10. Individual Event Finals Score: rankings determined during the Optional AA competition at Invitational meets.
  - a. The format and qualification procedures for any finals competition is determined by the Meet Director and must be published in advance.
  - b. There are no Individual Event Finals conducted in any DEV Championship competition.
11. All-Around (AA) Score: total score for the four (4) events for DEV L1-10 and all Xcel divisions
12. Team Score
  - a. For invitational meets - the method used to calculate the team score must be described clearly in the meet information.
  - b. For Pre-Sectional Qualifiers, Sectionals and State club/team competitions, the SAC shall determine the method used for determining team score. Some options are:
    - 1) Limit the number of gymnasts on a team and count all scores.
      - EXAMPLE: 6-member team, or 3-member team, all scores count.
    - 2) Specify the number of gymnasts on a team and count all scores but one (1) on each event.
      - EXAMPLE: 6-member team, 5 scores per event count.
    - 3) Allow an unlimited number of gymnasts per team; specify number of scores per event to count.

#### **I. INQUIRY REGULATIONS**

1. At all sanctioned competitions, the Meet Director must provide score inquiry forms at a place designated at the coaches' meeting.
2. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based ONLY on the following criteria:
  - a. DEV Compulsories - Incorrect elements, evaluation of major elements, falls, neutral deductions or unusual occurrences.
  - b. DEV Optionals - Awarding of Start Value, specific "flat" compositional deductions, falls, neutral deductions or unusual occurrences.
  - c. Xcel – Awarding of Start Value, falls, neutral deductions, or unusual occurrences.
  - d. A flash from a camera is not a valid reason to submit an inquiry, requesting that the routine be repeated.
3. Coaches need to be aware that an inquiry allows for a second evaluation, which may result in:
  - a. no change in score,
  - b. the score being raised.
  - c. the score being lowered.
4. A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.
5. Inquiries must be submitted to the Meet Director OR Meet Referee WITHIN 5 MINUTES OF THE COMPLETION OF THE SQUAD'S COMPETITION ON THAT EVENT.
  - EXCEPTION: If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
  - a. Applies only to AA athletes; not applicable to IES athletes.
  - b. Process CANNOT be used to qualify for Level 9 Easterns/Westerns or Level 10 Nationals.
  - c. Process may not be used for mobility purposes.
  - d. Process may not be used if qualification to the State or Regional meet is by percentage (%) or designated number per age group.
6. No fee may be charged to submit an inquiry.
7. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach. The coach may NOT approach the judge regarding the inquiry during the competition.

#### **J. VIDEO REVIEW REGULATIONS**

1. At all DEV and Xcel sanctioned competitions, a coach may request a video review by the Meet Referee and highest rated **judge unaffiliated with that event** (if video is available).



- a. If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the **next two (2) highest rated judges unaffiliated with the athlete**, or the highest rated unaffiliated judge and a USA Gymnastics officer.
2. All videos must be reviewed at regular speed. Slow-motion WILL NOT be considered.
3. The video review process is allowed to be used ONLY:
  - a. If the situation involves the possibility that the judges missed an “element” that would affect the Start Value.
    - 1) All judges did not record a full turn on BB.
    - 2) One or more judges recorded a 2/1 twist instead of 3/1 twist on FX.
  - b. To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.
  - c. To verify if the gymnast lands on the bottom of the feet first on Vault, Uneven Bar/Balance Beam dismounts, Beam Acro elements that finish on top of the Beam (foot/feet), and Floor Exercise saltos.
    - For DEV Levels 8-10 and Xcel ONLY: Immediate video review is allowed (if available and decisive) when the first vault is awarded a zero for failure to land on any part of the bottom of the feet first. The review MUST be completed prior to attempting the 2<sup>nd</sup> vault.
  - d. To consider spotting deductions.
  - e. To consider floor line violations.
  - f. To consider floor exercise overtime deductions.
    - To submit an inquiry for an overtime deduction, a coach MUST provide a video of the routine in question.
  - g. If a neutral deduction was applied.
4. The video review process is NOT allowed to be used to appeal a judgment of degree assessment.
  - **EXAMPLES:** degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps, **timing and degree of twists on Vault**, as well as other like skills.
5. The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision.
6. Once the video review process has been finalized, the judging panel is allowed to review the video.
7. **XCEL VIDEO REVIEW ONLY:**
  - a. At ALL Xcel sanctioned competitions, if a video review results in the awarding of a Special Requirement or Value Part, the judging panel may apply deductions related only to the reason for the video review. NO additional deductions for execution may be applied.
  - b. At Xcel State meets and above, a video review may be used to evaluate the above assessments that would affect the Start Value.

**K. JURY OF APPEALS**

1. If a coach does not feel the procedures of the inquiry process or video review were properly followed, they may, **WITHIN 5 MINUTES** of receiving the results of the inquiry or video review, petition for a review by the Jury of Appeals. Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.
2. Methods of settling a case by the Jury:
  - a. Discussion
  - b. Voting on a decision
  - c. Majority vote dictates the final decision.
3. The Jury of Appeals for local meets and State Championships is comprised of the following individuals:
  - a. Meet Director (non-voting if the question relates to his/her gymnast)
  - b. Meet Referee (President of the Jury)
  - c. Chief Judge of the Event in question
  - d. If available, one USA Gymnastics representative (Elected State or higher Committee member or any Regional or National Officer)
4. Jury of Appeals for Regional Championships and above competitions is comprised of the following individuals:
  - a. Meet Director (non-voting if the question relates to his/her gymnast)
  - b. Meet Referee (President of the Jury)
  - c. USA Gymnastics elected Administrative Officer

**L. SCORE ADJUSTMENT**

Justification for changing a score due to a conference, Inquiry, Video Review, or Jury of Appeals:

1. If an error (mathematical, recording, or flashing) exists.
2. If the average score was computed from scores that were out of range.
3. If time and/or line violations were administered improperly.
4. If the Jury of Appeals decides to penalize the gymnast for improper attire or behavior, or the coach for improper behavior.
5. If the video review panel determines that an incorrect evaluation has been made.

**M. AUDIENCE/SPECTATOR REGULATIONS**

1. Spectators are not allowed to enter the “field of play” competitive area. They must use only the area designated for the public.
2. Spectators are not allowed to use flash photography during the pre-meet warm-ups or during competition, as this may endanger the performing athletes.
3. Drones are not permitted during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
4. Spectators shall not disturb the order of the meet, its competitors, and its officials. Individuals causing violations shall be asked to leave the competition site.
5. If so directed, the spectators shall not carry food or drinks into the spectators' area.
6. Children (offspring) of coaches and/or judges should not be on the competition floor unless performing a specific duty, such as “runner” or “score flasher”.

**N. PARTICIPANT REGULATIONS**

The use of cell phones for verbal conversation is PROHIBITED while on the field of play (competition area). Coaches are permitted to record their own gymnasts' exercise for personal use but should not in any way interfere with the competition.

- Exception: Walkie-talkies for the Meet Director and host club personnel and medical personnel are allowed.

**O. MUSIC REGULATIONS**

1. Music failures/errors that occur before the athlete has started the routine can be corrected and the correct music restarted.
2. Procedures for music failure during the routine due to technical failure:
  - a. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to resume from point of music failure OR accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music if the decision is to accept the score.
  - b. The gymnast may stop her performance immediately and request permission from the Chief Judge to continue from the point of interruption/music failure. Once permission is granted and after a reasonable amount of rest time, the gymnast may perform from point of interruption OR the series / combination when music failure occurred. No score would be given for a partial routine, all deductions prior to the equipment/music failure will still be applied.
3. Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular, internet, or Bluetooth connection at competitions is not allowed.

**P. AWARDS**

1. The minimum numbers and/or types of awards that must be distributed are listed below. A Meet Director may present more awards, **BUT NOT LESS**, than those listed. A SACC may request that the RACC grant a deviation from these minimum recommendations based on financial conditions of the State Championships. The RAC may choose to deviate from these minimum recommendations based on financial conditions of the Regional Championships.
2. Non-citizens living and training in the United States, who are not current or past members of a foreign national team, may participate in all USA Gymnastics sanctioned events and are eligible for awards.
3. If the draw for sessions is by club teams, awards for all age divisions must be presented at each session.
4. If a gymnast **competes in the wrong age division**, her scores are invalid for the meet (may not be used for All-around, individual events or team awards); however, the score achieved may be used for level/division mobility.

**5. INDIVIDUAL AWARDS**

- a. **DEV LEVELS 1 - 4** (SAC determines awards (achievement, placement, or a combination of both) given.)
  - 1) If achievement awards are given, the SAC will determine the guidelines for scores.
  - 2) If placement awards only are given, Level 4 will follow the guidelines for Level 5 and above.
- b. **DEV LEVELS 5, 6, 7, 8, 9, and 10**
  - 1) If only one (1) gymnast is entered in an age division, she receives the 1st place All-Around (AA) medal only.
  - 2) If **2-10** gymnasts are entered in an age division:
    - a) Award 1-2 All-around for 2 gymnasts
    - b) Award 1-3 All-around for 3-5 gymnasts
    - c) Award 1-4 All-around for 6-10 gymnasts
    - d) Award 1st place in each event
  - 3) If **11-20** gymnasts are entered in an age division:
    - a) Award 1-6 All-around places
    - b) Award 1-3 event places
  - 4) If **21-50** gymnasts are entered in an age division:
    - a) Award 1-6 All-around places
    - b) Award 1-6 event places
  - 5) If **51 or more** gymnasts are entered in an age division:
    - a) Award 1-10 All-around places
    - b) Award 1-10 event places
  - 6) At Level 9 Eastern/Western Championships and Level 10 Nationals, duplicate awards will be given in the case of a tie.
  - 7) At Level 10 Nationals, if a non-citizen places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US Development Program National Team. In this instance, the next US citizen in rank order will be placed on the Development Program National Team.

**c. ALL XCEL DIVISIONS**

The Meet Director is required to give a **minimum of 40%** of each age division for individual events & in the AA.

**6. COMPETITIONS WITH INDIVIDUAL EVENT SPECIALISTS (IES):**

Whenever IES are included in a competition, the IESs compete and are ranked amongst the AA competitors. However, if there is a tie between an IES and an AA athlete, the tie is NOT broken - both athletes would receive identical awards.

Example for the Vault event:

- a. First place athlete's score is 9.40.
- b. Next highest score is 9.30, earned by two athletes - one competing in the AA and the other competing as an IES. This tie is not broken; both gymnasts receive the 2<sup>nd</sup> place award.
- c. The next highest scoring athlete earns a 9.20 and would then receive the 4<sup>th</sup> place award.

**7. TEAM AWARDS**

- a. Team awards are determined by the SAC for sectionals through State Championships and by the RAC for Regional Championships.
- b. Club team competition at Dev Regionals, Level 9 Eastern/Western Championships, and Level 10 Nationals is **NOT ALLOWED**.
  - Xcel only – Club team awards may be presented at Regional Championships (at the discretion of the RAC).
- c. State and/or Regional Team competition

- 1) Level 8 and 9 Regional Championships: State team awards may be presented (at the discretion of the RAC).
- 2) Xcel Regional Championships: State team awards may be presented (at the discretion of the RAC).
- d. Level 9 Eastern/Western Championships and Level 10 National Championships: refer to Dev chapter for specifics
- e. Xcel ONLY – should be awarded for each division. Divisions should not be combined for team awards.
  - If a state does not have enough gymnasts in one or more divisions to have a team competition, divisions may then be combined for team awards. To do this, the SACC must request permission from the RACC.

**8. AWARD TIE BREAKING SYSTEM**

This system is to be used when AWARDING TROPHIES OR ENGRAVED MEDALS. It may also be used when awarding ribbons; however, if financial conditions permit, it is strongly recommended that duplicate awards be presented.

**a. RECOGNITION OF TIED GYMNASTS**

- 1) If there is a tie for 1<sup>st</sup> place, BOTH GYMNASTS are champions and should be announced as such, although one will receive the 2<sup>nd</sup> place award if duplicate awards are not possible.
- 2) In the case of ties for other places, the gymnasts will be announced as being tied for that rank; however, the tie-breaking procedure determines which gymnast receives the higher award, if duplicate awards are not given.
- 3) All gymnasts who tie for a place receive an award. When there is a tie for the last place awarded, the tie-breaking procedure is used to determine which gymnast will receive the award that day. Duplicate awards should be sent, within one month, to the remaining tied gymnasts.

**b. DISTRIBUTION OF AWARDS (Example w/ 1<sup>st</sup> place tie):**

- 1) Award the 1<sup>st</sup> place medal by one of the tie breaking procedures.
- 2) The 2<sup>nd</sup> place medal is then presented to the tied gymnast.
- 3) There is NO 2<sup>nd</sup> place ranking.
- 4) The 3<sup>rd</sup> place medal is then presented to the next gymnast, and so on.

**c. TIE-BREAKING PROCEDURES FOR PRESENTATION OF AWARDS**

For meets that cannot provide duplicate awards for placement, the tie-breaking system should be used. However, whenever there is a tie, the computer should be programmed to skip the next place (example - tie for 1<sup>st</sup> place: both gymnasts are recognized as 1<sup>st</sup> place winners, with one gymnast receiving the gold, the other silver based on the tie-breaking procedure. The next highest scoring gymnast receives the 3<sup>rd</sup> place award, and no 2<sup>nd</sup> place award is presented.)

**1) TIES IN THE ALL-AROUND**

- a) The gymnast with the highest individual event score receives the award for the tied place.
- b) If the gymnasts are still tied, then the gymnast with the second highest individual event score receives the award.
- c) If the gymnasts are still tied, then the gymnast with the third highest individual event score receives the award.
- d) If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.
- e) At Level 9 Eastern/Western Championships, Level 10 National Championships, Elite Challenge, and Classic competitions, athletes tied in the All-around will receive duplicate awards. However, for the purpose of presenting awards, use the above criteria, if necessary. The gymnast receiving the lower place award will be sent a duplicate award, if not available at the competition.
  - At Level 10 National Championships, if there is a tie for 4<sup>th</sup> place All-around, both (all) tied athletes will qualify to the Development Program National Team.

**2) TIES IN THE INDIVIDUAL EVENTS**

- a) The gymnast with the highest All-around total receives the award for the tied place.
- b) If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.
- c) At Level 9 Eastern/Western Championships, Level 10 National Championships, Elite Challenge, and Classic competitions, athletes tied in an individual event will receive duplicate awards. However, for the purpose of presenting awards, use the above criteria, if necessary. The gymnast receiving the lower place award will be sent a duplicate award, if not available at the competition.
  - Whenever there is a tie, the computer should be programmed to skip the next place.

**3) TIES AT INDIVIDUAL EVENT FINALS (NEW LIFE) AT INVATIONALS**

- a) The gymnast with the highest preliminary score on that event receives the award for the tied place.
- b) If still tied, then the gymnast with the highest AA score from the preliminary competition receives the award for the tied place.
- c) It is recommended that tied gymnasts receive duplicate awards. Use the above tie-breaking criteria if duplicate awards are not given for financial purposes or if duplicate awards are not available at the competition. The gymnast receiving the lower place award should be sent a duplicate award, if not available at the competition.

**4) TIES IN TEAM SCORE**

- a) The team with the highest team score on a single event receives the award for the tied place.
- b) If still tied, the team with the next highest team score on an event receives the award for the tied place.
- c) If still tied, continue to the next highest of the events.
- d) In case of a tie for last awarded place, both teams are to receive awards. Use the tie breaking procedures to determine which team receives the award that day and send a duplicate award to the members of the other team.
- e) Level 9 Eastern/Western or Level 10 Nationals - If there is a tie for Regional team score, both teams will receive duplicate awards. However, for the purposes of presenting awards, use the above criteria. All gymnasts on the team receiving the lower place award will be sent a duplicate award.
  - In the case of a tie for the overall Regional Team Champion award, both regions will be announced as co-champions.

**XI. SELECTION OF COMPETITION HOSTS FOR QUALIFYING EVENTS**

**A. BIDDING FOR A USA GYMNASTICS COMPETITION**

Bid forms for National meets can be found on the USA Gymnastics website. State and Regional Bid Forms are available through the SACC and RACC.

1. Pre-Sectional Qualifiers, Sectional and State level competitions: send a completed bid form to the SACC.
2. Regional competitions: send a completed bid form to the RACC.
3. Level 9 Eastern/Western Championships and Level 10 National Championships: send a completed Intent to Bid form to the Development Program Director at the National office.

**B. CRITERIA FOR SELECTION OF COMPETITION HOSTS**

After all bids are received, they are ranked, and the host named. The aim is to provide equal opportunity to all applicants and to grant the event to the optimal host organization. Several factors are considered.

- A. The geographic location of the meet is to be rotated from time to time.
- B. The total schedule and location of national meets for that year.
- C. Host organization
  1. Must be in good standing with USA Gymnastics, their respective state and region.
  2. Must have successful event organizational experience and the reputation of operating according to the highest of ethical standards.
  3. Must be responsible for any financial loss it may incur.
- D. Meet Director
  1. Must be in good standing with USA Gymnastics, their respective state and region.
  2. Must be affiliated with a Member Club/Member Organization and have a current Meet Director membership.
- E. The host organization and the Meet Director must guarantee the best organizational set-up for a quality event, according to the *Rules and Policies*.
- F. The facility for Level 10 National Championships, as well as Level 9 Eastern and Western Championships, must be available for one day of training prior to the event.

## CHAPTER 8 – XCEL PROGRAM

### I. OVERVIEW

The USA Gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The GOAL of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to meet requirements so selection may be based on an individual athlete's strengths. The Xcel program's PURPOSE is to provide competitive opportunities for all athletes, regardless of their age, ability level, or training commitment in terms of hours and/or finances. The FOCUS of the Xcel program is sportsmanship, leadership, teamwork, and fun. The EMPHASIS in the Xcel program is on correct technique, form, and performance.

An Xcel COMPETITIVE YEAR is defined as the period from August 1 through July 31. A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each division.

- A gymnast may compete in a maximum of two (2) State Championships per competitive year (one per season), either at the same or higher division.

The XCEL program includes six competitive Divisions – Bronze, Silver, Gold, Platinum, Diamond, and Sapphire. Xcel competitions are conducted throughout the United States and are organized by the USA Gymnastics State (SAC) and Regional (RAC) Administrative Committees.

- A. If a gymnast has never competed in the USA Gymnastics Development Program Levels 1-10 and wishes to compete in any division of the Xcel Program, she will need to register as an Athlete Member to participate.
- B. If a gymnast already has an Athlete Membership she is not required to change or purchase a new membership for Xcel. However, she must change to her appropriate Xcel division. This can be done on the athlete profile online through USA Gymnastics.
- C. Athletes competing in both Xcel and the Development Program in the same competition year must have the appropriate Xcel division OR Development Program level box checked on their athlete profile before participating in a sanctioned USA Gymnastics competition.

A gymnast is not required to compete in the All-Around. If she chooses not to compete in the AA, she must touch the event(s) she is NOT competing. Her scores may count towards team scores.

### II. ENTRY INTO THE XCEL DIVISIONS

- A. Gymnasts currently competing in the Xcel program must follow the XCEL mobility chart.
  - Any gymnast who has not reached the Minimum Age Requirement for Xcel Sapphire may petition for entry into Xcel Sapphire by submitting a petition to the Regional Xcel Committee Chair (RXCC) and the National Xcel Committee Chair (NXCC). The petition must be accompanied by a video that demonstrates her skill level.
- B. Gymnasts who have no previous competitive experience may enter the XCEL program at the Bronze, Silver, or Gold division, at their coach's discretion.
- C. Any athlete who has previously competed in the Xcel Program but has been inactive for one (1) or more years, must contact their SACC for proper entry regulations. The options are:
  1. Remain in the division at which they last competed.
  2. Move up one (1) division IF they achieved the mobility score during their last season.
  3. Move down one (1) division without petitioning.
- D. Any gymnast who has had previous competitive experience in programs outside USA Gymnastics must petition to enter at Platinum and above by submitting a formal written request to the SAC.
- E. Any gymnast who has had previous competitive experience in USA Gymnastics AND who is a minimum of 14 years of age (or at least a Freshman in High School) is eligible to petition for entry into Platinum, Diamond, or Sapphire by submitting a formal written request to the SAC.
  - The petition must be accompanied by a video that demonstrates her skill level.
- F. Athletes (US citizens or non-US Citizens) who have resided outside the US, have competitive experience outside the US, and now reside in the US, are eligible to petition by submitting a formal written request to the RXCC for entry into the Xcel Program at Platinum, Diamond, or Sapphire.
  - The petition must be accompanied by a video that demonstrates the skill level for which she is submitting the petition and proof of residency outside the US.
- G. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher division by achieving an average score equal to the average of the All-around qualifying score for that division.
- H. The Xcel program is an alternative/separate program, IT CANNOT BE USED TO SATISFY MOBILITY REQUIREMENTS IN THE DEVELOPMENT PROGRAM

**III. TYPES OF COMPETITION + AGE/ENTRY REQUIREMENTS AND MOBILITY QUICK REFERENCE CHART**

TYPES OF COMPETITION			
DIVISION	LOCAL	STATE CHAMPIONSHIPS	REGIONAL CHAMPIONSHIPS
All Xcel divisions (Bronze, Silver, Gold, Platinum, Diamond, Sapphire)	X	To be determined by the SAC	To be determined by the RAC

XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART *Only LIVE sanctioned competitions allowed for mobility purposes.			
DIVISION	MINIMUM AGE REQUIREMENT	PREREQUISITE SCORES	ENTRY DIVISION FROM THE DEVELOPMENT PROGRAM*
<b>BRONZE</b>	Reached 5 <sup>th</sup> birthday	None	DEV Levels 1, 2
<b>SILVER</b>	Reached 6 <sup>th</sup> birthday	None	DEV Levels 1, 2, 3
<b>GOLD</b>	Reached 7 <sup>th</sup> birthday	None	DEV Levels 1, 2, 3, 4
<b>PLATINUM</b>	Reached 8 <sup>th</sup> birthday	32.00 AA at Gold Division OR 8.5 IES	DEV Levels 5,6,7
<b>DIAMOND</b>	Reached 9 <sup>th</sup> birthday	32.00 AA at Platinum Division OR 8.5 IES	DEV Levels 7, 8
<b>SAPPHIRE</b>	Reached 12 <sup>th</sup> birthday **	32.00 AA at Diamond Division OR 8.5 IES	DEV Levels 8, 9, 10

\*Must have competed AA at a minimum of one sanctioned meet at the specified Development Program level to enter in the appropriate Xcel division.

**IV. DROPPING BACK THROUGH XCEL DIVISIONS**

- A. DECLARATION DATE:** The SAC (State Administrative Committee) must determine prior to the beginning of the competitive year, a designated "declaration date".
- The program (DEV or XCEL) competed first after the "declaration" date will determine that athlete's program (DEV or XCEL) for the remainder of that season.
  - Once a gymnast has competed in a sanctioned event past the declaration date, she may NOT drop back to a lower XCEL division in the same competitive season.
- B.** If a gymnast **DOES NOT QUALIFY TO THE STATE CHAMPIONSHIPS**, she may petition to drop back one (1) XCEL division at the beginning of the next competitive season by submitting a formal written request to:
- The SACC, with the final decision determined by the SAC.
    - XCEL Bronze, Silver, Gold Divisions
  - The RACC, with the final decision determined by the RAC.
    - XCEL Platinum, Diamond, and Sapphire Divisions
- C.** Once an athlete **COMPETES IN STATE CHAMPIONSHIPS**, she is not allowed to drop back without sending a reason for change petition to:
- The SACC to be considered by the SAC
    - XCEL Bronze, Silver, and Gold divisions
  - The RTCC to be considered by the RAC.
    - XCEL Platinum, Diamond, and Sapphire divisions
  - These reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which she had previously competed.
  - If a valid reason does exist, the athlete would be able to drop back only one (1) XCEL division.
- D.** If a DEV athlete wishes to enter the Xcel Program in a division below the allowable division (as per the mobility charts), her coach may submit a "reason for change" petition to:
- SACC for approval – DEV Level 8 or below
  - RTCC for approval – DEV Level 9 or 10

**V. GENERAL REGULATIONS**

**A. PETITION PROCEDURES**

- Petitions may be considered for the following reasons:
  - Injury, illness, or family tragedy (e.g., death, natural disaster)
- If an athlete is injured prior to a qualifying meet, but can compete in 1, 2 or 3 events, she may compete in the qualifying meet without jeopardizing her right to petition to the next competition.
- The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.
- Injury Petition Forms are posted on the USA Gymnastics website.
- Specific petition procedures for State and Regional competitions are in the sections for those events.

**B. XCEL STATE CHAMPIONSHIPS**

1. Are under the total jurisdiction of the SAC.
  - a. The format and number of athletes must be approved by the RXCC and RTCC.
  - b. The SAC selects and determines the number of judges per panel, selects the Meet Referee, and may determine the event assignments. It is recommended that the SACC ask the Meet Referee to make the event assignments.
2. May be conducted for all divisions, at the discretion of the SAC.
3. May be conducted in the fall and/or spring for all divisions, at the discretion of the SAC.
  - For those divisions that have a Regional competition, the respective State Meet must be scheduled a minimum of 3 weeks prior to the Regional meet. Any deviation to that guideline must be approved by the RACC.
4. A current Xcel gymnast who competed in the same division the previous year and competed in the previous year's Regional Championships (and fulfilled the qualification requirements or achieved a score equal to or greater than the current year's respective State Championships qualifying score) may directly enter the current year's State Championships in her respective division.
5. Any athlete who has qualified to a State or Regional Championships will be allowed to participate if they can perform at least 1 event. In this case, they must present and touch each apparatus to receive a score of "zero" at the events in which they are unable to compete. The scores received by this individual may also contribute to the team score.
6. **ENTRIES, FEES AND DEADLINES – XCEL STATE**
  - a. Entries must be postmarked a minimum of 14 days (or as per SAC guidelines) prior to the first day of competition. A maximum fee of \$50.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly.
  - b. Entry fees for petitioned athletes should be submitted by the entry deadline. If the petition is denied, the Meet Director must refund the entry fee within 3 weeks.
7. **PETITIONS AND DEADLINES – XCEL STATE**
  - a. NO petitions are allowed if the qualification to the State Championships is by a percent of a percent or a designated number of each age division and not by score.
  - b. **STATE PETITIONS PLUS SUPPORTING DOCUMENTATION MUST BE SENT ELECTRONICALLY NO LATER THAN THE WEDNESDAY AFTER THE LAST QUALIFYING MEET IS HELD.**
    - 1) **Petitions must be submitted to the SACC, with final approval made by the SAC.**
    - 2) The petitioner and Meet Director will be notified of the approval or denial of the petition by the SACC no later than 1 week before the competition.
    - 3) If a petition is accepted but the gymnast is unable to compete, the coach MUST notify both the Meet Director and the SACC.
  - c. A coach may petition to allow an athlete to directly enter the State Championships if the following requirements are met, and documentation must be included with the petition form.
    - 1) If an athlete is unable to compete at the Sectional or any local State-qualifying meet (or cannot compete in the All-around at State Championships due to injury or illness prior to or during the State Championships)
      - a) If there is a qualifying score: A photocopy of the results of 1 sanctioned meet from the current season showing a score, which is equal to or greater than the State qualifying score.
        - If the gymnast competed in the same division in the previous season and qualified to the State Championships or above, she may petition with the previous year scores from State or above meets.
      - b) Written request from the coach.
      - c) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
    - 2) If an athlete is unable to compete at any Sectional or local State-qualifying meets in the current season (or cannot compete AA at such events) due to injury or illness and is also lacking scores from last year's season due to injuries but has previously qualified to and competed in the State or above competitions at the same division, an injury petition may be considered under special circumstances by the SACC. If necessary, the RTCC and the RXCC will be consulted. The petition must include:
      - a) A copy of meet results from the previous State or Regional competition with scores, which are at least one point higher than the current State qualifying score.
      - b) A current video.
      - c) Written request from the coach or parent.
      - d) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
8. **AWARDS – XCEL STATE**
  - a. Awards for State Championships and above must be ordered by the SACC (or designee) from the national medal company a minimum of four (4) weeks before the competition.
  - b. Awards for State Championships
    - 1) Must award a minimum of 40% for individual awards and all-around.
    - 2) Must award a minimum of 40% for team awards at each division.
      - If a state does not have enough gymnasts in one or more divisions to have a team competition, divisions may then be combined for team awards. To do this, the SACC must request permission from the RACC.
9. Results from State Championships need to be emailed to the RACC, RTCC, RXCC, Regional Meet Director, and the SACC of the respective state within 72 hours.
10. The State Championships Director must send a Financial Report to the SACC within 60 days of the completion of the meet.

**C. XCEL REGIONAL CHAMPIONSHIPS**

1. Are under the total jurisdiction of the RAC.
  - a. May be conducted for all Xcel divisions, at the discretion of the RAC.
  - b. The RAC selects the judges and determines the number of judges per panel.
2. The format and number of athletes must be approved by the RXCC and RTCC.
3. If there is an insufficient number of athletes who achieved the qualifying score, the RAC may guarantee up to 120 gymnasts to Regional Championships.
4. If the number of athletes in one age division requires that two sessions of competition be conducted, the Meet Director shall conduct a random draw by team to fill the sessions.
5. State team competition may be conducted as a separate competition (with a designated number of athletes qualifying by rank order) or as part of the individual competition in which each state designates which individual's scores will count toward the State team score.
6. If a state has no All-Around qualifiers to Regionals (at each allowable division), the gymnast with the highest AA from the State Championships (from any of the age divisions) will be invited to compete at the Regional meet, regardless of the score.
7. **ENTRIES, FEES AND DEADLINES – XCEL REGIONALS**
  - a. Regional Meet Directors must send regional meet information to the State Championships Meet Director, with copies to the RXCC, RTCC and RACC at least one week prior to the State Championships.
  - b. Entry forms and fees for Regional Championships will be collected by the USA Gymnastics designated official at the State Championships and sent to the Regional Meet Director unless an electronic entry system is in place.
  - c. The Entry form and fees for petitioned athletes must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the RTCC will contact the Meet Director, who will refund the entry fee.
    - If the gymnast was injured at the State Championships, the entry fees and form should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State Championships, unless an electronic entry system is in place. (Fees will be returned within 3 weeks if the petition is not accepted.)
8. **PETITIONS AND DEADLINES – XCEL REGIONALS**
  - a. NO petitions are allowed if qualification to the Regional Championships is by a percentage (%) or by a specific number of athletes.
  - b. Petitions must be submitted to the RACC and RTCC.
  - c. **REGIONAL PETITIONS MUST BE SENT ELECTRONICALLY AND RECEIVED NO LATER THAN 5:00 PM LOCAL TIME THE MONDAY FOLLOWING THE STATE CHAMPIONSHIPS.**
    - 1) The request in writing from the coach plus official results are due by 5:00 pm local time the Monday following the State Championships.
    - 2) All other required documents (physician's note) must be received (also send a copy to the SACC) by 5:00 pm local time the Wednesday following the State Championships.
    - 3) If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective RTCC.
  - d. The petitioner will be notified of the approval or denial of the petition by the RTCC a minimum of 1 week prior to the Regional meet.
    - The RTCC will notify the Meet Director of the approval or denial of the petition.
  - e. A coach may petition to the RTCC (or Regional Technical Assistant, if so designated) to allow an athlete to DIRECTLY enter the Regional Championship if the following requirements are met AND documentation is included with the petition form:
    - 1) If a gymnast is unable to compete at the State Championships (or cannot compete in the AA at State) due to injury or illness prior to or during State.
      - a) A photocopy of at least one pre-State, sanctioned meet results from the current season (at the division to which they are petitioning) showing a score at least one point (1.00) greater than the regional qualifying score.
        - If the gymnast competed in the same division in the previous year's Xcel Regionals and her AA score was at least one point (1.00) greater than the current Regional qualifying score, she may submit her last year's Regional score as her pre-State meet score.
      - b) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
      - c) Written request from the coach.
    - 2) If an athlete who is unable to compete at State (or cannot compete AA at State) due to injury or illness is also lacking scores from both the current and last year's season due to injuries but has previously qualified to and competed in Xcel Regionals at the same division, an injury petition for the same division may be considered under special circumstances by the RTCC and the RXCC. If necessary, the SACC, NXCC and NTCC will be consulted. The petition must include:
      - a) A copy of the meet results must be included with the petition form. The scores from the previous Regional competition must be at least one point (1.00) higher than the current Regional qualifying score for the division.
      - b) A current video that is sent to both Regional officers.
      - c) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
      - d) The RTCC (or her/his appointee) will handle the petition, in consultation with the RXCC and the SACC. If an agreement cannot be reached, the RTCC will make the decision.
9. Regional meet results must be emailed within 72 hours to SACCs in that region, the RXCC, RTCC, and RACC.
10. The Financial Report form must be sent from the Meet Director within 45 days (or otherwise designated time) to the RACC.



**CHAPTER 9 – DEVELOPMENT PROGRAM**

**I. OVERVIEW**

The Women's Development Program (formerly known as Junior Olympic or JO) was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year if she so chooses. Development Program sanctioned competitions are conducted throughout the United States.

A competitive **YEAR** is defined as the period from August 1 through July 31. A competitive **SEASON** is defined as that period from the first designated qualifying competition through the culminating Championships at each level.

- A gymnast may compete in a maximum of two (2) State Championships per competitive year (one per season), either at the same or higher level.

The Development Program is divided into three major segments: developmental, compulsory, and optional. Athletes must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: DEV Levels 1-3 do not have a mobility score).

**A. DEVELOPMENTAL - Levels 1 through 3.** These levels may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. Some states may have an organized Level 1-3 competitive program with sanctioned events and offer State Championships for these levels. Contact the SACC for information on scheduling, judging criteria, etc.

1. In-gym or inter-club testing.
2. Equipment should accommodate the size of the gymnasts.
3. Gymnasts must enter at the level as determined by their birthday but may progress through the events and skills at different levels.

**B. COMPULSORY - Levels 4 and 5.** Both levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.

**C. OPTIONAL - Levels 6-10.** Levels 6, 7, 8, and 9 have difficulty restrictions, while Level 10 has no restrictions in the skill choice. Composition is evaluated at Levels 8, 9, and 10. Refer to the Development Program *Code of Points* for a complete explanation of Level 6-10 rules.

1. Levels 6 and 7 have competitive opportunities up to and including State and possibly Regional Championships, depending on the needs of each Region.
2. Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Development Program National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

**II. TYPES OF COMPETITION + AGE/ENTRY REQUIREMENTS AND MOBILITY QUICK REFERENCE CHART**

TYPES OF COMPETITION AVAILABLE + QUALIFYING SCORES						
Level	Local and pre-Sectional	Sectional	State Championships	Regional Championships	East/ West Championships	National Championships
Level 1-5	X	X	X	NA	NA	NA
Level 6-8	X	X	X	TBD by RAC	NA	NA
Level 9	X	X 31.00 AA	X TBD by SAC	X  TBD by the RAC. Level 9 and 10 qualifying scores	Top 7 per age division per region with a min. of 34.00 AA	NA
Level 10	X	X 31.00 AA	X TBD by SAC	Must be approved by the NDPCC and the NTCC.	NA	Top 7 per age division per region with a min. of 35.00 AA

<b>DEVELOPMENT PROGRAM AGE/ENTRY REQUIREMENTS AND MOBILITY** SCORES OVERVIEW CHART</b> <i>*Only LIVE sanctioned competitions allowed for mobility purposes.</i>				
LEVEL	MINIMUM AGE REQUIREMENT	PREREQUISITE SCORES	PREVIOUS EXPERIENCE	MOBILITY SCORE TO ADVANCE TO THE NEXT LEVEL
<b>1 – 2</b>	L1 - Reached 4 <sup>th</sup> birthday L2 - Reached 5 <sup>th</sup> birthday	None		None
<b>3</b>	Reached 6 <sup>th</sup> birthday	None		None
<b>4</b>	Reached 7 <sup>th</sup> birthday	None	Level 4 or 5*	<b>34.00 AA at Level 4</b> 36.00 AA at two (2) L4 meets to move directly to Level 6
<b>5</b>	Reached 7 <sup>th</sup> birthday	34.00 AA at Level 4	Level 5 or 6*	<b>32.00 AA at Level 5</b> <i>Mobility back and forth between Levels 5 and 6 is allowed.</i> Level 5 may be skipped if two (2) 36.00 AA achieved at Level 4
<b>6</b>	Reached 7 <sup>th</sup> birthday	32.00 AA at Level 5	Level 6 or 7*	<b>32.00 AA at Level 6</b> Level 6 may be skipped if 32.00 AA was achieved at Level 5
<b>7</b>	Reached 7 <sup>th</sup> birthday	32.00 AA at Level 5 or 6	Level 7 or 8*	<b>32.00 AA at Level 7 OR</b> 8.5 IES
<b>8</b>	Reached 8 <sup>th</sup> birthday	32.00 AA at Level 7	Level 8 or 9*	<b>34.00 AA at Level 8 OR</b> 8.5 IES
<b>9</b>	Reached 8 <sup>th</sup> birthday	34.00 AA at Level 8	Level 9 or 10*	<b>34.00 AA at Level 9 to move to Level 10 OR</b> 8.5 IES
<b>10</b>	Reached 9 <sup>th</sup> birthday	34.00 AA at Level 9	Level 10 or Elite*	None

### III. ENTRY INTO THE DEVELOPMENT PROGRAM (DEV) LEVELS

- A. Athletes whose competitive experience has been in any system (including USA Gymnastics' Xcel Program) must enter the Development Program at Level 4 or below.
- B. Any athlete who has previously competed in the Development Program but has been **inactive for one (1) or more years**, must contact their SACC for proper entry regulations. The options are:
  1. Remain at the level at which they last competed.
  2. Move up one (1) level if they achieved the minimum mobility score during their last season.
  3. Move down one (1) numerical level, without petitioning.
- C. Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel program, and who is a **minimum of 12 years of age** is eligible to petition for entry into Level 7 and below by **submitting a formal written request to the SAC**. The petition must be accompanied by a video that demonstrates her skill level.
- D. Any athlete who has prior competitive experience in the Development Program, competes in State Meet in an alternative program (e.g. Xcel or other organization), must submit a petition to **RE-ENTER** the Development Program at Level 5 or above.
  1. Levels 5 – 8: Petitions must be submitted to the SAC.
  2. Levels 9 – 10: Petitions must be submitted to the RAC.
- E. Athletes who are limited in the number of events in which they can perform due to a **permanent physical handicap** (verified by a physician) may submit a formal written request to qualify to a higher level by achieving an average score equal to the average of the all-around qualifying score for that level.
  - Petitions for Levels 8 and below must be submitted to the SACC, with final approval determined by the SAC. For Levels 9 and above, petitions must be submitted to the RACC, with final approval determined by the RAC.

### IV. DROPPING BACK THROUGH THE DEV LEVELS

- A. **DECLARATION DATE:** The SAC (State Administrative Committee) must determine prior to the beginning of the competitive year, a designated "declaration date".
  1. The program (DEV or XCEL) competed first after the "declaration" date will determine that athlete's program (DEV or XCEL) for the remainder of that season.
  2. Once a gymnast has competed in a sanctioned event past the declaration date, she may NOT drop back to a lower DEV level in the same competitive season.
- B. If a gymnast **DOES NOT QUALIFY TO THE STATE CHAMPIONSHIPS**, she may petition to drop back one (1) DEV level at the beginning of the next competitive season by submitting a formal written request to:
  1. The SACC, with the final decision determined by the SAC.
    - **DEV Levels 8 and below**
  2. The RACC, with the final decision determined by the RAC
    - **For DEV Levels 9 – 10**

- C. Once an athlete **COMPETES IN STATE CHAMPIONSHIPS**, she is not allowed to drop back without sending a reason for change petition to:
  1. The SACC to be considered by the SAC
    - DEV Levels 7 and below (*EXCEPTION*: Mobility is allowed between Levels 5 and 6 without going through the petitioning process)
  2. The RTCC to be considered by the RAC.
    - DEV Levels 8 – 10
- D. These reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which she had previously competed.
  - If a valid reason does exist, the athlete would be able to drop back only one (1) DEV level (i.e., competed Level 8, permission to drop back one numerical level to Level 7).
- E. If a DEV athlete wishes to enter the Xcel Program in a division below the allowable division (as per the mobility charts), her coach may submit a “reason for change” petition to:
  1. SACC for approval – DEV Level 8 or below
  2. RTCC for approval – DEV Level 9 or 10
- F. A US Elite gymnast (an athlete who has competed as a Junior or Senior International Elite in a Classic Meet, Junior World Trials, or higher) who wants to enter the Development Program **MUST** petition to drop back to the Development Program, regardless of the year of competition. Her coach must complete the Elite Drop Back Petition form and send to the NPDCC.
  1. Petitions **MUST** be received at least three (3) weeks prior to the Level 10 State Championships.
  2. The NDPC will review the petition. The NDPC will notify the coach of the acceptance/denial of the petition and will copy the respective SACC and RACC and the RTCC.
  3. Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during the Elite competitive year (through Championships of the year in which she competes Level 10).
  4. Clarification: An elite athlete dropping back into the Development Program is considered a DEV athlete when she enters her first USA Gymnastics sanctioned event as a Level 10 athlete **AFTER** the petition has been granted.
  5. All scores obtained before the petition is granted are **INVALID** for qualification to State Championships and above in the current season.
- G. Any gymnast who competed at the Pre-Elite level (at a Regional or National qualifier and/or Challenge competition) may choose to compete as a Level 10 in the following season, since she is considered as a Pre-Elite athlete. No petition is necessary.

**V. GENERAL REGULATIONS – STATE AND ABOVE COMPETITIONS**

**A. DEVELOPMENT PROGRAM (DEV) STATE CHAMPIONSHIPS**

1. Under the total jurisdiction of the SAC and SACC.
  - a. The format and number of athletes must be approved by the RDPCC and RTCC.
  - b. The SAC selects and determines the number of judges per panel, selects the Meet Referee, and may determine the event assignments. It is recommended that the SACC ask the Meet Referee to make the event assignments.
  - c. States may incorporate subdivisions within levels (such as first-year competitors and veterans or divisions based on scores achieved) or they may provide a team competition that is conducted separately from the state individual competition.
2. **MUST** be conducted for Levels 4-10 and may be conducted for Levels 1- 3 (at the discretion of the SAC).
3. Levels 1 – 7 State Championships may be conducted in the fall and/or spring (at the discretion of the SAC).
4. Level 8–10 State Championships **MUST** be conducted in the spring, according to the Regional and National schedule.
  - For those levels that have a Regional competition, the respective State meet must be scheduled a minimum of three (3) weeks prior to the Regional meet. Any deviation to that guideline must be approved by the RACC.
5. All levels must be judged by a minimum of two (2) qualified judges per event.
6. A current Level 8, 9 or 10 gymnast who competed at the same level the previous year **AND** competed in the previous year's Regional Championships (and achieved a score equal to or greater than the current year's respective State Championships qualifying score) may directly enter the current year's State Championships at her respective level.
7. Any athlete who has qualified to a State, Regional, Eastern/Western or National Championships will be allowed to participate, if they can perform at least one event. In this case, they must present and touch each apparatus to receive a score of "zero" at the events in which they are unable to compete. The scores received by this individual may also contribute to the team score.
8. At State meet, gymnasts who have qualified as an All-Arounders do not have to designate as an Individual Event Specialist (IES), as their individual event scores can still count for IES qualification.
  - An IES qualified athlete must designate their IES events as they are not eligible to compete on events in which they did not qualify.
9. **ENTRIES, FEES AND DEADLINES – DEV STATE**
  - Entries must be postmarked a minimum of 14 days (or as per SAC guidelines) prior to the first day of competition. A maximum fee of \$50.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly.
10. **PETITIONS AND DEADLINES – DEV STATE**
  - a. NO petitions are allowed if the qualification to State Championships is by a percent of a percent or a designated number of each age division and not by score.
  - b. **STATE PETITIONS PLUS SUPPORTING DOCUMENTATION MUST BE SENT ELECTRONICALLY AND RECEIVED NO LATER THAN THE WEDNESDAY AFTER THE LAST QUALIFYING MEET IS HELD.**
    - 1) **Petitions must be submitted to the SACC, with final approval made by the SAC.**
    - 2) The petitioner and Meet Director will be notified of the approval or denial of the petition by the SACC no later than one week before the competition.
    - 3) If a petition is accepted but the gymnast is unable to compete, the coach **MUST** notify the Meet Director and the SACC.

- c. A coach may petition to allow an athlete to directly enter the State Championships if the following requirements are met, and documentation must be included with the petition form.
  - 1) If a gymnast is unable to compete at the Sectional or any local State-qualifying meet (or cannot compete in the All-around at State Championships due to injury or illness prior to or during State Championships)
    - a) If there is a qualifying score; a photocopy of the results of 1 sanctioned meet from the current season showing a score which is equal to or greater than the State qualifying score.
    - b) If the gymnast competed at the same level in the previous season and qualified to State Championships or above, she may petition with the previous year scores from State or above meets.
    - c) Written request from the coach.
    - d) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
  - 2) If an athlete who is unable to compete at any Sectional or local State-qualifying meets in the current season (or cannot compete AA at such events) due to injury or illness and is also lacking scores from last year's season due to injuries, but has previously qualified to and competed in the State or above competitions at the same level, an injury petition may be considered under special circumstances by the SACC. If necessary, the RTCC and the RDPCC will be consulted. The petition must include:
    - a) A copy of meet results from the previous State/Regional/National competition with scores, which are at least one point higher than the current State qualifying score.
    - b) A current video.
    - c) Written request from the coach.
    - d) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
11. Awards for State Championships and above must be ordered by the SACC (or designee) from the national medal company a minimum of 4 weeks before the competition.
  - See Awards section in General Meet Information chapter for specifics on number of places to be awarded per number of athletes in any given age group.
12. Results from State Championships need to be emailed to the RACC, RTCC, RDPCC, Regional Meet Director, and the SACC of the respective state within 72 hours.
13. The State Championships Director must send a financial report to the SACC within 60 days of the completion of the meet.

#### **B. DEVELOPMENT PROGRAM (DEV) REGIONAL CHAMPIONSHIPS**

1. Are under the total jurisdiction of the RAC.
  - a. RAC selects the judges and determines judges per panel.
    - Must be judged by a minimum of two (2) qualified judges per panel.
  - b. RAC determines if Level 8, 9 and 10 Regional Championships will be conducted separately, or all held the same weekend.
2. The format and number of athletes must be approved by the RDPCC and RTCC.
3. Must be conducted for Level 9 and 10
  - Level 9 and 10 Regionals are conducted in April a minimum of three (3) weeks prior to Level 9 Eastern/Western and Level 10 Nationals. The date (or option of dates) is determined by the NDPC. Any deviation from this guideline must be approved by the Development Program Director.
4. May be conducted for Level 8 and below (at the discretion of the RAC). The scheduling of Level 8 Regionals and below (if held) is at the discretion of the RAC.
5. Team competition by club team is NOT allowed at Regional Championships.
6. State team competition may be conducted as a separate competition (with a designated number of athletes qualifying by rank order) or as part of the individual competition in which each state designates which individual's scores will count toward the State team score.
7. If a state has no All-around qualifiers to Regionals (at each allowable level), the gymnast with the highest AA from the State Championships will be invited to compete at Regionals.
  - IES (Individual Event Specialists) athletes are NOT eligible.
8. If the number of athletes in one (1) age division requires that two (2) sessions of competition be conducted, the Meet Director shall conduct a random draw by team to fill the sessions.
9. **ENTRIES, FEES AND DEADLINES – DEV REGIONALS**
  - a. Regional Meet Directors must send Regional meet information to the State Championships Meet Director, with copies to the RDPCC, RTCC and RACC at least one (1) week prior to the State Championship.
  - b. Entry forms and fees for Development Program Regional Championships must be filed and paid (with a club/company check) to the USA Gymnastics designated official at the qualifying meet, (unless there is an electronic entry system in place), who will forward them to the Meet Director of the next level meet.
  - c. Entry form and fees for petitioned athletes must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the RTCC will contact the Meet Director, who will refund the entry fee.
    - If the gymnast was injured at the State Championships, the entry form and fees should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State Championships. (Fees will be returned within 3 weeks if the petition is not accepted.)
10. **PETITIONS AND DEADLINES - LEVELS 8, 9 & 10 REGIONAL CHAMPIONSHIPS**
  - a. NO petitions are allowed (at any DEV level) if qualification is by a percentage or by specific number of athletes.

- b. IES (Individual Event Specialist) athletes ARE ALLOWED to petition to Level 9 or 10 Regional Championships, provided that they achieve an event score that is at least 0.25 greater than the current Regional qualifying score.
- c. **REGIONAL PETITIONS MUST BE SENT ELECTRONICALLY AND RECEIVED BY THE SACC, RACC AND RTCC NO LATER THAN:**
  - 1) **5:00 PM LOCAL TIME THE MONDAY FOLLOWING STATE** - Coaches must notify of any athletes they intend to petition to Regionals by providing a completed Injury/Illness petition form PLUS official results.
  - 2) **5:00 PM LOCAL TIME THE WEDNESDAY FOLLOWING STATE** - All other required documents (physician's note) are due.
  - 3) The petitioner will be notified of the approval or denial of the petition by the RTCC a minimum of 1 week prior to the Regional meet.
  - 4) The RTCC will notify the Meet Director of the approval or denial of the petition.
  - 5) If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective RTCC.
- d. A Coach may petition to the RTCC (or Regional Technical Assistant, if so designated) to allow the athlete to directly enter the Regional Championship if the following requirements are met AND documentation is included with the petition form:
  - 1) If a gymnast is unable to compete at the State Championships (or cannot compete in AA at State Championships) due to injury or illness prior to or during the State Championships
    - a) A photocopy of at least one (1) pre-state, sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one point (1.00) greater than the Regional qualifying score OR
      - 1) **Level 6:** Gymnasts who competed in the previous year's Level 6 Regional Championships and achieved an Optional All-Around (AA) score at least 1.00 point above the current Regional qualifying score may use that previous Regional score as their pre-State Championships score.
      - 2) **Level 7:** Gymnasts who competed in the previous year's Level 7 Regional Championships and achieved an Optional AA score at least 1.00 point above the current Regional qualifying score may use that previous Regional score as their pre-State Championships score.
      - 3) **LEVEL 8:** If the gymnast competed in the previous year's Development Program Level 8 Regional Championships and her Optional AA score was at least one point (1.00) greater than the current Regional qualifying score, she may submit her last year's Regional score as her pre-State Championships score.
      - 4) **LEVEL 9:** A Level 9 gymnast may submit her previous year's Regional or Eastern/Western score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 9 Regional qualifying score.
      - 5) **LEVEL 10:** A Level 10 gymnast may submit either her previous year's Regional or National score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 10 Regional qualifying score.
    - b) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
    - c) Written request from the coach.
  - 2) If an athlete who is unable to compete at the State Championships (or cannot compete AA at State Championships) due to injury or illness is also lacking scores from both the current and last year's season due to injuries but has previously qualified to and competed in either Level 9/10 Regionals, Level 9 Eastern/Western, or Level 10 Nationals, an injury petition for the same level may be considered under special circumstances by the RTCC and the RDPCC. If necessary, the SACC, NDPCC and NTCC will be consulted. The petition must include:
    - a) A copy of the meet results must be included with the petition form. The scores from the previous Regional/National competition must be at least one point (1.00) higher than the current Regional qualifying score.
    - b) A current video that is sent to both Regional officers.
    - c) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
    - d) The RTCC (or their appointee) will handle the petition, in consultation with the RDPCC and the SACC. If an agreement cannot be reached, the RTCC will make the final decision.
- e. **SPECIAL CONSIDERATIONS FOR PETITIONS TO LEVEL 9 OR 10 REGIONAL CHAMPIONSHIPS**  
 Any athlete currently competing Level 9 or 10 who has no Level 9 or 10 scores from the current season due to injury, but who had competed at or qualified to an Elite Challenge or Classic in the previous season, may petition to Level 9 or 10 Regionals. The injury petition will be considered under special circumstances by the RTCC and RDPCC. If necessary, the SACC, as well as the NDPCC and NTCC may be consulted. The petition form must be accompanied by the following:
  - 1) A copy of her Elite scores from the previous season.
  - 2) A current video must be sent to the two Regional officers.
  - 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- f. If an athlete begins her fourth event at State meet, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.  
*Examples:*
  - Regional Qualifying Score = 34.00. Required petition score = 35.00. The athlete must achieve a three-event score totaling 26.25.
  - Regional Qualifying Score = 35.00. Required petition score = 36.00. The athlete must achieve a three-event score totaling 27.00.

- g. If an athlete is injured PRIOR to competing her 4th event at State meet, 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.

**11. AWARDS – DEV REGIONALS:**

The RACC must order awards for the Regional meets a minimum of 4 weeks prior to competition from the national medal company.

- a. The USA Gymnastics National Office is financially responsible for the following Regional awards:
  - 1) 1st - 3rd per age division for Development Program Level 10
  - 2) 1st - 3rd per age division for Development Program Level 9
- b. Since Regional competition for Level 8 and below is not required, the Regions are financially responsible for all awards.
- c. The RAC will determine whether the Meet Director or the RAC has the financial responsibility for the awards needed beyond the above listed awards.

**12. RESULTS OF REGIONAL MEETS MUST BE EMAILED WITHIN 72 HOURS TO:**

- a. **For Level 8 or below** (if held): The SACCs in that region, RDPCC, RTCC, and RACC.
- b. **For Level 9:** The SACCs in that region, RDPCC, RTCC and RACC, the Meet Director of the respective Eastern or Western Championships and the Development Program Director at the National Office.
  - 1) Level 9 Regional Meet Directors (or designated USA Gymnastics Regional officer) must email the meet results to the Development Program Director at the National Office no later than 24 hours after the completion of the meet.
  - 2) Also include a list of the qualifiers, plus two alternates to the Level 9 Eastern/Western National Championships.
- c. **For Level 10:** The SACCs in that region; RDPCC, RTCC and RACC, and the Development Program Director (National Championship Meet Director) at the National Office.
  - 1) Level 10 Regional Meet Directors (or designated USA Gymnastics Regional officer) must email the meet results to the Development Program Director at the National Office no later than 24 hours after the completion of the meet.
  - 2) Also include a list of the qualifiers, plus two alternates to the Level 10 National Championships.
  - 3) In addition, each region must include the names of the top 2 AA athletes from the entire Regional Championship that did not qualify within their age group, as well as the top 5 individual athletes per event that did not qualify as an AA athlete within their age group or as one of the 2 additional AA athletes for the All-Star session.

- 13. The Meet Director must send the financial report form within 45 days (or otherwise designated time) to the RACC.

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**C. LEVEL 9 EASTERN/WESTERN CHAMPIONSHIPS**

- 1. Are under the jurisdiction of the USA Gymnastics National Office and the National Development Program Committee (NDPC)
- 2. Are conducted annually in late April/early May.
- 3. The assignment of judges is the responsibility of the NTCC and the Women's Program Technical Director in the National Office and is based on the recommendations of the 8 RACs.
- 4. Judged by 4-judge panel per event, with no more than 2 judges from the same region on a panel.
- 5. The Development Program Director will provide the following information to the Meet Directors of the Level 9 Eastern and Western Championships:
  - a. Schedule
  - b. The draw, squads, and rotations
  - c. All technical matters of the meet
  - d. Financial responsibilities of local organizing committee and USA Gymnastics
- 6. **QUALIFICATION – LEVEL 9 EASTERN / WESTERN CHAMPIONSHIPS**
  - a. Eastern/Western age divisions will be determined separately, with 16 age divisions for East and West.
  - b. Foreign athlete eligibility – refer to Chapter 2.
  - c. The top 7 All-around athletes in each of the 16 age divisions from each of the 4 regions will compete as Regional Team members, provided they scored a minimum of 34.00 AA at the Regional Championships.
    - 1) Any gymnasts who tie for 7<sup>th</sup> place will attend Eastern/Western Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count towards the Regional team score and which will compete as an Individual. The gymnast designated as Individual will not be eligible to receive a Regional Team Award.
    - 2) In the event of a 3-way tie for 7<sup>th</sup> place All-around in any age division, the tie breaking procedures will be applied to determine the rank order of the athletes. The 9<sup>th</sup> place athlete will NOT be eligible for Eastern/Western Championships unless there is space available in another region in that age division.
  - d. If any region is unable to field a team of 7 gymnasts per age division, the open slots will be filled based upon the Regional Team results from the previous year.
    - 1) If one spot needs to be filled, the 8<sup>th</sup> place athlete from the region whose regional team won that respective division the previous year will fill the spot. All athletes from the 1<sup>st</sup> place region who might be involved in a tie for 8<sup>th</sup> place will be used to fill the empty spots before any other region's athletes are assigned.
    - 2) If more than one spot needs to be filled in an age division and there were no ties in the 1<sup>st</sup> place region, the next individual added is the 8<sup>th</sup> place athlete from the region whose regional team placed second in the previous year.
    - 3) Only athletes from the regions that placed 1<sup>st</sup> and 2<sup>nd</sup> in the specific age division the previous year may fill the incomplete squads.
    - 4) If an athlete competes with another region, the Region becomes a designated All-Star team. The scores from the entire squad, regardless of region, will count towards the Regional All-Star team score. In the event of a tie for 7<sup>th</sup> place, the tie-breaking procedures will be applied to determine the rank order of the athletes, and the 8<sup>th</sup> place athlete will NOT be eligible to receive an All-Star team award.

**7. THERE ARE NO PETITIONS TO LEVEL 9 EASTERN OR WESTERN CHAMPIONSHIPS.**

8. **APPAREL** - All competitors and 1<sup>st</sup> alternates will receive a tank leotard from their region to be worn in the competition. Each region will be designated by a specific color. The gymnasts will also receive a competition warm-up uniform from GK Elite Sportswear.
  - a. The 1<sup>st</sup> alternate and the next several athletes in rank order will be measured at Regionals in the event that more than 1 athlete in an age division is injured or ill and cannot compete at Eastern/Western Championships. The 2<sup>nd</sup> and subsequent alternates DO NOT receive apparel unless they move into the 1<sup>st</sup> alternate position prior to the week of the competition.
  - b. Apparel will be ordered for the 1<sup>st</sup> alternate (and any ties for 1<sup>st</sup> alternate) from each region in each age division. The apparel will be distributed only to those 1<sup>st</sup> alternates in attendance.
  - c. The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If there are warm-up uniforms remaining following the competition, they will be sent to the alternates who did not attend either by the RACC, RDPCC, or by the National Office. The distribution of the remaining competitive leotards supplied by the Region is at the discretion of the respective RACC.
9. **ENTRY, FEES AND DEADLINES – LEVEL 9 EASTERN / WESTERN CHAMPIONSHIPS**
  - a. Prior to Regional meets, the Meet Director of the Eastern and Western Championships must send meet information for all qualifiers and alternates to the 4 respective Regional Meet Directors. In addition, a copy of the meet information must be sent to the Development Program Director.
  - b. Entry forms and fees for the Level 9 Eastern and Western Championships are collected at the Regional Championships by the RACC or the USA Gymnastics designated official, who forwards them by email, along with the meet results to the Meet Director of the respective Eastern or Western Championships.
    - 1) Clubs of qualified athletes must pay the entry fee (maximum of **\$150 per athlete**) at the Regional meet.
    - 2) Upon athlete qualification, coaches are required to register themselves online through Meet Reservation for the applicable event (Easterns OR Westerns).
    - 3) The allowed number of credentialed coaches (per club) for Eastern/Western Championships are as follows:
      - 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play.
      - 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play.
      - 10+ athletes participating – contact the Development Program Director for coach credentials.
 ⇒ Clubs may request additional coach credentials for \$100/each, with approval from the Development Program Director. Payment is due at the time of the request and is payable to the respective Eastern/Western Meet Director.
  - c. Results and the names of qualifiers must be sent by email to the Development Program Director at the USA Gymnastics National Office immediately following the completion of competition for each age division.
  - d. **ENTRY FEES ARE NOT REFUNDABLE WITH LESS THAN 10 DAYS' NOTICE PRIOR TO THE MEET.**
    - 1) If an athlete who is qualified to Level 9 Eastern/Western is unable to compete due to an injury/illness and is replaced by the alternate, the Meet Director will refund the injured/ill athlete's entry fee.
    - 2) If no replacement is made, there will be no refund.
10. **INJURY REPLACEMENTS – LEVEL 9 EASTERN / WESTERN CHAMPIONSHIPS**
  - a. If a qualifier is injured prior to Easterns or Westerns, the alternate gymnast from her region and age division will replace her.
    - Replacements will be allowed up to the start of the competition on the 1<sup>st</sup> event for each flight; however, the alternate must take the position and squad of the injured athlete.
  - b. If the injury/illness occurs **within 48 hours of the start of competition**, the 1<sup>st</sup> alternate will be contacted. If she is not present at the meet and is unable to participate, the 2<sup>nd</sup> alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the 2<sup>nd</sup> alternate is not present at the meet site, there will be no replacement.
  - c. Any gymnast who is qualified to enter Easterns or Westerns, but is unable to compete, is REQUIRED to IMMEDIATELY notify their RACC or RDPCC, who will then notify the Development Program Director. The Development Program Director will then notify the alternate and the Level 9 Eastern or Western Meet Director.
    - DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!
11. **FORMAT AND SCHEDULE - LEVEL 9 EASTERN AND WESTERN CHAMPIONSHIPS**
  - a. Individual Event, All-around and Regional Team competition will be conducted for the 16 age divisions, as designated.
    - NO Individual Event Finals competition will be conducted.
  - b. Each session will have 2 age divisions, with 1 in each flight. Each flight has 4 squads of 7 (or 8 if there is a tie), with each squad representing 1 of the 4 regions.
    - 28 gymnasts per age division, plus any ties for the last qualifying place.
  - c. There are 2 acceptable competition formats for Level 9 Eastern and Western Championships:
    - 1) **NON-TRADITIONAL (CAPITOL CUP):** 1 warm-up and 1 competition gym
      - a) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym, provided that it is a minimum of 60' long and 8' wide and is identical to the competitive Floor Exercise).
      - b) The first four squads (Flight 1) warm-up their 1<sup>st</sup> event in the warm-up gym, then move to the competition gym, while the 2<sup>nd</sup> four squads (Flight 2) warm-up their 1<sup>st</sup> event. The 2 flights continue to alternate warm-ups and competition until all 8 squads have completed all 4 events.
    - 2) **MODIFIED NON-TRADITIONAL:** 2 full competitive gyms (side by side, each with a full set of equipment for all events)
      - a) The four squads in each flight are assigned to warm-up and compete in a specific gym. The 1<sup>st</sup> flight warms up their 1<sup>st</sup> event, then competes (no TOUCH WARM-UP required). While the 1<sup>st</sup> flight is competing, the other four squads (Flight 2) warm-up their 1<sup>st</sup> event. The two flights continue to alternate warm-ups and competition until all eight squads have competed in all four events.
      - b) Once all four squads in Flight 1 have finished competing their 1<sup>st</sup> event, the judges move to the other gym to judge Flight 2. The judges continue to alternate between gyms until both flights have competed in all four events.

- d. The Level 9 Eastern and Western Championships will be a four (4) day event, conducted on the same weekend at different sites.
  - 1) Medical personnel must be present for ALL training and competition.
  - 2) **Thursday - Training Day:** The facility must be available 1 day prior to the start of competition for training purposes / coaches' meetings.
    - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
    - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
    - c) At the discretion of the host, a welcome banquet/party may be held in the evening after training.
  - 3) **Friday - Day 1:** Junior 1 and 2 (Session 1), Junior 3 and 4 (Session 2), Junior 5 and 6 (Session 3)
  - 4) **Saturday - Day 2:** Junior 7 and 8 (Session 4), Senior 1 and 2 (Session 5), Senior 3 and 4 (Session 6)
  - 5) **Sunday - Day 3:** Senior 5 and 6 (Session 7), Senior 7 and 8 (Session 8)

**12. AWARDS – LEVEL 9 EASTERN / WESTERN CHAMPIONSHIPS**

- a. The National Office orders the awards from the National Awards Supplier.
- b. For each age division, the **top 8 in the AA and individual events** will be given awards.
  - Ties are not broken; duplicate awards are presented.
- c. Regional Team scores for each age group will be determined by the top 4 scores per event.
- d. All members of the 1<sup>st</sup> and 2<sup>nd</sup> place Regional Teams will receive a team award.
- e. Following the last session on Sunday, an overall Regional Team champion will be determined by adding up each age division regional team ranking using the following method:

1 <sup>st</sup> place team = 4 pts	3 <sup>rd</sup> place team = 2 pts
2 <sup>nd</sup> place team = 3 pts	4 <sup>th</sup> place team = 1 pt.

**13. RESULTS AND REPORTS – LEVEL 9 EASTERN / WESTERN CHAMPIONSHIPS**

- a. All-Around, Individual Event and Team results must be sent to the Development Program Director after the completion of every session.
  - The Development Program Director will distribute these results to the Women's Program sub-committees by email and by posting on the USA Gymnastics website.
- b. The Meet Director must send the Financial Report form within 60 days (or otherwise designated time) to the USA Gymnastics National Office.

**D. LEVEL 10 NATIONAL CHAMPIONSHIPS + ALL-STAR SESSION**

1. Are under the jurisdiction of the USA Gymnastics National Office and the National Development Program Committee (NDPC).
2. Are conducted annually in early to mid-May, as determined by the National Office.
3. Judged by 4-judge panel per event; 4 judges from each region (2 for Juniors and 2 for Seniors).
  - Judge assignments are made by the NTCC, in consultation with the Women's Program Technical Director after reviewing the regional recommendations as well as financial considerations.
4. The Development Program Director, acting as Meet Director, will provide the following information:
  - a. Schedule
  - b. Draw, Squads and Rotations
  - c. All technical matters of the meet
  - d. Financial responsibilities of local organizing committee and USA Gymnastics
5. **QUALIFICATION**
  - a. **THERE ARE NO PETITIONS TO LEVEL 10 NATIONAL CHAMPIONSHIPS OR THE ALL-STAR SESSION.**
  - b. See Chapter 2 for Foreign athlete eligibility.
  - c. **LEVEL 10 NATIONAL CHAMPIONSHIPS – AGE DIVISION REGIONAL TEAMS**
    - 1) Will consist of 12 total age divisions: Junior (JR) A-F and Senior (SR) A-F.
    - 2) The top 7 All-around athletes in each of the 12 age divisions from each of the 8 regions will compete as Regional Team members, provided they achieve the minimum of 35.00 AA at Regional meet.
      - a) Any gymnasts who tie for 7<sup>th</sup> place will attend DEV Nationals and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count towards the Regional team score and which will compete as an Individual.
      - b) In the case of a tie, the tie breaking procedures will be applied to determine the rank order of the athletes. The lower ranking athlete will be assigned to another region that has space available in that age division.
    - 3) If any region is unable to field a team of 7 gymnasts per age division, the open slots will be filled using the following formula:
      - a) Region with the largest number of gymnasts in that age division will fill the 1<sup>st</sup> open slot.
      - b) Region with the next largest number of gymnasts in that age division will fill the 2<sup>nd</sup> open slot.
      - c) Region with the next largest number of gymnasts in that age division will fill the 3<sup>rd</sup> open slot.
      - d) If a 4<sup>th</sup> slot is open, it will return to the region with the largest number of gymnasts in that age division.
    - 4) If **any athlete competes with another region**, the Region becomes a designated **ALL-STAR TEAM**. The scores from the entire squad, regardless of region, WILL count towards the Regional All-Star team score. In the event of a tie for 7<sup>th</sup> place, the tie-breaking procedures will be applied to determine the rank order of the athletes, and the 8<sup>th</sup> place athlete will not be eligible to receive an All-Star team award.



**d. ALL-STAR SESSION**

- 1) All-Star qualification is not by age group, rather the next highest ranked athletes from the respective Regional Championships.
- 2) Each region may qualify up to 22 athletes to compete in the All-Star session.
  - a) Top 2 All-Around (**min. 35.00 AA**) athletes that did not qualify to their respective Regional team in any particular age division.
    - MAY hold Alternate (ALT) spot on Regional team.
  - b) Top 5 individual event (**min. 9.3 event score**) athletes that did not qualify via AA from their Regional Championship.
- 3) All ties from Regional meets **MUST** be broken. Ties are broken using the below parameters:
  - a) Steps to break tie in the AA:
    - i. Top event score
    - ii. Second highest event score, etc.
  - b) Steps to break tie for 5<sup>th</sup> individual event slot on any event:
    - a) Average all 4 judges' scores.
    - b) If still a tie – average top 3 scores, then top 2 scores, then top score.
    - c) If still a tie – tie cannot be broken. Take all gymnasts tied for 5<sup>th</sup> place.

**6. APPAREL**

**a. LEVEL 10 NATIONAL CHAMPIONSHIPS – AGE DIVISION REGIONAL TEAM QUALIFIERS**

- 1) All 7 Regional Team members (including ties for 7<sup>th</sup> place) plus 1<sup>st</sup> ALT will receive:
  - a) A competitive leotard, a scrunchie, and a warm-up uniform from GK Elite Sportswear.
  - b) The region will provide a tank leotard for training day.
- 2) The 1<sup>st</sup> alternate (ALT) plus the next several athletes in rank order will be measured at Regionals in the event that more than 1 athlete in an age division is injured or ill and cannot compete at L10 Nationals.
  - a) Apparel will be ordered for the 1<sup>st</sup> ALT (and any ties for 1<sup>st</sup> ALT) from each region in each age division. The apparel will be distributed to only those 1<sup>st</sup> alternates in attendance onsite at the event.
  - b) The 2<sup>nd</sup> and subsequent alternates do NOT receive apparel unless they move into the 1<sup>st</sup> ALT position prior to the week of the competition.
  - c) The apparel for alternates who DO NOT ATTEND will be used as replacements for any problem sizing for the competitors.
- 3) If there are warm-up uniforms remaining following the competition, they will be sent to the alternates who did not attend by the RACC or RDPCC.
  - The distribution of the remaining training leotards supplied by the Region is at the discretion of the respective RACC.

**b. ALL-STAR SESSION QUALIFIERS**

All-Star session qualifiers will receive a tank leotard, a scrunchie, and a warm-up uniform provided by the region.

- Any All-Star athlete who also holds an ALT position on their respective regional team will receive the L10 National Championships apparel package. No additional tank will be provided.

**7. ENTRIES, FEES AND DEADLINES – LEVEL 10 NATIONAL CHAMPIONSHIPS + ALL-STAR SESSION**

- a. Prior to the Regional Meets, the Development Program Director will send National meet information for all qualifiers and alternates to the 8 Regional Meet Directors and RACCs.
- b. Entry forms and fees for all L10 National Championship regional team members plus All-Star qualifiers are collected at the Regional Championships by the RACC or the USA Gymnastics designated official, who forwards them by email, along with an electronic copy of the meet results to the Development Program Director.
- c. Clubs of qualified athletes must be prepared to pay the entry fee (**maximum of \$150 per athlete**) at the Regional meet.
  - Fees for 1<sup>st</sup> ALTs are not paid unless the athlete is called in to replace a qualifier.
- d. Upon athlete qualification, coaches are required to register themselves online through the Meet Reservation.
- e. The allowed number of credentialed coaches (per club) for Level 10 National Championships (including the All-Star session) are as follows:
  - 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play.
  - 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play.
  - 10+ athletes participating – contact the Development Program Director for coach credentials.

⇒ Clubs may request additional coach credentials for \$100/each, with approval from the Development Program Director.

Payment is due at the time of the request and is payable to USA Gymnastics.
- f. Complete results and the names of National Championship and All-Star qualifiers from each respective Regional meet must be sent by email to the Development Program Director no later than the Wednesday following Regional meets.

**8. INJURY REPLACEMENTS – LEVEL 10 NATIONAL CHAMPIONSHIPS + ALL-STAR SESSION**

- a. If a L10 National Championship qualifier is injured prior to her session, the alternate (ALT) gymnast from her region and age division will replace her.
  - Replacement will be allowed up to the start of competition on the 1<sup>st</sup> event for each flight; however, the ALT must take the position and squad of the injured athlete.
- b. If the injury/illness occurs **within 48 hours of the start of competition**, the 1<sup>st</sup> ALT will be contacted. If she is not present at the meet and is unable to participate, the 2<sup>nd</sup> ALT, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the 2<sup>nd</sup> ALT is not present at the meet site, there will be no replacement.
- c. If an All-Star session qualifier is injured prior to that session, the next eligible athlete from her region will be allowed to replace the injured athlete up until 12:00 am EST the day prior to competition, but every attempt will be made to accommodate replacements up until the beginning of the All-Star session.
  - 1) If the next eligible athlete holds an ALT position for her age division on a regional team and is called in BEFORE the All-Star session, she CANNOT compete in the All-Star session.

- 2) If next eligible athlete holds an ALT position for her age division on a regional team and is called in AFTER competing in the All-Star session, she CAN compete in both the All-Star session as well as for the regional team in her age division.
  - d. Any gymnast who is qualified to compete at L10 Nationals or the All-Star session, but is unable to compete, is REQUIRED to IMMEDIATELY notify their RACC or RDPCC, who will then contact the Development Program Director. The Development Program Director will then notify the alternate.
  - e. DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!
- 9. FORMAT – LEVEL 10 NATIONAL CHAMPIONSHIPS**
- a. Conducted concurrently at one site, there will be one combined Development Program National Championships, which includes competition for 6 Junior and 6 Senior age divisions and an All-Star session.
  - b. Level 10 National Championships will be a 3-day event, with the Opening Ceremonies taking place the night before training / competition begins.
    - 1) **Thursday – Opening Ceremonies**
      - To be held Thursday evening in conjunction with the Men's Program.
    - 2) **Friday – Day 1**
      - a) Regional training: Structured workout will be assigned by region, with consideration for geographic location and time change.
        - As determined by each region, All-Star athletes are allowed to attend training day.
      - b) All-Star session (Session 1) - To take place after the completion of all regional training.
    - 3) **Saturday – Day 2:** JR & SR A (Session 2), JR & SR B (Session 3), JR & SR C (Session 4)
    - 4) **Sunday – Day 3:** JR & SR D (Session 5), JR & SR E (Session 6), JR & SR F (Session 7)
  - c. Medical personnel must be present for ALL training and competition.
  - d. **AGE DIVISION REGIONAL TEAM QUALIFIERS**
    - 1) Individual event, All-Around and Regional team competition will be conducted for the 12 age divisions.
      - There are NO Individual Event Finals competition for any member of the Regional Teams.
    - 2) Competition will be conducted with 2 competition gyms that include 2 sets of each apparatus. The 2 gyms will be designated JR (Junior) and SR (Senior) and will run 3 sessions per day.
      - Each session on Saturday and Sunday will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.
    - 3) The competition will be run in Modified Non-traditional (Capitol Cup) Format. Flight 1 squads compete on 1 set of equipment; Flight 2 squads compete on the other set of equipment. Timed warm-ups immediately precede competition on each event. No 30-second touch is required.
  - e. **ALL-STAR SESSION**
    - 1) Individual event and All-Around competition will be conducted.
    - 2) Competition will be conducted with two competition gyms; West (R1-4) and East (R5-8), each with a full set of equipment.
      - a) The competition will be run in Modified Non-traditional (Capitol Cup) format and will take place using 2 of the 4 sets of equipment. Flight 1 squads compete on one set of equipment; Flight 2 squads compete on the other set of equipment. Timed warm-ups immediately precede competition on each event. No 30-second touch is required.
      - b) The two flights continue to alternate warm-ups and competition until all 8 squads have completed all 4 events. Judges will move from Flight 1 equipment to Flight 2 equipment during the competition.
    - 3) Regions will stay together on events.
    - 4) Any All-Star athlete not actively competing will be allowed continuous warm-up time on the non-competition equipment.

**10. AWARDS – LEVEL 10 NATIONAL CHAMPIONSHIPS**

a. The National Office orders all awards from the National Awards Supplier.

**b. AGE DIVISION REGIONAL TEAM QUALIFIERS**

- 1) **Top 10 All-around and top 10 Individual Event winners** for each of the 12 age divisions receive an award.
- 2) Ties are not broken; duplicate awards are presented.
- 3) All members of the top 3 regional teams per age division teams receive an award.
  - Regional team scores for each age division will be determined by the top 4 scores per event.
- 4) An overall Regional Team Champion ("Super Team") will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:

1 <sup>st</sup> Place	8 Points	5 <sup>th</sup> Place	4 Points
2 <sup>nd</sup> Place	7 Points	6 <sup>th</sup> Place	3 Points
3 <sup>rd</sup> Place	6 Points	7 <sup>th</sup> Place	3 Points
4 <sup>th</sup> Place	5 Points	8 <sup>th</sup> Place	1 Point

- 5) Development Program National Team (DEVNT): The top 4 AA gymnasts per age division will be designated as the Development Program National Team, will receive plaques, and will be invited to attend a Development Program National Team Training Camp. In the case of a tie for 4<sup>th</sup> place, the tied athletes will all qualify to the Development Program National Team.
  - a) 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 Development Program National Team.
  - b) In this instance, the next US citizen in rank order is placed on the Development Program National Team.

**c. ALL-STAR QUALIFIERS**

- 1) **Top 6 All-around and top 10 Individual Event** winners will receive an award.
- 2) Ties are not broken; duplicate awards are presented.
- 3) Regional team awards:
  - All members of the top 3 regional teams will receive an award. Regional team scores are determined by adding the top 4 scores per event.
    - a. If a region does not have 4 scores to count for any one event, they forfeit their chance to compete for a regional team award.

**11. RESULTS AND REPORTS – LEVEL 10 NATIONAL CHAMPIONSHIPS & ALL-STAR SESSION**

The Development Program Director will distribute results, including All-around, Individual Event and Team scores/ranking, to the Women's Program sub-committees by email and by posting on the USA Gymnastics website.

## CHAPTER 10 – APPARATUS SPECIFICATIONS

### I. GENERAL CONSIDERATIONS

- A. Unless otherwise specified, all items in this chapter are applicable to both the Development Program and Xcel Program.
- B. Athlete safety guidelines, as listed in the *U101: USA Gymnastics Safety and Risk Management course*, should always be considered.
- C. Procedures for the removal of blood and disinfection of the apparatus: A solution of 1 part bleach and 10 parts water (or an anti-viral spray disinfectant) should be available for the removal/disinfection of blood from the apparatus or matting.
- D. All equipment and matting used at a USA Gymnastics sanctioned competition MUST be manufactured by a recognized equipment manufacturer.
  - **DEV only** - Additional warm-up and/or spotting equipment MAY be brought to a USA Gymnastics sanctioned competition. Additional equipment is NOT required to remain at any specified event and MUST be manufactured by a recognized equipment manufacturer.
    - Exception: Members may NOT bring their own alternate skill cushion or “pit pillow”.
- E. It is recommended that there be a clearance of 5 feet to 6 feet from one apparatus to any other. This includes corresponding mat areas or any other obstruction, i.e., other apparatus, walls, pillars, etc.
  1. Each competitive area MUST have its own physical space and may not overlap with another competitive area.
  2. There cannot be any obstructions on the Floor Exercise Area.
  3. There MUST be sufficient room for mounting, dismounting, and vaulting areas.
- F. It is recommended that there be a minimum of a 20-foot ceiling height for all USA Gymnastics sanctioned competitions.
- G. Equipment specifications, including Vault runway thickness, MUST be published in the pre-meet information.
  - Exact bar measurements MUST be listed on bid forms for Sectional and above meets.
- H. **DEV LEVELS 1-3** (non-competitive) and **XCEL BRONZE, SILVER, & GOLD** gymnasts may set the equipment to facilitate the exercise within the standards listed on each event below. **DEV Levels 1 & 2** meets MUST follow the same standards used at **DEV LEVEL 3**.
- I. If an athlete falls due to equipment failure, judging will resume at the point of interruption or the series / combination when equipment failure occurred.
  - Additional information regarding equipment failure can be found in each program’s respective Code of Points.

QUICK REFERENCE: IN to CM	
¾ inch	2 cm
4 inches	10 cm
4½ inches	12 cm
8 inches	20 cm
9 inches	24 cm

### II. MATTING SPECIFICATIONS

- A. The area under the apparatus and/or in the landing area MUST be matted with Competition Landing Mats (CLMs) that are uniform in height.
- B. Chalk markings are ALLOWED to be placed on landing mats as a visual cue. All markings MUST be removed after the athlete completes competition on that event.
- C. **COMPETITION LANDING MATS (CLMs)**
  1. **REQUIRED** - One (1) CLM that is 10–12 cm (4 inch) thick.
    - Maximum CLM height allowed: 24 cm (9 inch)
  2. **ALLOWED OPTIONS**
    - a. Adding a 2<sup>nd</sup> 10–12 cm (4-inch) CLM mat (placed on top of required CLM for competition)
      - If used for DEV Levels 6–10 or XCEL Platinum, Diamond, Sapphire - top mat must be at least 7 feet x 10 feet.
      - Adding a 4-inch skill cushion/throw mat (stacked on top of required 10-12 cm (4-inch) CLM) to equal the maximum 24 cm (9 inch) CLM allowance is acceptable and **DOES NOT COUNT** towards the allowable supplemental matting limit.
    - b. Using 20 cm (8-inch) CLMs – allowed but not required.
    - c. Special Apparatus Notes
      - 1) Vault: If a 20 cm (8-inch) mat is used, it's recommended to also provide a 10–12 cm (4-inch) mat.
      - 2) Bars and Beam: To use a 20 cm (8-inch) mat, the equipment must be able to raise to FIG maximum heights:
        - Bars (measured from floor): High Bar - 255 cm (± 1 cm), Low Bar – 175 cm (± 1 cm)
        - Beam (measured from floor to top of Beam): 125 cm
- D. **BASE MATTING**
  1. If using only a 10 cm (4-inch) CLM:
    - a. You MUST also use a 3 cm (1¼ inch) base mat.
    - b. The base mat can be placed underneath or on top of the CLM.
  2. If using a 12–20 cm (4–8 inch) CLM, a base mat is NOT required.
- E. **SUPPLEMENTAL MATTING (SKILL CUSHIONS, THROW MATS, AND STING MATS)**

At all USAG sanctioned events, Meet Directors are required to provide the following supplemental matting:

SUPPLEMENTAL MATTING	VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
8-inch (20 cm) Skill Cushion	One (1)	One (1)	One (1)	
4-inch (10-12 cm) Throw Mat	One (1)	One (1)	One (1)	Two (2)
Sting Mat	One (1)	One (1)	One (1)	One (1)

1. **8-inch Skill Cushion (20 cm)**
  - a. Must be a minimum of 5 ft x 10 ft
    - It's recommended to match the size of the competition landing mat (CLM) as closely as possible.
  - b. At DEV Level 10 Nationals, a minimum of three (3) 7 ft. x 10 ft. x 8 in. mats must be provided for Vault, Bars, and Beam.
2. **4-inch Throw Mat (10–12 cm)**
3. **Sting Mat**
  - a. Can be any size, but efforts should be made to use the same size sting mat for all four (4) events.
  - b. At DEV Level 8–10 Regionals and higher, Meet Directors must provide at least one (1) 80" x 100" x 2" sting mat for Vault and one (1) 80" x 100" x 2" sting mat for Floor.
4. **Additional Matting Rules for Vault, Bars, and Beam:**
  - An extra 24 cm (9 inches) of supplemental matting may be added on top of the standard maximum 24 cm CLM height, as long as it consists of any combination of skill cushions, throw mats, or sting mats.
5. **If available on an event, an alternate skill cushion made of softer foam (minimum of 4 ft. x 6 ft. x 8 in.) is allowed to be used in warm-ups at all sanctioned competitions.**

### III. **SPRINGBOARD / MOUNTING SPECIFICATIONS**

#### A. **APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

1. **APPROVED VAULTING BOARDS**
  - a. Only unaltered, manufactured vaulting boards are allowed.
  - b. Height: Must measure 22 cm  $\pm$  1.5 cm (from floor to highest point, including covering).
  - c. It is REQUIRED to provide a springboard with coil springs.
2. **BOARD AVAILABILITY AND CONFIGURATION**
  - a. Meet Directors MUST provide springboards (including an alternative springboard apparatus) that accommodate gymnasts of varying weights.
  - b. Boards must be:
    - Assigned to each event
    - Available for warm-up and competition for all gymnasts in the session.
  - c. Refer to your equipment supplier for acceptable spring configurations.
3. **USE OF BOARDS FOR MOUNTING BARS OR BEAM**
  - a. Boards may be placed on:
    - 1) One (1) 10–12 cm / 4-inch CLM mat; OR
    - 2) Two (2) 10–12 cm / 4-inch CLM mats; OR
    - 3) One (1) 20 cm / 8-inch CLM mat
    - A sting mat and/or 4-inch throw mat (5–10 cm) may be added on top of the above options, with the board placed on top.
  - b. Not Allowed - Boards may NOT be placed on an 8-inch (20 cm) skill cushion for mounting.
  - c. After mounting - The board (or mounting device) must be removed immediately after the gymnast has mounted.
4. **PROHIBITED / NOT ALLOWED**
  - a. Plywood under the board is NOT allowed.
  - b. Inflatable rebounding devices are NOT permitted for mounting.
  - c. **Springboards may NOT be placed on the Vaulting Table at any time, including during open stretch and warm-up.**
    - Meet Director is responsible for enforcing this rule.
5. **WHERE A GYMNAST MAY STAND (WITHOUT A BOARD)**
  - a. One (1) or two (2) 10–12 cm / 4-inch CLM mats; OR
  - b. One (1) 20 cm / 8-inch CLM mat (with or without a 3 cm / 1¼ inch base mat placed underneath or on top of the CLM); OR
  - c. Up to 20 cm / 8-inch of skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).
6. **ALTERNATIVE SPRINGBOARDS**
  - a. Requirements:
    - 1) Must be manufactured by a gymnastics equipment manufacturer.
    - 2) May use non-traditional spring mechanisms (e.g., air bladder, small trampoline bed).
    - 3) Must resemble the shape of a Vault board:
      - Maximum height: 38 cm (15 inches) at high end
      - Minimum height: 10 cm (4 inches) at low end
  - b. Applies to:
    - 1) DEV Levels 1–3
    - 2) XCEL Bronze, Silver, and Gold
  - c. Not Allowed For (If used during competition, the Vault will be considered VOID):
    - 1) DEV Levels 4 – 10
    - 2) XCEL Platinum, Diamond, or Sapphire.
7. **MOUNT TRAINER / MOUNT MAT (BOARD-SHAPED MAT)**
  - a. May be placed on a 20 cm / 8-inch skill cushion for mounting purposes.
  - b. Applies to:
    - 1) All DEV Levels
    - 2) All XCEL Divisions

**8. BOARD ALTERNATIVES FOR MOUNTING**

- a. Allowed Alternatives (may be used instead of a springboard)
  - 1) Mount trainer / Mount mat
  - 2) Spotting block
  - 3) Folded panel mat
- b. Applies to:
  - 1) DEV Levels 6–10
  - 2) All XCEL Divisions

**9. STACKING MATS FOR MOUNTING**

- a. Allowed Equipment Combinations:
  - 1) Manufactured mats
  - 2) Skill cushions
  - 3) Padded spotting or skill blocks
  - 4) Panel mats
- b. Any manufactured mounting apparatus may be placed on top of approved matting.
- c. Applies To:
  - 1) DEV Levels 1–5
    - a) Any combination of CLMs and skill cushions may be used to facilitate the mount.
    - b) Any athlete may stand on any of the allowable matting combinations to initiate a jump into a glide swing. The mounting apparatus MUST be removed **immediately after the gymnast's feet leave the floor** into the glide swing.
      - EXAMPLE: DEV Level 3 Bars mount (e.g., glide swing + back hip pullover)
  - 2) XCEL Bronze, Silver, and Gold
    - a) All above equipment is permitted for mounting on LOW BAR only.
    - b) Not allowed: Spotting blocks may NOT be used to mount the High Bar.

**IV. VAULT**

**A. VAULT RUNWAY**

VAULT RUNWAY SPECIFICATIONS (measurement is from the front of the Vault table/apparatus)					
DEV LEVELS	XCEL DIVISIONS	MINIMUM DISTANCE	MAXIMUM DISTANCE	THICKNESS	WIDTH
8-10		76 feet	82 feet	Minimum of 3.5 cm (1 and 3/8 inches) ( $\pm$ .3 cm or 1/8 in.)	Minimum should be width of the board.
6-7	PLATINUM, DIAMOND, SAPPHIRE	70 feet	80 feet		
1-5	BRONZE, SILVER, GOLD	60 feet	80 feet		

1. The runway should be a clearly defined area that provides a flat, consistent surface, free of cracks, obstructions, or seams.
2. The runway MUST be securely fastened to the floor with tape or Velcro by the Meet Director.
3. The Meet Director MUST provide a tape measure, which MUST extend the length of the runway for the gymnasts to find the point at which to start their run.
4. Athletic tape or Velcro strips (no chalk) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation.
  - Maximum width of Velcro strip or athletic tape is 5 cm/2-inch, maximum length is 3 feet.

**B. APPARATUS**

REQUIRED APPARATUS	DEV LEVEL	XCEL DIVISION
Mat Stack (placed lengthwise)	2	Bronze
Mat Stack (placed sideways)	3	Silver
Mat Stack (behind Vault table)	6/7	
Vault Table	4-10	Gold, Diamond, Platinum, Sapphire

**C. VAULT TABLE**

1. The Vault table is REQUIRED for:

VAULT TABLE HEIGHT REQUIREMENT (height is determined by measuring the distance from the floor to the center top of the table)		
PROGRAM	MINIMUM HEIGHT REQUIREMENT	MAXIMUM HEIGHT REQUIREMENT
DEV Levels 4-10	NA	135 cm ( $\pm$ 1 cm)
XCEL Gold, Platinum, Diamond, Sapphire	May use table at ANY manufactured setting	

2. All manufactured models of the Vault table (including “retrofit” tables that are inserted into the uprights of the old horse) are allowed for competition, if they are capable of being adjusted to the various height specifications allowed for athletes.
  - If using a table with two uprights, both MUST be set at the same height.
3. Matting MUST be used to cover the upright of the table as well as to cover any weights placed on the Vault base for stability.
4. The CENTER TOP OF THE TABLE is determined by measuring 68 cm from the back of the table.

5. Tape of any kind, including athletic tape, may NOT be placed on top of the table at any time during warm-up or competition.
  6. If the runway is on a raised platform, the table MUST also be placed on a raised surface of the same height and the measurement of the table should be taken from the runway surface to the center top of the table, rather than from the floor.
- D. HAND PLACEMENT MAT:**
1. To be used ONLY for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry).
  2. MUST be placed Velcro-side down on the runway (not on the board).
  3. MUST be manufactured by a gymnastics equipment manufacturer and cannot exceed 39.4 X 51.2 inches in length and 5 cm (2 inches) in height. No other type of matting is allowed.
  4. Chalk ONLY (no tape) may be placed on the hand placement mat.
  5. Clubs may NOT bring their own competitive equipment to be used by athletes during a competition, including hand placement mats.
  6. All Meet Directors of DEV LEVEL 6 and above and XCEL PLATINUM and above competitions MUST provide a minimum of one manufactured Round-off hand placement mat.
  7. At DEV Level 9 Eastern/Western and Level 10 National Championships, only the round-off hand placement mats manufactured by the equipment company that is supplying the apparatus will be allowed.
- E. SAFETY ZONE MAT:**
1. REQUIRED for all Front handspring onto the board and Round-off entry vaults executed at DEV LEVELS 8-10 and XCEL DIAMOND and SAPPHIRE competitions
  2. For Round-off and Front Handspring entry vaults, it is required to have the Safety Zone mat placed snugly around the board so that there is no space between the board and the safety zone.
  3. May be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) at ALL DEV LEVELS and ALL XCEL DIVISIONS. In this example, the Safety Zone mat does not have to be placed snugly around the board.
  4. No extra matting is to be placed between the Safety Zone mat and the Vault table.
- F.** A sting mat is NOT allowed on top of an INFLATABLE MAT. The uppermost landing surface when using an inflatable mat MUST be a minimum of a 10 cm (4-inch) skill cushion.
- G.** Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface.
1. Exception: A Vault set up to land on a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.
  2. All competition matting specifications must be met when utilizing either of these options.
- H.** REQUIRED area to be matted:
1. Base mats (3 cm/1¼ inch): If 10 cm/4-inch CLMs are used, the following 3 cm/1¼ inch base mats are REQUIRED:
    - a. A minimum of 6 feet by 18 feet:
      - 1) **DEV LEVELS 4 & 5**
      - 2) **XCEL BRONZE, SILVER & GOLD DIVISIONS**
    - b. A minimum of 8 feet x 18 feet:
      - 1) **DEV LEVELS 6-10**
      - 2) **XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS**
  2. If 12 cm/4 inch or 20 cm/8-inch landing mats are used, base mats are NOT required.
  3. Competition Landing Mats (CLMs):
    - a. For DEV LEVELS 4-5 and XCEL GOLD: REQUIRED minimum of 6 feet by 12 feet matted area.
    - b. For DEV LEVELS 6-10 AND XCEL PLATINUM, DIAMOND and SAPPHIRE: REQUIRED minimum of an 8 feet x 15½ feet matted area.
  4. For USA Gymnastics sanctioned competitions up to and including the State Championships for **ALL DEV LEVELS and ALL XCEL DIVISIONS**, one (1) 10-12 cm/4 inch or 20 cm/8 inch or two (2) 10-12 cm/4 inch CLMs (plus the maximum allowable skill cushions) *will be allowed to be placed on top of a solid-foam pit* provided that this information is stated in the meet information sent to the participating clubs.
  5. For **DEV LEVELS 8-10 and XCEL DIAMOND AND ABOVE warm-ups only**: If available (NOT REQUIRED), an alternate skill cushion made of softer foam (minimum of 4 ft. x 6 ft. x 8 in.) is allowed at all sanctioned competitions to perform a "timer" for a Salto vault.
    - For **DEV Level 7 ONLY**: An alternate skill cushion made of softer foam (minimum of 4 ft. x 6 ft. x 8 in., i.e. Pit Pillow) is allowed at invitationals and is REQUIRED at State Championships and above. **This alternate skill cushion does NOT count towards the required mat stack height but rather would be an addition once the required mat stack height has been achieved.**

**H. VAULT – DEVELOPMENT PROGRAM SPECIFIC**

**1. LEVEL 2 VAULT – Mat Stack / Matting System (placed LENGTHWISE)**

WIDTH	LENGTH	HEIGHT
5 feet (minimum)	5 feet	Minimum 40 cm (16 inches) ( $\pm$ 2.5 cm or 1 inch).

**a. Competition Landing Mats (CLMs):**

- 1) Any combination of CLMs, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit, plus four (4) additional 20 cm/8-inch skill cushions to allow for the following choice of heights:
  - a. 60 cm/24 inch
  - b. 80 cm/32 inch
  - c. 102 cm/40 inch and
  - d. 123 cm/48 inch ( $\pm$  2.5 cm or 1 inch).
  - o All age divisions may use any of the above choices of heights.
- 2) An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm/4-inch skill cushion.

**b. Mat Stack:**

- 1) May be placed on the floor, on the runway, or on the competition landing mat (CLM) or on top of a solid foam pit.
- 2) A tape line MUST be placed at 81 cm/32 inch from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm/32 inch. The tape line should also extend down the side of the mat.
- 3) An additional mat (minimum of 10 cm/4 inch) MUST be placed on the floor behind the Mat Stack.
- 4) All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 10 feet long.
- 5) An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface
- 6) The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a Vault table trainer) on the front edge.
- 7) A sting mat may be used on top of the Mat Stack.

**2. LEVEL 3 VAULT: Mat Stack / Matting System (placed SIDEWAYS)**

WIDTH	LENGTH	HEIGHT
5 feet (minimum)	5 feet (10 feet - placed sideways)	Minimum 32-inch, maximum 48 inch (+2.5 cm or 1-inch), including base mat.

**a. Competition Landing Mats (CLMs):**

- 1) Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit, plus two (2) additional 20 cm/8-inch skill cushions to allow for:
  - a) 102 cm/40 inch and
  - b) 123 cm/48-inch heights ( $\pm$  2.5 cm or 1 inch).
  - All age divisions may use any of the three (3) choices of heights.
- 2) An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm (4-inch) skill cushion.

**b. Mat Stack:**

- 1) May be placed on the floor, on the runway, or on the competition landing mat (CLM) or on top of a solid foam pit.
- 2) An additional mat (minimum of 6 feet x 12 feet x 10 cm (4 inch) MUST be placed on the floor behind the Mat Stack.
- 3) All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 5 feet long,  $\pm$  2 inches.
- 4) An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface.
- 5) The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a Vault table trainer) on the front edge.
- 6) A sting mat may be used on top of the Mat Stack.

**3. LEVEL 6/7 VAULT SPECIFICATIONS:**

**a. Required apparatus: Vault table, base mat + Mat Stack, additional 8-inch (minimum) mat on floor at end of Mat Stack - opposite table**

- 1) Vault table: All age divisions may use any manufacturer setting, with a maximum of 135 cm ( $\pm$  1 cm).
- 2) Base mat: minimum 4-inch/10 cm, MUST be positioned up against the Vault table.
- 3) Mat Stack:

WIDTH	LENGTH	HEIGHT (including base mat)
5 feet (minimum)	10 feet	Must be equal to or higher than the underside of the top of the table

- a) Any combination of CLMs, skill cushions and/or port-a-pit, inflatable mat and/or sting mat may be used in the configuration of matting to meet the required height.
  - A sting mat may be used on top of the Mat Stack.
- b) The uppermost landing surface MUST be a minimum of a 4-inch /10 cm skill cushion or the port-a-pit.
  - For **Level 7 ONLY**: An alternate skill cushion made of softer foam (minimum of 4 ft. x 6 ft. x 8 in., i.e. Pit Pillow) is allowed at invitationals and is REQUIRED at State Championships and above.
    - o This alternate skill cushion does NOT count towards the required mat stack height but rather would be an addition once the required mat stack height has been achieved.
- 4) An additional minimum 8-inch mat is REQUIRED on the floor at the end of the Mat Stack, opposite the table.



**I. VAULT – XCEL PROGRAM SPECIFIC**

**1. BRONZE VAULT SPECIFICATIONS:**

- a. Apparatus: Mat Stack/Matting System for Bronze Vault 1 and Bronze Vault 2 (placed lengthwise)
- b. Height: Minimum of 40 cm/16 inches ( $\pm 2.5$  cm/1 inch), maximum of 120 cm/48 inch ( $\pm 2.5$  cm/1 inch)
- c. Competition Landing Mats (CLMs):
  - 1) Any combination of manufactured CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit.
  - 2) An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm/4-inch skill cushion.
- d. Mat Stack:
  - 1) May be placed on the floor, on the runway, or on the competition landing mat (CLM) or on top of a solid foam pit.
  - 2) All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 10 feet long.
  - 3) An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface.
  - 4) The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.
- e. An additional mat (minimum of 10 cm/4 inch) MUST be placed on the floor behind the Mat Stack.

**2. SILVER VAULT SPECIFICATIONS:**

- a. Apparatus: Mat Stack / matting system (placed sideways)
- b. Height: Minimum of 60 cm/24 inches ( $\pm 2.5$  cm/1 inch), maximum of 120 cm/48 inch ( $\pm 2.5$  cm/1 inch)
- c. Competition Landing Mats (CLMs):
  - 1) Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit.
  - 2) An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm/4-inch skill cushion.
- d. Mat Stack:
  - 1) May be placed on the floor, on the runway, or on the competition landing mat (CLM) or on top of a solid foam pit.
  - 2) All mats used in forming the Mat Stack MUST be 5 feet wide and a minimum of 5 feet long,  $\pm 2$  inches.
  - 3) An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface.
  - 4) The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.
  - 5) A sting mat may be used on top of the Mat Stack.
- e. An additional mat, minimum 6 feet x 12 feet x 4 inch (10cm) MUST be placed on the floor behind the Mat Stack.

**V. UNEVEN BARS**

**A. REQUIRED AREA TO BE MATTED:**

<b>BARS – REQUIRED AREA TO BE MATTED</b>	
<b>LEVELS / DIVISIONS</b>	<b>REQUIRED DIMENSIONS</b>
DEV Levels 1–3 XCEL Bronze	6 feet × 15 feet
DEV Levels 4–5 XCEL Silver & Gold	6 feet × 24 feet
DEV Levels 6–10 XCEL Platinum, Diamond, Sapphire	7½ feet × 36 feet

**B. MOUNT SPECIFICATIONS:**

<b>BARS MOUNT SPECIFICATIONS: MOUNT DISTANCE ALLOWED</b>		
<b>LEVELS / DIVISIONS</b>	<b>MINIMUM</b>	<b>MAXIMUM</b>
DEV Levels 6–10 XCEL Platinum, Diamond, Sapphire	<b>18 feet</b>	No Maximum
DEV Levels 1–5 XCEL Bronze, Silver, Gold	<b>6 feet</b>	

**C. MATTING REGULATIONS FOR MOUNTS**

1. When athlete **MOUNTS WITHOUT THE USE OF A BOARD**:
    - a. Athlete may stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
    - b. Athlete may stand on an additional “up to 8-inch” skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLMs.
  2. When athlete **MOUNTS USING A BOARD, MOUNT TRAINER MAT, OR FOLDED PANEL MAT**:
    - a. May be placed on one (1) 12 cm/20 cm, or two (2) 12 cm CLMs, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the CLM.
      - Adding a 4-inch skill cushion/throw mat (stacked on top of required 10-12 cm / 4-inch CLM) to equal the maximum 20 cm CLM allowance is acceptable and **DOES NOT COUNT** towards the allowable supplemental matting limit.
    - b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
    - c. A Mount Trainer Mat or folded panel mat may be placed on an 8-inch skill cushion.
    - d. A Springboard may NOT be placed on an 8-inch skill cushion.
- D.** A single bar may be used for **DEV LEVELS 1-3** and **XCEL BRONZE** competitions; provided that the single bar meets the current low bar specifications.
- This information **MUST** be included in the pre-meet information.
- E.** Fiberglass rails with wood covering or any other FIG approved rails are **REQUIRED** for all sanctioned meets.
- F.** Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm ± 1 mm.
- AAI “soft blue rails” are allowed but **MUST** be listed in the pre-meet information.
- G.** Based on the best interest of the gymnast’s safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, the rails **MUST** be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer’s recommended safety parameters.
- H.** The distance (spread) between the Bars may be set to the preference of the athlete, provided that after such adjustment, the Bars remain within the allowances identified by the manufacturer of the apparatus.
- I.** For equipment that has a slider mechanism on both Bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite changing of bar sets during competition.
- J.** If a 10 cm (4 inch) mat (skill cushion) is placed on the CLM(s) for dismount purposes, an additional 10 cm (4 inch) or 20 cm (8 inch) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion **MUST** be removed immediately after the release element is performed.
- K.** When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s)) is/are removed immediately after the release move is performed.
- A 0.30 deduction will be taken if the spotting device is not removed.
- L.** An alternate skill cushion made of softer foam is allowed at invitationals and is **REQUIRED** at State Championships and above. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for **BAR RELEASES ONLY** (to be placed under the gymnast during the release and immediately removed).
- NOT allowed for mounts, dismounts or landings on any event.
  - “C” and more difficult bar releases performed in the Diamond and Sapphire Divisions **ONLY**
- M.** Uneven Bars set up over a loose foam pit is **NOT ALLOWED FOR COMPETITIONS**, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.
1. **EXCEPTION:** Uneven Bars set up over a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.
  2. All competition matting specifications must be met when utilizing either of these options.
- N.** No other substance besides chalk and water may be placed on the rails of the Uneven Bars.
- Once an athlete has begun competition **and is actively competing on the equipment**, chalk or water **MAY NOT** be added to the rails or mats.

## CHAPTER 10 – APPARATUS SPECIFICATIONS

- If a coach sprays water or adds chalk to the bar **when the athlete is actively competing**, a deduction will be applied. **NO WARNING** will be given.
- This does NOT apply if the athlete has fallen and is off of the equipment.

### VI. BALANCE BEAM

#### A. REQUIRED AREA TO BE MATTED:

BEAM: REQUIRED AREA TO BE MATTED		
Area	Levels / Divisions	Required Dimensions
Each End of Beam	DEV Levels 1–4 XCEL Bronze, Silver, Gold	6 feet x 12 feet
	DEV Levels 5–10 XCEL Platinum, Diamond, Sapphire	7½ feet x 12 feet
Under the Beam	DEV Levels 1–4 XCEL Bronze, Silver, Gold	12 feet x 15½ feet
	DEV Levels 5–10 XCEL Platinum, Diamond, Sapphire	15 feet x 15½ feet

1. An 8 feet wide mat for dismount area is recommended for **DEV LEVELS 7 AND ABOVE**.
2. For competitions held in outside facilities, the area to the right and left of the Beam dismount area **MUST** be padded with a minimum of 4 feet by 4 feet of padding. Acceptable padding options include (but are not limited to) unfolded panel mats, carpet-bonded foam, or other such matting.
  - a. The matting **MUST** extend a minimum of four (4) feet out from the side edge of the Beam dismount area and extend a minimum of four (4) feet from the end of the under-Beam matting.
  - b. Every attempt should be made to match the height of the CLM's to this additional padding to remove the possibility of athlete injury from uneven surfaces.
  - c. The padding should be attached (with Velcro or something similar) to the floor (concrete, foam, carpet, etc.) to avoid separating or slipping. An example of the additional matting at one corner is shown below:
3. Whenever a 10 cm/4-inch supplemental mat ("throw" mat) is used in addition to the CLM(s) for the dismount, it **MUST** be a minimum of 7 feet by 10 feet.

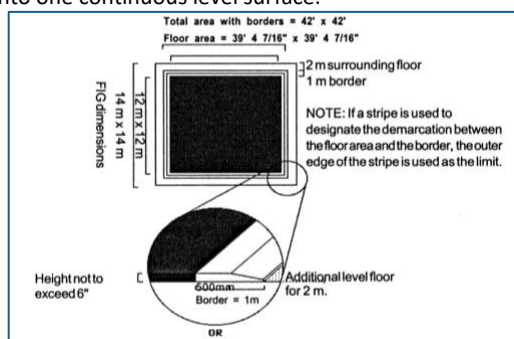
BEAM MOUNT SPECIFICATIONS: AREA TO BE MATTED		
LEVELS / DIVISIONS	MINIMUM	MAXIMUM
DEV Levels 3 – 5 XCEL Bronze Silver, Gold	12 feet	No Maximum
DEV Levels 6 – 10 XCEL Platinum, Diamond, Sapphire	18 feet	

#### A. MATTING REGULATIONS FOR MOUNTS

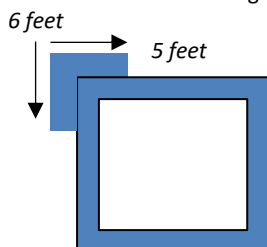
1. When athlete **MOUNTS WITHOUT THE USE OF A BOARD**:
  - a. May stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
  - b. May also stand on an additional up to 8-inch skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).
2. When athlete **MOUNTS WITH A BOARD, MOUNT TRAINER MAT OR FOLDED PANEL MAT**:
  - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the CLM.
  - b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
  - c. A mount trainer or folded panel mat may be placed on an 8-inch skill cushion.
  - d. A Springboard may NOT be placed on an 8-inch skill cushion.
- B. **ALL DEV LEVELS** and **ALL XCEL DIVISIONS** may use the Beam at any height, regardless of age division; however, the height **MUST** be within a minimum of 100 cm ( $\pm 1$  cm) and a maximum of 125 cm ( $\pm 1$  cm).
  - Height specifications - measured from the floor to the top of the Beam.
- C. At all sanctioned competitions:
  1. The Beam legs **MUST** be placed on the floor or a stable surface.
    - It is strongly recommended that the entire mounting area be level.
  2. Beam **MUST** be adjustable.
  3. Beam is **REQUIRED** to be padded.
- D. Beams with a "spring" mechanism are allowed.
- E. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.
- F. Supplemental Matting: If available (not required): Maximum of nine (9) inches using sting mats, 4-inch throw, and/or 8-inch skill cushions may be placed on top of allowable CLMs in ALL matted areas (under the Beam and/or dismount area).
- G. A Balance Beam set up over a loose foam pit is **NOT ALLOWED FOR COMPETITIONS**, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.
  1. **EXCEPTION**: A Balance Beam set up over a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.
  2. All competition matting specifications must be met when utilizing either of these options.

## VII. FLOOR EXERCISE – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

- A. FIG specifications: 12 meters X 12 meters (39 feet 4 7/16-inch X 39 feet 4 7/16 inch).
  1. The measurement is from the outside of the tape or where the carpet changes color.
  2. The Development Program uses FIG specifications for **LEVELS 6–10**.
  3. The Xcel Program uses FIG specifications for **ALL DIVISIONS**.
- B. A 36 feet X 36 feet area may be used for **DEV LEVELS 4 and 5**.
- C. A tumbling strip (minimum of 8 feet wide and 56 feet long) may be used for competition for:
  1. **DEV LEVELS 1-3**
  2. **XCEL BRONZE & SILVER DIVISIONS**.
  3. If only a strip is available, the Meet Director **MUST** indicate this in the pre-meet information.
- D. When a tumbling "strip" is used in place of a full Floor Exercise area in the training and/or warm-up gym, it **MUST** be constructed of the same materials as the spring floor used in the competition gym and **MUST** be a minimum of 8 feet wide and 56 feet long. A minimum of 3 feet in length of additional padding (carpet bonded foam or something similar) is **REQUIRED** at each end of a 56 feet tumble strip that is used for warm-up.
- E. Rebound or spring type floors are **REQUIRED** for **DEV LEVELS 8-10** and **XCEL PLATINUM, DIAMOND & SAPPHIRE** competitions.
  - It is strongly recommended that a spring type floor also be used for **DEV LEVEL 7 AND BELOW** and **XCEL BRONZE, SILVER & GOLD DIVISIONS**.
- F. The floor surface **MUST** be a minimum of 1¼ inch thick (3.2 cm) to a maximum of 7½ inch thick (19.05 cm)  $\pm$  ½ inch.
- G. If carpeting is used, 3.2 cm (¼ inch) pile is maximum height recommended.
- H. The top of the mat **MUST** be joined into one continuous level surface.



- I. When the Floor Exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is allowable to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the boundary.
- J. For competitions held in outside facilities with the below athletes, the outside of the floor corners **MUST** be padded.
  1. **DEV LEVELS 6-10**
  2. **XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS**
- K. To protect the gymnast if they go beyond the dimensions of the Floor Exercise mat, the outside corners **MUST** be padded with unfolded panel mats or other such matting or carpet-bonded foam, a minimum of 3.5 cm/1<sup>3</sup>/<sub>8</sub> inches high.
  1. The matting **MUST** extend a minimum of five (5) feet out from the edge of the boundary line and extend a minimum of six (6) feet from the corner down each side of the Floor Exercise area.
  2. The corner padding should be attached (with Velcro or something similar) to the floor, foam, or carpet to avoid separating or slipping. An example of the additional matting at one corner is shown below:



**M. ADDITIONAL MATTING ON FLOOR EXERCISE:**

**1. ONLY TWO (2) SUPPLEMENTAL MATS MAY BE UTILIZED PER FLOOR EXERCISE ROUTINE.**

**2. Allowable matting includes;**

<b>4-INCH SKILL CUSHIONS/THROW MATS</b> - REQUIRED TO BE PROVIDED BY MD <b>(2)</b>	<b>1.</b> Two (2) 4-inch skill cushions/throw mats are allowed to be used during the routine. <b>2.</b> One (1) 4-inch skill cushion/throw mat <b>per tumbling pass</b> may be used for take-off and/or landing. <b>3.</b> May be stacked on top of each other for a single tumbling pass.
<b>STING MAT</b> - REQUIRED TO BE PROVIDED BY MD <b>(1)</b>	<b>1.</b> May be used for take-off and/or landing. <b>2.</b> If using in addition to supplemental matting - <b>MUST BE UNDER OR ON TOP</b> - Only if placed <b>under or on top</b> of supplemental matting: <b>STING MAT DOES NOT COUNT AS ONE OF THE TWO (2) ALLOWABLE MATS.</b>
<b>8-INCH SKILL CUSHION</b> - <b>NOT REQUIRED TO BE PROVIDED BY MD</b>	<b>1.</b> May be used if available - If using 8-inch skill cushion, may only use one (1) 4-inch skill cushion <b>2.</b> No more than a total of 8 inches + a sting may be stacked.

**3. If the area covers any portion of the boundary line(s), the mat MUST be clearly marked. The following are allowed to be used, but must be removed before the next competitor:**

- a.** Athletic tape (provided by coach)
- b.** Chalk
  - A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.

**4. It is acceptable to have both mats on separate ends of a diagonal.**

- **EXAMPLE:** an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.

**5. An athlete may NOT utilize the two (2) mats end to end on any one (1) tumbling pass.**

- **EXAMPLE:** punch off one (1) mat to land on another.

**6. All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started.**

- a.** A 0.30 unauthorized use of matting deduction will be applied if matting is added **AFTER** the exercise has begun.
- b.** Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.