

TeamGym Double Dipper Policy for 2023-2024 Season

Double Dipper – An Athlete who competes on more than one team during a competition.

As of July 1, 2024, Double Dippers will no longer be allowed per the Rules and Policies. There are exceptions for HUGS and Unified divisions.

Double Dipper Policy for 2023-2024 season:

1. The maximum number of double dippers is 1 per level.
2. Double dippers may compete on a maximum of 2 consecutive levels ONLY.
3. Double dippers may only compete 1 level up or 1 level down from other level competing. I.E. Athlete is on level 4, they can only also compete on level 5 or 3. An athlete on level 4 could not also compete in level 6.
4. For all levels, any athlete can only compete in a maximum of two levels.
5. The coach for team utilizing double dippers, must realize and prepare for the situation that the Meet Director is NOT required to make any special considerations or arrangements for double dippers when organizing the timed warmups or the draw of competition order.
6. It is the responsibility of the coach to inform the Meet Director and judges of double dippers to ensure the policy is being followed.

Deductions for double dippers- any violation of the temporary double dipper policy results in a VOID for entire event and will result in a 0.