

2024-2027



TeamGym Rules & Policies



**January
2024**

Article I. USA Gymnastics Membership

All participants in a USA Gymnastics sanctioned event must be pre-registered using the USA Gymnastics Meet Reservation system. Any participant who is unable to be verified as a current USA Gymnastics member in good standing will be ineligible to participate in any USA Gymnastics sanctioned event. In addition, any and all athletes who wish to compete at USA Gymnastics sanctioned events must be affiliated with a current USA Gymnastics Member Club. An athlete must be coached by a Competitive Coach of the same affiliated club, with the exception of an emergency situation.

Current membership types and requirements for the 2022-2023 season can be found online [here](#).

I.1 Athlete Membership

- a) Athlete membership is effective once a USA Gymnastics Athlete membership has been purchased for the current season.
- b) Athlete member numbers are effective only after:
 - Athlete membership fee is paid.
 - The online membership registration and/or membership application form is received fully completed with all required information and signatures.
 - Athlete members 18 years old and older must complete the U110: U.S. Center for SafeSport Core Training. Athlete memberships will go into a pending status if this course is not complete once the athlete turns 18.
- c) Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
- d) The Athlete membership is valid for one competitive year, from August 1 through the following July:
 - Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - All Athlete memberships are automatically null and void each July 31.
- e) Membership forms are available online at usagym.org/forms. For more information regarding Athlete membership terms, conditions, and registrations, contact Member Services at 800-345-4719 or via e-mail at membership@usagym.org.
- f) In order for an athlete to compete, they must be affiliated with a member club of USA Gymnastics.

I.2 Membership and Responsibilities

- a) For information regarding membership terms, conditions, and registration, please contact Member Services at 800-345-4719 or via e-mail at membership@usagym.org. Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
- b) Information about the various certifications, programs, and accreditations for members is offered in the USA Gymnastics University is available online at: usagymnasticsuniversity.org.
- c) Competitive Coach members coaching at sanctioned events must have a minimum certification level of instructor Certified in USA Gymnastics University. Instructor Certification can be achieved by completing the U100 Fundamentals of Gymnastics Instruction course.
- d) The following membership roles are permitted to be on the floor of a USA Gymnastics sanctioned event, so long as the member is in good standing and all membership requirements are complete:
 - Competitive Coach
 - Judge
 - Meet Director
 - Photographer/Videographer
 - Medical
 - Volunteer
 - Athlete

I.3 Other USA Gymnastics Memberships and Educational Programs

For a complete and up-to-date list of other available memberships, various certifications, programs, and accreditations for members, please visit the USA Gymnastics [Member Services website](#).

Article II. Rights and Obligations of Athletes

II.1 Athlete’s Rights

The athlete has the right to:

- a) Compete in a meet if all requirements for eligibility have been met and the athlete has been properly entered. Local meets are considered invitational.
- b) Enter any sanctioned meet when affiliated with a club. The athlete must also be accompanied by a USA Gymnastics Professional Member of Gymnastics for All who is properly certified.
- c) Use the facilities and services of any person connected officially with the meet.
- d) Expect courteous and respectful treatment from all participants and meet personnel.
- e) Expect that the competition site and equipment provide a safe and adequate environment.
- f) Repeat an exercise in total or from the point of interruption if equipment failure occurs.

II.2 Athlete’s Obligations

The athlete is obligated to:

- a) Be a properly registered Athlete Member with USA Gymnastics and be prepared to show his/her membership card.
- b) Follow the USA Gymnastics Code of Ethical Conduct and Safe Sport Policy.
- c) Be competent at the level at which he/she is competing.
- d) Be familiar with the rules of the meet and schedule of competition. Be ready for competition on time. Those who miss their turn will not be allowed to compete.
- e) Be present at the site of the meet for sufficient warm-up.
- f) Remain in the area of competition designated for athletes, as competitors or observers.
- g) Wear the proper attire for training, warm-ups and competition as well as opening and closing ceremonies and awards presentations.
- h) Refrain from wearing jewelry and other prohibited accessories.
- i) Wear hair secured away from the face and according to the rules.
- j) Perform to the best of his/her abilities.
- k) Accept the received score without criticism or comment.
- l) Be courteous, respectful, and polite to all meet officials and other participants. Turn off all cell phones (or set on vibrate mode) while in the “field of play” to avoid disturbing the competition.
- m) Be aware that infringement of obligations could lead to deduction and/or expulsion by the Meet Director or Head Judge.
- n) Athlete’s Oath: As a member of USA Gymnastics, I understand that USA Gymnastics is dedicated to the safe development of the Gymnastics for All discipline throughout the United States. I promise to abide by all rules and regulations of USA Gymnastics and the Acrobatics and Tumbling Development Program and to conduct myself in a safe and courteous manner at all times.

Article III. USA Gymnastics Governance Documents

III.1 Code of Ethical Conduct (updated: December 2021)

The USA Gymnastics Code of Ethical Conduct can be found [here](#).

III.2 USA Gymnastics Safe Sport Policy (November 2021)

The USA Gymnastics Safe Sport Policy can be found [here](#).

Article IV. Mission & Goals

IV.1 Mission Statement

To build a **community** and **culture** of **health**, **safety** and **excellence**, where athletes can **thrive** in sport and in life.

IV.2 Goals

- Provide a quality discipline of gymnastics for all ages and ability levels on a national scale with emphasis on team.
- Continue to develop the sport in a positive direction with **Gymnastics for All** (GFA).
- Integrate group performance development and competitive sport.
- Grow the sport of TeamGym to international participation.

Article V. Program Description

V.1 Description

TeamGym is a competitive sport within the Gymnastics for All discipline of USA Gymnastics. Athletes compete in groups of 6 – 12 athletes, called squads. Each Squad performs a Tumbling Routine, a Trampet Routine, and a Floor Routine. The scores from all three routines are added together for a total to determine rankings or achievement status (in respective levels). An athlete may only participate as a member of one squad.

- **Tumbling:** Teams compete passes that are provided per their competition level. Passes must be performed in numerical order.
- **Trampet:** Trampet is composed of two sub events. Teams compete in vault first, followed by mini tramp. In **Level 6** and above there is no intensification on the first vault and mini tramp. The 2nd vault and mini tramp may have unlimited athlete upgrades up to a full twist. Start value will be determined by the lowest valued skill that the squad performs. Intensification needs to be placed to increase skill difficulty.
- **Floor:** All individuals (one person may sit out) on the team will compete as one unit on the floor exercise. Each level has requirements for the composition of the routine.

V.2 Divisions and Age Groups

- (a) TeamGym level 1-10
Teams are determined by level of competition and not separated by gender.
- (b) Hope Unites Gymnastics with Special Needs (HUGS) Division

Squads composed solely of HUGS athletes, Level 1 or 2.

(c) Unified Division

This division is for squads that have a combination of HUGS and “Unified Partners” (athletes without disabilities or special needs), Level 1 or 2. It is expected that everyone performs the same skills on the same apparatus. These Unified Partners (“UP”) may be from any other level and may participate on more than one team as a unified partner. The ratio of HUGS to UP must be 50% (±2) to qualify for this division.

(d) Age Groups

The minimum age requirement is 5 years old. All TeamGym athletes must have reached their 5th birthday by the competition date. Using an athlete(s) who does not meet the minimum age requirement will result in disqualification.

Age Groups are created only if necessary or upon discretion of the Meet Director within a given competition (primarily due to the volume of squads). For example, if there are more than 8 teams in any given level at any given competition, the level will be split into two age groups.

The procedure for determining age groups is as follows:

- Determine the age of each respective athlete as of the date of the competition.
- Determine the average age per squad.
- Rank each squad by order of average age.
- Split squads into the appropriate number of age groups or sessions accordingly.
- Meet Director is required to inform respective clubs in advance of the competition.

Article VI. Scoring Principles & Qualifying Procedures

VI.1 Scoring Principles

The squad’s final team total score is the sum of their Floor, Tumbling and Trampet scores plus or minus any special bonus or deductions that apply to the final tally.

The Head Coach is required to complete, initial, and submit TeamGym Tariff Forms for each squad at least 30 minutes prior to the scheduled start-time for the respective competition. Make a copy if there are two judge panels accordingly.

Levels 1 – 8 difficulty value is determined from values outlined.

Tumbling and Trampet

- 3.0 Difficulty
- 2.0 Composition
- 5.0 Execution

Floor

- 2.0 Difficulty
- 3.0 Composition
- 5.0 Execution

In levels 9 & 10, the difficulty is based on values in the Code of Points.

VI.2 Scoring Program and Verification of Scores

- Currently, there is no formal electronic scoring program available. Scoring will be tabulated manually.
- All Judges will tabulate and verify their scores by reviewing tariff sheet raw scores at the end of each event and at the close of competition.
- It is the responsibility of the head judge, or referee, to verify ALL scores before awards to ensure accuracy.
- Once scores are verified, the respective official (Head Judge) is required to sign a hard copy of the results which will make them “official” and ready for awards presentation.
- The Meet Director is also responsible for assisting in accurate scoring results and to maintain record of these official results pending future reference (for at least one year).

VI.3 Qualifying Procedure

There is one qualifying score required to qualify for nationals per level. Score must be earned at a USA Gymnastics sanctioned competition.

1. Levels 1 – 2: bronze award or higher
2. Levels 3 – 8: 22 or higher
3. Levels 9 – 10: 40 or higher

Article VII. General Regulations

All regulations are expected to be followed. Failure to do so will result in possible consequences relative to the infraction according to USA Gymnastics guidelines and procedures.

VII.1 Coaches Regulations

- a) USA Gymnastics Membership
 - All coaches within the field of play must have a valid USA Gymnastics Competitive Coach Membership in the Gymnastics for All (GfA) Discipline.
 - Coaches should be prepared to visibly present their current USA Gymnastics member card at all sanctioned competitions.
 - Go https://usagym.org/PDFs/Member%20Services/requirements_table.pdf to for more detail.
- b) Safety
 - Each registered team will have a minimum of two (2) coaches on the floor in strategic locations to spot.
 - Spotters must be attentive (in position without obstructing) and prepared to spot at all times.
 - With the purpose of risk management, coaches must responsibly monitor athletes before, during, and after the competition.

c) Coaches Obligations

- Follow the USA Gymnastics Code of Ethical Conduct.
- Be professional and display good sportsmanship.
- Set an example for the athletes and parents by displaying a positive attitude and exemplary conduct.
- Show respect for all athletes, coaches, judges, and meet personnel. Talking on a cell phone during competition is not allowed. The Meet Director will give one warning before disciplinary action.
- Dress in appropriate athletic attire that reflects the best image of gymnastics (see dress code below).
- Submit all required paperwork to the appropriate official 7 days prior to the start of the competition.
- Attend all coaches' meetings and be familiar with the meet set-up and organization.
- Be present at all warm-up and competition sessions.
- Check equipment and music.
- Provide music as instructed by the Meet Director.
- Report any problems to the Meet Referee or Meet Director.
- Direct any inquiries regarding judging or meet schedules to the Meet Director who, in turn, will present this to the Meet Referee/Head Judge.
- Do not approach a judge directly prior to or during the competition.
- Inform athletes and parents of all competitive requirements, as well as rights and obligations. Athletes and parents should discuss any concerns they may have with their coach/coaches.
- In case of an injury to an athlete for whom they are responsible, File an Accident Report Form (available from the Meet Director). The coach or parent of the injured athlete must secure this form, completed by the medical personnel, prior to leaving the competition.

d) Competitive Coach Behavior Policy at USA Gymnastics Sanctioned Events

- Unacceptable coach behavior can be defined as:
 - Verbal, emotional, sexual, or physical abuse of the athlete.
 - Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel before, during or after the competition.
 - Contact with other people outside of the competitive floor area before and during the actual warm-up and course of competition. (Exceptions: USA Gymnastics, or club doctor, trainer, other credentialed club coaches, or USA Gymnastics credentialed personnel).
 - Derogatory remarks regarding USA Gymnastics, its designated representatives, meet officials or personnel.
- Such above-described behavior will be penalized as follows:
 - First Offense: Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics.
 - Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena). Incident will be reported to the USA Gymnastics GfA Technical Director.

e) Dress Code for warm-ups, equipment check and competition.

Coaches must wear professional athletic attire (no jeans allowed, spaghetti straps, short shorts). Long hair should be secured. Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes but is not limited to:

- Bulky jewelry
- Watches
- Rings
- High heels
- Open toed shoes
- Credential lanyards (should be removed during competition)

VII.2 Judges Regulations USA Gymnastics Membership

All assigned judges must have a valid USA Gymnastics Judging Membership within the *Gymnastics for All* (GfA) category. This includes valid and current Safety Certification and Background check and SafeSport training. Judges should be prepared to visibly present their current USA Gymnastics member card at all sanctioned competitions.

a) Judges Qualification

- Qualified judges are required for all USA Gymnastics sanctioned events.
- Judges are required to successfully complete and pass the online Judge's examination in order to officiate at USA Gymnastics sanctioned competitions.
- Qualification for Head Judge is by experience.

b) Judges Obligations

- Maintain Judges' Qualification ratings and active status requirements for the appropriate level of competition.
- Follow the USA Gymnastics Code of Ethical Conduct and USA Gymnastics Safe Sport Policies.
- Be mentally and physically prepared and rested so that the evaluations are as accurate as possible.
- The head judge should not be affiliated to any club or athlete in the competition.
- If a judge must cancel an assignment, they must notify the appropriate officials at the earliest possible moment.
- Be quick, cooperative, and efficient in calculating scores.
- Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
- Cell phones and cell phone use are prohibited on the competition floor. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
- Judges should report 30 minutes prior to marching in.
- Each judge must be ready to explain his/her deductions and justify his/her score to the Judging Panel.
- Seating Arrangement – The judges must be positioned in a manner which affords a correct and unobstructed view of the team's performances, within a reasonable distance of each other.

c) Head Judge Duties

- Receive and review documents from the Technical Director for GFA.
- Be present in coaches meeting and provide feedback on submitted documentation if necessary.
- Make sure the floor is safe and free of obstructions.
- Monitor the conduct of athletes, coaches and officials at the event.
- Signal the start of each event.
- Responsible for Head Judge Deductions on the Final Score.

d) Judging Fee Guidelines

- Session Fees (per session)
 - Session with up to 7 squads, \$70
 - Sessions with over 7 squads, \$70 plus \$10 per additional squad
 - A day rate may also be negotiated when multiple sessions take place on the same day.
- Meal Expenses (per diem)
 - Meet host may choose to provide all (or some) of the meals... or pay an “all” or partial per diem.
 - Per diem – For meets in which judges are required to be present between three to six hours (report time to end of meet), per diem payment is \$40. For meets in which judges are required to be present over six hours the per diem payment is \$65.
 - Individual meals - Breakfast= \$15, Lunch= \$20, Dinner= \$30.
 - For travel days where no judging duties are performed, judges receive \$65 per diem.
- Travel Expenses
 - The standard mileage rate per the IRS will apply – a printout of MapQuest mileage or other such mapping service documentation is preferred for determining the correct mileage along with accurate odometer readings.
 - Any parking fees will be reimbursed by the Meet Director.
 - Airfare and ground transportation will either be paid for or provided in advance by the Meet Director, or the judge will be reimbursed. These arrangements must be confirmed by both parties prior to making said arrangements.
- Accommodations
 - In the case where accommodations are necessary, the judge and Meet Director should negotiate who is responsible for the arrangements and who will pay for it in advance of the event. It is the responsibility of the Meet Director to pay for accommodations.
- Dress Code
 - Business attire (Black or White top / black or navy bottoms). Appropriate shoes are required that do not damage the gym floor or mats.

VII.3 Athletes Regulations

It is important for coaches to communicate these specific regulations to the athletes in order that they may better understand their responsibilities and the conduct expected of them at competition. Members of USA Gymnastics are responsible for contributing toward a safe, positive, and rewarding environment with the best interest of the athlete at the forefront of all decisions.

- a) Membership Requirement
 - All TeamGym athletes are required to have a USA Gymnastics Athlete Membership under Gymnastics for All (GfA).
 - Athletes 18 or over are required to complete the Safe Sport course.
- b) Dress Code
 - A neat and proper athletic appearance should be the overall impression with both warm-up and competition attire. The dress must be identical for members of the same team, with some exceptions for squads with both male and female athletes.
 - Bandages or athletic tape are permitted. However, they must be securely fastened and of a non-intrusive color. (This includes joint supports). The same non-intrusive color should be worn by all members of the squad.
 - No jewelry may be worn by gymnasts except for 1 pair of stud earrings (1 in each ear). Body paint is not allowed. (Tattoos are permitted). Decorated hair grips (slides) are classified as jewelry. Loose items such as belts, suspenders/braces and laces are not allowed.
 - Hair long enough to be in the face or touching the shoulders of the athlete (male or female) should be pulled away neatly from the face and neck in a ponytail (no longer than 6 inches), bun, braids, or similar style. Whatever style, hair is not allowed to touch face, neck, back, nor shoulders. Hair grips must be secure and safe.
 - Male Gymnasts – may wear a gymnastics step-in, or a sports shirt with either a pair of athletic shorts or long athletic type pants that are not too baggy or loose. For Levels 1-6, T-shirts are permissible, but the T-shirt must be “tucked in.” For the judges to observe proper leg and hip position: if athletic shorts are worn, they must be cut above the knees and not baggy. Very loose fitting “Basketball” or similarly styled shorts are not acceptable and will result in an apparel deduction.
 - Female Gymnasts – Gymnasts must wear leotards or unitards with no loose parts (tight fitting leggings or biker shorts are also allowed as an outer layer). The neckline of the front and back of the leotard must be no lower than half of the sternum at the front and no lower than the lower line of the shoulder blades at the back. Leotards may be with or without sleeves and the shoulder strap width must be a minimum of one inch wide.
 - Mixed Teams –The male and female apparel does not have to be identical; however, the color scheme should match or compliment. All females must be identical, and all males must be identical within a specific squad.

VII.4 Equipment Regulations

- a) Floor Exercise
 - Minimum requirement of at least 1.25 inch carpet bonded foam at 40 X 40 feet dimension (or 12 meters square).
 - Anytime it is available for thicker or higher quality carpet bonded foam, or the use of a spring floor; it is recommended. A spring floor is required at nationals.
 - Anytime a larger dimension is available, it is recommended.
- b) Tumbling
 - An air track is highly recommended and will be used at nationals.
 - Minimum height of 20 cm, minimum length of 50 feet; runway required at nationals.
 - Preferred Velcro splice between air track and landing mat for safety.

Alternatives include:

- Levels 1 – 4, minimum of at least 1.25 carpet bonded foam at 6 feet by 40 feet
- Levels 5 – 6, minimum of spring tumbling strip w/ carpet bonded foam at 6’ X 60’
- Levels 7 – 10, minimum of spring tumbling strip w/ carpet bonded foam at 6’ X 72’
- Minimum landing area mat of 8’ X 16’ X 20cm required with additional 6’ perimeter recommended.

- Landing mats must be secured either to the respective Jump Apparatus or the floor to prevent sliding.
- Padded runways are required at nationals and must be secured to the floor to prevent sliding.

c) Vault

Clubs/Coaches or Gym owners are not allowed to bring any additional equipment to GfA Nationals. Due to safety, all equipment provided by the Nationals Meet Host is approved by rule.

- Level 1-3:
 - Vault tramp board or power incline
 - 5' x 5 vault system with 24", 32", 40" and 48" height settings (same as USAG WAG Level 3 and Xcel silver vaulting system)
 - Landing mat 20cm in thickness. Additional throw mats may be added for landing.
- Level 4-5:
 - Manufactured mini- tramp (preferred to specifications of a euro standard)
 - Vault table set between at 100cm high (maximum of 165 cm)
 - 20cm 8' X 16' landing mat. For added safety, a mat (min. 12cm thickness) must be placed on the floor behind the landing mat. Additional throw mats may be added for landing.
- Level 6-8
 - Manufactured mini- tramp (preferred to specifications of a euro standard)
 - Vault table set at a minimum of 135cm high and max of 155 cm
 - 20cm 8' X 16' landing mat. For added safety, a mat (min. 12cm thickness) must be placed on the floor behind the landing mat. Additional throw mats may be added for landing.
- HUGS and Unified Divisions: Safe and reasonable modifications are allowed. Coaches should communicate clearly to the Meet Director and Officials what set up they plan to use.

Runway length minimum: Levels 1 - 5: 60 feet, Levels 6 – 10: 76 feet. Maximum of 82 feet for all levels. Extra perimeter matting: It is highly recommended to have additional 6' wide carpeted foam or folding mats around perimeter for additional safety.

d) Mini-tramp

- Un-altered, manufactured traditional mini trampoline with safety pads covering the coil springs and non-skid pads on the feet (preferred to specifications of a euro standard).
- Minimum of 8' X 12' X 20cm landing mat required, with at least two 5' X 10' X 8" safety cushions available. An additional mat (min. 12cm thickness) must be placed on the floor behind the mat stack.
- In Levels 1 and 2, or HUGS and Unified; a standard vault tramp or power incline is allowed instead of a mini tramp.
- Runway length minimum: 52 feet (60+ preferred). Maximum of 82 feet for all levels.
- Extra perimeter matting: It is highly recommended to have additional 6' wide carpeted foam or folding mats around perimeter for additional safety

VII.5 Presentation Guidelines

- a) A Jump Routine should begin with all athletes in one line at the first sub event, facing (and visible to) the head judge.
 - The squad is required to be in position prior to the salute. Active athletes line up at the first event and those sitting out the pass will line up at the designated kneeling location. Either the squad will be introduced by an announcer, or the head judge will acknowledge the group with either a hand signal or raising a green flag. The entire group will then present with a consistent form of salute to the Head Judge and audience in general.
 - Any athletes not participating in the pass will kneel out in a designated kneeling area (determined at the coaches meeting prior to march-in), where they are clearly visible to the judges.
 - The first athlete will wait until the head judge has acknowledged with a hand signal or green flag. First athlete will then salute the official(s), acknowledging communication is complete, to begin the pass. The squad will then execute the pass ending with a “stuck” landing held for two seconds by the last athlete.
 - The squad will then prepare for the next pass by lining up at the beginning of the pass with those kneeling in the designated kneeling area for each event accordingly. Transitions between passes should be quick and efficient.
 - Steps 3 and 4 will be repeated until the squad has completed their respective passes. A final presentation by the entire squad (with the athletes lined up in a central position of the competition area) at the queue of a leader in the squad, then march off the floor.

VII.6 Music Requirements

Tumbling and Trampet
Routines are enhanced by background music. The music should not include lyrics and have an “up tempo” rhythm. There is no time limit, but the squad should move and work efficiently without unnecessarily long pauses or stops other than waiting for the judge’s salute. It is allowed to use the same music track over and over to accommodate the length of the routine (with a seamless loop transition). **Voice as an instrument or brief voice gestures are allowed by exception. The same music may be used for Tumbling and Trampet.

Floor
The instrumental selection should enhance the entire routine as the squad performs in unison with the music. There is a time range for each respective level (see Code of Points). Music with lyrics is not allowed. Time starts with the first movement of an athlete in the squad. Up to one eight -allowed prior to said movement. Time will end when the music ends regardless of any movement by athletes. Music should end on a definite note or clearly defined fade out. Athletes will continue to be evaluated if overtime has occurred. *Voice as an instrument, or brief voice gestures are allowed by exception.

Article VIII. Event Hosting Regulations & Guidelines

VIII.1 Hosting Criteria

- A USA Gymnastics sanction certificate is required.
- The facility must be able to accommodate the number of athletes and spectators as well as the equipment layout in a safe environment.
- Music: provide quality sound system hook-up for multi-media –iPod, iPad, MP3, etc.
 - It is recommended to have a designated person in charge of playing the music.
 - Place speakers in a safe location (i.e., not at corners of FX).
- All athletes, coaches, judges, and volunteers must be members of USA Gymnastics.
- Only certified judges may be used in a sanctioned event.
- Results must be sent to the Technical Director of GfA to be posted on the USA Gymnastics website.

VIII.2 Sanctioned Event Minimum Medical Requirements

a) Risk Levels

Moderate Risk

The performance of skills that pose a risk of injury is likely limited to lacerations, concussions, sprains or strains.

- Requires a medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic) present during practice and competition.
- Prefer practitioner who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
- Medical staff should complete incident report form.
- 1 medical staff member is required per 2 competition floors operating at any given time as long as both competition floors are in line of sight of the medical provider.
- Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags

b) Emergency Action Plan

- All levels are required to submit a completed basic Emergency Action Plan for the gym or venue.

c) Medical Personnel

- Click here to review the SafeSport requirements for medical personnel.
- Medical staff are responsible for following their state’s scope of practice and practice guidelines.

How to find qualified medical personnel for your meet:

- Ask parents at your gym if they have proper qualifications or know anyone in the community who does.
- Search your local hospital or children’s hospital’s website for “Sports Medicine” and contact them via phone numbers or “Contact Us” form on the web page.
- Call your local hospital or children’s hospital and ask for the Marketing and PR department and ask them if they have providers who would be willing to cover your event.
- Utilize a web-based service that matches ATCs to events such as Go4Ellis: <https://go4ellis.com/>
- To find a sports certified physical therapist go to:
- <https://aptaapps.apta.org//APTAPTDirectory/FindAPTDirectory.aspx> In the search field “Find By Specialist”, choose “Sports”

VIII.3 Competition Format

a) Coaches Meeting

- Every meet must have a coaches meeting before timed warm-ups.
- The Meet Director, Head Judge and a coach from each club participating must be present.
 - Introductions (Meet Director, Head Judge or Meet Referee, Coaches, Music and Medical Personnel)
 - Identify exits, restrooms, staging area, athlete seating and kneeling areas, medical station, hospitality area, spectator restrictions, awards area, and any other pertinent logistic issues.
 - Warmup rotation sheets
 - Sign in sheets
 - Music protocol
 - March in detail
 - Tariff Form submission
 - Presentation / Salute Protocol / Judges Location
 - Inquiry Procedure
 - Awards criteria

b) Competition Warm-up

- Open Stretch
 - A minimum of 15-minute, maximum of 30-minute, open stretch period is required to begin each session for levels 1 - 6. In level 7 and above, a minimum of 20 minutes is required with maximum of 45 minutes.
 - The open stretch period is for stretching and minor control tumbling only.
 - No vaulting or mini tramp.
 - The coaches' meeting should be conducted during this period.
 - Coaches should submit their respective Tariff Forms to the Head judge for each event at this time.
- Timed Warm-up for TeamGym Routines
 - The allotted time includes setting up equipment for that specific rotation.

Only in the case of equipment transition difficulty will any extra time be allowed. If something does occur where a coach feels extra time is necessary for the safety of the athletes; the meet director must approve and if so, the exception extra time will be allotted after the official warm-up rotation has ended.
 - Squads are required to be off equipment when time expires. Any squad not cooperating may forfeit their remaining warmup time. The meet director will make this decision.
 - Rotation stations include Floor – Trampet – Tumbling
 - Bye rotations are included if there are more than 3 squads in a session.
 - Each club is responsible for having enough coaches to handle multiple squads per session.
 - Levels 1 – 3: 4-minute rotations
 - Levels 4 – 5: 5-minute rotations
 - Levels 6 - 10: 9-minute rotations

- c) March In
 - A brief 5-minute period should be scheduled in between the official end of timed warm-ups and march-in to allow athletes to prepare.
 - All sessions should start on time.
 - March-in is used to introduce the squads participating in a respective session.
 - The national anthem should be played at the first session of each day or at Opening Ceremonies when applicable.
- d) Competition (Meet Sessions)
 - The competition may not start earlier than 8 a.m. and must be concluded by no later than 10 p.m.
- e) Audience/Spectator Regulations
 - Spectators are not allowed to enter the "field of play" area.
 - No flash photography allowed.
 - Spectators shall not disturb the order of the competition, competitors, and officials. Individuals causing violation shall be required to leave the competition site.

Score Tabulation Procedure

- Floor:
 - Each judge will provide a total score for the floor routine.
 - If two or three judges are assigned, the scores will be averaged to determine the final score for the event.
- Tumbling:
 - Each judge will evaluate and provide a total score for the tumbling event.
 - The overall score is calculated based on the average of individual pass scores given by each judge.
 - In case two or three judges are involved, their scores will be averaged to determine the final tumbling score.
- Trampet:
 - For the Trampet event, judges will evaluate two components: vault and mini-tramp.
 - Each judge will provide scores for the passes in both vault and mini-tramp.
 - The average score for vault passes and mini-tramp passes will be calculated separately.
 - The final Trampet event score is determined by averaging the scores of vault and mini-tramp passes.
 - If two or three judges are assigned, their scores for both vault and mini-tramp will be averaged, and then the overall Trampet score will be determined by averaging these averaged scores.
- f) Scoring Procedure
 - Meet Directors are required to acquire a signed results sheet per level competing and keep it for one year pending any reference need.
 - Either the head judge or a tabulator (recommended) will enter scores on an official results sheet to be signed by the Head Judge.

VIII.4 Awards Criteria

Prior to announcing any awards, scores must be verified and an official result page for each level competing is signed by the respective judges. The Head Judge and Meet Director are responsible for accurate scoring.

Placement Award Categories for LEVELS 3-10

- Every athlete on every team shall be given an individual medal according to their placement: Gold – Silver – Bronze (1st –2nd – 3rd). Bronze medals or other insert type medals can be awarded for the lower places (4th- 10th for ex)
- All squads will be recognized by placement. The top 50% of the squads entered shall receive a TEAM OVERALL AWARD for their placement such as plaques, trophies, or banners.
- At nationals, it is required to use the official USAG award company for at least gold, silver, and bronze medals.

Achievement Award Categories for LEVELS 1 and 2 only

- There are three categories (Gold, Silver, and Bronze) divided by score range to reflect the overall level of performance as opposed to one-on-one competition.
- Awards are presented to each athlete based on their squad’s final Team Score, not rank compared to others.
- Every athlete on every team shall be given an individual medal for the event. The gold, silver, bronze ranking can be identified with a separate ribbon, or neck ribbon color if gold/silver/ bronze medals are not used.
- Achievement awards should NOT indicate placement. When announcing awards presentation, announcer should do so by indicating each category.
- The following table illustrates the score range for determining each category based on Final Team Score:

Team Score Range	Category
24-30	Gold
20.0- 23.9	Silver
19.9 and under	Bronze

Tie-Breaking Procedures for Presentation of Awards

The team with the highest team score on a single event receives the award for the tied place.
Regardless of the tie breaker, both teams will be recognized on the podium as tied for highest placement.