



2011 - 2012 Women's Program Rules and Policies

**Governing Competitors and Competitions
sanctioned by the**

**National Women's
Program Committee**

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USA GYMNASTICS WOMEN'S OPERATING CODE & MEET ORGANIZATIONAL GUIDELINES

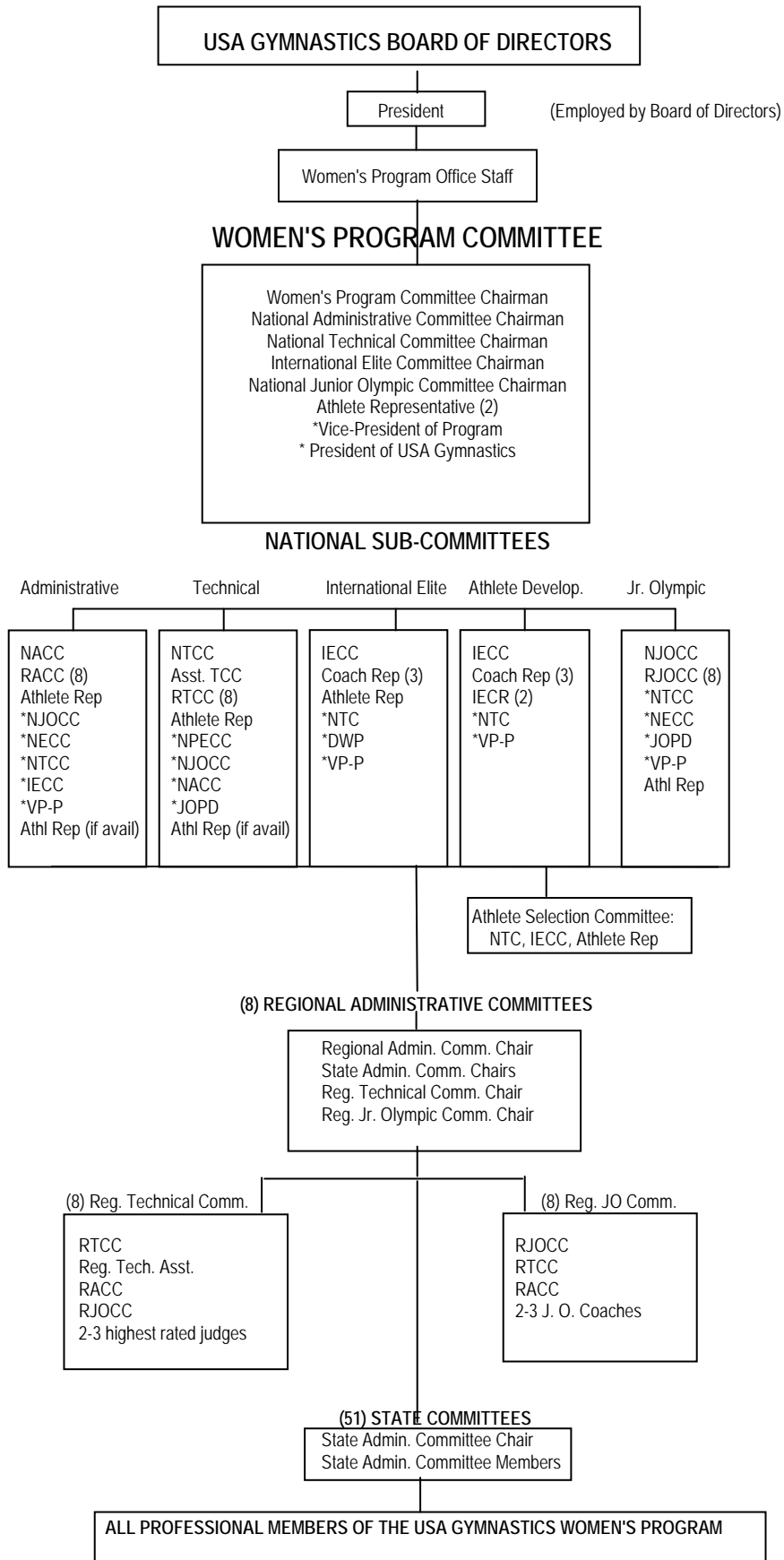
These documents are available through the State/Regional Administrative Chairmen or on the USA Gymnastics web site under Women's Program – Rules.

FORMS:

The following forms are available through your State or Regional Administrative Committee Chairman and are posted on our web site under Women's Program – Forms – Meet forms or Member Services forms

- National Event Bid Form
- Sanction Request Form (All USA Gymnastics competitions)
- Request for Foreign Sanction form
- Permission to Participate in Events outside of the US Request Form
- Request for Judges
- Sanction Report Form.
- Financial Report Form
- Meet Result Form
- Meet Entry Form
- National Meet Entry Form
- Judging Analysis Form
- Score Inquiry Form
- All-Around Score Sheet
- Pre-Elite Petition Form
- Injury Petition Form
- Accident (Case) Report Form (for sanctioned competitions)
- Value Part Evaluation Form
- Level 1-4 Report Card
- Jr. Olympic Optional Requirement Chart
- USA Gymnastics Contract for Officials
- Warning Letter of Sanction Violation
- Meet Director Exam and Answer Sheet

Edited by the
National Women's Administrative Committee
June 2011



* ex officio (non-voting)

NATIONAL OFFICERS OF WOMEN'S SUB-COMMITTEES 2011-2012

Nat'l Administrative Comm. Chairman

Kathy Ostberg
365 Spring Street
Shrewsbury, MA 01545
(H & FAX)(508) 842-5614
Email: kathyro5@aol.com

Nat'l Technical Committee Chairman

Cheryl Hamilton
21 Arizona State Drive
Newark, DE 19713
(H)(302) 366-8009 (FAX#)(302) 737-7550
Email: Cherylh001@aol.com

Nat'l Jr. Olympic Committee Chairman

Tom Koll
7701 Davis Circle
Omaha, NE 68134
(Cell)(402) 213-7701 (W) (402) 571-6630
(FAX#) (402) 571-9522
Email: tkoll60@msn.com

Assistant Technical Comm. Chairman

Audrey Schweyer
1850 SW 17th Street
Allentown, PA 18103
(H & FAX #)(610) 797-4166
Email: audreynetc@aol.com

International Elite Comm. Chairman

Steve Rybacki
841 N. Dodsworth
Covina, CA 91724
(Cell #)(951) 544-0579 (G)(626) 966-8775
(FAX#)(626) 967-8838
Email: stevergym@earthlink.net

USA GYMNASTICS WOMEN'S PROGRAM OFFICE STAFF

132 E. Washington Street, Suite 700, Indianapolis, IN 46204
(317) 237-5050 FAX # 317-237-5069

Vice-President - Program

Kathy Kelly
(W)(317) 829-5626 (H)(317) 898-9177
(C)(317) 292-7665
Email: kkelly@usagym.org

National Team Training Center & TOPS Director

Gary Warren
at Houston Nat'l Team Training Ctr.
(W)(936) 291-3314 (FAX#)(936) 291-6373
(C)(317) 985-2911
Email: gwarren@usagym.org

Jr. Olympic Program Director

Connie Maloney
(W)(317) 829-5628 (Cell)(317) 281-0795
Email: cmaloney@usagym.org

Director of Program Administration

Rachel Brazo
(W) (317) 829-5661 (C)(317) 374-9594
Email: rbrazo@usagym.org

Managing Director of Athlete & Coaching Programs

Kim Riley
(W)(317) 829-5627 (Cell)(317) 294-0280
Email: kriley@usagym.org

LIAISONS TO NATIONAL WOMEN'S PROGRAM COMMITTEE

Board of Director Representatives: **Steve Rybacki & Tom Koll** (See above under National Chairmen)

USAG Medical Coordinator:

Dr. Larry Nassar, Michigan State University (517) 884-6100 Email: Lawrence.nassar@ht.msu.edu

National Association of Women's Gymnastics Judges (NAWGJ):

Evelyn Chandler, 13252 Lakeshore Grove Dr.; Winter Garden FL 3478 (H)(407)884-2208 Email: nawgjvp@aol.com

NCAA Representative to JOC: TBD

NCAA Eligibility-Legislative Services: NCAA, 1802 Alonzo Watford Sr. Dr., Indianapolis, IN 46202
(317) 917-NCAA Hotline: 1-800-638-3731

Judges Accreditation: Contact **Connie Maloney** (317-829-5628) or **Rachel Brazo** (317-829-5661) at the National office

US Elite Coaches Assoc. (USECA) 10 Quail Point Place, Carmichael, CA 95608

Secretary- **Natalie Duke** (916) 487-3559 (FAX#)(916) 487-3706 Email: acs607nd@pacbell.n

REGIONAL AND STATE COMMITTEE OFFICERS

REGION I

Webpage: www.region-one-gymnastics.com

- RACC** **Jennifer Shipman Krause**, 3 Atherton Island, Stockton, CA 95204 (H)(209) 464-6393
FAX# (209) 464-5393 (C) (209) 607-2825 Email: jenshipman@yahoo.com
- RTCC** **Neela Nelson**, 4626 E. Everett Dr., Phoenix, AZ 85032 (H & FAX#)(602) 992-3271
Email: Justahopin@aol.com
- RJOCC** **Dan Witenstein**, 3110 E. Thunderbird Rd., Phoenix, AZ 85032 (G)(602) 992-5790
(C) 602-625-6242 FAX# (602) 992-2420 Email: dan@arizonasunrays.com
- SACC: AZ** **Debby Farrelly, 2450 E. Germann #17, Chandler, AZ 85286 (G)(480) 633-8414**
(Cell)(480) 296-9256 (FAX#)(480) 633-8801 Email: azdynamics@aol.com Website: www.azgym.net
- SACC: CA-N** **Donna Franzini**, 9514 W. Pershing, Visalia, CA 93291 (559) 651-2244 (FAX#)(559) 651-3176
(Cell)(559)967-6228 Email: iloveccgi@earthlink.net Website: www.norcal-gymnastics.org
- SACC: CA-S** **Carol McIntyre**, American Gymnastics Academy, 1901 Obispo, Signal Hill, CA 90755 (W)(562) 494-0087
(C) 714-348-4847 (FAX#)(562) 597-0087 Email: ownerlady@aol.com Website: www.socal-gymnastics.org
- SACC: NV** **Cassie Rice**, 440 S. Parkson, Henderson, NV **89011** (702) 566-1414, ext. **223** (FAX)(702) 566-1310
Email: gymcats@gymcats.com
- SACC: UT** **Cathy Bennion**, 9164 Nichole Drive, Sandy, UT 84093 (H)(801) 571-9761 (FAX#) (801) 263-0128
(Cell)(801) 641-9761 Email: cbennion@usagutah.com Website: www.usagutah.com

REGION 2

WEBPAGE: <http://usagregion2.com>

- RACC** **Meg Doxtator**, 2463 NW Jean Lane, Portland, OR 97229 (G)(503) 517-7562
(FAX#)(503) 525-8982 Email: mdoxtator@themas.com
- RTCC** **Linda Mulvihill**, 2230 Monterey, Eugene, OR 97401 (Cell)(541) 520-6570
(G)(541) 744-2002 (FAX#)(541) 284-2322 Email: gymit@aol.com
- RJOCC** **Laurie Reid**, 2121 W. Lincoln, Yakima, WA 98902 (H)(509) 966-1701
(G)(509) 453-8126 (FAX#)(509) 577-7797 Email: laurie@gymnasticsplus.net
- SACC: AK** Martha Dunn, 2000 Otter Street, Anchorage, AK 99504 (H)(907) 561-3105
Email: 8wasabi@alaska.net
- SACC: HI** **Pam Zak**, 46-034 Heeia St., Kaneohe, HI 96744 (H)(808) 235-6356
(Cell)(808) 306-7916 Email: pamzpex@yahoo.com
- SACC: ID** **Marian DeWane**, P.O. Box 2137, Boise, ID, 83701 (USAG#)(208) 602-5336
(USAG FAX#)(208) **342-9124** Email: idasag@aol.com Website: www.idahogymnastics.com
- SACC: MT** **Lizzie Dolan**, 825 Cooley St., Missoula, MT 59802 (Cell)(406) 531-0078 (FAX#)(406) 728-0708
Email: lizzie@mismogymnastics.com
- SACC: OR** **Philip Sappington**, 1281 NE 25th Ave., Suite G, Hillsboro, OR 97124 (H)(503)347-0565
(G)(503) 640-6797 Email: flightschoolgym@yahoo.com Website: www.usagoregon.com
- SACC: WA** **Patti Gable**, c/o Northwest Aerials, 12440 128th Lane NE, Kirkland, WA 98034
(G)(425) 823-2665 (FAX#)(425) 820-5050 Email: usagwashington@aol.com
Website: www.usagwa.com

REGION 3

WEBPAGE: <http://www.reg3.com>

- RACC** **Cori Rizzo**, 4225 Johns Light Drive, Austin, TX 78727 (H)(512) 246-6755
(FAX#)(888) 412-9681 (Cell)(512) 797-5774 Email: cori@reg3.com
- RTC** **Carole Bunge**, 14933 Xenia St., Thornton, CO 80602 (303) 949-5767
(FAX#)(888) 786-7123 Email: tcbunge@gmail.com
- RJOCC** **Mark Folger**, 920 N. Andover Rd, Andover, KS 67002 (G)(316) 733-7525
Email: folgersgym@aol.com
- SACC: AR** **Diane Garner**, Westside YMCA, 4701 Sam Peck Rd., Little Rock, AR 72223
(W)(501) 227-8343 (FAX#)(501) 227-8348 Email: ARGym02@aol.com
Website: www.arusag.org
- SACC: CO** **Cindy Miyake**, 88 Ridgeview Lane, Boulder, CO 80302 (H)(303) 440-8509
(FAX#)(303) 440-6018 Email: ivangivan@yahoo.com Website: www.cousag.com
- SACC: KS** **Anne Heffernon**, 1702 E. 123rd Terrace, Olathe KS 66061 (G)(913)764-8282 (FAX)(913)764-6701
(Cell) (816)810-2631 Email: usagkansas@aol.com
- SACC: NM** **Esther Jones**, 1900 White Cloud NE, Albuquerque, NM 87112 (Cell)(505) 239-8680
Email: nmstategymnastics@q.com Website: www.nmusag.com
- SACC: OK** **Susie Barto**, 1915 Hillcrest Dr., Bartlesville, OK 74003 (G)(918) 661-8064 (H)(918) 336-6055
(FAX#)(918) 661-3113 Email: Susie.barto@contractor.conocophillips.com
Website: www.okgymnastics.org
- SACC: TX** **Diane Callison**, 23873 Wild Forest Dr., New Caney, TX 77357 (H)(281) 689-8818
(Cell)(281) 636-0602 (FAX)(281) 689-8819 Email: dpcallison@earthlink.net
Website: www.txusag.com
- SACC: WY** **Kevin Gangwish**, 1226 South Willow, Casper, WY 82604 (Cell)(307) 247-2922
(G)(307) 235-1478 (FAX)(307) 237-2148 Email: kgangwish@bresnan.net
Website: www.usag-wyoming.org

REGION 4

WEBPAGE: region4gymnastics.com

- RACC** **Jim Schlott**, 3780 Lois Lane NE, North Liberty, IA 52317 (H)(319) 338-4946
(Cell)(319) 331-8629 (G)(319) 341-2229 (FAX#) (319) 338-0187 Email: j.schlott@mchsi.com
- RTCC** **Linda Thorberg**, 19700 Falcon Path, Farmington, MN 55024 (Home/cell)(952) 200-9514
FAX# (952) 431-5300 Email: linda4rtc@aol.com
- RJOCC:** **Bryon Hough**, 3080 Bobcat Trail NW, Prior Lake, MN 55372 (G)(952) 431-6445 (Cell)(952) 500-3408
Email: bryonhough@gmail.com
- SACC: IA** **Todd Beyer**, 2906 C Avenue NE, Cedar Rapids, IA 52402 (Cell)(319) 389-3704
(G)(319) 393-4345 Email: bitlmt@mchsi.com
- SACC: MN** **Stephanie Gibbs**, 9413 Redwell Lane, Woodbury, MN 55125 (Cell)(651) 785-3046
(G)(651) 459-5837 (FAX#)(651)379-5281 Email: mnsacc@gmail.com Website: www.mnusag.com
- SACC: MO** **Zina Fudge**, 212 Dené Drive, Columbia, MO 65201 (573) 474-6300 (FAX#)(573)814-1929
(Cell)(573) 529-1136 Email: zfmosc@centurylink.net Website: www.mousag.com
- SACC: NE** **Barb Bottieri**, 7013 Audrey Street, Omaha, NE 68138 (H)(402) 884-9862
Email: bbottieri@gmail.com Website: www.neusag.worldpress.com
- SACC: ND** **Pam Tweten**, 522 9th Avenue NE, Minot, ND 58703 (H)(701) 838-3423 (Cell)(701) 240-3383
Email: pamela.tweten@sendit.nodak.edu
- SACC: SD** **Tracy Ponto**, 519 Enchantment Rd., Rapid City, SD 57701 (G & FAX)(605) 341-5914
(Cell)(605) 390-8985 Email: atponto@rap.midco.net
- SACC: WI** **Rick Nelson**, S73 W17240 Lake Dr., Muskego, WI 53150 (Cell)(414) 698-6257
(FAX#)(414) 525-1906 Email: Rick@midwesttwisters.com

REGION 5

Webpage: www.Region5.com

- RACC** **Bobbi Montanari**, Universal Gymnasts, Inc., 2881 Scioto-Darby Exec. Ct., Hilliard, OH 43026
(G)(614) 777-9430 (H)(614) 876-2930 (Cell)(614) 507-0524 (FAX#)(614) 777-9450
Email: R5Bobbi@aol.com
- RTCC** **Char Christensen**, 1260 Churchbell Way, Columbus, OH 43235 (USAG line)(614) 668-8822
(FAX#)(614) 486-7315 Email: CharChristensen@columbus.rr.com
- RJOCC** **John Geddert**, Twistars USA, 9410 Davis Hwy., Dimondale, MI 48821
(G)(517) 322-0360 (FAX#)(517) 322-0436 Email: USATwistar@aol.com
- SACC: IL** **Norbert Bendixen**, 423 Midway, Mundelein, IL 60060 (USAG line)(847) 949-8743
(FAX#)(847) 949-3903 Email: NorbertIL@aol.com Website: www.ilusag.com
- SACC: IN** **Linda Barclay**, 7654 Fieldstone Ct., Greenfield, IN 46140 (317) 891-8260 (FAX#)(317) 891-8226
(Cell)(317) 654-0845 Email: lbarclay@indianausag.com Website: www.Region5.com/Indiana
- SACC: KY** **Cap Caudill**, 3112 Freys Hill Rd., Louisville, KY 40241 (USAG Cell)(502) 435-9683
(FAX#)(502) 423-7118 Email: kipc36@insightbb.com Website: www.Region5.com/Kentucky
- SACC: MI** **Jim Comiskey**, 1111 E. Wackerly, Midland, MI 48642 (G)(989) 832-3045 (FAX#)(989) 832-2278
Email: MGTC@sbcglobal.net Website: www.Region5.com/Michigan
- SACC: OH** **Nina Dent**, 10808 Watkins Rd. SW, Pataskala, OH 43062 (H)(740) 927-8465 (W)(614) 292-1115
(Cell)(614) 316-6391 (FAX #)(614) 688-4612 Email: dent.24@osu.edu
Website: www.Region5.com/Ohio

REGION 6

WEB PAGE: www.region6usag.org

- RACC** **Kathy Ostberg**, 365 Spring Street, Shrewsbury, MA 01545 (USAG)(508) 842-5164
(FAX#)(508) 842-5164 Email: kathyro5@aol.com Website: www.region6usag.org
- RTCC** **Pat Panichas**, 9 Sherman Lane, Hamden, CT 06514 (H)(203) 248-7999
(W)(203) 392-6082 (FAX#)(203) 392-6093 Email: panichas@aol.com
- RJOCC** **Larry Goldsmith**, 41 Brook Ct., E. Amherst, NY 14051
(G & FAX#)(716) 694-6557 Email: lgoldniag@aol.com
- SACC: CT** **Robin Deary Fillmore**, 31 Commerce Ave., Danielson, CT 06239 USAG line (860) 774-9284
(W & FAX#) 860-774-7425 E-mail: usagconnecticut@sbcglobal.net
Website: www.ct-usagymnastics.com
- SACC: ME** **Donna Landau**, 29 Chickadee Lane, Kennebunk, ME 04043 Phone : (207) 294-1180
Email: dmlandau@hotmail.com Website: www.maine-gymnastics.org
- SACC: MA** **Michele Archer**, P.O. Box 742, Shirley, MA 01464 (USAG#)(978) 866-0439
(FAX-call first)(978) 425-0360 Email: michelecm73@aol.com Website: www.massusag.com
- SACC: NH** **Haven Milton**, PO Box 1344, Dover, NH 03821 (G)(603) 749-1234 (FAX)(603) 749-5678
(Cell)(603) 312-0880 Email: HavenNHSC@aol.com Website: www.nh-usag.org
- SACC: NY** **Paul Spadaro**, Tribeca Bridge Towers, 450 North End Ave. #20-F, New York, NY 10282
(H)(212) 227-9792 (FAX#)(212) 227-9793 Email: citygames@aol.com
Website: www.newyorkstategymnastics.com
- SACC: RI** **Kelli Doorley**, 64 Scapa Flow Road, Charlestown, RI 02813 (Phone & FAX#)(401) 213-6735
Email: Kelliscri@yahoo.com Website: www.riusag.com
- SACC: VT** **Jill G. Vanderpot**, 94 Olcott Drive, White River Jct., VT 05001 (W)(802) 295-2070
(Cell)(603) 252-6075 Email: jillnlg@yahoo.com Website: www.vermontgymnastics.com

REGION 7

WEB PAGE: www.Region7gymnastics.com

- RACC** **Lynn Perrott**, 8642 Lucerne Road, Randallstown, MD 21133 (H & FAX#)(410) 521-7387
Email: LPerrott@comcast.net
- RTCC** **Myra Elfenbein**, Oct. 1-May 31: 8806 Church Field Lane, Laurel, MD 20708
June 1-Sept. 30: 7711 NE 175th St. Unit E-104, Kenmore, WA 98028
(USAG line & FAX#)(301) 490-6240 (Cell)(240) 593-1618 Email: region7rtc@comcast.net
- RJOCC** **Linda Johnson**, 2456 Vineyard Lane, Crofton, MD 21114 (H & FAX#)(410) 721-5853
Email: ljohnson.60@comcast.net
- SACC: DE** **Cleo Washington**, 131 John F. Campbell Rd., Newark, DE 19711 (Gym)(302) 368-7107
Email: fcleow@gmail.com
- SACC: MD** **Jay Barrows**, 2467 Wentworth Dr., Crofton, MD 21114 (USAG#)(410) 451-5111
(FAX#)(410) 451-5122 (Cell)(443) 223-1074 Email: jaysbarrows@verizon.net
Website: www.mdusag.com
- SACC: NJ** **David Rettig**, 19 E. Frederick Place, Cedar Knolls, NJ 07927 (Phone & FAX#) (973) 267-7796
Email: djrettig@cs.com Website: www.usagnj.com
- SACC: PA** **Donna Guenther**, 155 Philmont Ave., Feasterville, PA 19053 (H & FAX) (215) 364-7379
Email: somerton155@comcast.net Website: www.pagymnastics.com
- SACC: VA** **Steve Garman**, 3116 Knoll Drive, Falls Church, VA 22042 (H) (703) 241-1803
(FAX#)(703) 241-1804 Email: vausag@gmail.com Website: www.vausag.com
- SACC: WV** **Billy Bob Taylor**, 3406 Chesterfield Ave., Charleston, WV 25304 (304) 925-3004
(FAX)(304) 925-3369 (Cell)(304) 550-6049 Email: wvtextn@aol.com Website: www.wvusag.com

REGION 8

WEBPAGE: www.Region8gymnastics.org

- RACC** **Debby Kornegay**, 394 Stonebridge Road, Birmingham, AL 35210-4111 (Cell)(205) 903-8149
(USAG line & FAX#)(205) 951-0184 Email: debgk@me.com
- RTCC** **Marian Dykes**, 4651 Buford Highway, Atlanta, GA 30341-3714 (Day)(770) 451-6910
(PM)(770) 939-3302 (FAX#)(770) 457-0943 (Cell)(404) 408-6699
Email: mariandykes@aol.com
- RJOCC** **Brad Harris**, 2301 26th St. N., St. Petersburg, FL 33713 (G)(727) 328-8500 FAX# 727-328-8522
E-mail: Tbayturnrs@aol.com
- SACC: AL** **Deb Tapscott Walls**, 155 Oakdale St., Florence, AL 35633 (USAG line)(256) 412-4152
Email: debwalls@alAusag.org Website: www.alAusag.org
- SACC: FL** **Toni Rand**, 7957 Steeplechase Court, Port Lucie, FL 34986 (H & FAX#)(772) 489-5982
Email: AmTwist@aol.com Website: www.usagfl.org
- SACC: GA** **Jon Aardema**, 2995 Cobb Parkway, Kennesaw, GA 30152 (W)(770) 975-8337 (FAX#)(770) 975-3820
(Cell)(404) 431-0129 Email: jona@gymnasticsacademyofatlanta.com Website: www.gausag.org
- SACC: LA** **Jackie Latino**, 2073 Bonn Street, Harvey, LA 70058 (G)(504) 328-3838
(FAX# - call first)(504) 328-3838 Email: Gymmstar@aol.com Website: www.LAUSAG.org
- SACC: MS** **Nancy Hawkins**, 101 Miley Drive, Starkville, MS 39759 (USAG#)(662) 615-5533, ext. 102
(Fax#)(662) 323-9795 (Cell)(662) 769-4294 Email: nancy@msusag.org Website: www.msusag.org
- SACC: NC** **Jennie Kennel Adams**, 86 Rollo Rd., Kennel's Beach, Grantsboro, NC 28529 (Cell)(252) 514-5870
(Day/Night & FAX#)(252) 249-2825 Email: jenniekadams@coastalnet.com
or jenniekadams@gmail.com Website: www.nc-usag.org
- SACC: SC** **Joanne Child**, 403 Waterville Dr., Columbia, SC 29229 (H)(803) 788-1303 (W)(803) 788-2808
(FAX#)(803) 788-2911 (Cell)(803) 315-7561 Email: jchildscgym@bellsouth.net
Website: www.sc-gymnastics.org
- SACC: TN** **Larry Corrigan**, c/o CEGC, 3059 Ashland City Rd., Clarksville, TN 37040 (G)(931) 906-1663
(FAX#)(931) 906-1063 Email: CegcCoach1@cs.com Website: www.tnusag.org

ADDITIONAL NATIONAL USA GYMNASTICS OFFICE STAFF

USA Gymnastics 132 E. Washington Street, Suite 700, Indianapolis, IN 46204 (317) 237-5050
(FAX#)(317) 237-5069 or 5080 USAG Online: www.usagym.org

Member Services: 1-800-345-4719 (In Indiana, call 317-682-5213) (FAX#)(317) 692-5212
(includes Membership, Safety/Risk Management Certification, Coaches Accreditation, Sanctions, Meet Director, Merchandise orders, and Magazine Subscriptions)

President: **Steve Penny**

Vice-President of Member Services: **Cheryl Jarrett**

Director of Club Services: **Lorée Galimore**

Director of Member Services: **Erica Koven**

Director of Educational Services: **Lynn Moskovitz**

E-mail: cjarrett@usagym.org

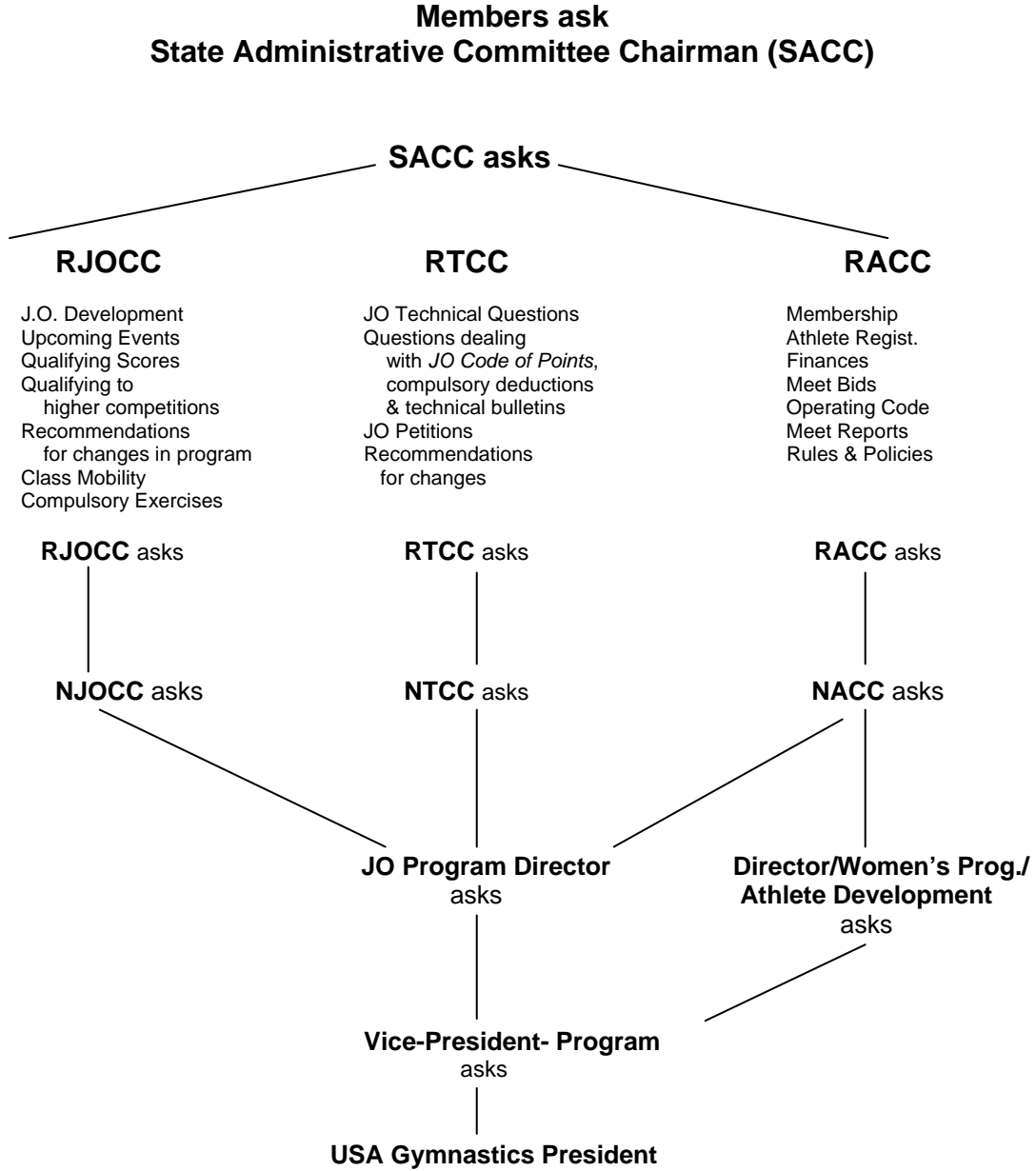
E-mail: lgalimore@usagym.org

E-mail: ekoven@usagym.org

E-mail: lmoskovitz@usagym.org

"The HOT LINE"

Should questions arise, members should seek answers by following the "chain of command" described below:



INTERPRETATION OF THE *RULES & POLICIES* IS THE RESPONSIBILITY OF THE
WOMEN'S PROGRAM COMMITTEE & THE PRESIDENT OF USA GYMNASTICS

USA Gymnastics Mission Statement

Encourage participation in all aspects of gymnastics
Support athletes in their pursuit of competitive excellence
Generate public awareness of the sport of gymnastics
Commitment to Customer Service throughout the organization

INTRODUCTION

The purpose of the National 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:

1. Carrying out the purposes and objectives of USA Gymnastics.
2. 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.
3. Organizing competitions for girls and women of all levels of ability at local, state, regional and national levels.
4. 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.

PLEASE NOTE: All italicized bold type indicates a change from or an addition to the 2010-2011 Rules and Policies.

PART ONE USA GYMNASTICS MEMBERSHIP

100% of the athletes, coaches and judges participating in a USA Gymnastics Sanctioned Event must be pre-registered Athlete, Introductory Athlete, Professional, Jr. Professional, Introductory Coach or Jr. Introductory Coach members of USA Gymnastics. Any athlete, coach or judge who is unable to be verified as a current USA Gymnastics member will be ineligible to participate in a USA Gymnastics sanctioned event.

SECTION I TYPES OF MEMBERSHIP

I. ATHLETE MEMBERSHIP

- A. Athlete Membership is effective once a USA Gymnastics Athlete Member number has been assigned to the competitive athlete.
- B. Athlete Member Numbers are assigned only after:
 - 1. Payment in full of \$54.00 per athlete is received. There is a \$5 discount when membership is processed online.
 - 2. The Athlete Membership Application form is received fully completed with all required information and signatures.
 - Please note, the club is required to keep a copy of the fully completed Athlete Membership application, regardless of registration method.
- C. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- D. Registration forms for first-time Level 5 athletes no longer require a Skill Evaluator or PDP-II coach's signature.
- E. The Athlete Membership is valid for one competitive year, from August 1 through the following July 31.
 - 1. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - 2. All Athlete Memberships are automatically null and void each July 31.
- F. Membership forms are available online at **www.usagym.org/forms**. For more information regarding Athlete Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

II. INTRODUCTORY ATHLETE MEMBERSHIP

- A. Introductory Athlete Membership is available for Level 1, 2, 3 and **Xcel (PREP)** Optional competitors only.
- B. Introductory Athlete membership is effective once a USA Gymnastics Introductory Athlete Membership number has been assigned to the competitive athlete.
- C. Introductory Athlete Member Numbers are assigned only after:
 - 1. Payment in full of \$20.00 per athlete is received. There is a \$5 discount when membership is processed online.
 - 2. The Introductory Athlete Membership Application form is received fully completed with all required information and signatures.
 - Please note, the club is required to keep a copy of the fully completed Introductory Athlete Membership application, regardless of registration method.
- D. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- E. Introductory Athlete Memberships may be upgraded to full Athlete Member (Level 4 and above) within the same competitive year by completing a regular Athlete Member registration form and paying the additional \$39.00. Upgrades are processed by mail or fax only.
 - An upgrade from Introductory Athlete to full Athlete **MUST** be submitted via fax and/or mail
- F. The Introductory Athlete Membership is valid for one competitive year, from August 1 through the following July 31.
 - 1. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - 2. All Introductory Athlete Memberships are automatically null and void each July 31.
- G. Membership forms are available online at **www.usagym.org/forms**. For more information regarding Introductory Athlete Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

III. PROFESSIONAL MEMBERSHIP

- A. Professional Membership is open to any coach, judge or gymnastics professional who is a minimum of 18 years of age.
 - 1. Completion of USA Gymnastics Safety/Risk Management Certification and NCSI Criminal Background Check are requirements for Professional Membership.
 - 2. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- B. The annual fee for Professional Membership in one discipline is **\$89.00 (one discipline)**. There is a \$5 discount when membership is processed online.
- C. USA Gymnastics Professional Member must hold a Professional Membership for each and every discipline in which he or she is participating.
 - An additional \$15 per discipline will be applied.
- D. Professional Memberships are valid for one year from date of payment.
- E. Membership forms are available online at www.usagym.org/forms. For more information regarding Professional Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

IV. JUNIOR PROFESSIONAL MEMBERSHIP

- A. **Junior Professional Membership is available only for coaches or judges who are 16-17 years of age and are coaching at Level 4 and above USA Gymnastics sanctioned events.**
 - 1. Safety/Risk Management Certification is also a requirement for Junior Professional Membership.
 - 2. **Jr. Professional members must be accompanied by a Professional Member in order to be on the field of play as a coach.**
 - 3. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- B. The annual Jr. Professional Membership fee is \$60.00. There is a \$5 discount when membership is processed online.
- C. Once the individual turns 18 years of age, he/she may apply for a Professional or Introductory Coach Membership, depending upon which levels they are coaching.
 - *Please note: Jr. Professional Members no longer are required to upgrade their membership to Professional or Introductory Coach membership **upon the date of their 18th birthday**, if the current Jr. Professional membership has not yet expired. However, they will be required to renew as a Professional or Introductory Coach Member once the Jr. Professional membership has expired.*
- D. Junior Professional Memberships are valid for one year from date of payment.
- E. Membership forms are available online at www.usagym.org/forms. For more information regarding Junior Professional Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

V. INTRODUCTORY COACH MEMBERSHIP

- A. **Introductory Coach Membership is open to any Level 1, 2, 3 and Xcel (PREP) coach or gymnastics professional who is a minimum of 18 years of age.**
 - 1. Completion of USA Gymnastics Safety/Risk Management Certification and NCSI Criminal Background Check are requirements for Introductory Coach Membership.
 - 2. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- B. The annual Introductory Coach Membership fee is \$20.00. There is a \$5 discount when membership is processed online.
 - Introductory Coach Membership may be upgraded to a full Professional Membership within the same membership cycle by paying an upgrade fee of \$69.00.
- C. Introductory Coach Membership is valid for one year from the date of payment.
- D. Membership forms are available online at www.usagym.org/forms. For more information regarding Introductory Coach Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

VI. JUNIOR INTRODUCTORY COACH MEMBERSHIP

- A. **Junior Introductory Coach Membership is open only to coaches who are 16-17 years of age and are coaching at Level 1, 2, 3 and Xcel (PREP) Optional.**
 - Safety/Risk Management Certification is also a requirement for Jr. Introductory Coach Membership.
 - **Jr. Introductory Coach members must be accompanied by a Professional/Introductory Coach Member in order to be on the field of play as a coach.**

- B. The annual Junior Introductory Coach Membership fee is \$20.00. There is a \$5 discount when membership is processed online.
 - A Junior Introductory Coach may upgrade to a Junior Professional within the same membership cycle by paying an upgrade fee of \$40.00.
 - For information on upgrading to a Professional or Introductory Coach Membership when turning 18 years of age prior to the expiration of the Jr. Introductory Coach Membership, please contact Member Services.

Please note: It is no longer a requirement that a Jr. Introductory Coach Member upgrade their membership to Professional/Introductory Coach Membership upon the date of their 18th birthday, if the current Junior Introductory membership has not yet expired. However, they will be required to renew as a Professional or Introductory Coach once the Junior Introductory Coach membership has expired.
- C. Junior Introductory Coach Membership is valid for one year.
- D. Membership forms are available online at www.usagym.org/forms. For more information regarding Junior Introductory Coach Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via email at membership@usagym.org.

VII. FOREIGN PARTICIPANT MEMBERSHIP

Athletes, coaches and/or judges from countries other than the United States who wish to participate in USA Gymnastics Sanctioned Events must be registered members.

- A. The USA Gymnastics Member Services department provides a discounted, insurance-only membership strictly for foreigners competing in USA Gymnastics meets at the rate of \$25.00 per person.
- B. Foreign Memberships do NOT receive benefits of membership other than the required insurance coverage at the sanctioned event(s).
- C. The Foreign Participant Membership form is available in Forms Section at www.usagym.org/forms.

VIII. PROFESSIONAL EDUCATION PROGRAMS AND ACCREDITATIONS

Information about the various certifications offered in the USA Gymnastics University is available online at: www.usagymnasticsuniversity.org.

NOTE: MEET DIRECTOR CERTIFICATION FOR WOMEN'S PROGRAM IS AVAILABLE ONLINE

- A. In order to host a SANCTIONED USA Gymnastics competition, all Meet Directors MUST attain a Meet Director Certification. In addition, the Meet Director must hold a current Professional Membership.
- B. The Meet Director Exam and answer sheet can be found on the USA Gymnastics website: www.usagym.org. Go to Member Services homepage; click Forms. The exam and answer sheet are under the Meet Forms heading. Send completed exam and fee to the National Office.

**PART ONE
USA GYMNASTICS MEMBERSHIP**

**SECTION II
INTERNATIONAL/FIG RULES FOR PARTICIPATION**

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.

*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 professional 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. Your cooperation is very much appreciated.*

CONTACT THE USA GYMNASTICS MEMBER SERVICES DEPARTMENT FOR ASSISTANCE AND DIRECTION. DO NOT DIRECTLY CONTACT ANY FOREIGN FEDERATION, CLUB, ATHLETE, COACH OR JUDGE.

I. DUTIES AND RESPONSIBILITIES OF USA GYMNASTICS PROFESSIONAL MEMBERS IN REGARDS TO INTERNATIONAL EXCHANGES.

**A. EXCERPT FROM THE STATUTES OF THE FEDERATION INTERNATIONALE DE GYMNASTIQUE (FIG)
VII. RELATIONSHIPS BETWEEN FEDERATIONS, UNIONS, GROUPS AND THE FIG**

34.3 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. 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.

Article 28 CODE OF DISCIPLINE

28.1 The sanctions which may be imposed upon a federation or an individual for an act of misconduct are:

- a) a warning, possibly with publication in the FIG Bulletin
- b) a suspension of the federation, or of a person, from participation in any official event of the FIG or from several such events
- c) exclusion from any future participation in the activities of the FIG
- d) refusal of admittance to any events of the FIG
- e) a financial imposition
- f) exclusion of a federation, following resolution of the Congress
- g) suspension from office of any elected member and possible exclusion of office following resolution of the Congress

B. Any competition/exhibition conducted in the United States which includes foreign athletes must be sanctioned by USA Gymnastics. For more details, see Women's Rules and Policies, Part IV, Section 2, II. "Sanctioning Requirements for Foreign Exchanges."

C. The Sanction Fee will be determined based upon the particulars of the event (up to \$250,000.00). Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.

II. 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/Exhibitions conducted in the United States**
 1. *Prior approval of Foreign Federation must be secured through 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. *Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.*
 6. *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:*
 - 1) *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.)*
 - 2) *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. *USAG must receive communication from the host country requesting permission for USAG 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. (A form is available on the website.)*
 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.*
 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.*
 - *For example: Official results may not reflect "USA".*
 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.*

**PART ONE
USA GYMNASTICS MEMBERSHIP**

**SECTION III
USA GYMNASTICS CODE OF ETHICS**

Introduction

The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics. USA Gymnastics grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn by USA Gymnastics at any time where USA Gymnastics determines that a member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

In order to assist all members to better serve the interests of those who participate in gymnastics, USA Gymnastics has adopted the Ethical Code which follows. This Code is not intended to establish a set of rules that will, by inclusion or exclusion, prescribe the appropriate behavior for USA Gymnastics' members in every aspect of their participation in the sport. Rather, the Code offers general principles to guide the conduct, and the judicious appraisal of conduct, of all USA Gymnastics' members (including employees and agents of USA Gymnastics) in situations that have ethical implications.

This Code cannot further ethical conduct in the sport of gymnastics; that can only come from the personal commitment of the participants in the sport to behave ethically. This Code is offered instead to guide and to affirm the will of all of USA Gymnastics' members to safeguard the best interests of the sport by acting ethically at all times.

I. Elements of the Code

A. Participant Relationships.

Members of USA Gymnastics are charged with the responsibility for contributing to an environment which makes participation in the sport a positive and rewarding experience. In order to achieve that result, each professional member has a special obligation to make decisions based on the best interest of the athlete. It is inconsistent with this obligation for any member to:

1. Fail to follow the safety guidelines established by USA Gymnastics, or otherwise knowingly subject a participant to unreasonable physical or emotional risk.
2. Engage in conduct which is unfair, including in particular, attempting to injure, disable or intentionally interfere with the preparation of a competitor.
3. Engage in conduct toward another participant in the sport which is abusive. USA Gymnastics recognizes that the process for training and motivating athletes will vary with each coach and each athlete, but it is nevertheless incumbent on everyone involved in the sport to support the development and use of motivational and training methods that avoid conduct which is, or is likely to be perceived as being, abusive.
4. Discriminate in the provision of resources or opportunities to any member or prospective member on the basis of race, sex, creed, sexual orientation, age, national origin or mental or physical disability.
5. Attempt to intimidate, embarrass or improperly influence any individual responsible for judging or administering a competition.
6. Engage in business practices directed toward another member which are determined by a court, or other similar adjudicatory body, to be unethical, illegal or a breach of contract.

B. Participation.

Any USA Gymnastics' activity or event should be open to any member properly qualified under the rules of that activity or event, and every member participating in a USA Gymnastics' activity or event has an obligation to participate to the best of their abilities. It is inconsistent with this obligation for any member to:

1. Restrict the ability of a member to qualify for or participate in competition because of the member's association with a particular organization or individual or because of that member's race, sex, creed, sexual orientation, age, national origin or mental or physical disability.
2. Participate as a judge, coach, athlete or administrator in any activity where that judge, coach or athlete is inadequately prepared, unable to participate or fails to participate to the best of his or her ability.
3. Engage in behavior which is so disorderly or inappropriate as to interfere with the orderly conduct of the activity or other members' participation in, or enjoyment of, the activity.

C. Responsibility.

A member of USA Gymnastics has a responsibility to the sport of gymnastics and the rules and regulations which govern it. It is inconsistent with this obligation for any member to:

1. Knowingly misrepresent the policies or actions of USA Gymnastics or its authorized representatives.
2. Fail to resort in the first instance to the established procedures for challenging a competitive result, contesting a team selection decision, complaining about the conduct of another member, or attempting to reverse a policy adopted by USA Gymnastics.
3. Breach the duty to maintain appropriately established confidences of USA Gymnastics or its members.
4. Knowingly make false certifications on membership or event sanction applications or otherwise regarding the involvement of persons permanently ineligible for USA Gymnastics membership with regard to club, event, or advertised activities.

D. Communication.

Members of USA Gymnastics have a duty to communicate honestly and openly with the organization and its members. It is inconsistent with this obligation for any member to:

1. Misrepresent competitive achievements, professional qualifications, education, experience, eligibility, criminal record or affiliations.
2. Knowingly disseminate false or misleading information about another member.
3. Withhold from athlete members information or resources likely to enhance the athletes' enjoyment of the sport or reduce their risk of injury or illness.
4. Fail to consult with or inform fully the athlete or the athlete's parents about opportunities made available to the athlete involving competitions, commercial activities or recognition.
5. Misrepresent the nature or extent of an injury in order to decline an invitation to participate in or withdraw from a competition assignment, training camp or other similar activity.
6. Misrepresent the nature or extent of an injury in order to participate in (or cause an athlete to participate in) a competition, training camp or other similar activity when such participation is inconsistent with the appropriate medical response to the injury.

E. Alcohol and Drug Abuse.

Members of USA Gymnastics must ensure that the sport is conducted in an environment free of drug or alcohol abuse. It is inconsistent with this obligation for any member to:

1. Use or provide to a third party any drug proscribed by applicable federal, state or municipal law.
2. Assist or condone any competing athlete's use of a drug banned by the International Olympic Committee, United States Olympic Committee, Federation Internationale de Gymnastique, USA Gymnastics, or National Collegiate Athletic Association, or, in the case of athlete members, to use such drugs or refuse to submit to properly conducted drug tests administered by one of those organizations.
3. Provide alcohol to, or condone the use of alcohol by, minors, abuse alcohol in the presence of athlete members or at USA Gymnastics' activities or, in the case of athlete members, consume alcoholic beverages while a minor.

F. Criminal Conduct.

Members of USA Gymnastics are expected to comply with all applicable criminal codes. This obligation is violated by any member who has been convicted of or has entered a plea of guilty or no contest to a criminal charge or indictment involving sexual misconduct, child abuse, or conduct that is a violation of a law specifically designed to protect minors, and, depending on the nature of the crime, may be violated by any member who has been convicted of or has entered a plea of guilty or no contest to any felony charge or indictment involving conduct other than that specifically described above.

G. Sexual Misconduct.

Members of USA Gymnastics are expected to promote a safe environment for participants, coaches, officials, volunteers and staff in all gymnastics disciplines, which includes an environment free from sexual misconduct. It is inconsistent with this obligation for any member to:

1. Solicit or engage in sexual relations with any minor.
2. Engage in any behavior that utilizes the influence of a professional member's position as coach, judge or administrator to encourage sexual relations with an athlete or participant.
3. Engage in sexual harassment by making unwelcome advances, requests for sexual favors or other verbal or physical conduct of a sexual nature where such conduct creates an intimidating, hostile or offensive environment.

H. Sexual Relationships

Professional Members of USA Gymnastics must protect the integrity of the sport and the interests of the athletes they serve by avoiding sexual relationships with athletes except where the capacity and quality of the athlete's consent to enter that relationship is beyond question.

I. Professional and Athletic Development.

Members of USA Gymnastics should strive to increase their level of proficiency and skill. To fulfill this obligation professional members should:

1. Participate in continuing education programs such as Safety/Risk Management Certification or other curriculum made available by USA Gymnastics University.
2. Remain current on safety, health and training developments relevant to the sport and seek advice and counsel of colleagues and experts whenever such consultation is in the best interests of the athlete.

J. Conflict of Interest.

Members of USA Gymnastics are responsible for avoiding both actual and perceived conflicts of interest in the conduct of business on behalf of the organization. It is inconsistent with this obligation for any member to:

1. Use, or be perceived as using, USA Gymnastics' properties, services, opportunities, authority or influence to gain private benefit.
2. Fail, as an employee, director, officer or committee member of USA Gymnastics, to complete an annual conflict of interest of form, or fail to complete that form accurately.
3. Incur expenses in furtherance of USA Gymnastics' business which are unreasonable, unnecessary, or unsubstantiated.
4. Participate in the deliberation or decision making process about any issue for which the member has a direct financial interest.

II. Enforcement of Code

Compliance with this Code depends primarily upon understanding and voluntary compliance, secondarily upon reinforcement by peers, and, when necessary, upon enforcement through disciplinary action.

Any individual who believes that a member of USA Gymnastics has failed to meet his or her obligations under this Code is, under all but the most egregious circumstances, encouraged to first address that concern directly to that member. If that action does not result in a satisfactory resolution, the individual may file a written complaint with the President, program director or other appropriate staff member of USA Gymnastics. That complaint must be signed and state specifically the nature of the alleged misconduct.

Upon review of the complaint and, where appropriate, additional discussions with the complainant and/or member who is the subject of the complaint, the President may:

1. Determine that the complaint does not merit further action,
2. Counsel the member who is the subject of the complaint and record both the complaint and the nature of the counseling in the member's permanent record,
3. Refer the complaint, as appropriate, to the state or regional chairs/committees or affiliated organization, or
4. Process the complaint under the member misconduct or grievance procedures of USA Gymnastics' Bylaws.

This Code was approved by the USA Gymnastics Board of Directors June 2009.

PART ONE
USA GYMNASTICS MEMBERSHIP
SECTION IV
DUTIES AND RESPONSIBILITIES OF
PROFESSIONAL MEMBERS

I. COACHES

All Coaches are obligated to:

- A. Maintain a USA Gymnastics Professional, Jr. Professional (if 16-17 years old) or Introductory Coach [for Level 1-3 and *Xcel (PREP Optional)* meets only] Membership. A **Criminal** Background check and Safety Certification are pre-requisites of **Professional** Membership. A confirmation paper from Member Services copied from the website is valid proof of membership.
 - Professional, Jr. Professional and Introductory Members must be prepared to produce their current Membership card or event-specific credential at sign-in at all USA Gymnastics-sanctioned events and, if requested, also show their membership card in the field of play.
- B. Follow the USA Gymnastics Code of Ethics.
- C. Function **ONLY** as a coach during a competition. They may not serve in a dual capacity (i.e. Coach/Judge, **Coach/Announcer, etc.**).
- D. Be professional.
 1. Display good sportsmanship.
 2. Dress in appropriate attire that reflects the best image of gymnastics.
At State meets and above, the coaches' dress code is as follows:
Athletic shoes with rubberized soles. Athletic warm-up pants or "Docker-style" pants (No jeans).
Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts.
Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts). No hats or visors.
 3. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
 4. ***The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play.***
- E. Attend all coaches' meetings and be familiar with the meet set-up and organization.
- F. Be present at all warm-up and competition sessions. Check the time of floor exercise music (must provide music on CD or MP3) on the official music playback equipment prior to competition and report any problems to the Meet Referee.
- 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. Follow all guidelines for the competition as stated in the *USA Gymnastics Rules and Policies*, including entry regulations.
- 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. Treat all competitions the same, regardless of the skill level.
- K. Set an example for the athletes by displaying a positive attitude and exemplary conduct.
- L. Show respect for all gymnasts, coaches, judges, and meet personnel.
- M. Coach gymnasts from their own team only, unless another coach asks for assistance or a gymnast has no coach available. It is inappropriate to conduct a coaching clinic during the competition.
- N. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
 1. Refrain from approaching a judge directly.
 2. Instruct their gymnasts and parents to discuss any concerns they may have with the coach.
- O. Inform the gymnasts and gymnasts' parents of all competitive requirements, as well as their rights and obligations.
- P. 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.
- Q. Show respect for the United States flag and the National Anthem. Remember that we teach young people by example.

II. JUDGES

Judges are obligated to:

- A. Maintain their USA Gymnastics Professional (or Jr. Professional if 16-17 years old) Membership. A **Criminal Background Check** and Safety Certification are pre-requisites of Professional Membership. A confirmation paper from Member Services copied from the website is valid proof of membership.
 - Professional and Jr. Professional Members must be prepared to produce their current Membership card or event-specific credential at sign-in at all USA Gymnastics-sanctioned events and, if requested, also show their membership card in the field of play.
- B. Maintain Judges' Accreditation ratings for the appropriate level of competition and be current with Continuing Professional Education (CPE) requirements.
- C. Follow the USA Gymnastics Code of Ethics.
- D. Be professional.
 1. Dress appropriately, regardless of the level of competition, in the required uniform (Navy skirt/pants and jacket, white blouse/shirt). (Exception: theme invitationals)
 2. Be mentally and physically prepared and rested in order to evaluate all gymnasts as accurately as possible.
 3. Be quick, cooperative and efficient in resolving differences during a conference.
 4. Remain at their event station until the entire competition is completed.
 5. ***The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play.***
- E. 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.).
- F. Be familiar with the meet setup and organization. No judge has the right to demand a last minute change in the course of the meet or to jeopardize the athlete/competition in any way unless there has been a violation of the *Rules and Policies*.
- G. 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.
- H. Refrain from conversation with other judges and coaches during the competition. In addition, 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.
- I. Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
- J. Be confidential about meet matters, their own scores or other judges' scores or opinions.
- K. 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.
- L. Treat all competitions the same, regardless of skill level.
- M. 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.
- N. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
- O. Show respect for the United States flag and the National Anthem. Remember we teach by example.
- P. ***Be considerate of the Meet Director's equipment by refraining from wearing footwear that could be damaging to the mats and/or floor.***
- Q. ***Refrain from soliciting invitations to judge specific competitions by making direct contact with the Meet Director.***

III. PROFESSIONAL MEMBER BEHAVIOR POLICY

- A. 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 professional member.
- B. At USA Gymnastics Sanctioned Events
Unacceptable coach behavior can be defined as:
 1. Verbal, emotional, sexual, or physical abuse of the gymnast.
 2. **Abuse of alcohol or drugs. Should a Professional Member be suspected of abusing alcohol or drugs, the Meet Director may contact the authorities for assistance.**
 3. Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the *Rules and Policies*.
 4. Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed personnel)
 5. Derogatory remarks to the press in regards to USA Gymnastics, its designated representatives, meet officials or personnel.

- C. Unless otherwise specified, such above described behavior will be penalized as follows:
1. **First Offense:** Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The warning must be documented and recorded by the Meet Referee on the sanction report form.
 2. **Second Offense:** Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).

**PART ONE
USA GYMNASTICS MEMBERSHIP**

**SECTION V
RIGHTS AND OBLIGATIONS OF ATHLETE MEMBERS**

I. THE GYMNAST HAS THE RIGHT TO:

- A. Compete in the meet if she has met all the requirements for eligibility and is properly entered.
- B. Enter into any of the USA Gymnastics sponsored competitions without being affiliated with any organization or team. However, the gymnast must be accompanied by a coach who is also a Women's USA Gymnastics Professional Member.
- C. Use any of the facilities provided by the meet organizing committee.
- D. Use the services of any person connected officially with the meet (i.e. physician, trainer, music manager, etc.).
- E. In the case of a tie, expect her award to be mailed to her club address, free of charge, not later than one (1) month after the completion of the meet, if the award is not available at the meet.
- F. Expect courteous and respectful treatment from all participants and meet personnel.
- G. Expect that the competition site will provide a safe and adequate environment, allowing her to perform to the best of her ability.

II. THE GYMNAST IS OBLIGATED TO:

- A. Obtain an Athlete or Introductory Athlete [Levels 1-3 & *Xcel (PREP Optional)*] Member number from USA Gymnastics Member Services and be prepared to show her membership card at any USA Gymnastics sanctioned event in which she participates.
- B. Follow the USA Gymnastics Code of Ethics. (See Part One, Section 2)
- C. Be competent at Level 1 through 4 prior to participating in Level 5 meets.
- D. Be familiar with the rules of the meet and schedule of the meet events and lineup.
- E. Be present at the site of the meet for sufficient warm-up.
- F. Remain in the area of competition designated for gymnasts, as competitors or as observers.
- G. Obey warm-up regulations, rotation schedules and conform to the regulations of the meet.
- H. Present herself in the proper attire (No bare midriffs, backless leotards, leotards with "spaghetti" straps, T-shirts or Boxer shorts). NO underwear (including sport bras) should be exposed. The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone. A deduction for inappropriate attire will be applied for any infraction. Sleeveless leotards and unitards, as well as gymnastics footwear, are permitted for competition. Leotard and/or warm-up uniform should be worn for opening, award, and closing ceremonies.
 - Gymnasts must change clothes in the designated changing area or restroom. They may not appear in underwear on the competition floor or warm-up area before, during or after the competition.
- I. Be well groomed in her appearance:
 - 1. Clean attire.
 - 2. Hair secured away from the face **so as to not obscure her vision of the apparatus.**
 - 3. No jewelry, with the exception of one pair of stud earrings (one in each ear). All other piercing should be REMOVED, not just covered with tape or Band-aids.
- J. Accept the received score without criticism or comment.
- K. Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible in order for athletes to stay hydrated.)
- L. Be courteous, respectful and polite to all meet officials, coaches, hostesses, competitors and associated persons.
 - ***The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play.***
- M. Exhibit self-control and calmness in the case of a fall or injury.
- N. Be aware that infringement of obligations could lead to deduction and/or expulsion by the ***Jury of Appeals.***
- O. Flash her vault number at state level and above optional meets.

**PART ONE
USA GYMNASTICS MEMBERSHIP**

**SECTION VI
ATHLETE & CLUB ELIGIBILITY AND
RESIDENCY REGULATIONS**

I. ATHLETE

A. ELIGIBILITY

1. All gymnasts participating in a USA Gymnastics-sanctioned competition must be registered as a USA Gymnastics Athlete Member or Introductory Athlete Member [Levels 1-3 & *Xcel (PREP Optional)*] with a current valid registration number.
2. All gymnasts must meet the entry, score and age requirements as designated in order to compete in each level.

B. RESIDENCY

1. The **physical** location of the gymnast's **training facility** determines the residency of the gymnast.
2. If the gymnast resides in one state and her **training facility** is located in another neighboring state, the following regulations exist:
 - a. A gymnast may compete in the State Meet based upon:
 - 1) The state in which her **training facility** is **physically** located, OR
 - 2) The state in which she actually resides.
 - b. The gymnast may NOT compete in both State Meets.
 - c. The gymnast must compete in the proper Regional meet, based upon the State Meet in which she competed.
3. A club **MUST** compete in the State Meet(s) of the state in which the **training facility is physically** located.

II. NON-CITIZEN ATHLETES RESIDING IN THE USA AND FOREIGN ATHLETES

- A. Non-U.S. citizen athletes who are living in the United States and training in a U.S. gymnastics club are eligible to compete and receive awards for all USA Gymnastics Jr. Olympic sanctioned events, including State, Regional, East/West, and J.O. National Championships.
 - If a non-citizen athlete places in the top four (4) All-Around at Jr. Olympic Nationals, she will receive the award for her AA placement; however, she is not eligible to become a member of the Jr. Olympic National Team. In this instance, the next US citizen in rank order will be placed on the JO National Team.
 - **Exception: If a non-citizen athlete is also a National Team Member from another country and has followed the FIG regulations according to her stature, she is allowed to compete in the Jr. Olympic Program and represent her US club up to and including Regional Championships.**
- B. 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 also reside in and/or represent a foreign country. (See Sanctioning, Part 4)
- C. 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.

III. CLUB/TEAM

- A. 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 State Administrative Committee Chairman and/or Regional Administrative Chairman, if appropriate.
- B. If two different clubs (different names/owners) are coached by the same person, the State Administrative Committee may decide if the clubs may compete as one combined team in USA Gymnastics qualifying and State Meets.

PART TWO

JUNIOR OLYMPIC COMPETITIVE PROGRAM

This Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing at more than one level in a year, if she so chooses.

The Women's Junior Olympic Program is divided into three major segments.

1. The Developmental Levels 1 through 4 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. States may also offer State Championships for these levels.
2. The second part consists of Compulsory Levels 5 and 6. Both of these 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.
3. The third segment is Optional Levels 7-10. **Levels 7, 8, and 9 have difficulty restrictions**, while Level 10 has no restrictions in the skill choice. Composition is evaluated at all Optional Levels, except Level 7.
 - Level 7 has competitive opportunities up to and including State Championships.
 - Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Jr. Olympic National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

A non-competitive educational Jr. Olympic Dance Workout Program (Workouts 1-5) is also available to provide proper dance training for gymnastics. The text, DVDs and CDs can be ordered through the Member Services Department or from the USA Gymnastics online store at www.usagym.org.

Junior Olympic competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members.

A Jr. Olympic 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.

**PART TWO
JUNIOR OLYMPIC PROGRAM**

**SECTION I
REQUIREMENTS FOR LEVEL ELIGIBILITY & ADVANCEMENT**

I. ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW

Level	Minimum Age Requirement	Pre-requisite Scores	Previous Experience	Mobility Score to Advance to the Next Level
1 – 4	L. 1 & 2 - Reached 4 th birthday L. 3 - Reached 5 th birthday L. 4 - Reached 6 th birthday	None		None
5	Reached 7 th birthday	75% proficiency at Level 1-4 on Vault, Bars, Beam, Floor	Level 5 or 6*	31.00 AA at Level 5
6	Reached 7 th birthday	31.00 AA at Level 5	Level 6 or 7*	31.00 AA at Level 6
7	Reached 7 th birthday	31.00 AA at Level 6	Level 7 or 8*	31.00 AA at Level 7 Ind. Event Specialist: 8.5 per event
8	Reached 8 th birthday	31.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event
9	Reached 8 th birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event
10	Reached 9 th birthday	34.00 AA at Level 9	Level 10 or Elite*	None

* See II. C. for specifics of dropping back

II. GENERAL POLICIES AND PROCEDURES FOR ENTRY/MOBILITY IN THE JUNIOR OLYMPIC PROGRAM

A. Entry Regulations and advancement

1. In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member or Introductory Athlete Member (Levels 1-3 & *Xcel [PREP Optional]*).
2. A new gymnast must enter at the Jr. Olympic Developmental Level 1.
3. Athletes may not skip any level. They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1- 4 do not have a mobility score)
4. Any athlete who has previously competed in the Jr. Olympic Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
 - a. Remain at the level at which they last competed.
 - b. Move up one level if they achieved the minimum mobility score during their last season,
 - c. Move down one numerical level, without petitioning.
5. Athletes whose competitive experience has been outside of the USA Gymnastics structure may petition the State Administrative Committee for entry into Level 6 or below and must prove their proficiency at that level.
6. Any gymnast who has had previous competitive experience in any system (including USA Gymnastics) and who is a minimum of 14 years of age (and is also at least a freshman in High School) is eligible to petition the State Administrative Committee for entry into Level 7. The petition must be accompanied by a video that demonstrates her skill level.
7. There are no minimum scores to advance to Level 5, only the Level 4 proficiency requirements as stated in the chart above.
8. No mandate scores are permitted at any level. The Jr. Olympic 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.
9. States may incorporate sub-divisions 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.

10. Individual Event Specialists
The mobility score for advancement to the next level for Individual Event Specialists at Level 7, 8, and 9 is 8.50 per event.
11. A gymnast may compete in a maximum of two (2) State meets per competitive year (one per season), either at the same or higher Level.
12. Refer to the *Jr. Olympic Code of Points* for more specific information.
13. Refer to **Part Two, Section IV, Chapter Two: Entry Regulations**, I. B. 2 for procedures regarding athletes with physical handicaps which prevent them from competing in the All-Around.

B. Age Determination

1. All gymnasts must reach the minimum age for the level **before competing in any USA Gymnastics sanctioned competition** (see chart on page 19).
 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 State or Regional Administrative Committees, the respective committee may determine the method of determining age divisions. There are basically two options:
 - a. Age groups for the season: established by specific ages (i.e., 8-10 yr. olds, 11-12, etc.).
 - 1) In this case, the age divisions should be determined and published PRIOR to the competitive SEASON and the only adjustments that may be made during the season are sub-divisions of the age groups.
 - Exception: At Level 9 or 10 State meet 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.
 - **Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.**
 - **Example: Level 4 State meet date is Dec. 1; the last Level 4 State Qualifier is November 17, The gymnast will turn the minimum age for level 4 (6 yrs. old) on November 28th. She is ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Level 4 State Championships that season.**
 - a) For Levels 1, 2 & 3 – age is determined by the date of the culminating competition as directed by the State Administrative Committee.
 - b) For Levels 4, 5, 6 & 7 - age is determined by the date of the last day of the State Meet (or Sectional, if no State meet is held).
 - c) For Level 8 – age is determined by the date of the last day of the Regional Meet.
 - d) For Levels 9 & 10 State meets and below– age is determined by the date of the last day of the State meet.
 - 3) The gymnast must compete with the age division as designated for the entire season.
 - 4) Published results MAY NOT include the gymnast's date of birth.
 - b. Age groups for each competition: established by dividing the athletes by actual birth date into approximately equal groups according to a pre-determined number of age divisions or by a pre-determined maximum number of athletes per age division.
 - Meet Directors must publish or post online the meet schedule/age divisions as soon as possible after the entry deadline.
4. Age divisions for the Level 9 and 10 Regional, Level 9 East/West and Level 10 Jr. Olympic National Championships and the NIT will be determined by the National Office.
 - 1) The State Administrative Chairmen must report the names of all qualifiers to Level 9 and 10 State Meet to their Regional Administrative Chairman by the date of their state meet entry deadline.
 - 2) The Regional Administrative Committee Chairmen will compile the data for their region and forward it to the Women's National Jr. Olympic Program Director.
 - 3) The Women's Jr. Olympic Program Director will then determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
 - 4) The age divisions will be published on the USA Gymnastics web site and will also be sent directly to all State and Regional Administrative Committee Chairmen.
5. 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 mobility.
 - If, due to religious reasons or valid unforeseen 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. 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) to the next meet.

- C. Dropping Back through the Levels
1. Once a gymnast has competed in a Sectional meet, she may NOT drop back to a lower level in the same competitive season.
 - If no Sectional meet is held, then the State Administrative Committee must determine prior to the beginning of the competitive year, a designated "declaration" date for each level for such purpose.
 2. If a gymnast does not qualify to the State Championships, she may petition to drop back one Level at the beginning of the next competitive season.
 - a. For Levels 7 and below, petition is sent to the State Administrative Committee Chairman.
 - b. For Levels 8, 9 & 10, petition is sent to the Regional Technical Committee Chairman.
 3. Once an athlete competes in the State Championships, she is not allowed to drop back. Valid reasons would be considered by the State Administrative Committee Chairman (for Levels 7 & below) or the Regional Technical Committee Chairman (for Levels 8, 9 & 10) for dropping back an athlete who has competed in a State Championships.
 - a. 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 they previously competed.
 - b. If a valid reason does exist, the athlete would be able to drop back only one NUMERICAL level (i.e. competed Level 8, permission to drop back one numerical level to Level 7.)
 4. ***An Elite gymnast may petition to drop back to the JO program by sending a "reason for change" letter FROM HER COACH to the National Junior Olympic Committee Chairman.***
 1. ***All petitions must be received at least two weeks prior to the Level 10 State Meet.***
 2. ***The National Jr. Olympic Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen and the Regional Technical Committee Chairman.***
 3. ***Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during that Elite competitive year (through Championships of the year in which she competes Level 10).***
 5. 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.

**PART TWO
JR. OLYMPIC PROGRAM**

**SECTION II
DESCRIPTIONS AND REQUIREMENTS OF THE LEVELS**

I. DEVELOPMENTAL LEVELS 1 through 4: non-competitive

- A. In-gym or inter-club testing.
- B. Equipment should accommodate the size of the gymnasts.
- C. Gymnasts must enter at Level 1, but may progress through the events and skills at different levels.
- D. A gymnast may not advance to Level 5 until she has completed the requirements as listed in the Entry & Mobility chart.

II. LEVELS 1, 2, 3, 4, 5 & 6 COMPETE COMPULSORY EXERCISES

- A. Levels 1-3: Some states have an organized Level 1-3 competitive program with sanctioned events.
 - Contact your State Administrative Committee Chairman for information on scheduling, judging criteria, etc.
- B. Levels 4-6: all events will have a start value of 10.00.

III. LEVEL 7-10 COMPETE OPTIONAL EXERCISES

Refer to the *Jr. Olympic Code of Points* for a complete explanation of Level 7-10 rules.

IV. MOBILITY SYSTEM

In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the Jr. Olympic Program should be followed in the manner that it was intended:

- Before moving up a level, every athlete should show proficiency at their current level.
- Once a high level of proficiency is achieved at the athlete's current level, she should strive to move up to the next level, as long as it is done safely.
- For athletes to repeat a level with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of the Jr. Olympic Program or youth sports in general.

JR. OLYMPIC OPTIONAL REQUIREMENTS FOR LEVELS 7, 8, 9 & 10 (Effective August 1, 2010 - July 31, 2013)

REQUIREMENTS	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
VALUE PARTS A = .10, B=.30, C=.50	5 A's, 2 B's,	4 A's, 4 B's, 0 C's	3 A's, 4 B's, 1 C's	3 A's, 3 B's, 2 C's
START VALUE BONUS (No CV or D/E bonus if a Fall or Spot occurs)	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	9.70 Maximum of 0.30 Bonus for Connections only	9.50 Maximum of 0.50 Bonus (min. of +0.10 Difficulty Value & min. of +0.10 Connection Value)
DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR -0.5 for each unallowable elem.	"Only "A" & "B" elements are allowed. Only the following "C" elements on UB are allowed & receive "B" credit: Cast Handstand ½ turn, Clear hip circle/Back stalder /Pike sole circle bkwd. to HS, also with ½ turn	"Only "A" & "B" elements, plus C dance on BB/FX are allowed. <i>Only the following "C" elements on UB are allowed:</i> Cast Handstand ½ turn, Clear hip circle/back stalder/pike sole circle bkwd. to HS, also with ½ turn	Only "A", "B", and "C" elements are allowed, plus a maximum of one "D/E" element, which is considered as "C" for Value Part & Connection Value.	No restrictions
VAULTS ALLOWED	Group 1 Handspring/Yamashita vaults that have no more than 360° in one flight phase & no more than 540° turn in total. Refer to Level 7 Vault chart. All allowable vaults are worth 10.0	Group 1, 3, 4 & 5 Vaults indicated on the Lev.8 chart (Handsprings, Tsukaharas & RO entry) All other vaults are not permitted & if performed, VOID the event.	Selected vaults from Groups 1-5 Refer to Level 9 Vault Chart	All vaults from Groups 1-5 Certain 10 SV vaults will receive +0.1 bonus if performed successfully
SPECIAL REQUIREMENTS Deduct 0.50 for each missing SR for all Levels	<p>BARS</p> <ol style="list-style-type: none"> 1 cast - minimum of 45° from vertical 2. & 3. Two 360° clear circling elements, same or different (no hips on bar) <ul style="list-style-type: none"> - one must be a "B" - one from Group 3, 6, or 7 4. Salto dismount, minimum A <p>BEAM</p> <ol style="list-style-type: none"> 1a. Acro series with a min. of two A or B elements with or without flight, AND 1b. One acro flight element (may be included in series) (All elements must start & finish on beam.) 2. One leap/jump requiring 180° split (Isolated or in a series) 3. Minimum of 360° turn on one foot (Isolated or in a series) 4. Aerial or salto dismount, min. A <p>FLOOR</p> <ol style="list-style-type: none"> 1. One acro series (3 or more flight elements) which includes a back salto stretched to 2 feet (Back layout) 2. A direct connection of two or more forward acro elements with flight. <ul style="list-style-type: none"> - One element must be a salto or an aerial. 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Minimum of 360° turn on one foot (May be isolated or in a series) 	<p>BARS</p> <ol style="list-style-type: none"> 1. Min. of 1 bar change 2. & 3. Two elements, same or different, minimum of B: <ul style="list-style-type: none"> - One element with flight or turn, - One element from Groups 3, 6, or 7 4. Salto or hecht dismount, minimum A <p>BEAM</p> <ol style="list-style-type: none"> 1. Acro series- min. of 2 elements, 1 with flight. (Both must start & finish on beam.) 2. One leap/jump requiring 180° split (Isolated or in a series) 3. Minimum of 360° turn on one foot 4. Aerial or salto dismount, min. A <p>FLOOR</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) <ul style="list-style-type: none"> - one a LEAP w/ 180° cross or side split 4. Min. of A salto as last salto or in last connection of saltos 	<p>BARS</p> <ol style="list-style-type: none"> 1. Min. of 2 bar changes 2. One flight element, minimum B 3. A second (different) flight element (min. C) OR one element with LA turn (min. C) 4. Salto or hecht dismount, minimum B <p>BEAM</p> <ol style="list-style-type: none"> 1. Acro series: min. of 2 flight elements. (Both elements must start & finish on beam) 2. One leap/jump requiring 180° split (Isolated or in a series) 3. Minimum of 360° turn on one foot 4. Aerial or salto dismount, min. B <p>FLOOR</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) <ul style="list-style-type: none"> - one a LEAP w/ 180° cross or side split 4. Min. of B salto as last salto or in last connection of saltos 	<p>BARS</p> <ol style="list-style-type: none"> 1. Flight element, minimum C 2. A 2nd (different) flight element, minimum B 3. Element with LA turn, min. C (not mnt/dmt) 4. Salto or hecht dismount, minimum C <p>BEAM</p> <ol style="list-style-type: none"> 1. Acro series: Min. of 2 flight elements, one element must be a minimum of C with or without hand support. Both elements must start & finish on beam) 2. One leap/jump requiring 180° split (Isolated or in a series) 3. Minimum of 360° turn on one foot 4. Aerial or salto dismount, min. of C, OR B dismount element that is directly connected to: <ul style="list-style-type: none"> - an acro series that includes a C acro element, or - a C acro or dance element <p>FLOOR</p> <ol style="list-style-type: none"> 1. One Acro series w/ 2 saltos, OR 2 directly connected saltos (same or different) 2. Three different saltos within the exercise 3. Dance Passage w/ min. of 2 different Group 1 elements (directly or indirectly connected) - one a LEAP w/ 180° cross or side split 4. Min. of C salto as last salto or in last connection of saltos

PART TWO JR. OLYMPIC PROGRAM

SECTION III COMPETITION STRUCTURE

I. GENERAL REGULATIONS

- A. The State Administrative Committee determines:
1. If and when Pre-Sectional Qualifiers and/or Sectional competition will be conducted.
 2. If State Meets at Level 1-4 will be conducted.
 3. If sub-divisions within levels will be offered, such as first year competitors and veterans, or if a team competition will be conducted separately from the State individual competition.
 4. The qualifying scores for Pre-sectional, Sectional and State meets.
 5. The competitive schedule for State Meets and below.
 - a. It is recommended that a reasonable period of preparation be provided between seasons, especially between Compulsory and Optional Levels.
 - b. May conduct one annual State meet, or one fall and one Spring State Meet at Levels 7 and below.
- B. The Regional Administrative Committee determines:
1. If a Level 8 Regional Championships will be conducted.
 2. The qualifying procedures, schedule and format of the Level 8 Regional Championships.

II. TYPES OF COMPETITION

- A. Overview of types of competition available to the Levels and the qualifying scores to enter:

Level	Local & Pre-Sectional	Sectional	State Championships	Regional Championships	East/ West Championships	JO Nationals	JO - NIT
Level 1-7	x	x	x				
Level 8	x	x	x	x			
Level 9	x	X - 31.00 AA	X - 32.00 AA	X - 34.00 AA	X – East: Top 6 West: Top 12 per age division per region with a min. of 34.00 AA		
Level 10	x	X - 31.00 AA	X - 32.00 AA	X - 34.00 AA		X - Top 7 per age division with a min. of 34.00 AA	X 8 th – 9 th AA per age division, and Regional event champions not qualifying in the AA

- The State Administrative Committee determines the qualifying scores to sectional meets and State Championships for Levels 8 and below.

B. LOCAL MEETS

1. Local Meets are not under the organizational responsibilities of the State Administrative Committee; i.e., Meet Directors may set dates, entry fee and gate fee, may contract their officials (using the USA Gymnastics Contract) or by requesting the services of the State's judging contractor, and may conduct Team competition.
 - Includes dual/triangular meets between clubs, inter-squads, and invitationals.
3. 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 State Administrative Committee.
4. May have only one club (team) competing to obtain a Sanction.
5. Must be judged by a minimum of two qualified judges per event.

- a. One-judge panels are allowed at Compulsory levels 1, 2, 3, 4, 5, and 6.
- b. Any local meet that directly qualifies a Level 6 gymnast to a State meet **MUST** be judged by a two-judge panel.
- c. At Level 1-4, any Professional or Jr. Professional member or Introductory Coach Member (Levels 1-3 & **Xcel [PREP Optional]** only) is allowed to judge; however, the State Administrative Committee determines if any additional criteria will be used for state organized competitions.

C. PRE-SECTIONAL/SECTIONAL QUALIFIERS

1. Pre-sectional meets are those meets which are designated by the State Administrative Committee 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 State Committee, in conjunction with the Meet Director, will determine by draw the placement of teams within sessions.
3. Must have a minimum of two clubs competing to obtain a sanction.
4. May be used to qualify a specific number of gymnasts to the State Championships.
5. Must be judged by a minimum of **one** qualified judge per event.
6. ***Any Pre-Sectional or Sectional meet that directly qualifies a Level 6 gymnast to a State meet MUST be judged by a two-judge panel.***

D. STATE CHAMPIONSHIPS

1. Are under the **total** jurisdiction of the State Administrative Committee and State Administrative Committee Chairman.
 - The format and number of athletes must be approved by the RJOCC and RTCC.
2. Must be conducted for Levels 5-10 and may be conducted for Levels 1-4 (at the discretion of the SAC).
3. May be conducted in the fall and/or spring for Levels 1 - 7, at the discretion of the State Administrative Committee. Level 8-10 State meets 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 weeks prior to the Regional meet. Any deviation to that guideline must be approved by the Regional Administrative Committee Chairman.
4. All Levels must be judged by a minimum of two qualified judges per event. The State Administrative Committee determines the number of judges per panel; selects the judges and Meet Referee; and may determine the event assignments. It is recommended by the Jr. Olympic Committee that the State Administrative Chairman ask the Meet Referee to make the event assignments.
5. A present 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 Meet qualifying score) may directly enter the current year's State Meet at their respective Level.
6. Petitions: See Part Two, Section V for information regarding injury petitions.

E. REGIONAL CHAMPIONSHIPS

1. Are under the **total** jurisdiction of the Regional Administrative Committee.
 - The format and number of athletes must be approved by the Regional Jr. Olympic Committee Chairman and Regional Technical Committee Chairman.
2. Must be conducted for Level 9 and 10 and may be conducted for Level 8 and below (at the discretion of the Regional Administrative Committee).
 - a. Level 9 and 10 Regionals are conducted in April a minimum of three (3) weeks prior to Level 9 East/West and Level 10 Nationals. The date (or option of dates) is determined by the National Jr. Olympic Committee. Any deviation from this guideline must be approved by the USA Gymnastics Jr. Olympic Program Director.
 - b. The scheduling of Level 8 Regionals (if held) is at the discretion of the Regional Administrative Committee.
 - c. The Regional Administrative Committee determines if the Level 8, 9 and 10 Regional Championships will be conducted separately or all held the same weekend.
3. Team competition by club team is not allowed at Regional Championships.
4. 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.
5. If a state has no qualifiers to Regionals, 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.
6. The Regional Administrative Committee may guarantee up to 120 gymnasts to Regional Championships if there is an insufficient number of athletes who achieved the qualifying score.
7. Must be judged by a minimum of two qualified judges per panel. The Regional Administrative Committee selects the judges and determines the number of judges per panel.
8. 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.
9. Regional Meet Directors must send regional meet information to the State Meet Director, with copies to the Regional Jr. Olympic Committee Chairman, Regional Technical Committee Chairman and Regional Administrative Committee Chairman at least one week prior to the State Championship.

10. 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.
11. Results must be e-mailed to:
 - a. For Level 9: to the Regional JO and Administrative Committee Chairmen, the Meet Director of the respective Eastern or Western Championships and the Jr. Olympic Program Director at the National office.
 - b. For Level 10: to the Regional JO and Administrative Committee Chairmen, the JO National Meet Director and the Jr. Olympic Program Director at the National office.
12. Petitions: See Part Two, Section V for information regarding injury petitions.

F. EASTERN/WESTERN CHAMPIONSHIPS – LEVEL 9

1. General Regulations
 - a. Are under the jurisdiction of the USA Gymnastics National Office and the Jr. Olympic Committee. The Meet Directors of the Level 9 Eastern and Western Championships shall contact the Women's Jr. Olympic Program Director for specific information on:
 - 1) Schedule
 - 2) The Draw, Squads, and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Are conducted annually in late April/early May.
 - c. The assignment of judges is the responsibility of the National Technical Committee Chairman and the Jr. Olympic Program Director, and is based on the recommendations of the eight Regional Administrative Committees.
 - d. Judged by four-judge panels per event, with no more than two judges from the same region on a panel.
 - The Regional Administrative Committees will lend financial support to ensure that three judges from each region will be assigned. Each Regional Administrative Committee will contribute \$300 to the respective Eastern or Western Meet **Director**.
2. QUALIFICATION TO EASTERN/WESTERN CHAMPIONSHIPS
 - a. Eastern/Western age divisions will be determined separately. 16 age divisions for East: 8 age divisions for West.
 - b. The top six (6) [12 for West] All-Around athletes in each of the 16 [8 for West] age divisions from each of the four regions will compete as Regional Team members, provided they scored a minimum of 34.00 AA at the Regional Championships.

Note: Any gymnasts who tie for 6th [12th for West] place AA will attend the Eastern or Western Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's scores will count for Regional Team score and which will compete as an Individual. (All Western qualifiers may count for Team Score).
 - c. If any region is unable to field a team of six [12 for West] 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 7th [13th for West] place athlete from the region whose regional team won that respective division the previous year will fill the spot. All athletes from the 1st place region who might be involved in a tie for 7th [13th - West] 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 1st place region, the next individual added is the 7th [13th for West] place athlete from the region whose regional team placed second in the previous year.
 - 3) Only athletes from the regions that placed 1st and 2nd in the specific age division the previous year may fill the incomplete squads.
 - d. Non-US citizen athletes who live and train in the US (**but are not members of a foreign National Team**) are eligible to qualify and receive awards at Level 9 Eastern or Western Championships.
 - d. There are NO PETITIONS to Eastern or Western Championships.
 - e. All competitors 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.
 - ***The first alternate and the next several athletes in rank order should be measured at Regionals in the event that more than one athlete in an age division is injured or ill and cannot compete at Eastern/Western Championships. The second and subsequent alternates do not receive apparel unless they move into the 1st alternate position prior to the week of the competition.***
 - ***Apparel will be ordered for the first alternate (and any ties for 1st alternate) from each region in each age division. The apparel will not be distributed to the alternates in attendance until all competitors from that region/age division have the correct sizes. In the event that an attending alternate's apparel (or part thereof) had to be used for a competitor, that athlete will be sent a replacement for whatever piece of apparel she did not receive at the meet.***

- ***The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If, following the competition, there are warm-up uniforms remaining, they will be sent to the alternates who did not attend either by the Regional Administrative or JO Committee Chairmen or by the National office.*** The distribution of the remaining competitive leotards supplied by the Region is at the discretion of the Regional Administrative Committee.

3. ENTRY FORMS AND FEES

- Prior to the Regional Meets, the Meet Director of the Eastern and Western Championships must send meet information for all qualifiers and alternates to the four respective Regional Meet Directors. In addition, a copy of the meet information must be sent to the Jr. Olympic Program Director.
- Entry forms and fees for the Level 9 Eastern and Level 9 Western Championships are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL, along with the meet results to the Meet Director of the respective Eastern or Western Championships.
 - Clubs must be prepared to pay the entry fee (***maximum of \$125 per athlete***) with one company check at the Regional meet.
- Results and the names of qualifiers must be sent by e-mail to the Jr. Olympic Program Director at the USA Gymnastics National office.

4. INJURY REPLACEMENTS

- If a qualifier is injured prior to the Eastern or Western Championships, 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 first event for each flight; however, the alternate must take the position and squad of the injured athlete.
- If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
- Any gymnast who is qualified to enter the Eastern or Western Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairmen. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic Eastern or Western Meet Director.
 - **DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!!**

5. FORMAT FOR LEVEL 9 EASTERN and WESTERN CHAMPIONSHIPS

- Individual Event, All-Around and Regional Team competition will be conducted for the sixteen [8 for West] age divisions, as designated. There will be twenty-four [forty-eight for West] gymnasts per age division, plus any ties for the last qualifying place.
- Each session at Easterns will have two age divisions, one in each flight. Each flight has four squads of six (or seven if there is a tie), with each squad representing one of the four regions. At Westerns, there is one age division per session, with two flights with four squads of six (or 7 if there is a tie). Each Region will have athletes in each flight unless they only have up to seven qualifiers.
- There are two acceptable formats for Level 9 Eastern or Western Championships competition:
 - Non-traditional (Capitol Cup) with one warm-up and one competition gym:
 - 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).
 - The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
 - Modified non-traditional with two competitive gyms, each with a full set of equipment for all events.
 - The four squads in each flight are assigned to warm-up and compete in a specific gym. The first flight warms up their first event, then competes (no touch warm-up required), While the 1st flight is competing, the other four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have competed in all four events.
 - Once all four squads in Flight 1 have finished competing their first 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.
 - Medical personnel must be present during ALL competition.
- The Level 9 Eastern and Western Championships will be a three (3) day event, conducted on the same dates at different sites. A coaches' meeting is conducted the evening before the start of the event.
 - Thursday** - Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. ***A welcome banquet/party and a coaches' meeting is conducted in the evening.***

- 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) Medical personnel must be present for ALL training and competition.
- 2) **Friday** - Day One: First session: Competition for Junior 1 & 2 [Jr. A for West]; Second session: Competition for Junior 3 & 4 [Jr. B for West]; Third session: Competition for Junior 5 & 6 [Jr. C for West]
 - 3) **Saturday** - Day Two - First session: Competition for Junior 7 & 8 [Jr. D for West]; Second session: Competition for Senior 1 & 2 [Sr. A for West]; Third session: Competition for Senior 3 & 4 [Sr. B for West]
 - 4) **Sunday** - Day Three - First session: Competition for Senior 5 & 6 [Sr. C for West]; Second session: Competition for Senior 7 & 8 [Sr. D for West].
 - 5) There is no Individual Event Finals competition.
6. AWARDS (See Part Two, Section VI)
- a. For each age division, the top six (6) at Easterns and the top ten (10) at Westerns in the All-Around and Individual Events will be given awards.
 - b. Regional Team scores for each age group will be determined by the top four (4) scores per event [top six per event for West].
 - All members of the first place Regional Team will receive a team award.
 - c. An overall Regional Team score will be determined by the following method:
 - 1st place team 4 pts.
 - 2nd place team 3 pts.
 - 3rd place team 2 pts.
 - 4th place team 1 pt.

The overall team champions will be announced following the last session on Sunday.

G. JR. OLYMPIC NATIONAL CHAMPIONSHIPS – LEVEL 10

1. GENERAL REGULATIONS
 - a. Are under the jurisdiction of the USA Gymnastics National Office and the Jr. Olympic Committee. The Meet Director of the Jr. Olympic National Championships shall contact the National Women's Jr. Olympic Program Director for specific information on:
 - 1) Schedule
 - 2) The Draw, Squads and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Are conducted annually in early to mid-May.
 - c. Individual competition as well as regional team competition is conducted for the eight age divisions at the Jr. Olympic National Championships.
 - d. **Judged by four-judge panels per event; four judges from each region (2 for Juniors & 2 for Seniors).**
 - **The eight Regional Administrative Committees will lend financial support to assist with travel costs for judges. Each region will contribute \$300 to the Meet Director.**
2. QUALIFICATION TO JR. OLYMPIC NATIONALS
 - a. The top seven (7) All-Around gymnasts in each of the eight age divisions from each of the eight regions will compete as Regional Team members at the Jr. Olympic National Championships, provided that they achieve a minimum of 34.00 AA at the Regional meet.
 - Note: Any gymnasts who tie for 7th place will attend the Jr. Olympic National Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an Individual.
 - b. If any region is unable to field a team of seven 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 8th place athlete from the region whose regional team won that division the previous year will fill the spot. All athletes from the 1st place region involved in the tie for 8th place will be used to fill the empty slots 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 1st place region, the next individual added is the 8th place athlete from the region whose regional team placed 2nd the previous year.
 - 3) Only athletes from the regions that placed 1st through 3rd in the specific age division the previous year may fill the incomplete squads.
 - c. If a region fills at least five (5) out of the seven (7) slots, they will compete as a regional team in that age division. The added athletes from the other regions will compete as individuals.

- d. If a region has less than five (5) qualifiers in any one age division, the squad of seven is to be filled according to the procedure stated above in b.2), but the squad will not be considered for team score; all of the gymnasts will compete as individuals only.
 - e. Non-US citizen athletes who live and train in the US are eligible to qualify and receive awards at JO Nationals, **except they cannot be named to the JO National Team if they place in the top 4 All Around.**
 - f. There are NO PETITIONS to the Jr. Olympic National Championships.
 - g. **All competitors (including ties for 7th place) will receive a competitive leotard, briefs, a scrunchie, and a warm-up uniform from GK Elite Sportswear. The region will also provide a tank leotard for training day.**
 - 1) **The first alternate and the next several athletes in rank order should be measured at Regionals in the event that more than one athlete in an age division is injured or ill and cannot compete at JO National Championships. The second and subsequent alternates do not receive apparel unless they move into the 1st alternate position prior to the week of the competition.**
 - 2) **Apparel will be ordered for the first alternate (and any ties for 1st alternate) from each region in each age division. The apparel will not be distributed to the alternates in attendance until all competitors from that region/age division have the correct sizes. In the event that an attending alternate's apparel (or part thereof) had to be used for a competitor, that athlete will be sent a replacement for whatever piece of apparel she did not receive at the meet.**
 - 3) **The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If, following the competition, there are warm-up uniforms remaining, they will be sent to the alternates who did not attend either by the Regional Administrative or JO Committee Chairman or by the National office.** The distribution of the remaining training leotards supplied by the Region is at the discretion of the Regional Administrative Committee.
3. ENTRY FORMS AND FEES
- a. Prior to the Regional Meets, the Meet Director of the Jr. Olympic National Championships must send meet information for all qualifiers and alternates to the eight Regional Meet Directors. In addition, a copy of the meet information must be sent to the National Jr. Olympic Program Director and Regional Administrative Committee Chairmen.
 - b. Entry forms and fees for the Jr. Olympic National Championships are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL, along with a hard copy of the meet results to the Meet Director of the Jr. Olympic National Championships.
 - Clubs must be prepared to pay the entry fee (**maximum of \$125 per athlete**) with one company check at the Regional meet.
 - Include the names of any 1st or 2nd alternates on the club entry form, but fees are not paid unless the athlete is called to replace a qualifier.
 - c. Results and the names of qualifiers must be sent by E-mail to the Jr. Olympic Program Director at the USA Gymnastics office.
4. INJURY REPLACEMENTS
- a. If a qualifier is injured prior to the Jr. Olympic National Championships, the alternate gymnast from her region and age division will replace her. Replacement will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
 - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
 - c. Any gymnast who is qualified to enter the Jr. Olympic National Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairmen. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic National Meet Director.
 - **DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!!**
5. FORMAT FOR JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS
- a. There will be one combined Jr. Olympic National Championships for the Junior and Senior age divisions, conducted concurrently at one site.
 - b. Competition will be conducted with two competition gyms (Junior and Senior), and one warm-up gym with two sets of apparatus (except Floor Exercise- one FX mat or two tumbling strips).
 - 1) There will be two sessions per day in each of the two gyms.
 - 2) Each session will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.
 - 3) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event.
 - 4) The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
 - c. The Jr. Olympic National Championships will be a three (3) day event.

- 1) **Thursday** - Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. A coaches' meeting is conducted the evening before the start of the event. **A welcome banquet/party is scheduled for Thursday evening.**
 - 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) Medical personnel must be present for ALL training and competition.
 - 2) **Friday** - Optional Competition for the two younger Junior age divisions and the two younger Senior divisions.
 - 3) **Saturday** - Optional Competition for the two older Junior age divisions and the two older Senior age divisions.
 - 4) There is NO Individual Event Finals competition.
6. AWARDS (See Part Two, Section VI)
- a. Top 10 All-Around and Individual Event winners for each of the eight age divisions are determined by the Optional competition. No Individual Event Finals will be held.
 - b. Team Awards:
 - 1) All members of the top three (3) winning teams in each age division will receive an award. Team scores are determined by adding the top four (4) scores on each event.
 - 2) An overall Regional Team Champion 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:

1st place team	8 points	5th place	4 points
2nd place	7 points	6th place	3 points
3rd place	6 points	7th place	2 points
4th place	5 points	8th place	1 point
 - c. Jr. Olympic National Team: The top four AA gymnasts per age division will be designated as the Jr. Olympic National Team and will receive plaques and will be invited to attend a Jr. Olympic National Team Training Camp. In the case of a tie for fourth place, the tied athletes will qualify to the Jr. Olympic National Team.
 - If a non-citizen athlete 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 Jr. Olympic National Team.
 - In this instance, the next US citizen in rank order is placed on the Jr. Olympic National Team.
 - d. Jr. Olympic National Team Training Center banners will be sent to the clubs qualifying athletes to the Jr. Olympic National Team.
7. The Meet Director of the National Championships shall remain in close contact with the USA Gymnastics Women's Jr. Olympic Program Director for assistance and guidance.

H. JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO-NIT) - LEVEL 10

1. GENERAL REGULATIONS
 - a. Is under the jurisdiction of the USA Gymnastics National Office and the Jr. Olympic Committee. The Meet Director of the Jr. Olympic National Championships & JO - NIT shall contact the Women's Jr. Olympic Program Director for specific information on:
 - 1) Schedule
 - 2) The Draw, Squads and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Is conducted annually in early to mid-May, the **Sunday** following Jr. Olympic National Championships.
 - c. Individual competition only is conducted for the eight age divisions.
2. QUALIFICATION TO JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT
 - a. Gymnasts placing 8th and 9th in each of the eight age divisions from each of the eight regions will qualify to the Jr. Olympic National Invitational Tournament, provided that they achieve a minimum of 34.00 AA at the Regional meet.
 - Note: Any gymnasts who tie for 9th place will also qualify to the Jr. Olympic NIT.
 - b. Gymnasts who did not qualify to the Jr. Olympic National Championships or NIT in the AA, but have won an event(s) at Regionals, will qualify **to the JO-NIT** in those event(s).
 - c. Non-US citizen athletes who live and train in the US are eligible to qualify and receive awards at JO National Invitational Tournament.
 - **Exception: Non-citizens living and training in the US who are also National Team members for a foreign country may not qualify to the JO-NIT.**
 - d. Remaining slots (after accepted petitioned athletes) and those slots not filled by any region will be filled by other regions based upon a percentage or percentage from Regional Championships **to guarantee a minimum of 24 athletes per age division.**

- e. PETITIONS will be considered to the Jr. Olympic National Invitational Tournament by the National Technical Committee Chairman, in consultation with the National JO Committee Chairman. Any athlete who was unable to compete in the Level 10 Regional Meet due to injury or illness, but has achieved a score in the current year of 36.00 AA or better and also has participated at last years' Level 10 JO Nationals may petition.
- For those athletes who are unable to compete at the Regional Championships, petitions are due the Monday just prior to the first weekend designated for Level 10 Regionals in order to determine the number of extra slots available on a percentage basis.
 - Additional late petitions for gymnasts who are injured between the petition deadline indicated above up to and including the Level 10 Regional Championships will be considered, provided that they are received within two days following the Regional meet. Approval will be based upon meeting the petition requirements as well as available space after qualifiers have been notified.
3. ENTRY FORMS AND FEES
- a. Prior to the Regional Meets, the Meet Director of the Jr. Olympic National Championships/NIT must send meet information for all qualifiers and alternates to the eight Regional Meet Directors. In addition, a copy of the meet information must be sent to the National Jr. Olympic Program Director and Regional Administrative Committee Chairmen.
- b. Entry forms and fees for the Jr. Olympic NIT are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL, along with a hard copy of the meet results to the Meet Director of the Jr. Olympic National Championships/NIT.
- Clubs must be prepared to pay the entry fee with one company check at the Regional meet.
 - Include the names of any 1st or 2nd alternates on the club entry form, but fees are not paid unless the athlete is called to replace a qualifier.
- c. Results and the names of qualifiers must be sent by E-mail to the Jr. Olympic Program Director at the USA Gymnastics office.
4. INJURY REPLACEMENTS
- a. If a qualifier is injured prior to the Jr. Olympic National Invitational Tournament, the alternate gymnast from her region and age division will replace her. Replacement will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
- b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
- c. Any gymnast who is qualified to enter the Jr. Olympic National Invitational Tournament, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairmen. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic National Meet Director.
5. FORMAT FOR JUNIOR OLYMPIC NATIONAL INVITATIONAL TOURNAMENT
- a. **Conducted the Sunday following JO Nationals, in the same venue. Optional competition will be held for the four Junior and four Senior age divisions.**
- b. Competition will be conducted **using the same format as JO National Championships (non-traditional-Capitol Cup).**
- 1) **There will two sessions in each of the two competitive gyms:**
Session 1: Senior A & B and Junior C & D; Session 2: Senior C & D and Junior A & B.
 - 2) **Each session in each competitive gym will have a competition for two separate age divisions, with each flight consisting of one age division with a maximum of 8 gymnasts per squad.**
 - 3) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, **at which time** the second four squads (Flight 2) warm-up their first event.
 - 4) The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
- c. The Jr. Olympic National Invitational Tournament (JO-NIT) will be a **two (2)** day event,
- 1) **Saturday** - Training Day - The training will be available on Saturday morning prior to the JO Nationals **Junior C and Senior C** competition. A coaches' meeting is conducted at the start of warm-ups prior to the training session. **Check-in is available on Friday evening during the JO National Jr. B and Sr. B competition.**
 - a) **The training workout will be structured. Club teams need to provide adequate coaching staff, depending upon the number of athletes they qualify in the age divisions which are competing concurrently.**
 - b) Medical personnel must be present for ALL training and competition.
 - 2) **Sunday** - Competition Day – All eight age divisions will compete for All-Around and Individual Event honors.
 - 3) There is NO Individual Event Finals competition.

6. AWARDS (See Part Two, Section VI)
 - Top six (6) All-Around and Individual Event winners for each of the eight age divisions are determined by the Optional competition. Ties are not broken; duplicate awards are presented in the case of a tie.
7. The Meet Director of the National Championships & JO-NIT shall remain in close contact with the USA Gymnastics Women's Jr. Olympic Program Director for assistance and guidance.

I. INVITATIONALS

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

1. TYPES OF INVITATIONALS

- a. Individual or team Invitationals (Compulsory or Optional) which specify certain Level(s). Because all rules pertaining to that Level 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). 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.
- 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.

2. RULES AND PROCEDURES FOR INVITATIONALS

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 division.
 - 2) Spectator admission fees and gymnast's entry fees.
- 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 Levels.
- d. Each team may block time for touch warm-up, based on 30 seconds per gymnast for bars, beam and floor exercise. If athletes chose 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 (2 for up to Level 7 and 3 for Levels 8-10.)
- e. Awards for separate age divisions and/or levels are not required.
- f. 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 is allowed at Optional Invitationals, at the discretion of the Meet Director, provided that the guidelines as found in Part Two, Section IV, Chapter 2, I - Competition Procedures are followed.
- h. If All-Star teams (teams comprised of 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 be comprised of gymnasts from different age divisions and/or different levels, depending upon the type of invitational.
 - In the case of team invitationals in which different levels are competing within the same squad and receiving separate awards, all teams in the squad would compete gymnasts of one level, then repeat the team order with the next level of gymnasts.
 - 4) If All-Star teams (comprised of athletes from different clubs) are allowed to compete for team score, this must be indicated in pre-meet information.
 - 5) Awards for the separate age divisions and/or levels are not required.
- j. Individual Event Finals Competition (at 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 in order to provide adequate warm-up and recovery time.

**PART TWO
JR. OLYMPIC PROGRAM**

**SECTION IV
REGULATIONS FOR HOSTING A JR. OLYMPIC COMPETITION**

**Chapter One
Selection of Meet Hosts for Qualifying Events**

I. BIDDING FOR A USA GYMNASTICS COMPETITION

Bid forms for National meets, as well as for Regional meets and below can be found on the USA Gymnastics web site-under Women's Program-Forms and are also available through the State and Regional Administrative Committee Chairman (for State/Regional events) or the National Office (for National events).

- A. Jr. Olympic Pre-Sectional Qualifiers, Sectional and State level competitions: send a completed bid form to the State Administrative Committee Chairman.
- B. Jr. Olympic Regional competitions: send a completed bid form to the Regional Administrative Committee Chairman.
- C. Level 9 Eastern/Western Championships and Jr. Olympic (Level 10) National Championships: send a completed bid form to the National Jr. Olympic Program Director.

II. CRITERIA FOR SELECTION OF EVENT HOSTS

After all the 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 host organization must have successful event organizational experience and the reputation of operating according to the highest of ethical standards.
- B. The geographic location of the meet is to be rotated from time to time.
- C. The total schedule and location of national meets for that year.
- D. The Meet Director **MUST** be a Professional Member with current Safety Certification and criminal background check and also must be certified as a Meet Director.
- E. The host organization and the meet director must guarantee the best organizational set-up for a quality event, according to the *USA Gymnastics Rules and Policies*.
- F. The Junior Olympic National Championships (Level 10), as well as Level 9 Eastern and Western Championships, facility must be available for one day of training prior to the event.
- G. The host organization must be responsible for any financial loss it may incur.

PART TWO JR. OLYMPIC PROGRAM

SECTION IV REGULATIONS FOR HOSTING A JR. OLYMPIC COMPETITION

Chapter Two Hosting a Competition

I. ENTRY REGULATIONS

- A. All gymnastics performers and demonstrators for entertainment/demonstration purposes must be currently registered as a USA Gymnastics Athlete or Introductory Athlete Member or must be covered under the individual club's insurance policy. Any such performance must be conducted before the competition 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. All-Around competition is required for qualification to Sectional and above meets at all levels. Exceptions:
1. For Levels 7-10, individual event specialist competition may be conducted up to and including regional meets, at the discretion of the respective state and regional administrative committees. Individual event specialist 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 Individual Event Specialists are NOT broken).
 - The mobility score for all levels of Individual Specialists is a minimum of 8.5 per event.
 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.
 - The same procedure would also be used to allow these physically challenged athletes to move from level to level.
- C. Any athlete who has qualified to a State, Regional, East/West or National Championships will be allowed to participate, provided that they are capable of performing at least one event. In this case, they must present and touch each apparatus in order 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 may participate in all USA Gymnastics sanctioned Jr. Olympic events and are eligible for awards.
- At Jr. Olympic Nationals (Level 10), 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 Jr. Olympic National Team. In this instance, the next US citizen in rank order will be placed on the JO National Team.
- E. In any USA Gymnastics-sanctioned competition, each team/club or unattached gymnast must have at least one (1) active coach on the floor. Every coach on the floor at a sanctioned USA Gymnastics Women's competition MUST be a USA Gymnastics Women's Professional or Jr. Professional Member (or Introductory Coach member for Levels 1-3 and ***Xcel/PREP Optional***).
- F. ENTRY FEES
1. ***An athlete is considered registered/entered in a competition only when her entry form and valid payment have been received by the Meet Director.***
 2. Fees for Jr. Olympic pre-sectional qualifiers, sectional, state and regional meets should be determined by the fixed expenses (facility, awards, judging expenses, equipment rental, trainer) and divided by the guaranteed (or approximated) number of competitors.
 3. Entry fees for pre-sectional qualifiers, sectional meets and State meets are determined by the State Administrative Committee, with the approval of the Regional Administrative Committee Chairman.
 - The State entry fees may not exceed \$50.00 unless approved by the Regional Administrative Chairman.
 4. Entry fees for Jr. Olympic Regional Championships are determined by the Regional Administrative Committee, and must be approved by the National Administrative Committee Chairman.
 - The Regional entry fees may not exceed the National entry fee unless approved by the National Administrative Chairman.

4. Entry fees for Junior Olympic Nationals (Level 10), **JO-NIT**, and Level 9 Eastern/Western Championships shall not exceed **\$125.00**.
 5. Entry fees are not refundable with less than ten days notice prior to the meet.
 - If an athlete who is qualified to Level 9 East/West or Level 10 JO Nationals 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. If no replacement is made, there will be no refund.
 - The above also applies to Level 8 Regional Championships if the qualification is by specific number or by percentage.
 6. Entry forms and fees for Jr. Olympic Regional and National meets must be filed with and paid (with a club/company check) to the USA Gymnastics designated official at the qualifying meet, who will forward them to the Meet Director of the next level meet.
 7. Cancellation Policy - The Meet Director should make the best effort to refund all or part of the entry fee in the event that severe weather or a shortage of judges would cause a cancellation of a competition.
- G. Entry Deadline (for USA Gymnastics sanctioned competitions)
1. Entries must be postmarked a minimum of 14 days (or as per State Administrative Committee guidelines) prior to the first day of competition. A maximum fine of \$25.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly. Entries must include:
 - a. Competitors and petitioned athletes' name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
 - b. The name(s) and USA Gymnastics Professional number and Safety Certification expiration of all participating coaches.
 - c. ALL FEES PAID IN FULL.
 2. The Meet Director may refuse entries if they are received 10 days or less prior to the first day of competition (or as per State Administrative Committee guidelines).
 - Replacements (with an athlete in the same age division and same level) may be made with no extra fee up to the start of the timed warm-ups.
 3. Entries for Regional meets must be submitted to the designated USAG personnel at the respective State Championships. Entries for Level 9 East/West or Level 10 Jr. Olympic Nationals must be submitted to the designated USAG personnel at the Regional Championships. Entries will then be forwarded by the USAG personnel to the respective Meet Director(s).
 - Each club must be prepared to pay for all their qualifiers with one company check per level.

II. PRE-MEET ORGANIZATION

- A. **MEET INFORMATION PACKET:** Include the following information and notify all eligible teams by mail or e-mail. Information should also be posted on the host club's website.
1. Name of meet, level(s) of competition and date.
 2. Host Club, Meet Director, Meet Director's cell phone number
 3. Entry fee (individual and/or team) and to whom it is payable.
 4. Spectator admission fees.

Maximum spectator fees for Level 9 East/West and JO Nationals:

	1 Session	1 & 2 Day Weekend	3 Day Weekend
Adults	\$15	\$25	\$35
Children/Seniors	\$10	\$20	\$30

5. Site - address, phone and map.
6. Equipment description: **Meet Directors must list all available equipment, including boards.** Complete uneven bar 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. When awarding sectional and above meets, consideration will be given to those facilities that can provide a wider bar setting.
7. Age Divisions, if known in advance; or procedures for determining age divisions
8. **MEDICAL PERSONNEL/PROCEDURES:**
 - a. For local/sectional meets, the Meet Director **MUST** provide a first aid kit and ice, as well as an organized plan for dealing with medical emergencies.
 - b. For State and Regional meets, it is strongly recommended that qualified medical personnel (physician, trainer, physical therapist, nurse, etc.) be available at all times during warm-ups and competition.
 - c. At Level 9 East/West Championships and Jr. Olympic Level 10 National Championships, medical personnel must be present for all training and competition sessions.

- d. It is recommended that a small first-aid kit (containing tape, gauze or band-aids) be provided at each event so these items can be accessed quickly.
- e. An Incident/Injury Report Form is included in the Sanction packet and should be duplicated for use at the competition. Additional forms are available through Member Services and can also be found on the website under Member Services - Forms.
 - 1) The Meet Director must fill in the Sanction number and sign the forms before supplying them to the medical personnel.
 - 2) The medical personnel will then complete their portion of the form as needed and give the form to the coach or parent of the injured athlete.
 - 3) The parent/guardian is responsible for submitting the completed form to the insurance company.
- 9. Type of awards and number to be awarded. Also include the day/time of the award ceremonies.
- 10. Local hotel and transportation information, if necessary.
- 11. Competition schedule
 - a. If the number of competitors is a known quantity, then specify schedule.
 - b. 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.
 - c. Consideration should be given to avoid conflicts with major religious holidays or school when scheduling competitions.
- 12. Compulsory Levels 1 - 6 **and Xcel/PREP Optional** competitions - Pre-Meet information must specify if one-judge panels will be used.
- 13. Pre-Meet information for Invitational meets must indicate the "type" of invitational and regulations regarding team competition.

B. TYPES OF COMPETITION FORMATS

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

1. TRADITIONAL FORMATS:

- a. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym, with the timed warm-ups on all four events first, then competition on all four events (30-second touch warm-ups are required under certain conditions- see Competition Warm-up Procedures).
- b. Meets in which the open stretch and timed warm-ups on all four events are conducted in a warm-up gym, then the gymnasts move to a competition gym in order to compete on all four events. (30-second touch warm-ups are always required when the timed warm-ups are conducted on apparatus other than the competition apparatus.)
 - The apparatus must be identical to the competitive gym, with the exception of 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.
- c. When using either of the above formats, if squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad **MAY** be divided into two sub-groups for the competition warm-ups (30-second touch.) 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 FORMAT (warm-up; compete):

- Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is only one set of apparatus. The timed warm-ups immediately precede competition on each event (this format eliminates the requirement of a 30-second touch warm-up).
- If squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad must be divided into two sub-groups. The first half takes their timed warm-ups, and then competes; then the second half takes their timed warm-ups and competes.

3. NON-TRADITIONAL FORMATS:

- a. Meets that have two sets of apparatus (one 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, one event at a time. (Capitol Cup type format)
 - 1) Timed warm-ups on the first event for the first four squads (Flight 1) are conducted on the warm-up apparatus, then Flight 1 goes to the competitive equipment to compete on their first event while the next four squads (Flight 2) warm-up their first event. The two flights continue to alternate between warm-ups and competition until all eight squads have completed all four events.

- 2) 30-second touch warm-ups are required since timed warm-ups are not conducted on the competition apparatus.
- b. Meets which have two sets of apparatus in one gym and in which the first four squads (Flight 1) have timed warm-ups and competition on one set of apparatus, while the second four squads (Flight 2) have timed warm-ups and competition on the other set of apparatus. (Modified Capitol Cup)
 - 1) As soon as the squads in Flight 1 finish timed warm-ups on their first event and begin competition, the four squads in Flight 2 begin their timed warm-ups on their first event. Once Flight 1 completes competition on the first event, the judges move to the other set of apparatus to judge Flight 2. The two flights continue to alternate between warm-up and competition until all eight 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 of these non-traditional formats, there should be eight squads with a maximum of 8 optional or 12 compulsory gymnasts per squad. It is also recommended that there be no less than five per squad.
 - If the number of athletes in any one session is less than 40, the athletes may be divided into six or seven squads, leaving one or two events (either warm-up gym or competition gym) per rotation empty.
- d. If a separate gym is used as a warm-up gym, the apparatus must be identical to the competitive gym, with the exception of 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.

C. DETERMINING MEET FORMAT AND SCHEDULE

1. Select the type of format based upon number of athletes, number of levels, number of gymnasiums and amount of apparatus available.
 - Compulsory meets with 73-96 gymnasts in a session, Level 7 only meets with 57-80 gymnasts in a session, and Optional meets with 57 - 64 gymnasts in a session must use some type of non-traditional format in order to remain within the 5-hour maximum time in the gym.
2. Gymnasts shall be grouped in sessions (and/or squads) first according to Level-
3. There is no specific maximum number of judgments **PER DAY** per panel of judges. 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 (see chart).
 - 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 meets), 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.
 - Considering the ages of the athletes in Levels 1-3, it is recommended that the session be no longer than 2½ hours in length, including warm-up time.
 - If an athlete competes in two different sessions in one day, she must be provided adequate rest time between sessions
 - e. A break time for judges between sessions:
 - 1) After 3½-4 hours of judging time, a minimum of 30 minutes break is recommended.
 - 2) After a total of 7 hours of judging time, a minimum of 45 minutes break time is recommended.
4. **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.
5. 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 insure that no gymnast will compete after 10:00 P.M.

6. REFERENCE CHART: TYPES OF FORMATS, WARM-UP TIMES AND MAXIMUM NUMBER OF COMPETITORS

Type of Format	Description	Warm-up time		Maximum # of competitors per session per panel of judges
		Compulsory	Optional	
Traditional	Either one competition gym OR a warm-up and a competition gym. Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events.	Levels 1-3: Maximum of 30 sec. timed warm-up Level 4: 45 sec timed warm-up Levels 5 & 6: 1 minute timed warm-up 30- second touch if warm-up is in separate gym or if more than 15/squad	1½ minute warm-up with a 30-second touch	Compulsory only: 72 Optional only: 56 Combined Compulsory & Optional in same session: with 36+ Compulsory athletes: 64
Modified Traditional	One set of equipment in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on that event.	Levels 1-3: Maximum of 30 sec. timed warm-up Levels 4: 45 sec. timed warm-up Levels 5-6: 1 minute timed warm-up No 30-second touch.	Level 7: 1½ minutes Levels 8-10: 2 minutes warm-up with no 30-second touch.	Compulsory only: 72 Optional only: 56 Combined Compulsory & Optional in same session: with 36+ Compulsory athletes: 64
Non-Traditional (Capitol Cup)	2 gyms (warm-up & competition) Timed warm-up on each event immediately preceding competition on that event.	Levels 1-3: Maximum of 30 sec. timed warm-up Level 4: 45 sec. timed warm-up Levels 5-6: 1 minute timed warm-up Plus 30-second touch on the competitive equipment.	Level 7: 1½ minutes Levels 8-10: 2 minute warm-up plus 30-second touch on the competitive equipment.	Compulsory only: 96 8 squads with a maximum of 12 gymnasts/squad Optional only: 64 8 squads with a maximum 8 gymnasts/squad (Exception: Level 7 only may have up to 80 with a maximum of 10 gymnasts/squad. Combined Compulsory & Optional in same session: with 48+ Compulsory athletes: 80
Modified Non-Traditional (Modified Capitol Cup)	2 sets of equipment in the competition gym (no warm-up gym). Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event.	Levels 1-3: Maximum of 30 sec. timed warm-up Level 4: 45 sec. timed warm-up Levels 5-6: 1 minute timed warm-up No 30-second touch	Level 7: 1½ minutes Levels 8-10: 2 minute warm-up; no 30-second touch	Compulsory only: 96 8 squads with a maximum of 12 gymnasts/squad Optional only: 64 8 squads with a maximum 8 gymnasts/squad (Exception: Level 7 only may have up to 80 with a maximum of 10 gymnasts/squad. Combined Compulsory & Optional in same session: with 48+ Compulsory athletes: 80

**Note: If a session has more than one level competing, the timed warm-up time will be the time designated for the highest level.*

D. SCHEDULING GUIDELINES

1. COMPULSORY COMPETITION - Levels 1, 2, 3

Traditional Format with a Timed Warm-up- Example with 60 competitors

Open Stretch & Bar Settings	15- 30 min.	=	30 min.
Timed Warm-up	30 seconds per gymnast	=	30 min.
Line up, march-in	10 min.	=	10 min.
Competition	1 min. per gymnast	=	60 min.

Approximate Total Time = 2 hrs. 10 min.

Traditional Format without a timed Warm-up-Example with 80 competitors			
Open Stretch & Bar Settings	15- 30 min.	=	30 min.
Line up, march-in	10 min.	=	10 min.
Competition	1 min. per gymnast	=	80 min.
Approximate Total Time			= 2 hrs.

2. **COMPULSORY COMPETITION – Level 4**

<i>Traditional Format with a Timed Warm-up- Example with 60 competitors</i>			
<i>Open Stretch & Bar Settings</i>	<i>15- 30 min.</i>	=	<i>30 min.</i>
<i>Timed Warm-up</i>	<i>45 seconds per gymnast</i>	=	<i>45 min.</i>
<i>Line up, march-in</i>	<i>10 min.</i>	=	<i>10 min.</i>
<i>Competition</i>	<i>1½ min. per gymnast</i>	=	<i>90 min.</i>
Approximate Total Time			= 2 hrs. 55 min.

3. **COMPULSORY COMPETITION - Levels 5 & 6 - Example with 72 competitors**

Traditional Format			
Open Stretch & Bar Settings	30 min.	=	30 min.
Timed Warm-up	1 minute per gymnast	=	72 min.
Line up, march-in	10 min.	=	10 min.
Touch Warm-up	30 seconds per gymnast	=	36 min.
(when required)	(Maximum of 2 vaults per gymnast)		
Competition	2 min. per gymnast	=	144 min.
Approximate Total Time			= 4 hrs. 52 min.

3. **OPTIONAL COMPETITION - Levels 7, 8, 9 & 10 - Example with 56 competitors**

Traditional Format			
Open Stretch & Bar Settings	30 min.	=	30 min.
Timed Warm-up	1½ minute per gymnast	=	84 min.
Line up, march-in	10 min	=	10 min.
Touch Warm-up	30 seconds per gymnast	=	28 min.
	(Maximum of 3 vaults per gymnast)		
Competition	2.5 min. per gymnast	=	140 min.
Approximate Total Time			= 4 hrs. 52 min.

E. **COMPETITIVE FORMAT AND DRAW:** Procedures after entries have been received.

1. The State Administrative Committee may decide the competitive format and draw procedures for PRE-SECTIONAL AND SECTIONAL MEETS 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 State Administrative Committee determines specific guidelines that determine the order of competition for the age divisions and/or levels (for example, by random draw or youngest to oldest) for State meets.
 - b. Using the pre-determined State guidelines, the Meet Director and State Administrative Committee Chairman, (or other state committee member designated by the SACC), conduct the draw to determine the order in which the age divisions will be conducted.
 - c. The format and number of athletes for State and Regional competitions must be approved by the RJOCC and RTCC.
 - For State/Regional Championships: the maximum number of gymnasts per session may be exceeded by a small percentage for special circumstances, with the approval of the RTCC, RJOCC and the RACC for State Meets and by the NTCC and the NJOCC for Regional Meets.
 - It is the Meet Director's responsibility to contact the appropriate officers (State Meet Directors contact the SACC; Regional Meet Director 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:
 - a. Meet Director for invitationals and local meets.

- b. State Administrative Committee for the Pre-sectional qualifiers, Sectional and State meets. If no procedures are established by the State Administrative Committee, then refer to the following procedures.
4. Alphabetize teams and assign competitive numbers for each gymnast, designated by age divisions and/or Levels. Each level and/or age division should be designated by a specific number sequence if possible.
 - a. If only achievement awards are given for 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 in a traditional format, by five if a "bye" rotation is used, or by 8 in a non-traditional (Capitol Cup) format. (See Competition Formats)
6. Draw for team placement into necessary number of squads. All members of the same age division and/or level of the same team will be drawn for competitive order in the same squad in the same session.
 - a. Priority - keep levels 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 levels 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.
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 squad or 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.
 - a. If more than one level must be drawn in one squad, all athletes of the same level must compete consecutively. When rotating to the next event, the first competitor of a level 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 level, then repeat the team order with the next level of gymnasts.
10. To determine the 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ of the number of gymnasts in that squad.
11. The order of competition (start lists) must be distributed to all coaches and judges and posted at the competition site.

III. WARM-UPS

A. Pre-meet (timed) warm-ups

1. 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.

2. Timed warm-ups
 - a. Rotations are determined by the following formula:
 - 1) Compulsories: Levels 1-3: Maximum of 30-seconds X number of gymnasts per squad
Level 4: 45-seconds X number of gymnasts per squad
Levels 5 & 6: 1 minute X number of gymnasts per squad
 - 2) Optionals: 1½ min. X number of gymnasts per squad (for traditional format meets & ALL Level 7 only meets, regardless of format)
2 min. X number of gymnasts per squad (for modified traditional format meets and all non-traditional format meets)
 - 3) The amount of time for Vault and Floor Exercise pre-meet warm-ups is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast.
 - 4) ***If a session has more than one level competing, the timed warm-up time will be the time designated for the highest level.***
 - b. Bar settings (adjustments) are **NOT** included in the warm-up time; however, if a club or group of athletes chooses to block time, the clock will not stop within the block time.
 - c. Block time will be allowed on Bars and Beam only 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.
 - 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.
 - The first athlete to compete must be given the opportunity to warm-up first.
 - d. Block time for timed warm-ups is not allowed on Vault or Floor Exercise.
Note: 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.
 - e. Floor Exercise Warm-up Procedures for meet formats that provide only one floor exercise mat for competition (or one floor and a tumbling strip):
 - 1) With squad of 8 or fewer Optional gymnasts: warm-up all 8 gymnasts (1½ min. each for traditional; 2 min. for non-traditional formats), then compete.
 - 2) With squads of 9 or more Optional gymnasts or 13 or more Compulsory gymnasts: warm-up half the squad, then compete; then warm-up the second half of the squad and then compete.
 - 3) With any size squad: warm-up athletes between competitive routines.
 - 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.
 - A gymnast is allowed to start warming up when there are only five more competitors ahead of her. This gives each athlete 5 turns on the Floor mat prior to her time to compete and there will be no more than five athletes warming up on the floor at any one point in time.
 - Example with 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first five athletes will warm-up together (5 x 2 minutes=10 min.). Once competition begins, the 6th athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up. After #5 athlete competes, #6-8 from Flight A and #1 & 2 from Flight B will be warming up. From that point on, there will be five athletes warming up on the floor in between each competitive routine.
 - This procedure may also be used for the touch warm-up.
 - If a coach determines that the 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 Levels 4 and below.
 - f. 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.
 - g. Warm-up rotation order
 - 1) Traditional format: Squads start the timed warm-ups on their second competitive event and rotate in Olympic order to finish warm-ups on their first 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.
 - h. If timed warm-ups are conducted in a separate Warm-up gym, all equipment (warm-up and competition) must be identical (with the exception of 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.

- i. If a gymnast arrives late to a competition due to circumstances beyond her control (traffic delay, weather-related), 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.

B. Competition (30-second touch) warm-ups

1. The touch warm-ups are conducted as follows:
 - a. Vault: Touch warm-ups are not controlled by time, but rather by a guaranteed maximum number of vaults per gymnast.
 - 1) Level 1-7 competitions: each gymnast is guaranteed a maximum of two (2) touch warm-up vaults.
 - 2) Level 8-10 Competitions: each gymnast is guaranteed a maximum of three (3) touch warm-up vaults.
 - 3) 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.
 - 4) After presenting to the judges, the gymnasts are allowed **ONE** "runback" from the board before the vault attempts are counted.
 - b. Bars: A 30-second warm-up per gymnast is allowed; the setting of the bars is **NOT** included in the "touch" warm-up time.
 - c. Beam: 30-seconds per gymnast.
 - Touch warm-ups on beam only may also be staggered.
Example: For competitions using the Modified Traditional format, the first three gymnasts warm-up on beam, then athlete #1 competes. Then the 4th gymnast warm-ups while the judges evaluate the score for the first gymnast. After each subsequent routine, the next gymnast in rotation order will warm up.
 - d. Floor Exercise: All gymnasts in the squad (or half 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 minutes as a group to warm-up.
*Note: The Meet Director may choose to use the option of conducting the warm-ups in between the competitors. See III Warm-ups, A. 2. e. 3.
2. A touch warm-up on the competitive equipment prior to each event **is required for**:
 - a. State and above competitions, regardless of the number of gymnasts per squad. Exception: Compulsory level meets are not required to have 30-second touch warm-ups if squads do not have more than ten (10) gymnasts.
 - b. Compulsory Level 4, 5 and 6 competition with sixteen (16) or more gymnasts per squad.
 - Levels 1-3 are not required to have touch warm-ups.
 - c. All optional competitions (regardless of the number of gymnasts per squad).
 - d. Any competitions that do not conduct timed warm-ups on the competitive equipment.
Note: Any meets (Compulsory or Optional) that are conducted with timed warm-ups directly preceding competition on each event are **NOT REQUIRED** to have touch warm-ups.
3. For Traditional format meets: In the case of large squads (9 or more Optional; 13 or more Compulsory), the squad **MAY** be divided into two (2) groups. The first half takes a touch warm-up and then competes; then the second 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.
4. The touch warm-ups are not required to be in competitive order.
 - a. The first athlete to compete must be given the opportunity to touch first.
 - b. 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 on Bars and Beam.
 - c. On vault, the athletes may warm-up in any order, but each athlete is still guaranteed a maximum of 2 vaults (Level 1-7) or 3 vaults (Level 8-10).
 - d. If the one-touch warm-up on Beam is staggered with warm-ups between competitive routines, the one touch warm-up must be in competitive order.
5. A gymnast is not required to take the touch warm-up.
6. In the case of an unavoidable delay in the competition (i.e. electrical power outage, serious injury, etc.), the Chief Judge (and/or Meet Referee and Meet Director) 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.

IV. COMPETITION PROCEDURES

- A. There shall be no more than 20 minutes between the end of warm-ups and the start of competition (or the 30-second touch competition warm-up).
- B. Base score will be established at the judges' meeting at Sectional and above competitions with the use of the Technical Committee DVD; therefore, no analysis of forerunners is necessary and all events commence at the same time.
- C. Gymnasts should march from event to event, with the squad presenting itself to the Chief Judge.
- D. ONLY competing gymnasts and their coach(es) are allowed onto the competition area, and ONLY during the session in which they are competing.
 1. The only additional people allowed on the competition floor are those directly involved with the running of the event (e.g., trainer, scorers, flashers, etc.).
 2. Coaches should make child care arrangements for their offspring, unless the child is old enough to act in a volunteer capacity at the competition.
- E. At Level 9 East/West, Level 10 National Championships, and JO National Invitational Tournament, the gymnast MUST wear her competitive number during the competition, unless she is performing a back spin on beam or floor, in which case the coach must show the number to the judges. At JO Nationals **and NIT**, high school aged athletes are encouraged to wear their competitive number during the training day as well, in order to assist collegiate coaches in identifying the athletes.
 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.
- F. At the State, Regional, East/West and National optional competitions, the gymnast must flash the vault number of the vault that she intends to perform.
- G. If a gymnast is injured during the competition, but wishes to continue competing in one or more remaining events, she must 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 events she competed.
 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).

H. Scoring

1. Open scoring
 - a. Required at Jr. Olympic Nationals and Level 9 Eastern/Western Championships.
 - b. Allowed at Regional meets (determined by the Regional Administrative Committee).
 - c. Allowed at Optional State Meets (determined by State Administrative Committee).
 - d. Allowed at Optional Invitationals, at the discretion of the Meet Director.
 - e. Not allowed at any local, pre-sectional, or sectional meets or Compulsory State Meets.
 - f. 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 the judging slip and send it to the Chief Judge via the runner.
 - 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 as a result of a conference, the adjusted score should be re-flashed as a "Corrected Score".
 - g. Refer to the Meet Organizational Guidelines – Clerical Committee for additional procedures for use of Open Scoring. These guidelines can be found on the USAG website – Women's Program – under Rules.
2. Start Values for Optional (Levels 7-10) Competitions
 - a. Start Values are required to be either flashed or written on the competitor's card at ALL Level 7, 8, 9 and 10 competitions.
 - b. The State Administrative Committee may determine if the communication of Start Values is required (or allowed) at **Xcel (PREP Optional)** meets.
 - c. 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 the judging slip and sent via the runner to the Chief Judge.

- 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 as a result of a conference, the adjusted Start Value should be flashed as a "corrected Start Value".
 - 6) See Meet Organizational Guidelines, Clerical Committee for additional procedures for the flashing of Start Values. These guidelines can be found on the USAG web site – Women's Program – under Rules.
3. Judges may score in 0.05 increments at all USA Gymnastics sanctioned competitions.
 4. **A final score of 1.00 will be awarded for any Compulsory or Optional Bars, Beam or Floor Exercise routine that would result in a score equal to or less than one point (1.00).**
 5. 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 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.
 6. All-Around Score (AA)
 - a. Compulsory All-Around is the total score for the four compulsory events.
 - b. Optional All-Around is the total score for the four optional events.
 7. Individual Event Finals Score: The format and qualification procedures for the Finals competition are determined by the Meet Director and must be published in advance.
 - a. Finals may be conducted at Invitational meets.
 - b. There are no Individual Event Finals conducted in any USA Gymnastics Jr. Olympic Program competition.
 - c. The Individual Event score/rankings are determined during the optional All-Around competition.
 8. Team Score
 - a. The method used to calculate the team score must be described clearly in the meet information for invitational meets.
 - b. For USA Gymnastics Jr. Olympic Pre-Sectional Qualifiers, Sectionals and State club/team competitions, the State Administrative Committee 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 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.

J. Inquiry Regulations

1. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based only on the following:
 - a. Compulsories - Incorrect elements, evaluation of major elements, falls, neutral deductions or unusual occurrences.
 - b. Optionals - Awarding of Start Value, specific "flat" compositional deductions, falls, neutral deductions or unusual occurrences.
2. The Meet Director must provide inquiry forms at a place designated at the coaches meeting. The form is available:
 - a. on the USAG web site under Women's Program – Forms – Meet Forms
 - b. from your State Administrative Committee Chairman
3. 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.
 - a. No fee may be charged to submit an inquiry.
 - b. Coaches need to be aware that an inquiry allows for a second evaluation which may result in:
 - 1) no change in score,
 - 2) the score being raised, or
 - 3) the score being lowered.
 - c. Exception to the 5-minute rule:
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. This process does NOT apply:

- for mobility purposes, or
 - if qualification to the state or regional meet is by percentage or designated number per age group.
4. 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.
 5. **No video review is allowed at any Jr. Olympic competition during the processing of an inquiry unless the Jury of Appeals is involved.**
 6. If administrative procedures (**see below**) were not properly followed on a submitted inquiry, the coach may petition the Jury of Appeal for a review within 5 minutes of the end of the rotation/competition or the return of the inquiry form whichever occurs later. A video review if available may be considered by the Jury of Appeals. Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.

Procedures for Inquiries:

- a) **Properly written inquiry form by the coach.**
- b) **Inquiry submitted in a timely manner to the Meet Referee or Meet Director.**
- c) **Inquiry reviewed/answered by the judging panel of the event in question.**
- d) **Inquiry returned to Meet Referee or Meet Director.**
- e) **Meet Referee or Meet Director returns inquiry to coach by hand or by a pre-defined inquiry return procedure.**

K. Jury of Appeals

1. The Jury of Appeals is needed to resolve problems in certain situations (see the *Jr. Olympic Code of Points*). The Jury of Appeals for local and state meets is comprised of the following individuals:
 - a) Meet Director (non-voting, if 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)
2. Methods of settling a case by the Jury:
 - a) Discussion
 - b) Voting on a decision
 - c) Majority vote dictates the final decision
3. Jury of Appeal for Regional and above competitions shall include, the Meet Director (unless affiliated with the inquiry), the Meet Referee, and the USA elected JO or Administrative Officers.

L. Justification for changing a score as a result of a conference, inquiry or Jury of Appeals:

1. If an error (mathematical, recording, or flashing) exists.
2. If the average score was computed from scores which 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 signaling or improper behavior.
5. If the video review panel determines that an incorrect evaluation has been made at the Elite Classics, USA Championships or Trials.

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 competition, as this may endanger the performing athletes.
3. 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.
4. The spectators shall not carry food or drinks into the spectators' area, if so directed.
5. 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 talking, texting, etc.) or any type of wireless communication device is prohibited while on the "field of play". If a call must be made, it should be done outside the field of play.
Exception: Walkie-talkies for the Meet Director and host club personnel and medical personnel are allowed.

**PART TWO
JR. OLYMPIC PROGRAM**

**SECTION IV
REGULATIONS FOR HOSTING A JR. OLYMPIC COMPETITION**

**Chapter Three
Reporting Procedures**

I. REPORTING OF RESULTS

Meet results must be distributed to ALL participating clubs. This can be done at the meet site, by mail, or by posting on the Internet. **Published results MAY NOT include the gymnast's date of birth.** In addition, the Meet Director MUST mail or e-mail a copy of the Meet Results (All-Around and individual event scores for each level and age division) within 48 hours to:

- A. For Local Meets
 - 1. State Administrative Committee Chairman, or designated State Administrative Committee 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. State Administrative Committee Chairman, or designated State Administrative Committee representative.
 - 2. Sectional or State Meet Director, depending upon the system of qualification.
- C. For State Meets
 - 1. Regional Administrative Committee Chairman
 - 2. Regional Technical Committee Chairman
 - 3. Regional Meet Director
 - 4. State Administrative Committee Chairman
- D. For Regional Meets
 - 1. Level 8 or below (if held)
 - a. State Administrative Committee Chairmen in that region
 - b. Regional Administrative Committee Chairman
 - c. Regional Technical Committee Chairman
 - d. Regional Jr. Olympic Committee Chairman
 - 2. Level 9
 - a. State Administrative Committee Chairmen in that region
 - b. Regional Administrative Committee Chairman
 - c. Regional Technical Committee Chairman
 - d. Regional Jr. Olympic Committee Chairman
 - e. National Jr. Olympic Committee Chairman
 - f. * USA Gymnastics Women's Jr. Olympic Program Director
 - g. Meet Director of Western (Regions 1-4) or Eastern (Regions 5-8) Championships
 - 3. Level 10
 - a. State Administrative Committee Chairmen in that region
 - b. Regional Administrative Committee Chairman
 - c. Regional Technical Committee Chairman
 - d. Regional Jr. Olympic Committee Chairman
 - e. National Jr. Olympic Committee Chairman
 - f. * USA Gymnastics Women's Jr. Olympic Program Director
 - g. Meet Director of Jr. Olympic National Championships
 - 4. Level 9 and 10 Regional Meet Directors (or designated USAG Regional officer) must e-mail the meet results to the USA Gymnastics Women's Jr. Olympic Program Director (National office) no later than 24 hours after the completion of the meet.
 - Also include a list of the qualifiers, plus two alternates to the East/West and/or Jr. Olympic National Championships.
- E. For Eastern and Western Championships (Level 9) and Jr. Olympic National Championships (Level 10) – include All-Around, Individual Event and Team scores/ranking
 - 1. National Jr. Olympic Committee Chairman
 - 2. National Technical Committee Chairman
 - 3. National Administrative Committee Chairman
 - 4. USA Gymnastics Women's Jr. Olympic Program Director
 - The WJOPD will distribute these results to the Women's Program sub-committees by e-mail or by posting on the USA Gymnastics website.

II. FINANCIAL REPORT FORMS

- A. The Meet Director must send the Financial Report form within 45 days (or otherwise designated time) to the following;
 - 1. State Meet Director sends to the State Administrative Committee Chairman.
 - 2. Regional meet Director sends to the Regional Administrative Committee Chairman.
 - 3. The Meet Director of Level 9 Eastern/Western Championships and the Jr. Olympic National Championships (Level 10) sends to the USAG Women's Jr. Olympic Program Director.
- B. Report forms can be obtained from:
 - 1. The USA Gymnastics web site under Women – Forms – Meet Forms
 - 2. Your State Administrative Committee Chairman

PART TWO
JR. OLYMPIC PROGRAM
SECTION V
INJURY OR ILLNESS PETITIONS

I. GENERAL PROCEDURES FOR PETITIONS FOR ALL USA GYMNASTICS JR. OLYMPIC COMPETITIONS

- A. Petitions may be considered for the following reasons:
 - Injury, Illness or family tragedy (e.g., death, natural disaster)
- B. If an athlete is injured prior to a qualifying meet, but is capable of competing in one, two or three events, she may compete in the qualifying meet without jeopardizing her right to petition to the next competition.
 - If a gymnast **COMPLETES** all four events in a qualifying meet, she is not eligible to petition and advance to the next competition.
- C. The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of their injured/ill athlete.
- D. 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 three weeks**.
- E. The State Administrative Committee Chairman makes recommendations regarding petitions to the Regional Technical Committee Chairman for Regional Competitions.
- F. There are **NO** petitions to Jr. Olympic Eastern/Western Championships (Level 9), Jr. Olympic National Championships (Level 10) or to Level 8 Regional Championships if qualification is by a percentage or by specific number.

II. PETITIONS TO STATE CHAMPIONSHIPS

- A. 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 Meet) due to injury or illness prior to or during the State Meet**, her coach may petition the State Administrative Committee Chairman to allow the athlete to directly enter the State Championships, if the following requirements are met and documentation is included with the petition form:
 - 1. A photocopy of the results of one sanctioned meet from the current season showing a score which is equal to or greater than the state qualifying score.
 - If the gymnast competed at the same level in the previous season and qualified to the State meet or above, she may petition with the score received at State or above meets in the previous year at the same level.
 - 2. Written request from the coach or parent.
 - 3. A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- B. **SPECIAL CONSIDERATIONS FOR STATE MEET PETITIONS:**

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 is also lacking scores from last year's season due to injuries but has previously qualified to and competed in State or above level competitions at the same level, an injury petition may be considered under special circumstances by the State Administrative Committee Chairman. If necessary, the Regional Technical Committee Chairman and the Regional Jr. Olympic Committee Chairman will be consulted. The petition must include:

 - 1. A copy of the meet results must be included with the petition form. The scores from the previous State/Regional/National competition must be at least one point higher than the current State qualifying score.
 - 2. A current video that is sent to the State Administrative Committee Chairman.
 - 3. Written request from the coach or parent.
 - 4. A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
- C. **DEADLINES for Petitions:** Injury/Illness petitions to State Meet must be sent to the State Administrative Committee Chairman by **E-mail**, Express Mail or FAX and must be received no later than three (3) days (Wednesday) after the last qualifying meet is held.
 - 1. The petitioner will be notified of the approval or denial of the petition by the State Administrative Committee Chairman a minimum of one week prior to the competition.
 - 2. The State Administrative Committee Chairman will notify the Meet Director of the approval or denial of the petition within a week.
 - 3. If a petition is accepted but the gymnast is unable to compete, the coach **MUST** notify the Meet Director and the State Administrative Committee Chairman.

- D. If the qualification to State Meet is by a percent of a percent or a designated number of each age division and not by score, there will be NO petitions.

III. PETITIONS TO REGIONAL CHAMPIONSHIPS - LEVELS 8, 9 & 10

A. PETITION REQUIREMENTS

If a gymnast **is unable to compete at the State Meet (or cannot compete in the All-Around at State Meet) due to injury or illness prior to or during the State Meet**, her coach may petition the Regional Technical Committee Chairman (or Regional Technical Assistant, if so designated) to allow the athlete to directly enter the Regional Championships, if the following requirements are met and documentation is included with the petition form:

1. A photocopy of at least one 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.
 - a. Level 8: If the gymnast competed in the previous year's Jr. Olympic 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 meet score.
 - If the qualification to Level 8 Regional Championships is by a percentage or by specific number, there will be no petitions.
 - b. Level 9: A Level 9 gymnast may submit her previous year's Regional or East/West score as her pre-State meet score if her Optional AA score was at least one point (1.00) greater than the current year's Level 9 Regional qualifying score.
 - c. Level 10: A Level 10 gymnast may submit either her previous year's Regional or National score as her pre-State meet score if her Optional AA score was at least one point (1.00) greater than the current year's Level 10 Regional qualifying score.
2. A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
3. Written request from the coach or parent.
4. The Regional Technical Committee Chairman (or her appointee) will handle the petition, in consultation with the Regional Jr. Olympic Committee Chairman and the State Administrative Committee Chairman. If an agreement cannot be reached, the Regional Technical Committee Chairman will make the decision.

B. SPECIAL CONSIDERATIONS FOR PETITIONS TO LEVEL 9 or 10 REGIONAL CHAMPIONSHIPS

1. If an athlete who is unable to compete at the State Championships (or cannot compete AA at State Meet) 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 East/West, or Level 10 JO Nationals, an injury petition **for the same level** may be considered under special circumstances by the Regional Technical Committee Chairman and the Regional Jr. Olympic Committee Chairman. If necessary, the State Administrative Committee Chairman and the National Chairmen (Jr. Olympic Committee and Technical Committee) 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 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.
2. Any athlete currently competing Level 10 who has no Level 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 10 Regionals. The injury petition will be considered under special circumstances by the Regional Technical Committee Chairman and Regional Jr. Olympic Committee Chairman. If necessary, the State Administrative Committee Chairman, as well as the National Chairmen (Jr. Olympic Committee and Technical Committee) may be consulted. The petition form must be accompanied by the following:
 - a. A copy of her Elite scores from the previous season.
 - b. A current video must be sent to the two Regional officers.
 - c. A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.

C. DEADLINES FOR PETITIONS TO REGIONAL CHAMPIONSHIPS:

1. Coaches must notify their Regional Administrative Committee Chairman by FAX or E-mail **NO LATER THAN** the Monday following the State Championships of any athletes they intend to petition to Regionals.
2. **The complete Injury/Illness petition form and required documentation** must be sent to the Regional Technical Committee Chairman (or Regional Technical Assistant, if so designated) by Express Mail, FAX or E-mail and must be received no later than three (3) days (Wednesday) after the State Championships is held.
 - Also send a copy to the State Administrative Committee Chairman.

3. The Entry form and fees must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the Regional Technical Committee Chairman will contact the Meet Director, who will refund the entry fee.
4. 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 meet. (Fees will be returned **within three weeks** if the petition is not accepted.)
5. The petitioner will be notified of the approval or denial of the petition by the Regional Technical Committee Chairman a minimum of one week prior to the Regional meet.
6. The Regional Technical Committee Chairman will notify the Meet Director of the approval or denial of the petition.
7. If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective Regional Technical Committee Chairman.

III. JR. OLMPIC NATIONAL INVITATIONAL TOURNAMENT (JR. OLYMPIC-NIT) PETITIONS:

- A. If an athlete is unable to compete at the Level 10 Regional meet (**or cannot compete All-Around at the Regional Meet**) due to injury or illness but has qualified to and competed in the previous year's Level 10 JO Nationals, an injury petition may be considered by the National Technical Committee Chairman, in consultation with the National Jr. Olympic Committee Chairman. If necessary, the Regional Administrative Committee Chairman will be consulted. The petition form must be accompanied by the following:
 1. A copy of meet results from:
 - a. Last year's Level 10 JO National Championships
 - b. A meet in the current season indicating a minimum score of 36.00 AA.
 2. A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
 3. Written request from the coach or parent.
- B. DEADLINES FOR JR. OLYMPIC - NIT PETITIONS
 1. **The complete Injury/Illness petition form and required documentation** for those athletes who are unable to compete at the Regional Championships are due by the Monday just prior to the first weekend designated for Level 10 Regionals.
 - a. The coach of the petitioned athlete will be notified via e-mail by the National **Technical** Committee Chairman no later than the Wednesday prior to the combined Level 9/10 Regionals weekend.
 - b. This early deadline will determine the number of extra slots available on a percentage basis.
 2. Additional late petitions for gymnasts who are injured between the deadline indicated above up to and including the Level 10 Regional Championships and are either unable to compete at Regionals **or cannot compete in the All-Around at Regionals** will also be considered under Special Circumstances by the NTCC in consultation with the National Jr. Olympic Committee Chairman.
 - a. **The complete Injury/Illness petition form and required documentation** must be received within two (2) days (**by Tuesday**) following the Level 10 Regional meet.
 - b. Approval will be based upon whether the petition requirements listed above are met, AND provided that there is space available once all qualifiers have been notified. Available slots will be filled by petitions on a first-come, first served basis.

V. AN INJURY PETITION FORM IS:

- A. Posted on the USA Gymnastics web site under Women's Program – Forms – Petition Forms.
- B. Available from your State Administrative Committee Chairman.

PART TWO JR. OLYMPIC PROGRAM

SECTION VI JR. OLYMPIC AWARDS

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.

I. INDIVIDUAL AWARDS

A. LEVELS 1, 2, 3, and 4

1. Achievement awards must be given. Placement awards may also be given. Whenever a gymnast earns a placement award in addition to an achievement award, then only the placement award need be given in that event. The State Administrative Committee may establish additional achievement awards and/or lower or raise the scores to suit the needs of the state. The following are score **guidelines** for Achievement Awards:

a. Local/Pre-Sectional Competitions

- 1) All-Around awards may be given, at the discretion of the State Administrative Committee.
- 2) Individual Events -

Blue Ribbon	9.0
Red Ribbon	8.0
White Ribbon	7.5
Yellow Ribbon	7.0

b. Sectional Competitions

- 1) All-Around -

Blue Ribbon	35.00
Red Ribbon	33.00
White Ribbon	31.00
Yellow Ribbon	29.00
- 2) Individual Events awards may be given, at the discretion of the State Administrative Committee.

c. State Championships (Level 4, if held)

- 1) All-Around achievement awards must be given.
- 2) Individual Event achievement awards may be given, at the discretion of the State Administrative Committee.

2. The State Administrative Committee may determine achievement scores, if necessary.
3. The State Administrative Committee may also allow additional awards for placement at local, sectional or state competitions.
4. For Invitational meets, the Meet Director may determine the achievement scores. If the scores differ from the State guidelines, this information should be indicated in the Meet Information packet.

B. LEVEL 5

1. The State Administrative Committee determines whether achievement awards only, placement awards only, or a combination of both, are given at Level 5.
 - a. If Achievement awards are given, the **State Administrative Committee** will determine the guidelines for scores.
 - b. If Placement awards only are given, Level 5 will follow the guidelines for Level 6 and above.

C. LEVELS 6, 7, 8, 9, and 10

1. If only one gymnast is entered in an age division, she receives the 1st place All-Around medal only.
2. If 2-10 gymnasts are entered in an age division:
 - a. Award 1st and 2nd 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

- D. Competition with Individual Event Specialists included
Whenever Individual Event Specialists are included in a competition, the Individual Event Specialists compete and are ranked amongst the All-Around competitors. However, if there is a tie between an Individual Event Specialist and an All-Around athlete, the tie is NOT broken. Both athletes would receive identical awards.
Example for the vault event:
- First place athlete's score is 9.40.
 - Next highest score is 9.30, earned by two athletes - one competing in the AA and the other competing as an Individual Event Specialist. This tie is not broken; both gymnasts receive the 2nd place award.
 - The next highest scoring athlete earns a 9.20 and would then receive the 4th place award.
- E. If the draw is by club teams, awards for all age divisions must be presented at each session.
- F. A State Chairman may request that the Regional Chairman grant a deviation from these minimum recommendations based on financial conditions of the State Meet. The Regional Administrative Committee may choose to deviate from these minimum recommendations based on financial conditions of the Regional meet.
- G. Any gymnast competing in the wrong age division is ineligible for any awards.
- H. Duplicate awards will be given in the case of a tie at the Level 9 Eastern/Western Championships and at the Level 10 Jr. Olympic National Championships.
- I. ELITE: See Part Seven - Elite for information regarding awards.

II. TEAM AWARDS

- A. Team awards are to be determined by the State Administrative Committee.
- B. Club team competition at Regional, East/West and National competitions is not allowed.
- 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 Regional Administrative Committee).
 2. Level 9 Eastern/Western Championships:
 - a. Regional team awards are presented to all members of the top regional team.
 - b. An overall Regional Team score will be determined by the following method:

1 st place team	4 pts.		
2 nd place team	3 pts.		
3 rd place team	2 pts.		
4 th place team	1 pt.		
 3. Jr. Olympic National Championships (Level 10):
 - a. Regional Team Awards are presented to all members of the top three teams in all eight age divisions.
 - b. An overall Regional Team Champion 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:

1st place team	8 points	5th place	4 points
2nd place	7 points	6th place	3 points
3rd place	6 points	7th place	2 points
4th place	5 points	8th place	1 point
 - c. The top four gymnasts per age division will receive a Jr. Olympic National Team plaque.

III. 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 first place, **BOTH GYMNASTS are champions and should be announced as such**, although one will receive the second 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 of tie for first place:
1. Award the first place medal by one of the tie breaking procedures.
 2. The second place medal is then presented to the tied gymnast.
 3. There is NO second place ranking.
 4. The third 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 1st - both gymnasts are recognized as 1st place winners, with one gymnast receiving the gold, the other silver based on the tie-breaking procedure. The next highest scoring gymnast receives the 3rd place award and no 2nd place award is presented.)

1. TIES IN THE ALL-AROUND (COMPULSORY OR OPTIONAL)
 - 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, JO – NIT, 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.
 - f. At Level 10 National Championships, if there is a tie for fourth place All-Around, both (all) tied athletes will qualify to the Jr. Olympic National Team.
2. TIES IN THE INDIVIDUAL EVENTS - COMPULSORY ONLY OR OPTIONAL ONLY
 - 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, JO – NIT, 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.
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 All-Around 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 - COMPULSORY ONLY OR OPTIONAL ONLY
 - 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. If there is a tie for Regional team score at Level 10 Nationals or for the team score at Level 9 East/West, 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.
 - e. 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.
 - * In the case of a tie for the overall Regional Team Champion award, both regions will be recognized as the champion and will share the recognition.

IV. ORDERING AWARDS

A. Medals

1. Awards for state meets and above must be ordered from the national medal company.
2. Order forms are available from the national medal company.
3. Awards should be ordered a minimum four (4) weeks before the competition.
4. The State Administrative Committee Chairman orders the awards for the State Meets.
5. The Regional Administrative Committee Chairman orders the awards for the Regional meets.
 - a. The USA Gymnastics National Office is financially responsible for the following Regional awards:
 - 1st - 3rd per age division for Jr. Olympic Level 10
 - 1st - 3rd per age division for Jr. Olympic Level 9
 - b. Since Regional competition for Level 8 and below is optional (not required), the Regions are financially responsible for all awards.
 - c. The Regional Administrative Committee will determine whether the Meet Director or the Regional Committee has the financial responsibility for the medals needed beyond the above listed medals.
6. Awards for Jr. Olympic National Championships and Level 9 Eastern/Western Championships are ordered and provided by the National USA Gymnastics office.

B. Certificates of Participation

1. The State and Regional Administrative Committee Chairmen order their State and Regional Meet certificates from the USA Gymnastics Women's Jr. Olympic Program Director.
2. The USA Gymnastics Women's Jr. Olympic Program Director orders the certificates for the Jr. Olympic National Championships (Level 10), **Jr. Olympic National Invitational Tournament (NIT)**, and Eastern/Western Championships (Level 9).
3. The USA Gymnastics Women's Jr. Olympic Program Director orders the Graduating Senior recognition certificates for Jr. Olympic National Championships, Jr. Olympic National Invitational Tournament, and Level 9 Eastern/Western Championships.

PART THREE XCEL (P.R.E.P. OPTIONAL) PROGRAM

**CONTACT YOUR USA GYMNASTICS STATE OR REGIONAL ADMINISTRATIVE COMMITTEE
CHAIRMAN FOR SPECIFIC INFORMATION ABOUT THIS PROGRAM.**

I. PURPOSE

The *Xcel* (previously known as *P.R.E.P.*) Optional Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes. The program gives an opportunity for:

- A. Class students to participate in organized gymnastics events.
- B. Those athletes who have competed in the USA Gymnastics Jr. Olympic Program and have qualified to Level 7 or above but need a more basic introduction to optional competition.
- C. Those athletes who have competed in the USA Gymnastics Jr. Olympic Program at the Compulsory level and would like to experience a basic optional program during their "off" season.
- D. Those athletes who have either "retired" from the Jr. Olympic Program or do not wish to train or compete at Level 7 or 8.
- E. Athletes not previously involved with USA Gymnastics to enter the program.

II. GENERAL REGULATIONS

A. Membership Requirements

1. A MINIMUM of an Introductory Coach membership is required in order to coach on the floor of a USA Gymnastics sanctioned *Xcel* Optional competition.
2. Athletes participating in sanctioned competitions must be registered as a USA Gymnastics Athlete or Introductory Athlete member.
 - a. If a gymnast has never competed in the USA Gymnastics Jr. Olympic Program (Levels 1-10) but wishes to compete in the *Xcel* Optional Program, she must register as an Introductory Athlete Member.
 - If at a later time in the same competitive year she wishes to move to Level 4 or 5, she must upgrade her membership by submitting a regular Athlete Membership application and paying the difference in price.
 - b. If a gymnast already has a regular Athlete Membership, she is not required to change or purchase a new membership for *Xcel* Optional.
 - c. ***Athletes planning to compete in both the Xcel program and the JO Levels 1-10 program in the same competition year should register as a regular Athlete Member at the highest level for which they are eligible.***

B. Mobility

This program is an alternative program that is outside of the Jr. Olympic **Level 1-10** Program structure.

1. There is NO OPPORTUNITY FOR MOBILITY into or within the Jr. Olympic Levels.
2. Mobility within the *Xcel* Optional Program is determined by the State/Regional Administrative Committee.

C. Equipment

Xcel Optional competitions must follow the current *Women's Rules and Policies* in regards to the Equipment Specifications, using the compulsory competition specifications as a minimum standard.

D. Competitive Divisions

(Divisions (A-E) can be renamed (i.e. Division A, Rookie or Bronze).

Division A – Comparable to Compulsory Levels 1-3

Division B – Comparable to Compulsory Levels 3-4

Division C – Comparable to Compulsory Levels 5-6

Division D - Comparable to Compulsory Levels 5-6 and Optional Level 7

Division E – Comparable to Compulsory Level 6 and Optional Level 7 or above

A State or Region may use any or all of the divisions to suit their needs.

E. Age Divisions

Division	Minimum Age
A	Reached 4 th birthday
B	Reached 5 th birthday
C	Reached 6 th birthday
D	Reached 7 th birthday
E	Reached 8 th birthday

F. Xcel Meet Entry Fees

- In-Gym meets **with Xcel** Optional competition only \$35.00 or less
 *State Championships Entry Fee \$40.00, unless otherwise approved by the RACC
 *Regional Championships Entry Fee \$75.00, unless otherwise approved by the RACC
 *The decision to conduct State or Regional Championships is at the discretion of the respective State or Regional Administrative Committee.

G. Officials Fee Schedule (for meets or sessions within a meet that have only P.R.E.P. Optional competitors, including Invitationals)

Division	# of Judges per Panel	Judges' Rating	Rate per hour
A & B	Minimum of 1	Professional Member "Coach"	\$15.00
		Level 5/6 and/or 7/8	\$15.00
		Level 9	\$18.00
		Level 10	\$22.00
		National & Brevet	\$25.00
C, D & E	Minimum of 1	Level 5/6 and/or Level 7/8	\$15.00
		Level 9	\$18.00
		Level 10	\$22.00
		National and Brevet	\$25.00

The above fees are in effect ONLY if the entry fee charged was \$35.00 or less.

If **Xcel** Optional competitors are included in the same session(s) as Jr. Olympic (Levels 1-10) competitors, the USA Gymnastics Judges' Compensation Package will be in effect, **regardless of the entry fee paid by the Xcel gymnasts.**

III. ASPECTS TO BE DETERMINED BY THE USAG STATE ADMINISTRATIVE COMMITTEE

If the USA Gymnastics State/Regional Administrative Committee does not organize a P.R.E.P. Optional program, individual clubs and/or leagues may use this program to suit their needs (and sanction their competitions), provided they adhere to the General Regulations as listed.

- A. QUALIFYING PROCEDURES
- B. SUB-DIVISIONS AND/OR AGE DIVISIONS
- C. MAXIMUM START VALUE
- D. WARM-UP TIMES
- E. TIMING OF BEAM AND FLOOR ROUTINES
- F. ALLOWABLE VAULTS AND START VALUES
- G. COMPETITION FORMAT

It is recommended that the total time in the gym (including warm-up) for Divisions A and B sessions should not exceed 2½ hours. Total time in gym for Divisions C, D and E should not exceed 3½ hours.

H. DIFFICULTY – SPECIAL REQUIREMENTS – RESTRICTIONS – BONUS

When developing an **Xcel** Optional Program, refer to the charts below as a guideline.

Event Requirements must be fulfilled using value parts listed in the current *Jr. Olympic Code of Points* or elements in the current *Jr. Olympic Compulsory routines*.

Division	A	B	C	D	E
Suggested Elements	Comparable to Levels 1-3 elements and/or "A" elements in the <i>JO Code of Points</i>	Comparable to Levels 3-4 elements and/or "A" elements in the <i>JO Code of Points</i>	Comparable to Levels 5-6 elements and/or "A/B" elements in the <i>JO Code of Points</i>	Comparable to Levels 5, 6 or 7 elements and/or "A/B" elements in the <i>JO Code of Points</i>	Comparable to Level 6 and above elements and/or "A/B/C" elements in the <i>JO Code of Points</i>

Vault – Suggested Vaults for each Division:

Division	A	B	C	D	E
	Levels 1-4	Level 4 and/or Handspring over vault table to flat back on stack mats	Front Handspring	Level 7 – from Group 1	Level 8 – from Group 1

Suggested Special Requirements:

Division	Uneven Bars	Balance Beam	Floor Exercise
	Mount Kips Casts Circles Bar Changes Dismount	Dance Series, Jump or Leap Turns Balance Hold Acro Element or Series Mixed Series Dismount	Dance Series, Jump or Leap Turns Acro Element or Series (forward and/or backward) Acro Flight Elements or Saltos

PART FOUR SANCTIONING PROCEDURES

SECTION I SANCTIONING A USA GYMNASTICS EVENT

- I. SANCTIONS ARE REQUIRED FOR ALL USA GYMNASTICS CLINICS, COMPETITIONS, WORKSHOPS, TOURS AND EXHIBITIONS.**
- A. USA Gymnastics, as the governing body for the sport in the United States, is responsible for the granting of Sanctions for those events, as defined in the USA Gymnastics Sanctioning Policies and Procedures.
 - B. USA Gymnastics Sanctions will be secured through the USA Gymnastics Member Services department for all USA Gymnastics sponsored events/competitions.
 - C. Sanctions for competitions may be requested by any USA Gymnastics Women's Professional Member, who is a Certified Meet Director.
 - D. When requesting a Sanction for a competition, equipment/venue set-up/strike and training days must be included, as well as competition days.
 - Any events that are being conducted in more than one location (two venues, for example) must have a separate sanction for each location.
 - E. Once the sanction has been granted, the *USA Gymnastics Women's Rules and Policies* must be followed.
 - F. **A non-USA Gymnastics sanctioned event may not be conducted concurrently with a USA Gymnastics sanctioned event.**
 - G. Request for Sanction forms are available on our website under Women's – Forms or under Member Services forms and can be requested from member services. Domestic sanction requests may also be filed online. The following events are eligible for "sanctioning".
 - 1. Local meets, clinics, dual meets, tri-meets of a local nature.
 - 2. Pre-Sectional Qualifiers/Sectional meets - qualifying meets hosted under the supervision of the USA Gymnastics State Administrative Committee.
 - 3. State, Regional - events hosted under supervision of USAG State or Regional Administrative Committee.
 - 4. National - events hosted under the supervision of the USA Gymnastics Director of Events and/or the Women's Program Director or Jr. Olympic Program Director.
 - 5. ANY Invitational competition, workshop or clinic involving current U. S. National Team Members.
 - 6. International - ANY meets involving gymnasts from other countries.
 - H. Sanctions may be obtained for LOCAL meets with only one team participating (inter-squad meets).
 - I. It is the responsibility of the meet director to:
 - 1. Mail the "Request for Sanction Form" a minimum of thirty (30) days prior to the meet to the USA Gymnastics Office, along with the sanction fee for all event requests (**one form per event requested**).
 - **Requests received less than thirty days prior to the event will be assessed a late fee.**
 - 2. The Meet Director(s) must also 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.
 - 3. Be present during the entire warm-up and competition. It is permissible to indicate two meet directors on the Request for Sanction form.
 - 4. Follow all regulations found in the *Women's Program Rules and Policies* and all technical regulations from Women's Technical Committee minutes and the *Jr. Olympic Code of Points*.
 - 5. Verify that all equipment specifications are correct and the equipment is properly installed.
 - 6. Secure judges, which may be acquired through the designated and approved contractor. Level 1, 2, 3, and 4 competitions may be judged by certified Skill Evaluators or certified officials. Contact your State Administrative Chairman for specific regulations for your state.
 - 7. Verify that gymnasts and coaches have included their Athlete or Professional Membership number on the entry form. (It is the coaches' responsibility to indicate the correct age division, level and citizenship.)
 - 8. 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.
- 9. Report results according to procedures as stated in *USA Gymnastics Women's Rules and Policies* under Procedures for Reporting Results.
- J. The meet director must be thoroughly versed in the organization and regulations of gymnastics competitions. Any meet director who violates any regulations of the *Rules and Policies* may be subject to disciplinary action.
- K. Upon receipt of the "Request for Sanction Form" and appropriate fee, the USA Gymnastics Member Services department will forward a sanction packet which includes the following:
 - 1. Certificate of Sanction, granting approval. This certificate must be posted during the competition.
 - 2. Sanction Report Form
 - 3. Coaches' sign-in sheet
 - 4. 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.
 - 5. Incident and Injury report form, which must be completed in the event that an athlete is injured. The Meet Director must sign the form; the attending medical personnel must complete the form and give it to the coach or parent of the injured athlete, who then submits it to the insurance company.
- L. Request for changes to original Request for Sanction:
 - 1. The Meet Director must submit the request to change the sanction in writing to Member Services.
 - 2. Request must be made at least ten (10) days prior to the event.
 - 3. If a Certificate of Sanction is received prior to the change, the Meet Director must make the changes on the certificate. A new certificate will NOT be issued.
- M. After the officials have signed the Sanction Report Form, the person named on the form as Meet Director must sign and return it to the USA Gymnastics Member Services department and appropriate Regional/State Administrative Chairman within 24 hours. The coaches' sign-in sheet(s) must also be attached.
- N. If a sanctioned event is cancelled, the Meet Director must write the word CANCELLED on the Meet Report form, sign it and return it to USA Gymnastics Member Services.

II. SANCTION FEES:

- A. **\$50.00 for events with 72 or less gymnasts and \$100.00 for events with 73 or more gymnasts: local, invitationals, pre-sectional qualifiers, sectional, state, and regional championships for all Junior Olympic and Elite Competitions.**
 - Sanction fees for National Championship meets will be paid by the National USA Gymnastics Office; however, the meet host must submit a "Request for Sanction" form, including the signature of the designated Meet Director.
- B. For events in which foreign athletes and coaches participate, a foreign sanction fee of \$300.00 is paid in lieu of the regular sanction fee. For more details, see Part IV, Section 2, II. "Sanctioning Requirements for Foreign Exchanges."
- C. Late Fees
 - 1. Late sanction request: A fine of \$25.00 per sanctioned event will be charged to members whose request is postmarked less than thirty (30) days prior to the event.
 - 2. Very late sanction request (received less than seven (7) days prior to the date of the first day of an event):
 - **A charge of \$100 per sanctioned event will be assessed plus the appropriate sanction fee.**
 - 3. Sanction Fees (and any late fees) are not refundable, regardless of the reason for canceling a meet.

III. VIOLATIONS OF SANCTIONS

When a Meet Director and/or other Professional, **Jr. Professional or Introductory Coach** member(s) participating in the event fails to follow the USA Gymnastics Women's Rules and Policies, actions will be taken against the Meet Director and/or the individual offenders by the USA Gymnastics Office.

- A. **SANCTION VIOLATIONS: THESE VIOLATIONS MAY RESULT IN A FINE, VOIDING A MEET AND THE RESULTS, AND/OR LOSS OF SANCTIONING PRIVILEGES.**
 - 1. Violations on the part of the Meet Director
 - a. Conducting a USA Gymnastics event without a valid sanction.
 - b. Allowing coaches, judges and athletes on the floor without current, valid membership. This includes Professional members, Junior Professional members, Introductory Coaches, Junior Introductory Coaches, Introductory Athletes and regular Athlete members.
 - c. Conducting an event on different dates or with more than one location or discipline without the proper sanctions and/or changes.
 - d. Violations of any regulation within the Rules and Policies.
 - e. Improper timing of the competition:
 - a. Athletes in the gym too long (over 5 hours).
 - b. Starting the warm-ups before 8:00 A.M.
 - c. Poor scheduling, resulting in the meet finishing after 10:00 P.M.

- f. Exceeding the allotted number of judgments per session per panel of judges.
 - g. Failure to return required sanction forms and athlete fees.
2. Violations on the part of a competitor: If an individual gymnast is in violation of the regulations, she will be disqualified and all awards returned. (Example: Wrong Level, wrong age division)
 3. Violations on the part of a coach: If an individual who does not have the appropriate current Professional, Jr. Professional, Introductory Coach or Jr. Introductory Coach Membership or who falsifies a Professional, Jr. Professional, Introductory Coach or Jr. Introductory Coach Membership number attempts to act as a coach on the floor of a USA Gymnastics sanctioned competition, that individual will be removed from the meet (field of play) by the Meet Director.
 - a. If the club represented by that individual has no other coaches present who are Professional or Introductory Coach Members and at least 16 yrs. of age, then their athletes will not be allowed to compete in that meet.
 - b. Entry fees for that competition will not be refunded under these circumstances.
 - c. ***The individual and the Meet Director, as well as the club the coach represents, will be sent a letter of warning from USA Gymnastics. The accused individual will have 30 days to respond.***

B. PENALTIES FOR VIOLATIONS

1. ***Failure to respond within the 30-day period will result in an automatic fine.***
2. If the infraction is minor, or the circumstances were outside the control of the Meet Director, a letter of warning may be issued.
3. First time violation – a letter and fine of **\$100** for one violation plus **\$100** for each additional violation associate with the same sanction.
4. Second time violation – a letter and fine of **\$500** for one violation plus \$500 for each additional violation associate with the same sanction.
5. Third time violation – a fine of **\$1000** for one violation plus \$500 for each additional violation associate with the same sanction, and a one-year suspension of sanctioning privileges.
6. Escalating penalties accrue during a three-year (36 month) time frame. Penalties associated with second and third time offenses apply if multiple violations occur within 36 months of the first violation.
7. ***Fines apply only to the individual and/or the Meet Director.***
8. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
9. A Sanction Complaint Form is available on the USA Gymnastics web-site, on State and Regional websites and in your sanction packet.
10. ***The State Administrative Committee Chairman will be notified of any violations by e-mail.***

IV. PROCEDURES FOR REPORTING

A. SANCTION REPORT FORMS

An official USA Gymnastics Sanction Report Form will be included in your sanction packet and must be completed for all sanctioned meets.

1. Make copies of the Sanction Report Form and send to the Regional Administrative Committee Chairman (and/or State Administrative Committee Chairman) with the State/Regional competition fee (if applicable) within 48 hours.
2. Mail the original Sanction Report form and the coaches' sign-in sheet(s) to the USA Gymnastics Member Services department within 24 hours.
3. CANCELLED EVENTS - Report forms must be signed by the Meet Director and returned to the USA Gymnastics Member Services department with a notation of cancellation.

B. ADDITIONAL SANCTION REPORT FORMS CAN BE FOUND ONLINE AT THE USA GYMNASTICS WEBSITE OR FROM MEMBER SERVICES.

PART FOUR SANCTIONING PROCEDURES

SECTION II SANCTIONING A USA GYMNASTICS EVENT WITH FOREIGN ATHLETE PARTICIPATION

I. SANCTIONED EVENTS WITH FOREIGN ATHLETE PARTICIPATION

With the increased activity of foreign athlete participation in this country, USA Gymnastics has the responsibility to inform our professional 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. Your cooperation is very much appreciated.

CONTACT THE USA GYMNASTICS MEMBER SERVICES DEPARTMENT FOR ASSISTANCE AND DIRECTION. DO NOT DIRECTLY CONTACT ANY FOREIGN FEDERATION, CLUB, ATHLETE, COACH OR JUDGE.

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

VII. RELATIONSHIPS BETWEEN FEDERATIONS, UNIONS, GROUPS AND THE FIG

34.3 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. 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.

Article 28 CODE OF DISCIPLINE

28.1 The sanctions which may be imposed upon a federation or an individual for an act of misconduct are:

- a) a warning, possibly with publication in the FIG Bulletin
- b) a suspension of the federation, or of a person, from participation in any official event of the FIG or from several such events
- c) exclusion from any future participation in the activities of the FIG
- d) refusal of admittance to any events of the FIG
- e) a financial imposition
- f) exclusion of a federation, following resolution of the Congress
- g) suspension from office of any elected member and possible exclusion of office following resolution of the Congress.

B. INVITATIONS FOR FOREIGN ATHLETES (Competitions/Exhibitions/Training)

1. Submit a completed Request for Foreign Sanction form, with the appropriate fee no later than 120 days prior to the event date to USA Gymnastics Member Services, Attention: FOREIGN SANCTIONS.
 - **If received in less than 120 days, an additional \$100.00 late fee is due.**
2. If the activity is a competition or exhibition, a USA Gymnastics Sanction is REQUIRED. If the exchange is for training only, only a letter of invitation with the specific information is required.
3. Sanction fee will be determined based upon the particulars of the event (up to \$250,000.00). Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services department has notified you that approval has been granted.

C. OTHER CONSIDERATIONS

1. The use of the word "INTERNATIONAL" in the title of a competition/exhibition is strictly FORBIDDEN.
2. 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.**
3. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
4. FIG has a 5% tax on prize money awarded at an event.

5. If your club is planning on traveling to another country, you **MUST** inform the USA Gymnastics Office in order to gain written permission from both federations.
6. All exhibitions, competitions, and training events between countries **hosted in the United States**. Foreign are under the jurisdiction of USA Gymnastics **and FIG Regulations**.
7. **Any judges (US or foreign citizens) must receive permission from their federation before accepting an invitation to officiate a competition that is conducted outside of their country of citizenship.**

II. SANCTIONING 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/Exhibitions

1. Requirements if competition or exhibition takes place in the United States:
 - a. Prior approval of Foreign Federation must be secured through request made by USA Gymnastics.
 - b. All Foreign Athletes/coaches/judges must register with USA Gymnastics - (\$25.00)
 - c. Sanction Application Fee - \$300.00 for a competition.
 - d. Meet Directors may invite an unlimited number of countries, as long as they are all sent together at the same time with original sanction request.
 - e. An additional request for adding countries after the original request has been processed will result in an additional fee of \$25.00 per country.
 - f. A request for adding countries must be received a minimum of 11 business days before the event.
 - g. The birth date and age of the athletes will be required, but the age of the foreign coaches and judges will not be required.
 - h. All aspects of the event **MUST** be approved by USA Gymnastics. This includes but is not limited to:
 - 1) sponsorships
 - 2) marketing/property rights
 - 3) equipment/format
 - 4) television
 - 5) all promotional, marketing, and advertising materials
2. Requirements if competition or exhibition takes place in another country:
 - a. Prior approval of foreign Federation must be secured through request made by USA Gymnastics.
 - b. 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.
 - c. Prior notification to USA participants that they represent only their club at this exchange and they are not there as official USA representatives.

B. Training Exchanges

1. Requirements if TRAINING ONLY takes place in United States:
 - a. Prior approval of foreign Federation must be secured through a request made by USA Gymnastics.
 - b. Proof of Insurance coverage:
 - 1) 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.)
 - 2) Training exchanges may not be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect.
 - c. Prior notification to USA participants that they represent only their club at this exchange and they are not participating as official USA representatives.
2. Requirements if TRAINING ONLY takes place in another country:
 - a. Prior approval of foreign Federation secured through request made by USA Gymnastics.
 - b. 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.
 - c. Prior notification to USA participants that they represent only their club at this exchange and they are not there as official USA representatives.

PART FIVE MEET OFFICIALS

SECTION I Assignment of Meet Officials

I. CONTRACTING OF OFFICIALS

In order to insure properly rated officials at all sanctioned events, officials may be contracted through a designated and approved contractor.

- A. State Administrative Committees shall determine their officials' contractor and/or assignor to be used for meets that are conducted under the organizational jurisdiction of the State Administrative Committee.
- B. Regional Administrative Committees 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 a maximum of \$3.00 for each official contracted, by the deadline designated by the State Administrative Committee.
 - If the request is received less than 30 days prior to the competition, the fee is a maximum of \$5.00 for each official contracted. Assignments for such late requests will be based on availability, since there may not be a sufficient number of certified officials available. Forms can be found on the USAG web site or contact your State Administrative Committee Chairman.
- E. The USA Gymnastics Judges' Compensation Package will be used at all sanctioned competitions, with the exception of the judging fees for ***Xcel (PREP) Optional only competitions that have an entry fee of \$35 or less.*** (Refer to Part Three).
- F. Judges are required to wear the official uniform of a navy blue suit (slacks or skirt) and a white blouse/shirt.
- G. Meet hosts of Invitational competitions or any meets that are not under the organizational jurisdiction of the State Administrative Committee 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 when they submit a "Request for Judges" form to the state approved contractor. The Request for Judges Form is available on the USAG website under Women's Program – Forms – Meet Forms or from the State Administrative Committee Chairman or the NAWGJ State Judging Director.

II. AFFILIATION OF JUDGES

The regulations regarding affiliation are NOT meant to prevent officials from judging, but to prevent unfair situations for the gymnasts.

- A. Affiliation of an official at a specific meet refers to:
 1. An immediate family member of a competing gymnast, or of the gymnast's coach(es), or of the club owner whose team is competing.
 - **An immediate family member is defined as a parent/step-parent, grandparent, or sibling. In addition, it could include any other person living in the household.**
 2. A person on the payroll of a competing Club.
 3. A Team member or parent of a Women's Artistic team member of a competing club.
 - a) A parent of a Men's or Rhythmic Team member of a competing club is not considered affiliated.
 - b) A parent of any child enrolled in a recreational class of a competing club is not considered affiliated.
 4. A Coach of a club that has gymnast(s) competing in the meet.
 5. A Club Owner whose club has a gymnast who is competing in the meet.
 6. Any sport science professional that is paid for ongoing services for a competing gymnast.
- B. Judges affiliated with a club, gymnast or coach participating in the competition MAY be assigned, with the following stipulations:
 1. In USA Gymnastics **qualifying competitions** with a two or a four-judge panel:
 - a. An affiliated judge may be assigned as a Panel judge or as the Meet Referee.
 - b. No more than 1 judge with the same affiliation may be assigned per panel.
 - c. An affiliated judge may not be assigned as Chief Judge, **regardless of their rating.**
 2. In **non-qualifying Open Invitationals** with a two or four judge panel:
 - a. Affiliated judges may be assigned as Chief or Panel judges.
 - b. Meet Director must list the judges (and their affiliation) on the pre-meet information.

3. In 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 RTCC.
 - If the RTCC is affiliated and must be assigned, approval must come from the State Administrative Committee Chairman.
4. If the club with which a judge is affiliated is not participating in the meet to which the judge has been assigned, she/he is not considered affiliated at that meet.

III. DUTIES OF MEET OFFICIALS

- A. Meet Referee (who may also act as Chief Judge)
 1. A Meet Referee or acting Meet Referee must be designated at all USA Gymnastics Jr. Olympic competitions.
 2. If an acting judge also serves as the Meet Referee (for State meet and above), she/he will receive a Chief Judge's fee or the Meet Referee's fee, but not both. No dual compensation is allowed.
 3. Meet Referee Duties and Responsibilities:
 - a. If requested, assists in conducting the draw for all sessions of the competition, in conjunction with the:
 - 1) USA Gymnastics office, or
 - 2) Meet Director, prior to or at the coaches meeting (if organization of meet allows for such procedure).
 - b. Serves as liaison between coaches and judges. Must attend (or designate a proxy for) the coaches meeting at **State**, Regional and National competitions.
 - c. Assigns the Chief Judges and Panel Judges to their respective events, as requested by the State or Regional Board. It is strongly recommended that the State or Regional Board assign the duty of event assignments to the designated Meet Referee.
 - 1) Criteria for assignment of judges must be followed.
 - 2) If the Meet Referee is also a Chief Judge, the assigning official may make event assignments.
 - 3) At local, pre-sectional and sectional meets, the assigning official may make the event assignments.
 - d. Conducts the judges meeting prior to the competition.
 - Presents the USA Gymnastics Base Score video/DVD, which can be obtained from the State/Regional USA Gymnastics Administrative Committee Chairman or the State/Regional NAWGJ Director.
 - e. Advises the Judges' assistants of their duties and appropriate professional behavior.
 - f. Serves as President of the Jury of Appeals.
 - g. May observe conferences.
 - h. Is available for counsel, upon request of the Chief Judge.
 - i. May recommend, but never force, a change of any score.
 - j. Acts as the final authority in all technical matters involving timers, linesmen, scorers, judges, and flashers.
 - k. Since the sound system is part of the equipment provided by the Meet Director, any problems with the sound system are to be reported to the Meet Referee before the meet begins.
 - l. Will be available for a minimum of 15 minutes following the last exercise performed to deal with questions or concerns with the technical decisions and/or judges' scores.
 - m. Is responsible for compiling and checking the information regarding judges' fees and expenses for the Meet Director.
- B. Chief Judge's Responsibilities (Jr. Olympic)
 1. Must evaluate each exercise correctly, fairly and quickly.
 2. Must determine and record the score and Start Value, as well as record execution and compositional deductions. Must flash the Start Value at all Level 7-10 meets (or write it on the competitor's card.)
 3. Checks that the counting judges' scores (two middle scores) fall within the proper range based upon the average score.
 4. Checks that the score of both (all) judges, the average score, as well as time and line violations are properly recorded on the score slip at the judges' table or into the computer.
 5. Calls a conference to review the routine, the Start Value, and the scores. Requests adjustment if the scores are out of range (according to the USA Gymnastics point range for competition), or if an impossible Start Value has been awarded.
 6. May call a conference to counsel judges when, in her opinion, the judges have not been objective or correct. The judges may change their scores, but are not obligated to do so.
 7. Subtracts from the competitor's average any neutral deductions as listed for the chief judge in the *JO Code of Points*.
 - The neutral deduction must be indicated to the coach verbally or by visual means.

8. Reports any warnings issued to coaches or gymnasts for behavioral faults (including attire) to the Meet Referee.
 9. Signals the gymnast to start with the green flag, green light, or hand signal and acknowledges the presentation of the gymnast before and after her routine.
 10. Informs the Meet Referee of any undisciplined or unethical behavior by judges.
 11. Conducts the review of the event prior to the competition.
- C. Panel Judges' Responsibilities
1. Must evaluate the exercise correctly, fairly and quickly.
 2. Must determine and record the Start Value, as well as record execution and compositional deductions. Must flash the Start Value at all Level 7-10 meets (or write it on the competitor's card.)
 3. Must indicate line violations by raising a hand, if no line judges are available.
- D. Judging Assistants
1. Timers: Required for timing Beam and Floor exercises, as well as falls on Uneven Bars and Beam.
 2. Line Judges: Must indicate whenever a gymnast goes beyond the boundary line by raising a flag/hand and by written notation to the Chief Judge.
 3. Master Scorekeeper: Must record the scores of all judges, indicate any neutral deductions, as well as compute and record the average score.

IV. CRITERIA FOR SELECTION OF JUDGES TO WOMEN'S USA GYMNASTICS COMPETITIONS

A. GENERAL POLICIES AND PROCEDURES AT JR. OLYMPIC COMPETITIONS

1. The Technical Committee establishes the criteria for selection of judges to Jr. Olympic competitions. Infractions should be brought to the attention of the Regional Technical Committee Chairman and/or the National Technical Committee Chairman for appropriate action.
2. All assignment of judges will be made according to the *USA Gymnastics Rules and Policies*, USA Gymnastics – Technical Committee criteria for selection and the philosophy as defined herein.
3. Chief Judge and Panel judge assignments to specific events are the responsibility of the State or Regional Committees. It is strongly recommended that the State Administrative Committee and the Regional Administrative Committee ask the assigned Meet Referee to make the Individual Event Assignments. At local, pre-sectional and sectional meets, the assigning official may make the event assignments. Criteria for assignment of judges must be followed.
 - When designating Chief Judge positions for sanctioned competitions, rating and longevity do not necessarily determine Chief Judge assignment. Reference the chart on page 68-69 for minimum rating required.
4. Level 9 Eastern/Western Championship, Level 10 National Championship and JO National Invitational Tournament assignments will be made by the National Technical Committee Chairman, in consultation with the National Jr. Olympic Program Director, after reviewing the regional recommendations as well as financial considerations.
 - a. The Regional Technical Committee Chairman must submit their Regional Administrative Committee's recommendations in rank order (or groups in rank order) to the National Technical Committee Chairman (with a copy to the Women's Jr. Olympic Program Director) no later than **November 1**.
 - b. Rotation of officials is not required, but may be considered.
5. The Regional Administrative Committee selects the officials for the Regional Jr. Olympic level, with the approval of the RTCC, and in consultation with the Regional Administrative Committee Chairman.
 - a. The State Administrative Committee must submit their recommendations in rank order (or groups in rank order) to the RTCC.
 - b. Rotation of officials is not required, but may be considered.
 - c. The Regional Technical Committee Chairman, if unavailable, selects the Meet Referee, in consultation with the Regional Administrative Committee Chairman.
6. The State Administrative Committee selects the Meet Referee, the officials and the Event Assignments for the pre-sectional, sectional and state level, with the approval of the SACC. If agreement cannot be reached, the RTCC will make the final decision.
 - Rotation of officials is not required, but may be considered.
7. Geographical representation is not required, but may be considered in all selection of officials. (See specific competitions.)
8. It is permissible to assign judges from adjacent or neighboring states and/or regions, if necessary, in order to obtain the desired number and appropriately rated judges at minimal cost.
9. In order to be considered for an assignment, all judges must be:
 - a. Current USA Gymnastics Women's Professional or Junior Professional members (or Introductory Coach member for Levels 1-3) with a current Safety Certification and criminal background check.

- The State Administrative Committee determines the judging criteria for *Xcel (PREP)* Optional and Levels 1-3 Programs.
- b. Certified and actively judging at the level of meet to which they are assigned.
In the event that 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 assignor 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 assignor must notify and receive approval from the RTCC to assign a judge at the next lower level, giving priority to the following:
 - 1st – a judge who has taken and passed one part of the accreditation exam for the next level
 - 2nd – 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.
- c. Maintain USA Gymnastics Continuing Professional Education requirements annually; see chart below.
- 1) **If a judge has not completed his/her CPE requirements by July 31st, he/she SHOULD NOT BE ASSIGNED to any USAG sanctioned competition until such time that they submit the completed annual CPE form.**
 - 2) Some states may experience difficulty in securing enough officials who are current with CPE requirements in order 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 judges' compensation will be reduced by \$5.00 per hour.
- d. Priorities for assignors after August 1 of each year:
- 1) Assign properly rated judges
 - a) First, those who have completed annual CPE requirements
 - b) Second, 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 assignor request permission from the RTCC to allow a judge with one rating lower to be assigned.
- e. Holding a specific rating does not insure a judging assignment. Once the availability of judges has been established, the assignors 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. Attempt to keep the travel costs at a minimum for the Meet Director.
- B. "Judges' Accreditation" is the name applied to the certification process and the process will be a part of the USA Gymnastics University. The "Continuing Professional Education (CPE)" system will be implemented as listed below:**
1. Annual CPE credits are required to be assigned **to judge any USA Gymnastics competition**, as well as to test up from Level 7/8 to Level 9 or Level 9 to Level 10.
 2. The accreditation year is August 1-July 31. Credits earned during the months of June and July may be used for the current accreditation year or for the upcoming year.
 3. CPE credits will be calculated in actual clock hours (hours involved in the activity).
 4. The rating a judge holds on August 1 of each year determines the number of CPE hours required for that 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:
- If an individual achieved a Level 5/6 rating for the first time in July of 2011, the CPE requirements are due by June of 2012. If this individual upgrades their rating to 7/8 within the accreditation year, they are only required to fulfill the CPE hours required of a Level 5/6 judge, as that was their rating as of August, 1, 2011.
 - If an individual achieved a Level 5/6 rating for the first time in December 2011, the CPE requirements are not due until June of 2013 since he/she had no rating as of August 1, 2011.
5. **USA Gymnastics and NAWGJ elected officers (State, Regional & National Chairman/Directors) are exempt from CPE requirements for the years in which they hold office.**

6. Annual Required CPE hours are as follows:

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
Level 5/6	12 hours	6 hours	2 hours
Level 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

a. CPE Clinic Hours are those hours spent:

- 1) At a 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 to the event. (Exception: eligibility requirement must be met for judges' courses.) Judging or coaching sessions will be designated as "approved for CPE". Clinicians also receive Clinic hour credits when teaching at such events.
- 2) CPE Clinic Credit forms are available on the USA Gymnastics website under Women-Judges-Judges Accreditation forms
- 3) Judges retain their CPE clinic forms for documentation with a copy of the Annual Report Form.

b. All clinics require pre-approval from the appropriate State or Regional USA Gymnastics and NAWGJ officers by submitting the Clinic Approval Form a minimum of three 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. All CPE approved clinics require a sanction.

c. 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 Clinic CPE 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.

d. **Annual Miscellaneous CPE credit:** A maximum number of CPE hours may be acquired for the following miscellaneous activities:

- 1) Coaching (6 hrs) to be signed by supervisor or club owner
- 2) In-gym observation, critiquing/consulting with coaches and gymnasts (6 hrs), to be signed by the coach.
- 3) Volunteering at a judging-related activity (4 hr.), to be signed by the event coordinator. Two of these four hours can come from service as a USA Gymnastics or NAWGJ Board member.
- 4) Video or live practicing judging at a level equal to or higher than your current level (3 hrs) Practice judging will require pre-approval from the SJD and/or USAG State Administrative Chair. For pre-approval, simply send an e-mail 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.
- 5) 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.

6. Continuing Professional Education Tracking:

a. 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.

b. The USA Gymnastics State Administrative Chairman 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.

c. 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 June 30 of each year. The Annual CPR Record form is available online under Women's Program-Judges-Judges' Accreditation forms or may be obtained from the state CPE Coordinator.

d. The CPE Coordinator is responsible for sending a master list of all judges who have successfully completed their annual CPE requirements to the USA Gymnastics national office, their respective SJD, RJD, and USA Gymnastics State and Regional Chairman by July 31st of each year.

e. If a judge does not complete all of 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.
- f. 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 as stated in Article 9 of the USA Gymnastics Bylaws.
- g. Should a judge exceed the minimum number of CLINIC hours **required of their rating** in an accreditation year, they may carry forward the appropriate number of clinic hours allowed **as designated by their rating**. Excess miscellaneous hours may not be carried over.

C. JUNIOR OLYMPIC COMPETITIONS

ALL JUDGES FOR THE FOLLOWING COMPETITIONS MUST POSSESS A CURRENT CERTIFICATION AT THE LEVEL TO WHICH THEY ARE ASSIGNED. All judges assigned to the Jr. Olympic State, Regional, Eastern/Western and National Championships shall have been actively judging within the corresponding Jr. Olympic Level (Compulsory or Optional) during the competitive season, and shall be current Professional (or Junior Professional) Members of USA Gymnastics with current Safety/Risk Management Certification and Criminal Background Check and be current in all USA Gymnastics Continuing Professional Education (CPE) requirements.

MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:				Minimum # Judges Per Panel	Geographic Representation
Meet Referee	Chief Judge	Panel Judge			
Xcel					
Local	NA	Criteria determined by SAC/RAC	Criteria determined by SAC/RAC	1	
State	NA	Criteria determined by SAC/RAC	Criteria determined by SAC/RAC	1	
Level 1-4					
Local	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 ---- Criteria determined by SAC	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 ---- Criteria determined by SAC	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 ---- Criteria determined by SAC	1 (# and minimum criteria for 1-judge panel determined by SAC)	
Sectional	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 Criteria determined by SAC	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 Criteria determined by SAC	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 Criteria determined by SAC	1 (# and minimum criteria for 1-judge panel determined by SAC)	
State	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 7/8 & 5/6 Criteria & selection determined by SAC	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 Criteria determined by SAC	Pro, Jr. Pro or Introductory Coach member, Skill Evaluator, PDCP II, or Level 5/6 Criteria determined by SAC	2	(determined by SAC)
Level 5					
Local	Level 7/8 & 5/6	Level 5/6	Level 5/6	1 (if 1 judge panel - min. 5/6 w/ min. of 1 yr. experience)	
Sectional	Level 7/8 & 5/6	Level 5/6	Level 5/6	1 Determined by SAC: If 1-judge panel - min. 5/6 w/ min. of 1 yr. experience	
State	Level 7/8 & 5/6 Selected by SAC	Level 5/6	Level 5/6	2 or 4 Determined by SAC	Determined by SAC

	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			Min. # Judges Per Panel	Geographic Representation
	Meet Referee	Chief Judge	Panel Judge		
Level 6					
Local	Level 7/8 & 5/6	Level 5/6	Level 5/6	1 or 2 (1 judge panel allowed if not a state qualifier - must be min. 5/6 w/ min. of 1 yr. experience)	
Sectional	Level 7/8 & 5/6	Level 5/6	Level 5/6	2	
State	Level 7/8 & 5/6 Selected by SAC	Level 5/6	Level 5/6	2 or 4 (determined by SAC)	(determined by SAC)
Level 7					
Local/Sectional	Level 9	Level 7/8	Level 7/8	2	
State	Level 9 Selected by SAC	Level 9	Level 7/8	2 or 4 (determined by SAC)	(determined by SAC)
Level 8					
Local/Sectional	Level 9	Level 7/8	Level 7/8	2	
State	Level 9 Selected by SAC	Level 9	Level 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 L. 8, 9 or 10 Sectional or State	Level 9	Level 7/8	2 or 4 (determined by RAC)	(determined by RAC)
Level 9					
Local/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 other Brevet or National Must have served as MR or CJ at L. 9 or 10 Sectional or State	Level 10	Level 9	2 or 4 (determined by RAC)	(determined by RAC)
East/West	RTCC, or other Brevet selected by NTCC; Must have served as MR or CJ at L. 9 or 10 Reg'l or State	National Must have served as MR or CJ at L. 9 or 10 Reg'l or State	Level 10 or above; Must have judged a L. 9 or 10 Local, Sect., State or Reg'l	4	a min. of 3 per region; no more than 2 per region on same panel
Level 10					
Local/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 other Brevet or National Must have served as MR or CJ at L. 10 Sect. or State	National With approval of RTCC	Level 10	2 or 4 (determined by RAC)	(determined by RAC)

	MINIMUM RATINGS REQUIRED FOR ASSIGNMENT AS:			Min. # Judges Per Panel	Geographic Representation
	Meet Referee	Chief Judge	Panel Judge		
J.O. Nationals	NTCC plus 1 Brevet selected by NTCC; Must have served as MR or CJ at L. 10 Reg'l or State	National Must have served as MR or CJ at L. 10 Reg'l or State	National Must have judged a L. 10 Local, Sect., State or Reg'l	4	4 judges per region (2 for Junior & 2 for Senior 2 East & 2 West regions on each panel)
JO-NIT	NTCC plus 1 Brevet selected by NTCC; Must have served as MR or CJ at L. 10 Reg'l or State	National Must have served as MR or CJ at L. 10 Reg'l or State	National Must have judged a L. 10 Local, Sect., State or Reg'l	2	2 judges per region (1 for Junior & 1 for Senior); 1 East & 1 West region on each panel

D. GENERAL POLICIES AND PROCEDURES AT ELITE COMPETITIONS

1. The Judges' Selection Committee (JSC) is responsible for judge's assignments to Elite National Competitions (Challenges, Classics, Championships, Olympic Trials, Pan American Trials, and World Championship Trials.), as well as International judging assignments. The Judges' Selection Committee consists of the National Team Coordinator, International Elite Committee Chairman, 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 Pre-Elite National competitions (Challenges) are under the technical jurisdiction of the USA Gymnastics National Office and the International Elite Committee.
3. All judges for Elite and/or Pre-Elite and Hopes Optional competitions must hold a current FIG-Brevet rating. Judges assigned to a Compulsory Zone or National Qualifying meet must hold a current FIG or USAG Brevet rating.
4. Judges for Elite Compulsory Competitions at Zone and National Qualifying meets:
 - A minimum of 50% of the judging panel(s) must come from the pool of selected FIG-Brevet officials established by the International Elite Committee (IEC).
 - FIG-Brevet judges (not in the selected pool) and/or USAG-Brevet judges may be also assigned if additional judges are needed.
 - Judges for Zone meets are selected by the Regional Technical Committee Chairman, in conjunction with the Meet Director.
5. Judges for Optional Competition at National Qualifying meets:
 - All judges must come from the pool of selected FIG-Brevet officials established by the International Elite Committee (IEC).
 - Judges for National Qualifying meets conducted by the National office will be assigned by the Judges Selection Committee.
 - 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 Program**.
6. USA Championships/Classic/Challenge Competitions:
 - All judges must come from the pool of selected FIG-Brevet officials established by the International Elite Committee (IEC).
 - Selection and event assignments will be made by the Judges Selection Committee.
 - Technical questions will be addressed by the Vice-President of Program, **the Chairman of the International Elite Committee** or their designated replacement.
 - A Video Review Panel will be used for Classic and above competitions, and will be comprised of experts selected by the International Elite Committee.

PART FIVE MEET OFFICIALS

SECTION II USA GYMNASTICS JUDGE'S COMPENSATION PACKAGE (EFFECTIVE AUGUST 1, 2011- JULY 31, 2012)

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 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. JUDGE'S RESPONSIBILITIES

- A. Individual judges shall perform their function as a judge of the Meet according to the USA Gymnastics Rules and Policies, membership policies and the USA Gymnastics Code of Ethics.
- B. Individual judges shall be limited to judging, evaluating and scoring the competition.
- C. Individual judges will be bound by the terms of the individual contract agreed upon for that particular meet.
- D. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payments/reimbursements received to the appropriate agencies (i.e. IRS).
- E. Each individual judge shall sign and return the contract to the Meet Director and the contracting official.
- F. Judges are not allowed to accept gifts in addition to the USAG Judges' Compensation Package fees/expenses.
- G. ***Judges are not allowed to act in a dual capacity (i.e., Coach/judge, parenting/judge, Meet Director/judge).***

II. MEET DIRECTOR'S RESPONSIBILITIES

- A. The USA Gymnastics Meet Director shall follow the *USA Gymnastics Rules and Policies* for sanctioned events.
- B. The USA Gymnastics 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 not give gifts to the officials.
- C. If so designated by the State/Regional Administrative Committees, the USA Gymnastics Meet Director MAY utilize the NAWGJ as the contracting body for officials for USA Gymnastics Sanctioned Meets.
 - The Meet Director is required to pay a contractor's fee of \$3.00 per judge to the NAWGJ contractor. A Request for Judges Form that is received by the Contractor within 30 days of the competition will be charged \$5.00 per judge.
- D. Compensation will be paid directly to the individual judge.
- E. In the event that the USA Gymnastics Meet Director fails to comply with the terms of the sanction or the *USA Gymnastics Rules and Policies*, 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 well being of the athlete.
- F. The Meet Director will be bound by the terms of the individual contract agreed upon for that particular meet.
- G. A break time for judges between sessions should be a minimum of 30 minutes after 3½ hours - 4 hours of judging time and a minimum of 45 minutes after 7 hours of judging time.

III. CONSIDERATIONS

- A. Judges should report 30 minutes prior to march-in for local and invitational competitions, unless otherwise specified by the Meet Referee. A \$5.00 fine will be deducted from the check of any official who does not report 15 minutes prior to march-in.
- B. Reporting time for those competitions requiring video analysis may be up to one (1) hour prior to march-in. The Meet Referee will specify the reporting time. A \$5.00 fine will be deducted from the check of any official who does not report within 15 minutes of the report time.
- C. Fees are paid based upon the contracted march-in time until ALL of the judges have submitted their scores. Judges are responsible to check each individual gymnast's score/average at the time of submission, not the official computer printout.
- D. A portion of the hourly rate may be broken into halves, not less. Record and add up the actual time for all sessions for a day. Using this total, round off to the nearest half-hour (i.e., a total of 7 hours 10 minutes of judging will be considered as 7 hours; a total of 7 hours 25 minutes will be considered as 7½ hours). Do not round up for each session.

- E. 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.
- F. This Judges' Compensation Package is in effect for all USA Gymnastics Competitions, as specified, with exception of judging fees for **Xcel (P.R.E.P) Optional meets with entry fees of \$35 or less.**
- G. If the competition resumes before the maximum allotted break time has elapsed, the judging time begins again.

IV. TRAVEL

- A. No mileage will be paid for the first 30 miles round-trip.
 - Exception: In the case of a judges' carpool, the primary carpool driver and all judges driving to meet the carpool do not deduct the 30 miles round-trip.
 - 1. The standard IRS rate will be paid to the driver(s).
 - 2. Riders' fee are not paid.
 - 3. Any judge living within a 15-mile radius of the meet site will not be eligible for mileage reimbursement, even if they carpool.
 - 4. Any increase in the IRS mileage fee will only be recognized and used when the increase is a full cent. Less than a cent increase will not be recognized. IRS mileage rate changes are announced in December of each year and will be posted on the USA Gymnastics web site, with the new rate effective in January.
 - 5. 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.
- B. 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. 30 miles round-trip are deducted for travel to the airport, if the judge is not carpooling. These expenses must be listed on the contract and be approved by the contracting official in order to be compensated by the Meet Director. Only standard and customary expenses with accompanying receipts will be reimbursed in the actual amounts.
- C. It is requested that judges consider carpooling whenever possible. If a judge chooses not to carpool for any reason, mileage will not be paid to that judge unless prearranged with the contracting official and the Meet Director.
- D. For competitions that span over two or more days and:
 - 1. Overnight accommodations are not necessary:
 - Round-trip mileage will be paid for each day; however, no mileage will be paid for the first 30 miles of each day's drive (exception: carpools, as stated in A above).
 - 2. Lodging is provided to the judges by the Meet Director:
 - If a judge chooses to return home and drive back the second (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.
- E. No other expenses (such as baby-sitters, car repairs, car rental, reimbursement for lost salary, or other normal work related expenses) will be paid.

V. LODGING

- A. If a judge must stay overnight prior to, during or following the competition, lodging must be provided and paid for by the Meet Director.
- B. The form of accommodation must be specified in the judge's contract. Accommodations should be based on double occupancy (two beds).

VI. PER DIEM

- A. DAY (LOCAL) MEETS
 - 1. No per diem will be paid 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.
 - 2. Per Diem compensation should be paid to the judges at a rate of:
 - a. \$15.00 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.)
 - b. \$30.00 Diem - When on-site responsibilities are 8 hours or more. \$15.00 per meal (up to a maximum of \$30.00 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.
- B. OVERNIGHT MEETS
 - 1. All meals not provided by the Meet Director are compensated at a rate of \$15.00 per meal, with a maximum of \$40.00 per day.
 - 2. Meals provided by the Meet Director should be nutritional and not just concession type food.
 - 3. Judges with dietary restrictions should bring their own food.

VII. 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**. 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.

VIII. CANCELLATION

- A. 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) or Grave illness
- B. Failure to comply with the contractual agreement will result in the following:
 - 1. On the Meet Director's part:
 - a. A minimum of 7 days notice is required for amendments or cancellation of officials. If cancellation of officials occurs less than seven 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.
 - b. 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. In order to receive future credit for the cancelled 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 cancelled prior to the scheduled departure, it becomes null and void.
 - 2. On the Judges' Part
 - a. If a judge is unable to fulfill a contract due to personal reasons, she is obligated to contact the assignor to determine which officials may still be available and call a proper replacement. If she fails to contact the assignor or does not give a minimum of 7 days notice to the assignor 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.
 - b. 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 cancelled prior to the scheduled departure, it becomes null and void.

IX. HOURLY MEET FEES

Judges will be paid an hourly fee, according to their rating, with a minimum payment of two hours for a one-session meet. A minimum payment of 3 hours for a one-session meet will be made if mileage is over 100 miles one way. For meets with multiple sessions, the actual judging time is calculated, allowable break time is determined and if the break time is exceeded, the excess will be considered as additional judging time.

Example: Meet has three sessions; competition begins at 9:00 AM and the last session ends at 9:00 PM. Total actual judging time is 8 hours. Total time from beginning to end of meet is 12 hours. The total break time is 4 hrs. Allowable break time for 8 hrs of judging is 3½ hours; therefore the judge will be paid for 8½ hours of judging.

The following hourly rate reflects a 3% increase, effective August 1, 2009.

Rating	Hourly Rate	Actual Judging Time	Break Time is:
Brevet	\$31.36	2 Hrs. or less	0
National	\$29.20	3 hrs.	1 hr.
Level 10	\$27.04	4 hrs.	1½ hrs.
Level 9	\$23.79	5 hrs.	2 hrs.
Level 5/6/7/8	\$19.47	6 hrs.	2½ hrs.
Level 7/8	\$17.30	7 hrs.	3 hrs.
Level 5/6	\$15.14	8 hrs.	3½ hrs.
		9 hrs.	4 hrs.

X. JUDGES' FEE SCALE FOR LEVEL 1-3 COMPETITIONS

The hourly judging fee for a professional member who is not a rated official and is assigned to judge a sanctioned Level 1-3 competition may be negotiated by the Meet Director. The negotiated fee may not exceed the hourly rate for a Level 5/6 judge. If the State Administrative Committee organizes a statewide Level 1-3 competitive program, the State Administrative committee may designate an hourly rate for a non-rated professional member in order to maintain consistency.

XI. JUDGES' FEE SCALE FOR XCEL (P.R.E.P) OPTIONAL COMPETITIONS

Please refer to Part Three - The **Xcel** (P.R.E.P.) Optional program, page 60.

XI. CHAMPIONSHIP MEET FEES

Judges shall receive a daily or flat rate, according to ratings. The Daily Rate applies to all meets of more than four hours - up to eight hours of actual judging time. Half-day competitions (up to 4 hours of actual judging time) will use the Half-Day Rate. For JO Regional Meets, Level 9 East/West, Elite National Meets and **Open Championships**, any additional time over eight hours/day will be compensated at the regular hourly rate.

A. JUNIOR OLYMPIC REGIONAL MEET FEES

Rating	Daily Rate (8 hrs)	Half Day (4 hrs)
Brevet	\$160.00	\$80.00
National	\$150.00	\$75.00
Level 10	\$140.00	\$70.00
Level 9	\$130.00	\$65.00
Level 8	\$120.00	\$60.00

Zone Elite Meets
Zone Elite Meets will be compensated at the regular hourly fee, with a minimum payment of 3 hours per day.

B. USA GYMNASTICS COLLEGIATE CHAMPIONSHIPS, LEVEL 9 EAST/WEST CHAMPIONSHIPS, & ELITE NATIONAL MEET FEES (National Qualifiers/Challenge/Classics Meets)

Rating	Daily Rate	Half Day Rate
All eligible	\$170.00	\$85.00

C. JR. OLYMPIC NATIONAL MEET FEES (including JO-NIT)

Rating	Daily Rate
All eligible	\$200.00

D. ELITE CHAMPIONSHIPS/TRIALS (Effective 2008)

EVENT	FLAT RATE
VISA USA CHAMPIONSHIPS	\$350
OLYMPIC TRIALS	\$450

E. OPEN CHAMPIONSHIPS

Rating	Daily Rate (8 hrs.)	Half Day Rate (4 hrs.)
Brevet	\$160.00	\$80.00
National	\$150.00	\$75.00
Level 10	\$140.00	\$70.00
Level 9	\$130.00	\$65.00
Level 7/8	\$120.00	\$60.00
Level 5/6	\$110.00	\$55.00

F. STATE CHAMPIONSHIPS FEES

Judges' fees for State meets may be negotiated by the State Administrative Committees and the contracting Chief official, but cannot exceed the basic fee schedule.

XII. CHIEF JUDGE/MEET REFEREE PAYMENT (Applies to Jr. Olympic meets only)

- A. A Meet Referee/Chief Judge shall receive an additional \$10.00 per day at the following USA Gymnastics competitions:
 - 1. State Meets with Four-Judge panels
 - 2. Level 8-10 Regionals regardless of the number of judges per panel.
 - 3. Level 9 East/West Championships, Level 10 National Championships, and the JO National Invitational Tournament.
- B. No dual compensation is given if the Meet Referee also serves as a Chief Judge.
- C. The Meet Referee shall be paid the hourly fee for the time during which she/he is conducting official Meet Referee responsibilities.
- D. Chief Judge/Meet Referee fees are NOT paid at state meets with two-judge panels, or at any local/sectional meets.

XIII. INCLEMENT WEATHER POLICY

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/Motel rooms are compensated ONLY if approved by the Meet Director.

**PART FIVE
MEET OFFICIALS**

**SECTION II
USA GYMNASTICS JUDGES' COMPENSATION PACKAGE
FOR WOMEN'S ARTISTIC GYMNASTICS
(Effective August 1, 2009 - July 31, 2012)**

Rate	\$31.36	\$29.20	\$27.04	\$23.79	\$19.47	\$17.30	\$15.14
Hours	Brevet	National	10	9	5/6 + 7/8	7/8	5/6
2	\$62.72	\$58.40	\$54.08	\$47.58	\$38.94	\$34.60	\$30.28
2½	\$78.40	\$73.00	\$67.60	\$59.48	\$48.68	\$43.25	\$37.85
3	\$94.08	\$87.60	\$81.12	\$71.37	\$58.41	\$51.90	\$45.42
3½	\$109.76	\$102.20	\$94.64	\$83.27	\$68.15	\$60.55	\$52.99
4	\$125.44	\$116.80	\$108.16	\$95.16	\$77.88	\$69.20	\$60.56
4½	\$141.12	\$131.40	\$121.68	\$107.06	\$87.62	\$77.85	\$68.13
5	\$156.80	\$146.00	\$135.20	\$118.95	\$97.35	\$86.50	\$75.70
5½	\$172.48	\$160.60	\$148.72	\$130.85	\$107.09	\$95.15	\$83.27
6	\$188.16	\$175.20	\$162.24	\$142.74	\$116.82	\$103.80	\$90.84
6½	\$203.84	\$189.80	\$175.76	\$154.64	\$126.56	\$112.45	\$98.41
7	\$219.52	\$204.40	\$189.28	\$166.53	\$136.29	\$121.10	\$105.98
7½	\$235.20	\$219.00	\$202.80	\$178.43	\$146.03	\$129.75	\$113.55
8	\$250.88	\$233.60	\$216.32	\$190.32	\$155.76	\$138.40	\$121.12
8½	\$266.56	\$248.20	\$229.84	\$202.22	\$165.50	\$147.05	\$128.69
9	\$282.24	\$262.80	\$243.36	\$214.11	\$175.23	\$155.70	\$136.26
9½	\$297.92	\$277.40	\$256.88	\$226.01	\$184.97	\$164.35	\$143.83

Judging Time	Break Time
2 or less	0
3	1
4	1½
5	2
6	2½
7	3
8	3½
9	4

Per Diem	Local	Overnight
\$15	3 - 7½ hrs. or under 3 hrs. but 100 mi. or more RT	\$15/meal or Max. of \$40/day
\$30	8+ hrs.	
Mileage: current IRS rate after the first 30 miles RT (except when carpooling) See package for carpool's mileage		

Recommended break time: after 3½ - 4 hrs. minimum of 30 minutes
after 7 hrs. minimum of 45 minutes

Meet Referee/Chief Judge fee (J.O. only) - State Meet & above: \$10/day

All fees are based on a minimum of 2 hours (except for Elite Zone meets)

Jr. Olympic Reg'l Championships		
Rating	Daily (8 hrs.)	Half Day (4 hrs.)
Brevet	\$160.00	\$80.00
National	\$150.00	\$75.00
Level 10	\$140.00	\$70.00
Level 9	\$130.00	\$65.00
Level 8	\$120.00	\$60.00

L. 9 East/West & Elite Nat'l Qualifiers/Challenge/Classic	
Daily (8 hrs.)	Half Day (4 hrs.)
\$170.00	\$85.00

Lev. 10 Nationals & JO-NIT	\$200/day
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Zone Elite Meets - Hourly fee w/ a minimum of 3 hrs. /day

The additional time over 8 hours will be compensated at the regular hourly rate.

PART SIX

APPARATUS REQUIREMENTS FOR ELITE AND JUNIOR OLYMPIC COMPETITIONS

I. GENERAL CONSIDERATIONS

- A. Athlete safety guidelines, as listed in the *USA Gymnastics Safety Handbook*, should always be considered.
- B. It is recommended that there be a clearance of 5' to 6' from one apparatus to any other. This includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.
- C. 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. When selecting meet sites for sectional and above meets, consideration will be given to those facilities that can provide a wider bar setting.
- D. Levels 1-4 non-competitive gymnasts may set the equipment to facilitate the exercise. Level 1, 2 and 3 meets must follow the same standards used at Level 4.
- E. **All equipment and matting used at a USA Gymnastics-sanctioned competition must be manufactured by a recognized gymnastics supply company.**

F. MATTING HEIGHT SPECIFICATIONS:

1. COMPETITION LANDING MATS

- a. ELITE/PRE-ELITE/Hopes must use FIG specifications 20 cm. (-2 cm tolerance, no + tolerance) mat thickness.
 - At Zone qualifying meets, 12 cm - 20 cm mats are allowed.
 - National Qualifying meets must use 20 cm. mats.
 - International Elites, Pre-Elite and Hopes athletes MUST use a 10 cm supplemental landing mat for vault and for bars/beam dismounts at all Optional competitions.
- b. JR. OLYMPIC:
 - 1) One 10-12 cm competition landing mat is required; a second 10 -12 cm. may be placed on top of the required mat for compulsory and optional competition. If a second 10-12 cm mat is used for Optional Levels 7-10, it must be a minimum of 7' by 10'. Maximum height is 24 cm.
 - 2) Maximum height is 24 cm.
 - 3) 20 cm competition landing mats are also allowed (but are not required).
 - a) For vault, if 20 cm mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm competition landing mat.
 - b) For Bars and Beam, in order to use a 20 cm mat, the apparatus must be capable of being raised to the FIG maximum height allowance (High Bar – 246 cm; Beam – 125 cm).
 - 4) A 1¼" base mat must be used if a 10 cm (4") competition landing mat is used. When using 12 – 20 cm mats, a base mat is not required.
 - The 1¼" base mat may be placed underneath or on top of the competition landing mat.
- c. The area under the apparatus and/or in the landing area must be matted with competition landing mats that are uniform in height.

2. SUPPLEMENTAL MATTING (SKILL CUSHIONS) FOR VAULT, BARS AND BEAM (See V. for Floor Exercise matting)

- a. ELITE/PRE-ELITE
 - 1) Championships: No additional matting other than FIG specifications may be used.
 - 2) Classics: Up to two manufactured sting mats are allowed to be placed separately on the Floor Exercise area.
 - Junior International athletes may use a skill cushion (maximum thickness of 8") in addition to the 20 cm (-2 cm tolerance) competition landing mat for release elements on bars.
 - Junior International athletes may place a manufactured sting or 10 cm (4') "throw" mat under the bars during competition.
 - 3) Zone, National Qualifiers and Challenge Meets:
 - Up to two manufactured sting mats and/or 10 cm (4") supplemental ("throw") mats may be used on Floor Exercise.
 - Junior International, Pre-Elite and Hopes athletes may use a skill cushion (maximum thickness of 8") in addition to the 20 cm (-2 cm tolerance) competition landing mat for release elements on bars.
 - Junior International, Pre-Elite and Hopes athletes may place a manufactured sting or 10 cm (4') "throw" mat under the bars during competition.
 - **An 8" skill cushion may be used in the bar dismount area for compulsory competition.**
- b. JR. OLYMPIC
 - 1) Up to 9" of any combination of supplemental matting [skill cushion(s), throw mat and/or sting mat(s)] is allowed in addition to the maximum allowable competition landing surface of 24 cm.
 - 2) Whenever a full 8" skill cushion is used, it must be a minimum of 5' x 10'; however, it is recommended that it be as close as possible to the same dimensions as the competition landing mat.
 - 3) Whenever a 4" supplemental mat ("throw" **mat**) is used for Levels 7-10, it must be a minimum of 7' by 10'.

- 4) Any dimension of sting mat is allowed.

F. SPRINGBOARD/MOUNTING SPECIFICATIONS

1. **Only unaltered manufactured vaulting boards that meet FIG specifications (22 cm ± 1.5 cm) are approved for USA Gymnastics competitions. The height of the board is measured from the floor to the highest point of the board, including the covering.** Exceptions:

- Levels 1-5 may use a manufactured "Junior" vaulting board.
 - Levels 1-3 and **Xcel (P.R.E.P. Optional)** athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment company. The apparatus should resemble the shape of a vault board, with a maximum of 15 inches at the high end and a maximum of 4 inches at the low end. The surface producing the "spring" may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
 - All levels may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).
2. Plywood is not permitted underneath the board. (Exception: see Collegiate rules)
 3. All Meet Directors must arrange to have boards that accommodate gymnasts of varying weights. Any boards brought in to a competition must be assigned to an event and must be available to all gymnasts in that session for warm-up and competition.
 4. For Elite/Pre-Elite: A board used to mount Bars or Beam may be placed on the 20 cm competition landing mat. The board may also be placed on the mandatory 10 cm supplemental dismount landing mat.
 - If the mount and dismount are in the same location, the board **MUST** be placed on the 10 cm supplemental dismount landing mat.
 5. Jr. Olympic levels: A board used to mount Bars or Beam may be placed on the competition landing mat(s) (one or two 10-12 cm mats or one 20 cm). The board may also be placed on the allowable competition landing mats plus the supplemental matting of 5-10 cm (sting mat or 4" throw mat type skill cushions).
 - a. At Levels 1 - 6, any manufactured mat, skill cushion or **padded** spotting/skill block may be used for mounting purposes.
 - b. At Levels 7-10, a manufactured mount mat (mount trainer) or **folded panel mat** may be used instead of a board for mounting purposes.
 - c. The board (or mount mat) must be removed as soon as possible after the gymnast has mounted.
 - d. At Levels 5-10, the board (or mount mat) **MAY NOT** be placed on an 8" skill cushion for the purpose of mounting.
 6. For Jr. Olympic levels, the gymnast may stand (without a board) on one or two 10 -12 cm landing mats or one 20 cm mat (with or without a 1¼" base mat placed under or on top of the competition landing mat.)
 - a. The gymnast may also stand on an "up to 8-inch skill cushion" (sting, throw mat or 8" skill cushion) that is placed on the competition landing mat(s).
 - b. At Levels 1- 6, any combination of competition landing mats and skill cushions may be used to facilitate the mount.
 - When performing the Level 4 uneven bar mount, the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing. This mat/board must be removed as soon as possible after the jump into the glide swing.

G. **Make sure all reasonable safety measures are considered.** Examples:

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.
4. 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.

H. **Conversion for inches to centimeters:**

Approx. ¾ inch	=	2 cm
4 inches	=	10 cm
4½ inches	=	12 cm
8 inches	=	20 cm
9 inches	=	24 cm

II. VAULT

A. Specifications:

1. **FIG Elite/Pre-Elite/Hopes Program:** The vaulting table is required for Elite/Pre-Elite competitions. The regulation apparatus height is 125 cm (± 1 cm). The height is determined by measuring the distance from the floor to the center top of the vault table.
 - The center top of the vault table is determined by measuring 68 cm from the back of the vault table.
 - The vault table must be placed on a surface that is equal to the height of the vault runway.
2. **Jr. Olympic Program:**

The vaulting table is required for Levels 5-10. The maximum vaulting table height is 135 cm (± 1 cm). If using a vault table with two uprights, both must be set at the same height. The height is determined by measuring the distance from the floor to the center top of the vault table.

 - The center top of the vault table is determined by measuring 68 cm from the back of the vault table.

If the vault runway is on a raised platform, the vault table must also be placed on a raised surface of the same height and the measurement of the vault table should be taken from the runway surface to the center top of the vault table, rather than from the floor.

All manufactured models of the vault table (including "retro-fit" tables that are inserted into the uprights of the old horse) are allowed for competition, provided that they are capable of being adjusted to the various height specifications allowed for Jr. Olympic athletes. Matting must be used to cover the upright of the vault table as well as to cover any weights placed on the vault base for stability.

- a. Levels 5-10: All age divisions may use the vault table at any height; however, the height must be within a minimum of 100 cm (± 1 cm) and a maximum of 135 cm (± 1 cm).
- b. **Level 4 apparatus:** Mat stack – minimum of 32 inches in height (± 1 inch). Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 4-inch skill cushion or the port-a-pit, plus two additional 8" skill cushions to allow for 40" and 48" heights (± 1 inch). An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface must be a minimum of a 4-inch skill cushion.
 - 1) All age divisions may use any of the three choices of heights.
 - 2) The mat stack may be placed on top of a solid foam pit.
 - 3) A tape line must be placed at 32" from the front edge of the landing surface (placed so that the far edge of the tape is at 32"). The tape line should also extend down the side of the mat.
 - 4) An additional mat (minimum of 4") must be placed on the floor behind the mat stack.
 - 5) All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.
 - 6) An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface.

B. Runway - FIG specification: Minimum of 78' (25 m); Maximum of 82'

Measurement is from the front of the vaulting table. The runway should be a clearly defined area that provides a flat, consistent surface, free of cracks, obstructions or seams. The Meet Director must provide a tape measure which must be extended the length of the runway in order for the gymnasts to find the point at which to start their run. Minimum width of the runway should be the width of the board.

1. All Elites/Pre-Elites/Hopes use FIG runway specifications.

Hand placement mats for Round-off entry vaults are allowed on the runway (not on the board).

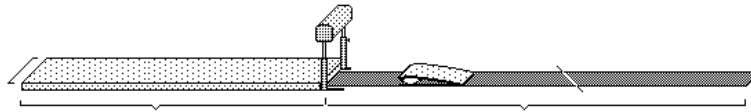
 - FIG Spec: 120 cm x 100 cm (+ 10 cm)
 - Must use a manufactured Round-off entry hand placement mat, using FIG specifications if available.
 - Sting mats are NOT allowed.
2. Jr. Olympic runway specifications:
 - a. Lengths:
 - 1) A 76' minimum, 82' maximum runway is allowed for Levels 8, 9 and 10.
 - 2) A 70' minimum, 80' maximum runway is allowed for Level 7.
 - 3) A 60' minimum runway is allowed for Levels 1- 6.
 - b. Thickness: A minimum thickness of 1 and 3/8 inches ($\pm 1/8$ in.) is required for the vault runway at all Optional levels (7-10).
 - c. Athletic tape, Velcro strips or small chalk marks may be placed across the width of the vault runway, provided that such markings are removed no later than the end of the rotation.
3. Jr. Olympic-all levels: A Round-off Hand Placement mat may be placed on the runway (**but not on the board**) for any vault, provided that it is manufactured by a gymnastics equipment company and does not exceed 2 inches in height.
 - a. All Meet Directors of Level 8 and above competitions **MUST** provide a minimum of one manufactured Round-off entry mat.
 - b. At East/West & JO National Championships, only the Round-off entry mats manufactured by the equipment company that is supplying the apparatus will be allowed. Clubs may not bring their own mats.
 - c. If the Meet Director cannot supply the abovementioned Round-off entry mats, they may allow clubs to bring their own, provided the mat meets the criteria as stated above.
 - d. Sting mats (or any other type of matting, except for the Round-off-hand placement mat) are not allowed to be placed on the vault runway.
 - e. If a Hand Placement mat is used, it must be placed Velcro-side down on the runway.

C. Use of the "VAULTING BOARD SAFETY ZONE MAT" is **REQUIRED** for all Round-off entry vaults executed at the Elite, Pre-Elite and Jr. Olympic Levels 8, 9 and 10. It may also be used for all other vaults. When used for Round-off entry vaults, the safety zone mat must be placed snugly around the board so that there is no space between the board and the safety zone.

Note: If the Safety Zone mat is used for forward approach vaults, the safety zone mat may be present, but is not required to fit snugly around the board.

- No extra matting is allowed to be placed between the Round-off entry mat (Safety Zone mat) and the vault table.

Example of fully matted landing area:



19' 6"
(18' for JO)

FIG runway 78' min. – 82' maximum
60' min. allowed for JO Lev. 4-6
70' min. - 80' maximum for JO Lev. 7
76' min. – 82' maximum for JO Lev. 8-10

D. AREA REQUIRED TO BE MATTED

1. All Elites/Pre-Elites/Hopes use FIG specifications: The landing area is 8' by 19' 6" (6 m). The FIG landing zone measurements must be marked on the top and side surface of the base mat.
 - a. Classics and USA Championships: 8' x 19½' x 20 cm (-2 cm tolerance) matted landing area.
 - b. Zone/National Qualifiers and Challenge: 8' x 19½' x 20 (or 12) cm (-2 cm tolerance) matted landing area.
 - At Zone Compulsory meets only, Hopes, Pre-Elite and Elite gymnasts are allowed to land in a solid-foam pit with the above matting. The Meet Director must indicate this in the pre-meet information.
2. Jr. Olympic
 - a. 1¼ inch Base mats: If 10 cm (4") competition landing mats are used, the following 1¼' base mats are required:
 - 1) A minimum of 6' by 18' for Levels 5/6
 - 2) A minimum of 8' x 18' for Level 7/8/9/10.
 - 3) If 12 cm (4¾") or 20 cm landing mats are used, base mats are not required.
 - b. Competition Landing Mats (CLMs):
 - 1) For Levels 1-4, refer to the Jr. Olympic Compulsory book for required matting at each level.
 - 2) For Levels 5-6, a minimum of a 6' by 12' matted area is required.
 - 3) For Levels 7/8/9/10, a minimum of an 8' x 15½' matted area is required.
 - c. For Levels 7-10, whenever a 4" supplemental mat ("throw" mat) is used in addition to the competition landing mat(s), it must be a minimum of 7' by 10'.
 - d. For USA Gymnastics sanctioned Jr. Olympic competitions up to and including the State Championships for all levels, one (10-12 cm or 20 cm) or two (10-12 cm) competition landing mats (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.
 - 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.

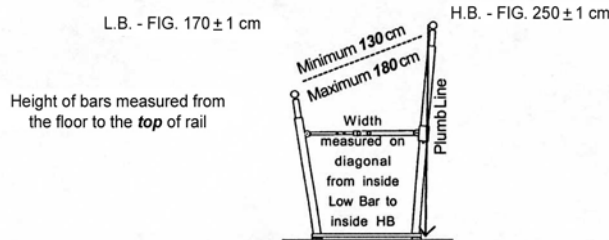
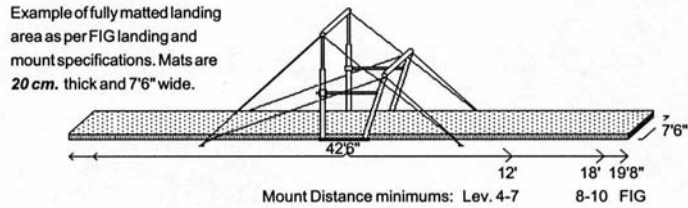
III. UNEVEN BARS

A. Specifications

1. FIG/Elite, Pre-Elite, Hopes Specifications: High bar: 250 cm (± 1 cm); Low bar 170 cm (± 1 cm) measured from the floor to the top of the rail. The maximum height difference between the bars is 80 cm ± 3 cm. Horizontal distance between the bars: Bars must close to a minimum of 130 cm and extend to a maximum spread of 180 cm; spread is measured on the diagonal from the inside of the LB to the inside of the HB.
 - The bar may be raised if the athlete's feet/seat touch the landing mat when swinging. If it is necessary to raise one bar, the other bar MUST also be raised an equal number of notches.
2. Jr. Olympic specifications:
 - a. 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.
 - b. 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.
 - 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 bars slider. This will expedite changing of bar sets during competition.
 - c. A single bar may be used for Levels 1, 2, 3 and 4 competitions; provided that the single bar meets the current Low bar specifications.
3. Fiberglass rails with wood covering are required for all sanctioned meets.
4. Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm ± 1 mm.

B. FIG MOUNT specifications: 19'8" minimum (6 m) and 26'3" maximum (8 m) measured from a plumb line dropped from the rail. The maximum distance must be marked.

1. All Elites/Pre-Elites use FIG specifications.
2. Levels 7, 8, 9 & 10: 18' minimum is allowed. (No maximum).
3. Level 1-6: 6' minimum is allowed. (No maximum).

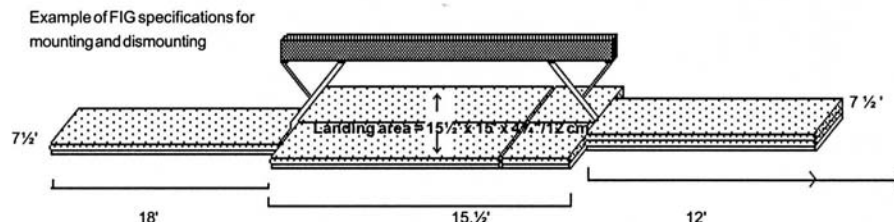


C. AREA REQUIRED TO BE MATTED

1. FIG Elite/Pre-Elite/Hopes requires a 7 meter (22' 11") matted area to both sides of the center point under the bars.
2. Jr. Olympic: The matted area under bars must be:
 - a. a minimum of 6' by 15' for Levels 1-4.
 - b. a minimum of 6' by 24' for Levels 5 & 6.
 - c. a minimum of 7½' by 36' for Levels 7, 8, 9 & 10.
3. For Levels 7-10, whenever a 4" supplemental mat ("throw" mat) is used in addition to the competition landing mat(s) for the dismount, it must be a minimum of 7' by 10'.
4. If a 4" mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an additional 4" or 8" 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.
5. When a raised surface is needed to spot release moves, it is recommended that a spotting block or folded mat be used; however, there is no penalty for standing on the board, provided that the board (or spotting device) is removed immediately after the release move is performed.
 - For Jr. Olympic competition, a 0.30 deduction will be taken if the spotting device is not removed.

IV. BALANCE BEAM

- A. FIG specifications: 125 (±1) cm total height, measured from the floor to the top of the beam. For all competitions, the balance beam legs must be placed on the floor or a stable surface.
 1. All Elites/Pre-Elites use FIG specifications.
 2. Jr. Olympic height specifications:
 - a. For all sanctioned Jr. Olympic events, the beam MUST be adjustable.
 - b. All Levels may use the beam at any height, regardless of age division; however, the height must be within a minimum of 100 cm (± 1 cm) and a maximum of 125 cm (± 1 cm).
 3. Padded manufactured beams are required at all sanctioned competitions.
 4. Beams with a "spring" mechanism are allowed at Jr. Olympic competitions.
 5. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.

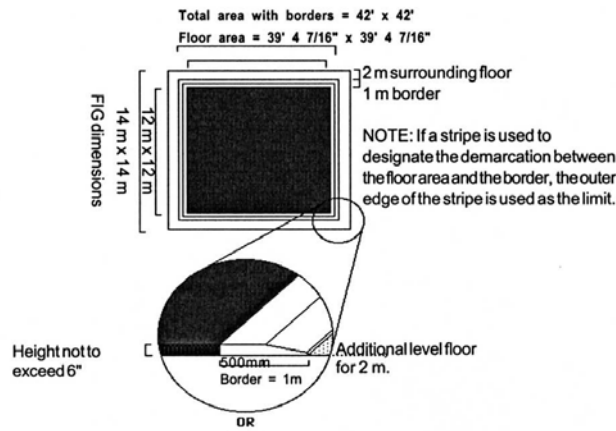


- B. FIG Mount specifications: 19'6" minimum (6 meters) on one end and 26'3" (8 meters) maximum (8 meters) at the other end of beam. For optional mounts from a side approach, a minimum of 12' 6" is required.
 1. Elites/Pre-Elites use FIG specifications. Maximum distance MUST be marked.
 2. Levels 7, 8, 9 & 10: 18' minimum is allowed. (No maximum)
 3. Levels 4, 5, & 6: 12' minimum is allowed. (No maximum)
 4. It is strongly recommended that the entire mounting area be level.
- C. AREA REQUIRED TO BE MATTED

1. FIG/Elite and Pre-Elite requires a minimum of 7½' by 18' matted area at one end, a 7½' by 12' matted area at the other end, and a 15' wide by 15½' long matted area under the beam.
2. Jr. Olympic
 - a. Levels 7, 8, 9 & 10: requires a minimum of 7½' by 12' matted area at each end, and a minimum of 15' wide by 15½' long matted area under the beam. An 8' wide mat for dismount area is recommended for Levels 7 and above.
 - For Levels 7-10, whenever a 4" supplemental mat ("throw" mat) is used in addition to the competition landing mat(s) for the dismount, it must be a minimum of 7' by 10'.
 - b. Levels 2, 3, 4, 5 & 6 requires a minimum of 6' by 12' matted area at each end of the beam (mats may be placed sideways since the dismount is not off the end), and a minimum of 12' wide by 15½' long matted area under the beam.

V. FLOOR EXERCISE

- A. FIG specifications: 12 meters X 12 meters (39' 4 7/16" X 39' 4 7/16"). The measurement is from the outside of the tape or where the carpet changes color. The floor surface must be a minimum of ¼" thick (3.2 cm) to a maximum of 7" thick (17.8 cm). The top of the mat must be joined into one continuous level surface.
 1. When the floor exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is permissible 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.
 2. If the Floor Exercise mat sits on a non-padded surface (concrete or wood floor), the outside of the corners **must** be padded with unfolded panel mats or other such matting to protect the gymnast if they go beyond the dimensions of the Floor mat.
- B. Jr. Olympic uses FIG specification for Levels 6 - 10.
- C. Levels 4 and 5 may use a 36' X 36' area. Level 1-5 may use a tumbling strip area provided it is a minimum of 8' wide and 56' long. If only a strip is available, the Meet Director must indicate this in the pre-meet information.
- D. If carpeting is used, ¼" pile is maximum height recommended.
- E. Rebound or spring type floors are required for all Elite/Pre-Elite and JO Levels 8-10 competitions. It is strongly recommended that a spring type floor also be used at Level 7 and below.



- F. Additional matting:
 1. Elite/Pre-Elite:
 - a. USA Championships: No supplemental matting may be placed on the Floor Exercise area.
 - b. Classic Meets: Up to two "sting" mats are allowed to be placed separately on the Floor Exercise area.
 - c. Zone/National Qualifying and Challenge meets: Up to two additional mats (up to 4" or 10 cm) are allowed to be placed separately on the Floor Exercise area
 - d. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).
 2. Jr. Olympic - all levels: Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.
 - Only one skill cushion or 4" throw mat per tumbling pass may be used, with no more than two mats on the floor exercise area at any one point in time. A sting mat may be placed on top of the skill cushion/throw mat(s).
 - Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).
- G. 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' wide and 60' long for Jr. Olympic and Elite/Pre-Elite.

VI. COLLEGIATE SPECIFICATIONS

For further information on NCAA women's gymnastics programs, contact:
NCAA Assistant Director of Championships

1802 Alonzo Watford Sr. Dr.
Indianapolis, IN 46202
Telephone: (317) 917-NCAA, Hotline: 1-800-638-3731

PART SEVEN

ELITE PROGRAM

The Elite Program is designed to provide competitive experiences for athletes aspiring to the National Team. The National Teams (Senior and Junior) are selected from the USA Championships each year. These athletes represent the United States in international competitions.

The National Team size can be up to 28 athletes. To address our country's needs and mirror the quad age requirements, the junior and senior team sizes will change each year. The Support Programs for the National Team Members will be included in the National Team Handbook and will be presented each year at the National Team Meeting after Championships.

To ensure that support funds are awarded to those athletes who are representing our country at the highest-level meets:

- The Senior funding slots will be determined after the final selection of the World or Olympic Team and then the remaining slots be awarded by the rank order at USA Championships.
- The Junior funding slots will be determined from the rank order established at USA Championships.

Zone and National Elite clinics, training camps and competitions are conducted throughout the year to provide educational opportunities and the highest level of technique development to both athletes and coaches working within the Elite Program.

Athletes competing in Pre-Elite/Elite competitions, TOPS and Jr. Olympic Nationals may be invited to attend training camps.

Coaches who have an athlete that they believe is ready for the International Elite level competition may submit a DVD to the National Team Coordinator and request admission to a Training Camp. If accepted, all costs associated with their attendance at camp are the responsibility of the gymnast and coach.

The DVD must include the following:

5 Press Handstands (with the same criteria as TOP physical ability testing)

10 Leg lifts (with the same criteria as TOP physical ability testing)

Elite Compulsory Routines commensurate to the age of the athlete

2 best Optional Skills on bar, beam and floor

1 Optional Vault

The Talent Opportunity Program (TOP) is under the direction of the Athlete Development Committee. This program provides early screening and identification of talented athletes. The TOP program offers State and National testing along with clinic opportunities and educational materials for its participants.

Pre-Elite, Hopes and TOP program athletes are NOT classified as "Elite" athletes.

Coaches' Representatives are elected by their peers to the Athlete Development Committee (ADC) following the US Challenge and to the International Elite Committee (IEC) following the National Championships. Both committees work closely with the National Team Coordinator to develop a strong training program for the athletes.

The Elite Program is administered throughout four Elite ZONES. An Administrator (appointed by the International Elite Committee) for each Elite Zone is responsible for the administration of the Zone clinics, training camps and competitions. The Women's Program Director, in conjunction with the ADC, appoints a TOP State Manager for the development and growth of the Talent Opportunity Program within each state.

For those clubs entering the Elite/Pre-Elite Program for the first time, it is advised that they contact the USA Gymnastics Women's *Managing Director of Athlete and Coaching Programs* or visit the website for the most current and accurate information:

http://www.usa-gymnastics.org/women/pages/elite_preelite_tops.php

PART SEVEN ELITE PROGRAM

SECTION I GENERAL REGULATIONS

I. REQUIREMENTS

- A. Zone/National Qualifying Competitions are open to all USA Gymnastics Athletes who have the desire, dedication and interest in pursuing the Elite Program. It is strongly recommended that any coach and athlete interested in competing at the Elite level participate in the Zone clinic.
- B. Entry Fees
 - 1. Zone **Compulsory** Meets: Recommended entry fee is \$75.00.
 - 2. National Qualifier, Challenge and Classic Meets: Recommended entry fees are: Compulsory - \$50.00 and Optional - \$100.00.
 - 3. There is no entry fee for the USA Championships.
 - 4. **Entry fees for Elite competitions are non-refundable within 30 days of the competition.**

II. PRE-MEET ORGANIZATION FOR ZONE, CHALLENGE AND CLASSIC COMPETITIONS

- A. All information regarding Elite Zone activities will be posted on the web site. Zone Administrators will attempt to e-mail information directly to clubs.
- B. Meet Directors of the National Qualifying Meets must send meet information to the USAG office to be posted on the USA Gymnastics web site.
- C. Gymnasts qualified directly to a Challenge or Classics will be required to return the Entry Forms and fees to the Meet Director, postmarked as per deadline indicated on the Entry Form.

III. CAMPS/CLINICS

Each Zone will conduct at least one Elite Clinic/Training Camp each year. Zones may combine to conduct their training camps/clinics together.

IV. LEVEL MOBILITY

- A. For the purpose of qualification, the Elite competitive year begins with the conclusion of the Visa USA Championships and ends with the Visa USA Championships the following year.
- B. Any gymnast who starts the first Optional event at a Classic competition is considered an Elite gymnast and may not drop back to the Jr. Olympic Program in the same Elite competitive year. (See IV. H)
- C. A gymnast who competes in the American Classic by virtue of an injury petition.
 - 1. is considered an Elite athlete.
 - 2. may not drop back to the Jr. Olympic program in the same Elite competitive year. (See IV. H)
 - 3. must achieve the Classic qualifying score at the American Classic in order to directly qualify to the U. S. Classic.
 - If the Classic qualifying score is not achieved, the gymnast must re-enter the qualifying process for that year, as set forth by the IEC, in order to attain the qualifying for the US Classic.
- D. Gymnasts may attempt to qualify in any level within the Elite/Pre-Elite Program throughout the Elite competitive year.
- E. If a Pre-Elite level gymnast qualifies to a Challenge competition and then, within the same season, qualifies to a Classic competition, she may enter either the Challenge or the Classic, but not both.
- F. An Elite gymnast may drop back to the Pre-Elite level that corresponds to her age.
- G. Compulsory qualifying scores may be obtained at Zone and National Qualifying meets and Optional qualifying scores may be obtained at the National Qualifiers without jeopardizing a gymnast's Jr. Olympic competitive status. Once a gymnast obtains a qualifying score, it remains valid for the entire Elite/Pre-Elite competitive year.
- H. **An Elite gymnast may choose to return to the Jr. Olympic Program (Level 10) the following competitive year by sending a "reason for change" letter FROM HER COACH to the National Jr. Olympic Committee Chairman.**
 - 1. **All petitions must be received at least two weeks prior to the Level 10 State Meet.**
 - 2. **The National Jr. Olympic Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen.**
 - 3. **Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during that Elite competitive year (through Championships of the year in which she competes Level 10).**

V. AGE DETERMINATION AND AGE DIVISION REQUIREMENTS

- A. The age of an Elite or Pre-Elite athlete is determined **as of December 31st** in the year of the culminating meet for her level.
- B. Age requirements for the divisions are determined each year by the respective Committees and will be published in the Elite Qualification Chart.
- C. A gymnast must provide her date of birth on the Entry Form.
- D. A gymnast is not required to designate a level when entering a Zone or National Qualifier.
 - Exception: Due to modifications to the FIG requirements for the Hopes division, a gymnast trying to qualify for the Hopes division must designate her level of competition for Optional competition.

VI. INJURY REPLACEMENTS AT USA CHAMPIONSHIPS

- A. If qualification to USA Championships is by score, there will be NO injury replacements.
- B. If qualification to USA Championships is by placement:
 1. All replacements will come in rank order from the U.S. Classic competition providing the minimum qualifying score has been obtained.
 2. Replacements may be made up until 24 hours prior to the start of competition.

VII. AWARDS

Awards are given according to guidelines as set forth in the *Women's Rules and Policies*.

- A. Pre-Elite and Hopes Level:
 1. National Qualifiers: All-Around and Individual Event rankings are determined by the Optional scores only.
 2. Challenge competitions: All-Around rankings are determined by the combined Compulsory and Optional scores. Individual Events will be determined based on Optional Scores only.
- B. Elite Level:
 1. National Qualifiers: Competitors will receive All-Around medals based on the rankings from the Optional competition.
 2. Classic competitions: All-Around and Individual Event ranking is determined by Optional scores. Eight places will be awarded in each category, **unless the total number of athletes in each age division falls below 24. In that case, the number of places awarded will follow the Jr. Olympic guidelines.**
 3. USA Championships:
 - a. Individual Event champions are determined by combining the Optional event score from Day One and Day Two (50%-50%). Eight places will be awarded for Individual Events.
 - b. All-Around Champions will be determined by combining the Optional AA scores from Day One and Day Two (50%-50%). Eight places will be awarded for the All-Around.

VIII. PROCEDURES FOR REPORTING RESULTS

- A. Zone and National Qualifying Competitions: The Zone Administrator is responsible for reporting the results by FAX or E-mail no more than 24 hours after the competition to the **USA Gymnastics Women's Managing Director of Athlete and Coaching Programs** at the National Office.

NOTE: All results will be posted on the web site.

IX. PROCEDURES FOR PETITIONING

Petitioning procedures are for use when the athlete is unable to compete due to illness, injury or extenuating circumstances; they are not intended to replace the qualification system.

- A. USA Championships
 1. No petitions will be considered for athletes obtaining an all-around score at a Classic competition.
 2. Any athlete who has attended one or more Open, Developmental, Pre-Elite, or National Team training camp in the current year is eligible to submit a petition for consideration.
 3. All athletes who are not able to compete in the All-Around at a Classic meet due to a previous injury but are planning to petition to Championships will be required to attend the US Classic and perform on a minimum of one event, unless the athlete has competed in a USAG international competition during the current competitive year or verified at a national team training camp within the month prior to the US Classic Meet.
 4. The petition must be sent to the **USA Gymnastics Vice-President of Program** prior to the Classic competition, unless the athlete is injured during the Classic competition. The petitions must include:
 - a. a written request from her coach, and/or her parent or guardian stating the reason for petition.
 - b. a photocopy of the gymnast's All-Around results from her most current Elite Meet(s).
 5. A physician's written verification of the illness or injury and the date of release for return to activity must be included with all injury petitions.

6. The Athlete Selection Committee (National Team Coordinator, International Elite Committee Chairman, Athlete Rep) will make all decisions regarding petitions for Classics/Championships.
 - a. Decisions will be evaluated on an individual basis and made in the best interest of the USA National Team.
 - b. The submission of a petition is **not** a guarantee of acceptance.
 - c. The committee will consider the following areas when evaluating the petition:
 - 1) Results from recent international and national championships.
 - 2) D (Difficulty) and E (Execution) Scores in comparison to the current Elite qualification chart. Note that, per event, the three event score is higher than a four-event score.
 - 3) World Class presentation
 - 4) Readiness to compete
 - 5) Physical capability to fulfill training plan as listed in the *Women's Responsibility Manual*.
 7. The National Office will notify the gymnast and her coach of the approval or denial of the petition.
 8. There will be no other avenue for admittance to Championships outside of these petitioning procedures (i.e., video or pre-meet verification).
- B. Classics/Challenge Petitions:
1. All current or former Elite athletes are eligible to submit a petition to a Classic Meet.
 2. All athletes who attended a Zone training camp/clinic or have competed in a National Qualifying competition are eligible to petition.
 3. Petitions should be sent, according to the above guidelines, to the **USA Gymnastics Vice-President of Program** for review by the Athlete Selection Committee.

X. FOREIGN ATHLETE PARTICIPATION / QUALIFICATION

Please call the National office with any questions concerning foreign athlete participation.

PART SEVEN ELITE PROGRAM

SECTION II DESCRIPTION OF THE ELITE PROGRAM

I. COMPETITIONS

- A. Zone and National Qualifiers - Are qualifying meets (by score) for the Challenge and Classic competitions.
 - 1. Each Zone may conduct as many compulsory qualifying meets as needed. At least one Zone meet must be financially supported by the combining of regions within the Zone.
 - 2. In addition to Zone qualifiers, there will be designated National Qualifiers for the purpose of qualifying athletes to Challenge, Classic or National Championships.
 - 3. **National qualifiers will be conducted prior to each Challenge/Classic competition.**
 - 4. There is no limit to the number of compulsory or optional attempts for qualification.
 - 5. An athlete may attempt to qualify at a Zone or National Qualifying meet outside of her own Zone.
 - 6. Elite Qualifying Meet information must be available on the website at least four (4) weeks in advance of the competition date.
- B. National Competitions
 - 1. American and US Challenge/Classic Meets
 - a. **An American Classic may be conducted prior to the US Classic.**
 - b. A U.S. Challenge/Classic will be conducted **two to three weeks prior to USA Championships.**
 - c. Challenges are conducted for qualified Junior Pre-Elite, as well as Hopes level competitors.
 - d. Classics are conducted for qualified Junior and Senior International Elite level competitors and serve as the qualification meets to USA Championships.
 - 2. USA Championships
 - a. Conducted for the Junior and Senior International Elite level competitors.

II. QUALIFICATION TO THE JUNIOR AND SENIOR NATIONAL TEAM

- A. The Junior and Senior National Team will be determined at the National Championships from the competition results and open slots assigned from among qualified athletes.
 - **Open slots may be held by the Athlete Selection Committee for later use, based upon the needs of the team.**
- B. The Junior and Senior National Team size will be determined by the International Elite Committee each year and will be posted on the USA Gymnastics website, in the Elite Qualification Chart.
- C. If the International Elite Committee determines that additional slots on the National Team are to be added, this selection will be conducted by the Athlete Selection Committee.
- D. The Junior and Senior National Team must participate in National Team Training Camps throughout the year and are eligible to be selected to represent the US in International Competitions.

ELITE PROGRAM

SECTION III QUALIFYING PROCEDURES

I. COMPETITION REQUIREMENTS FOR ELITE DIVISIONS

- A. Entry Requirements:
1. All Pre-Elite gymnasts must achieve the compulsory and optional qualifying score each year.
 2. A Pre-Elite gymnast wishing to advance to the International Elite level must obtain the International Compulsory qualifying score for that year.
 3. Once a gymnast has passed the Compulsory requirement and has started her first optional event at a Classic competition, she is considered an Elite athlete and her Compulsory score remains valid for the rest of her career.
- B. Qualification Procedures
1. Hopes and Junior Pre-Elite
 - a. Zone Meets - Compulsory Only
 - b. National Qualifiers - Compulsory and Optional competition
 - c. Challenge competition - Compulsory and Optional will be used to determine the AA standings. Optional scores only will be used to determine the Individual Event standings.
 - d. Qualifying Scores at the Zone/National Qualifiers will be determined by the Athlete Development Committee and published on the USA Gymnastics web site, USA Gymnastics Technique Magazine and the Elite Qualification Chart.
 - e. ***A Hopes age-eligible athlete may qualify to the Challenge Optional competition with a score obtained under the Jr. International rules.***
 2. Junior and Senior International Elite
 - a. Qualifying scores at the Zone Meets (Compulsory only) and National Qualifiers (Compulsory and/or Optionals)
 - 1) Compulsory and Optional qualifying scores will be determined by the International Elite Committee and will be published on the USA Gymnastics website and the Elite Qualification Chart.
 - 2) Any athlete who qualified and/or competed at the previous year's USA Championships may be automatically qualified to the next year's Classic competition. This will be determined by the International Elite Committee and published on the USA Gymnastics web site and on the Elite Qualification Chart.
 - b. Qualifying scores at the Classic competition - Optional competition (AA)
Optional qualifying scores will be determined by the International Elite Program Committee and will be published on the USA Gymnastics web site and on the Elite Qualification Chart.
 - c. ***Qualification scores may be obtained from a National Team training camp and/or National Team selection camp. Refer to the Elite chart for those regulations.***

II. COMPETITION FORMAT

- A. Zone Meets are Compulsory Only Competitions.
- B. National Qualifier Meets are Compulsory and Optional competitions.
- C. Challenge competition is a Compulsory and Optional competition.
- D. Classic competitions are Optional competitions.
- E. USA Championships is Optional competition for Juniors and Seniors.

III. COMPETITION RULES

- A. Pre-Elite and International Elite level competitions will adhere to FIG rules. Refer to the FIG website at: www.fig-gymnastics.com
- B. Hopes division will adhere to modified FIG rules which are posted on the website, under Women's Program – Elite/Pre-Elite, then select Hopes.
- C. Elements not listed in the *FIG Code of Points* must be submitted for evaluation to the International Elite Committee Chairman in advance of the appropriate competition.

IV. SELECTION PROCEDURES

Selection procedures for Pan American Games, World Championships, and Olympic Games will be decided by the International Elite Committee and posted on the USA Gymnastics website and distributed to current age-eligible National Team members.

V. WOMEN'S TEAM RESPONSIBILITY MANUAL

The Women's Team Responsibility Manual is reviewed each year by the International Elite Committee and distributed to all athletes and coaches participating at the current year's USA Championships prior to the competition.

**PART SEVEN
ELITE PROGRAM**

**SECTION IV
TALENT OPPORTUNITY PROGRAM (T.O.P.)**

The Talent Opportunity Program is an identification system that is implemented under the direction of the Athlete Development Committee. Its purpose is to assist the coach with early identification of potentially talented athletes and to nurture and assist in the development of these athletes and their coaches and to provide competitive opportunities.

I. AGE AND MEMBERSHIP REQUIREMENTS

- A. Gymnasts must be between the ages of 7 and **10**.
- B. Age is determined by December 31 of the year of the testing.
- C. A gymnast must be a registered Athlete Member of USA Gymnastics.

II. TOP OPPORTUNITIES

- A. TOP State testing - Physical Abilities Testing only
- B. TOP National testing - Physical Abilities and Skill Testing
- C. National TOP Team Training Camp is offered to:
 - 1. Qualified athletes in the 8-**10** year old divisions.
 - 2. Coaches of qualified 7-year old athletes. (The 7-year old athletes do not travel to camp.)

III. CALENDAR

- A. State TOP testing must be conducted annually in June and/or July.
- B. National TOP testing will be conducted annually in September or October.
- C. National TOP Team Training Camp will be conducted annually in December.
- D. An Invitational TOP Training Camp will be conducted in December. Those athletes who did not qualify to the TOP National Team will be invited in rank order from the National Testing results to attend a training camp at their own expense.
- E. Elite Zone Training Camps and Clinics may be conducted at any time during the year and may include any number of participants. The Elite Zone Administrator determines the date, site, numbers and qualification criteria.

IV. AWARDS

- A. National Certificates and T-shirts are presented to all athletes participating at National Testing.
- B. The National TOP Team is provided with a training camp (all expenses paid for each athlete), a leotard, and a team jacket.

FOR MORE INFORMATION ABOUT THIS PROGRAM AND TESTING DATES, CONTACT YOUR DESIGNATED TOP STATE MANAGER OR THE **USA GYMNASTICS WOMEN'S MANAGING DIRECTOR OF ATHLETE AND COACHING PROGRAMS**

THE T.O.P. MANUAL, WHICH INCLUDES TESTING FORMS, IS AVAILABLE ON THE TOP WEBSITE GO TO WOMEN'S PROGRAM – TOPS – Testing.

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