USA GYMNASTICS®

New Jersey

2021
Competitive Program Handbook
&
Club Directory

Web site WWW.USAGNJ.COM

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USA-G / XCEL - NJ HANDBOOK 2021

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DEFINITIONS

AGE GROUP COMPETITION: Competition sanctioned by USA-Gymnastics in which the rules are written by committees in the USA and include compulsory exercises and/or optional exercises. The optional exercise rules are a modified version of the FIG Code of Points.

ATHLETE NUMBER: A number will be assigned to each athlete who joins the USA-Gymnastics Athlete Membership program. The coach MUST furnish this number to meet directors when registering for each sanctioned competition.

CODE OF POINTS: A book of optional rules, written by the FIG (Available from the national USA-Gymnastics office).

ELITE LEVEL: National and international level of gymnastics beyond the Jr. Olympic Program. USA Olympic gymnasts are elite level.

FIG: Federation of International Gymnastics. Responsible for the Code of Points and international competition.

IAW: In accordance with.

JR. OLYMPIC PROGRAM : USA-Gymnastics developmental and competitive program consisting of Levels 1 to 10.

LOCAL, INVITATIONAL MEETS: A sanctioned USA-Gymnastics Competition in which scores obtained may be used to qualify into Sectionals.

MEET DIRECTOR: A USA-Gymnastics professional member, at least 18 years of age, and certified meet director, responsible for applying for a sanction to host a USA-Gymnastics sanctioned competition. The meet director will post the sanction at the meet, and will run the competition according to the USA-Gymnastics Rules and Policies.

MEET DIRECTOR CERTIFICATION: A requirement by the USA-Gymnastics to be granted a sanction to run a USA-Gymnastics competition. The Meet director's exam is an open book test. **The test and blank answer sheet are found in the USA-Gymnastics Rules and Policies.**

NAWGJ: National Association of Women's Gymnastic Judges.

PROFESSIONAL MEMBERSHIP: A requirement of USA-Gymnastics for coaches to coach at sanctioned competitions. Women's Professional Membership is obtained by contacting the USA-Gymnastics Membership Program at 1-(800) 345-4719 www.usa-gymnastics.org/pages/index.html.

PROFESSIONAL NUMBER: A number will be assigned to each professional member who joins the USA-Gymnastics Professional Membership program. The coach MUST furnish this number to ALL meet directors PRIOR to a sanctioned competition. (Professional Members must rejoin each year.)

RC: Regional Chairman - Responsible for the administration of the USA-Gymnastics on the regional level.

SANCTION FORM: A form that is electronicaly provided to a meet director (who has applied for one and sent the proper fee) that indicates the competition is recognized by the USA-Gymnastics and that the event will be conducted under the strict rules and policies of USA-Gymnastics. Scores from a sanctioned meet *may* be used to qualify for higher-level meets, etc. The sanction form listing the name of the meet director, competitive levels and the date of the meet, must be posted at a USA-Gymnastics sanctioned event.

SANCTIONED MEET: A gymnastics competition recognized by USA-Gymnastics. Scores from sanctioned meets may be used as qualifying scores into future competitions. and for class mobility. ALL COACHES and JUDGES MUST BE USAG PROFESSIONAL MEMBERS AND ALL GYMNASTS MUST BE USAG ATHLETE MEMBERS TO PARTICIPATE IN A SANCTIONED MEET.
Sanctioned meets are designated by level and as a local, sectional, state, regional, national meet, etc.

SECTIONAL MEET: Sponsored by USA-Gymnastics N.J., an opportunity for gymnasts to receive the minimum scores needed to enter the STATE meets. Gymnasts use scores attained at local meets to qualify into sectional meets. **(See page 27 "Sectional and State Meet Entry Procedures for USA-Gymnastics N.J." in this booklet.)**

STATE / REGIONAL CHAIRMAN: Elected positions. The SACC and RC are responsible to oversee the USA-Gymnastics competitive program at the state and regional levels. The State Administrative Committee Chairman (SACC) is the USA-Gymnastics representative in each state.

SACC: State Administrator Committee Chairman - Responsible for the administration of the USA-Gymnastics at the State level.

STATE USAG COMPETITION: A USA-Gymnastics N.J. sponsored competition in which the State Champions at various levels are named. The State Meet falls under the jurisdiction of the State Administrator and State Committee.

STATE QUALIFIER MEET: Meets for Level 8, 9, and 10 which meet the requirements that allow the gymnasts to qualify for the State Championship Meet.

USA-G: USA-Gymnastics : (Formerly known as the United States Gymnastics Federation USGF), is the governing body for gymnastics as appointed by the USOC (United States Olympic Committee). The national office is located in Indianapolis, IN.

XCEL: The Xcel 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.

WELCOME TO USA-GYMNASTICS - NEW JERSEY

The purpose of this Guidebook is to gather the USA-Gymnastics - New Jersey Competitive Program into one, getting easier-to-read booklet. This guide should be used as a supplement to the current USA-Gymnastics RULES AND POLICIES. An attempt has been made here to include all rules specific to gymnastics in New Jersey.

SPECIAL NOTE

Although accurate when printed, all information in this booklet is superceded by official USA-Gymnastics documents, should there be a difference. When in doubt, refer to the current USA-Gymnastics Rules and Policies Book, official USA-Gymnastics Minutes published in Technique Magazine and USA-Gymnastics N.J. Administrative Committee Minutes. This booklet is a general guide only and as such is an interpretation of rules. The USA-Gymnastics Rules and Policies are obtained on line and by becoming a Professional Member of USA-GYMNASTICS. It is the responsibility of each coach to become familiar with and follow the USA-Gymnastics Rules and Policies.

DUTIES OF COACHES AND OFFICIALS

1. Every coach, Judge or Jr. Professional (if 16-17 yrs. Old) at a Sanctioned USA-Gymnastics Meet must be a Professional Member of *USA-Gymnastics, have a back-ground check, Safety Certified and taken the USA-Gymnastics U 100 COURSE*. No exceptions will be allowed. All Certificates must be visibly displayed at all sanctioned competitions. A confirmation paper from Members Services copied from the web site is valid proof of membership.

2. Every gymnast in a Sanctioned USA-Gymnastics Meet must be an Athlete Member of USA-Gymnastics. No exceptions can be allowed. *Coaches are responsible for providing Athletic Membership numbers for each athlete entering a meet and for entering them in the correct age group. It is the coach's responsibility to educate parents about appropriate behavior at meets.*

3. Follow the USA-Gymnastics Code of Ethics.

4. Function ONLY as a Coach during competition. They may not serve in a dual capacity (i.e. Coach/Judge).

5. Be Professional. Display good sportsmanship. Dress in appropriate attire that reflects the best image of gymnastics.

6. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnasts.

7. Turn off all cell phone and pagers (or set them at vibrate mode) while in the "field of play" to avoid disturbing the competition.

8. Meet Directors, Coaches, and Judges must be familiar with, and are responsible for all applicable regulations in the USA-Gymnastics Rules & Policies Book. Meets must be planned to adhere to recommended start and end times, minimum warm-up times, and staying within the time guidelines. Safety, fairness, and quality meet experiences for the competitors are our priorities. Judges should note any meet irregularities on the Sanction Report Form

9. In case of a Rules & Policies or Ethics violation that cannot be resolved by the direct communication with the involved parties:

   a. File a written complaint, as soon as possible, with copies to the State Chairman, the Rules & Policies/Ethics Chairman, and the party(s) against whom there is a complaint. Include all pertinent factual information.

   b. If required an investigation will ensue with recommendations to the State Committee and Regional Office as appropriate.

CHAIN OF COMMANDS

SHOULD QUESTIONS ARISE, MEMBERS SHOULD SEEK ANSWERS
BY FOLLOWING THE "CHAIN OF COMMANDS" AS DESCRIBED BELOW:

PARENTS ASK COACHES/GYM OWNERS

MEMBERS AND STATE ADMINISTRATIVE COMMITTEE CHAIRMAN (SACC)

SACC asks

RECC	RJOCC	RTCC	RACC
Elite Development	**J.O. Development**	**Technical Questions**	**Membership**
Coming Events	**Coming Events**	**Questions dealing**	**Athlete Regist.**
Qualifying Scores & Procedures	**Qualifying Scores**	**with Code of Points**	**Finances**
Qualifying to higher competitions	**Qualifying to higher competitions**	**compulsory deductions & technical bulletins**	**Meet Bids**
Recommendations for changes in programs	**Recommendations for changes in programs**	**Petitions**	**Operating Code**
Talent Opportunity Prog.	**Class Mobility**	**Recommendations for changes**	**Meet Reports**
	Compulsory Exercises		**Rules &Policies**

RECC	RJOCC	RTCC	RACC
Asks	**Asks**	**Asks**	**Asks**
			NACC asks
		NTCC, NETCC	**Sr. WPD**
		or WJOP manager	**WJOPM**
		Asks	**WEPM or**
			USA-G president

NECC	NJOCC
Asks	**Asks**

IECC
Asks

WEP Manager	WJOP Manager
Asks	**Asks**

Sr. Director of Women's Program
Asks
USA-Gymnastics President

USA-Gymnastics International
Technical Consultant

INTERPRITATION OF THE RULES & POLICIES IS THE RESPONSIBILITY OF THE WOMENS PROGRAM COMMITTEE & THE PRESIDENT OF USA-GYMNASTICS

MEMBERSHIP IN USA-GYMNASTICS

Membership may be obtained by contacting the USA-Gymnastics Membership Office **(800) 345-4719**
Fax (317) 692-5212 and requesting the appropriate materials. Or you can go online **to www.usagym.org**
REMEMBER: Each gymnast must be a USA-G Athlete Member and all coaches on floor at any USA-G sanctioned meet must be a USA-G Professional Members, Safety Certified, have a back ground check and must have completed the U 100 course.

USA-GYMNASTICS NATIONAL OFFICE

132 E. Washington Street Suite 700
Indianapolis, Indiana 46204
(317) 237-5050 Fax: (317) 237-5069 or 5080 **www.usagym.org** **membership@usagym.org**

ADDITIONAL NATIONAL USA-GYMNASTICS OFFICE STAFF

Junior Olympic Program Director	Christy Naik	317.829.5659	**aheffernon@usagym.org**
Junior Olympic Technical Director	Connie maloney	317.829.5628	**cmaloney@usagym.org**
Program Manager	Krissy Klein	317.829.5638	**kklein@usagym.org**

2020 - 2022 USA-GYMNASTICS - REGION VII COMMITTEE

Regional Position	Board Member	E-mail
(RACC)	Jen Bortz	**jbortz7rac@gmail.com**
(RTCC)	Myra Elfenbein	**region7rtc@comcast.net**
(RJOCC)	Linda Johnson	**r7jocc@gmail.com**
(RJD)	Bonnie Synol	**bsynol61@yahoo.com**
(RXCC)	Jane Caruso	**janecaruso2@gmail.com**
Delaware SACC	Steve Heitz	**steveflipkids.com**
Maryland SACC	Beth Renwick	**bethrenwick@aol.com**
New Jersey SACC	Brant Lutska	**saccnj@gmail.com**
Pennsylvania SACC	Donna Guenther	**Pausag155@gmail.com**
Virginia SACC	Steve Garman	**vausag@gmail.com**
West Virginia SACC	Adam Bowman	**wvusag@gmail.com**

REGIONAL CHAIRMAN
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USA-GYMNASTICS N.J. STATE ADMINSTRATIVE COMMITTEE

. The USA-Gymnastics N.J. Administrative Committee is elected by the professional membership of USA-Gymnastics N.J. for a two-year term of office. The function of this committee is to offer competition at the sectional and state levels for girls as allowed by USA-Gymnastics. The committee also decides Rules and Policies specific to the State of New Jersey.

The N.J. Administrative Committee is led by the N.J. USA-Gymnastics *SACC* ***(State Administrative Committee Chairman)***. The USA-Gymnastics N.J. SACC is responsible for the overall administration and functioning of USA-Gymnastics competitive program in N.J. The N.J. USA-Gymnastics SACC is also a member of the Regional Governing Board and as such, brings concerns to the regional level for presentation to the National Governing Board. The N.J. State Governing Committee is listed below. New Jersey is located in Region VII. The Regional Board is chaired by the Regional Chairman and is responsible for overseeing the competitive program, all rules and policies at the regional level.

USA-GYMNASTICS N.J. STATE COMMITTEE CONTACTS 2020-2022

Committee Position	Committee Member	E-mail
USA-Gymnastics N.J. - SACC	Brant Lutska 92 State Street Perth Amboy, NJ 08861	**saccnj@gmail.com**
Awards Chairman *	Randy Pendergast Paragon School of Gymnastics, 49 Walnut St., Suite 4 Norwood, NJ 07648	**paragym@verizon.net**
CPE Coordinator *	Pam Gardin 39 Este Place Bloomfield, N.J. 07003	**pamgardin@gmail.com**
Clinic Coordinator *	Jeanne Devenney	**jdevenney285@gmail.com**
Club Owners Rep *	Jason Bauer 5 Lenape Rd. Marlboro, N.J. 07746	**jsb64@gmaill.com**
Coaches & Judges Ed. Rep *	Bonnie Synol 61 Libertyville Rd. Wantage, N.J. 07461	**bsynol61@yahoo.com**
Compulsory Coaches Rep *	Rachael Rosenthal Paragon School of Gymnastics, 49 Walnut St., Suite 4 Norwood, NJ 07648	**rarosent@yahoo.com**
Gymnast Education *	Barbara Sullivan 2 Lilac Drive Flemington, N.J. 08822	**coachbarb@gu-nj.com**
Judges Rep *	Leslie McPeek 15 Glen Cove Rd., Andover, NJ 07821	**mcpeekrl@gmail.com**
Meet Directors Rep *	Cheryl Gambuti 64 Brookwood Dr. Wayne, N.J. 07470	**gbuti@aol.com**
Optional Coaches Rep *	Mary Peters	**mcpeters06@gmail.com**
Rules Polices & Ethics *	Amy Middlekauff 234 Geissinger Ave. Millville, N.J. 08332	**gymstar70@aol.com**
TOP'S Program Rep. *	Diane Farrell Rebound Gymnastics, 2 Timber Lane, Marlboro, N.J. 07746	**diane@rebound-gymnastics.com**
Xcel program Rep*	Jennifer Skorski 306 W. Stiger St, Hackettstown, NJ 07840	**jcpgiant@gmail.com**

*Committee Position has one Vote, other positions have no vote. The SACC votes only to break ties.

Advisory Committee Position	Committee Member	E-mail
Secretary / Treasurer	William Psiuk	**billpsiuk@optimum.net**
Competitions Chairman	Patricia Strickland	**gymjudge4@me.com**
Legal Advisor	Leah Brndjar	**lbrndjar@goldbergsegalla.com**
Past SACC	Dave Rettig	**djrettig@cs.com**
Collegiate Programs	Umme Salim-Beasley	**ubeasley@scarletknights.com**

USA GYMNASTICS-NJ SECTIONAL AND STATE MEET SCHEDULE 2020/2021

YEAR	DATE	MEET	SITE
2020			
	Nov. 15	**Pumpkin Cup @ Epic**	
	Nov. 21/22	**Rutgers Classic TBD**	
	Nov. 28/29	***THANKSGIVING WEEKEND***	
	Dec. 5/6		
	Dec. 13	**Peppermint Twist Meet Runners T.B.D.**	
	Dec. 12/13		
	Dec. 19/20	**Robin Cone Inv. @ Raritan Center Expo Hall**	
	Dec. 26/27	***CHRISTMAS WEEKEND***	
2021			
	Jan. 2/3		
	Jan. 9/10	**Garden State Invitational**	
	Jan. 16/17	**Star Struck Invitational**	
	Jan. 23/24	**Northern Elite Icicle**	
	Jan 30/31	**Winter Wonderland Meet Runners @ Epic**	
	Feb. 6/7	**Super Team *Superbowl***	
	Feb. 13/14	**Make a Wish Invitational**	
	Feb. 20/21	**Epic Gymnastics / Rettigs Invitational / Gator Classic**	
	Feb. 27/28	**Jaime Stymiest @ Will-Moor / G.F.T.G. Invitational**	
	March 6/7	**Fantasia Classic Opt. @ Arena / Shot for the Stars**	
	March 13/14	**March Madness @ N.S. / PJ Invitational**	
	March 19-21	**Level 8 States @ Arena Princess Invitational**	
	March 26-28	**Level 9, 10 States @ Arena *Passover / Palm Sunday***	
	March 27/28	**Once upon a time @ Bishop AHR**	
	April 3/4	***EASTER***	
	April 9-11	**Level 2 / 5 States @ Will-Moor Governors Cup**	
	April 16-18	**Level 3 States @H.O.H. Spring Madness**	
	April 16-18	**Level 9/10 Regionals**	
	April 23-25	**Level 4 States @ Rebound Level 8 Regionals**	
	April 30 - May 2	**Level 6-7 States @ Precisicion**	
	May 7-9	**Xcel Platinum/ Diamond @ Will-Moor *Mothers Day***	
	May 7-9	**Level 9 Eastern**	
	May 14-16	**Xcel Gold @ Star Bound level 10 J.O. National**	
	May 21-23	**Xcel Bronze-Silver @ Giant**	

* Priority day for all Sectionals & States is Sunday. If two days are required, Saturday & Sunday are priority days. Friday will only be used to meet R&P requirements.

Anyone interested in hosting a regional meet contact Jen Bortz *e-mail* **jbortz7rac@gmail.com**

USA-GYMNASTICS N.J. GENERAL INFORMATION

"Prevention Policies"
The best prevention policy is to foster safe gymnastics environment, and the prevention of abuse by instituting measures that minimize the opportunity for professional members to be one on one with minor athletes, and by training staff and volunteers to implement such policies;

Level 8, 9, and 10 Decleration will always be 40 days (6 weeks) prier to the State Meet. The last day to qualify will always be 21 days (3 weeks) prior to that State Meet.

Effective for the 2020 season: All Level 10s who qualified to JO Nationals are invited to go to the Region 7 High Performance Camp (Seniors won't attend) and fill the remaining (approximately) 130 spots with Level 9 Easterns athletes - in rank order, regardless of age division.

ALL LEVELS AND XCEL DIVISION ATHLETES WHO TURN 18 YEARS OF AGE

In accordance with federal law, the U.S. Center for SafeSport has established its education requirements regarding adult athletes (18+). To comply with the Center's policy, USA Gymnastics must require all adult athlete members (18+) to complete the U110 course by March 26, 2021. Any updates to the Safe Sport Policy can be found at https://usagym.org/pages/education/safesport/.

a. USA-Gymnastics offers individualized and tailored Safe Sport Education to members clubs, as well as for Regional and/or State meetings upon request and at no charge. To find out more information, contact safesportpolicy@usagym.org.

What about athletes who turn 18 after March 26?
Athletes who turn 18 after March 26 must complete the U110 course as quickly as possible. By federal law, parental consent is required for 17-year-old athletes who wish to take the course before their 18th birthday. USA Gymnastics is working with the Center to provide a mechanism to obtain parental consent.

Is there an exception where an athlete may not have to complete the course?
Survivors of abuse may receive an exemption from this education and training policy. Requests may be made directly to the U.S. Center for SafeSport at ngbservices@safesport.org about an exemption, which will be addressed on a case-by-case basis. Any other waiver request may be sent to mbusby@usagym.org .

How much will it cost an athlete?
The course is offered at zero cost for an athlete.

How does an athlete complete the course?
The course takes approximately 90 minutes to complete. If an athlete needs assistance in registering for the course, he/she should contact the Member Services Department at 800.345.4719 or via email at membership@usagym.org .

Who else is required to complete the U110: U.S. Center for SafeSport Course?
All adult professional/instructor members must take the course as a condition of membership. Additionally, any adult in a member club who has regular contact with any athlete.

ALL LEVELS AND XCEL DIVISION STATE MEETS COACHES RESPONSIBILITY

Maintain a USA Gymnastics Professional (or Junior Professional if 16-17 years old) Membership. A Criminal Background Check, Safety Certification, and U110 Safe Sport Training are pre-requisites of Professional Membership; Junior Professional members are exempt from the Criminal Background check and the U110.

1. The use of cell phones (talking, texting, etc.) or any type of wireless communication devise is prohibited while on the field of play (competition area). Judges may use electronic tablets for gymnastics purposes only on the Field of Play.

2. Clubs / coaches must be preregistered. Only coaches that are pre-registered will be allowed on the competition floor.

3. Pre-registration will be submitted with the athlete registration form for each sectional and state meet.

4. Coaches may also e-mail the copy of the pro-membership card 10 day's prior to the state meet. Any entry after the ten (10) day period will not be accepted.

5. The number of Credentialed Coaches for all State Meets per club are as follows:

   a. 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play

   b. 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play.

   c. 10+ athletes participating – contact the SACC or the meet director.

6. It is the coaches responsibility to submit his or her name with the correct infomationmnot the clubs secretary or a member of the parent association. Any infraction of the above rules will result in the removal from the competition area .

Entry fees are not refundable with less than seventeen (17) days notice prior to the meet.

COACH'S ATTIRE, PROFESSIONAL AND JUNIOR PROFESSIONAL MEMBERSHIP AT A SANCTIONED EVENT.

Dress in attire reflecting the best image of gymnastics. USA Gymnastics prohibits clothing that promotes drug or alcohol use, is vulgar, obscene or worn in a manner that draws attention away from the competitive environment. Collared shirts, business casual shirts or T-shirts with or without gym logo. At State meets and above, the coaches' dress code is as follows:

1. Athletic shoes with rubberized soles. Athletic warm-up pants or "Dockers-style" pants (No jeans).

2. Athletic or tailored shorts that are of a reasonable length. No holes, tears, or short shorts.

3. Collared shirts, business casual shirts, or T-shirts **with or without gym logo.** (No spaghetti straps, low-cut tops, or midriff revealing shirts).

4. No hats or visors.

5. All coaches are required to be USA-Gymnastics Professional Members to be on floor at any meet and be Safety Certified, have a Background check and have a U100 certification.

6. Junior Professional members must be accompanied by a Professional member at all sanctioned events.

7. All coaches must be Safety Certified, have a Background check and have a U100 certification.

8. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area). Coaches are permitted to record their OWN gymnasts' exercise for personal use but should not in any way interfere with the competition.

9. For the safety of the athlete, at all USA Gymnastics sanctioned events, a coach (professional or Junior Professional Member) may NOT actively spot or assist an athlete on a skill during warm-up or competition while wearing a cast or medical device that limits mobility in any way.

10. At all USA - Gymnastics sanctioned events, UNACCEPTABLE coach behavior is defined as:

a. Verbal, emotional, sexual, the physical abuse of a gymnast.

b. Abuse of alcohol or drugs.

11. This UNACCEPTABLE behavior will be penalized as follows:

a. Immediate ejection from the competition arena by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The ejection must be documented and recorded by the Meat Referee on the sanction report form.

b. The individual ejected will receive a sanctioned violation as outlined in chapter 3 – sanctions.

c. The Meet Director and/or any witnessing Professional Member must immediately report the abuse to local authorities and submitted a Safe Sport report to USA Gymnastics or the US Center for Safe Sport as required by his/her responsibilities as a mandatory report.

ACCEPTABLE GYMNASTS ATTIRE

EFFECTIVE AUGUST 1, 2020

1. A gymnast must present herself in the proper attire. A deduction for "inappropriate" attire will be applied for any infraction.

Effective August 1, 2021:

Unless the open area is filled with mesh or flesh colored fabric, a leotard is considered backless when the open area visually extends:
Lower then 2 inches (approximately) below the bottom of that scapula (shoulder blade). Wider than the vertical midpoint of the scapula.

a. No bare midriffs, backless leotards with spaghetti straps, T-shirt or Boxer shorts.

b. No underwear (includingsport bras)should be exposed.

- A clear bra strap is acceptable.

c. The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone.

d. Sleeveless leotards and unitard with ankle length legs, as well as gymnastics footwear, are permitted for competition. Leotard and/or warm-up uniforms should be worn for march-in and award ceremonies. Tennis shoes (athletic sneakers) are NOT considered gymnastics footwear. If the athlete wears tennis shoes while competing, a 0.20 deduction for inappropriate attire will be applied.

- In addition to a leotard or ankle-length unitard, acceptable attire would also include ankle-length tights worn under the leotard (that match the leotard or are skin tone).

e. 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.

f. At USA Gymnastics sanctioned events, a gymnast may NOT participate in warm-up or competition wearing a hard, non-removable cast.

g. Tennis shoes (athletic sneakers) are NOT considered gymnastics footwear. If the athlete wears tennis shoes while competing a 0.20 deduction for inappropriate attire will be applied.

1. Exceptions to proper gymnast's attire for USA-Gymnastics competitions.

a. Recommendation that for medical or religious reasons, reasonable and accommodating exceptions to proper attire can be reviewed by the Regional Technical Committee Chairman and Regional A.C.E. or Xcel Committee Chairman. Requests must be submitted to the Regional Technical Committee Chairman a minimum of 48 hours prior to the athlete's first competition. The Regional Technical Committee Chairman will provide permission in writing to the coach who then can present the documentation to the Meet Referee at each competition.

REGULATIONS

1. At a USA Gymnastics sanctioned event, a gymnast may NOT participate in warm-up or competition while wearing a hard, non-removable cast.

2. For the safety of the athlete at a USA Gymnastics sanctioned event, a coach (professional member) may NOT actively spot or assist an athlete on a skill during warm-up or competition while wearing a cast or medical device that limits mobility in any way.

3. An athlete is considered registered/entered in a competition only when her name is listed on the clubs entry form and the Meet Director has received valid payment. 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). Also note that if you have an outstanding sectional meet entry fee due your club will not be entered into an upcoming Sectional or State Meet.

4. Meet Directors may not refuse entries from competitors who wish to enter a competition that serves as a Sectional Meet or any competition that serves as a qualifier to State Championships and above.

The Meet Director **MAY NOT** determine the age groups for Invitational and qualifying meets below the State Championships.

COMPETITION

Due to the performance of skills and the risk they pose, the following is a minimum medical (EMT, Paramedic) staff requierments for Sanctioned events as per USA-Gymnastics R & P.

CHECK R&P CHAPTER 4 PAGE 31 ON MEDICAL PERSONNEL/PROCEDURES

1. High Risk: Levels 8, 9, 10, Elite and Xcel Diamond Division.

2. Moderate Risk: Levels 4, 5, 6, 7, and Xcel Gold, Platinum Division.

3. Low Risk: Levels 2, 3, and Xcel Bronze, Silver Division.

Effective for the 2020 season: All Level 10s who qualified to Nationals are invited to go to the Region 7 High Performance Camp (Seniors won't attend) and fill the remaining (approximately) 130 spots with Level 9 Easterns athletes - in rank order, regardless of age division.

Level 7 gymnasts may enter Xcel in either the Platinum or Diamond Division.

Effective August 1, 2017, recommendation to raise the mobility scores through the JO Program to the following level: Level 4 to Level 5 – 34.00 Level 5 to Level 6 or 7 – 32.00 Level 6 to Level 7 – 32.00 Level 7 to Level 8 – 32.00

1. Levels 2, to 7 and Xcel will NOT have Sectional Meets during the 2020 / 2021 Season.

2.

level 2 to 7 and all Xcel divsions need two (2) in stte scores of 32.00 to qualify to a State Meet.

3. Levels 8, 9 and 10 only needs to have 1 in state score (a 33.00 A.A.) 21 days prior to the State Meet.

4. All N.J. meets that have level 8's, 9's & 10's are qualifiers. This meet must be in state. A sanctioned competition can be held with just the home team. For safety, you do not need another team to attend.

5. All Levels will have State Meets during the 2020-2021 Season.

6. Warm-ups no earlier than 8:00 am.

7. Competition schedule to be completed by 10:00 p.m.

8. Athletes on floor (warm-up and competition) WILL NOT EXCEED FIVE HOURS.

COMPETITION FORMAT

All Around competitors as well as Indivdual Event Specialists (IES) gymnasts should NOT be required to start on more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.

1. **Clubs that host a meet with only one judge at Levels 2, to 5 and Xcel must announce this in the pre-meet information and on the judge's request form. It is strongly recommended that the judge used not be affiliated with the competing gymnasts.**

If an affiliated judge must be assigned, refer to USA-Gymnastics R&P Chapter 5 pages 34-35.

2. Pre-Meet information for Invitational meets must indicate the "type" of invitational and regulations regarding team competition.

3. If a meet is held with gymnasts from only one club, it is strongly recommended that you use two non-affiliated judges.

a. Athletes with the same level must compete consecutively.

b. Competitive order is determined by draw (within that level), or in the case of a team invitational, teams are drawn for team order, **then all athletes from one level compete, then the next level etc.**

4. Modified Traditional FORMAT #2 (alternating warm-up and competition): Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is one Vault, one set of bars, two balance beams, and one floor exercise mat in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the "A" beam to the "B" beam for competition.) Timed warm-ups immediately preceding competition on that event. The timed touch warm-up. When squads consist of 13 or more compulsory gymnasts or 9 or more Optional gymnasts, the squad MAY 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. Touch warm-ups on beam and floor may be staggered. (See Chapter 9 page 107 of the R&P)

5. The Meet Director MAY NOT determine the age groups for Invitational and qualifying meets below the State Championships.

NON-CITIZEN PARTICIPATION

1. Non-citizen will be eligible for awards at Regional meets and below. Duplicate awards are no longer necessary.

2. Athletes (U.S. citizens or Non-U.S. Citizens) who have resided outside the U.S, have competitive experience outside the U.S., and now reside in the U.S. are eligible to petition to the Regional J.O. Chairman for entry into the J.O. Program at Level 8 or above. The petition must be accompanied by a video that demonstrates the skill level for which she is submitting the petition and proof of residency outside the U.S.

INITIATIVES FOR THE JO PROGRAM

1. Any gymnast who has had previous competitive experience in any system (including USA-Gymnastics) and who is a minimum of 14 years of age or is at least a freshman in High School is eligible to petition to the State Administrative Committee for entry into Level 7 and below. The petition must be accompanied by a video demonstration or her skill level.

2. J.O. National effective AUGUST 1, 2015 add Jr. E, Jr. F, and Sr. E, Sr. F age divisions to J.O. Nationals, allowing more opportunities for athletes at Level 10 to compete in the J.O. National Championships.

3. It is recommended that Sectional and State Meet competition entries be submitted 4 to 6 weeks prior to the competition date so that a schedule can be made and posted to all.

J.O. NATIONAL TRAINING CAMP

1. Training camp, any open slots will be offered to additional Level 10 J.O. National competitors Using the results of J.O. National, in rank order. When filling the remaining slots, athletes will be invited by starting with the next place in the Jr. A Division; followed by the next place in the Jr. B Division. This process will continue through the age divisions until all slots (32) to the camp have been filled.

TOP's TALENT OPPORTUNITY PROGRAM

TOP's (Talent Opportunity Program), is a talent search and educational program for female gymnasts ages 7 to 10 and their coaches. During the months of June and July gymnasts age 7 to10 are evaluated on physical abilities at the state or regional level. These dates are set by your State TOP manager in conjunction with the National TOP Manager. From there, athletes are invited to participate in the National TOP test that is conducted in the month of October where they will be evaluated on the same physical abilities tests along with some basic gymnastics skills. Athletes are then invited to participate in the National TOP Training camp, which takes place in December of each year.

Contact Information :
Diane Farrell, Rebound Gymnastics Elite, **diane@rebound-gymnastics.com**
Bonnie Petitt, Bright Stars Gymnastics, **brightstarsgym@gmail.com**

a. Gymnasts Ages 7 to 10 Physical Ability and Skill State and National Testing Information can be found on the USA-Gymnastics website under women's TOP's / Elite **www.usagym.org**

b. State Director/National Staff Member: Diane Farrell

Testing Sites: TBD, there will be several per year in the State of New Jersey. Tentative Dates for 2019 - 2020:

J.O. UPDATE

1. 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 in a given age group) to the next meet.

2. At a USA Gymnastics sanctioned event, a gymnast may NOT participate in warm-up or competition while wearing a hard, non-removable cast.

3. For the safety of the athlete at a USA Gymnastics sanctioned event, a coach (professional member) may NOT actively spot or assist an athlete on a skill during warm-up or competition while wearing a cast or medical device that limits mobility in any way.

4. When at all possible, the Meet Director at USA Gymnastics sanctioned Invitational assign teams that are split into two squads in the same flight and on "opposing" events. For example, if Team A is in two squads, Team A is assigned on Vault and Beam or Bars and Floor in the same flight, NOT Vault and Bars or Beam and Floor.

5. If the equipment provided at Regional's or East/West Championships is unfamiliar to the coaches, the attending USA-Gymnastics representative will determine if the timed warm-up procedures need to be altered.

6. J.O. Nationals Regional Team Score for each age division will be determined by adding the top four (instead of five) scores on each event.

7. At all Sanctioned events J.O. and Xcel competition a coach can request video review by the Meet Referee and the highest rated unaffiliated judge (if a video is available) in the event that the inquiry involves possibility that the judges missed an element that would affect the start value. The video review process MAY NOT be used to appeal a judgment of degree assessment, i.e. degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.

a. If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.

b. The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision. Examples:

- **All judges did not record a full turn on BB.**
- **One or more judges recorded a 2/1 twist instead of 3/1 twist on FX.**

c. To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.

d. To verify if the gymnast lands on the bottom of the feet first on Vault, Uneven Bar/Balance Beam dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise Saltos.

e. To consider spotting deductions.

f. To consider floor line violations.

8. If administrative procedures (see below) were not properly followed on a submitted inquiry, the coach may petition the

9. Jury of Appeals for a review within 5 minutes of the end of the rotation/competition or the return of the inquiry form whichever occurs later. At State Championships and above, a video review, if available, may be considered by the Jury of Appeals. All video must be reviewed in regular time. Slow-motion WILL NOT be considered. 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.

See chapter 9 page 109 for J.O. Chapter 7 page 72 for Xcel

10. If an alternative springboard is used at a Level 3 or higher USA Gymnastics sanctioned event, the vault is considered VOID.

11. For Compulsory Levels 1-5, in a modified non- traditional format, athletes may warm-up between floor routines as a group, corresponding with the squad numbers dictated by the Women's Rules and Policies. The group is not limited to six athletes, as required by Levels 6-10. If the coach feels not enough warm-up time has been given, he/she may ask the Chief Judge for a reasonable amount of additional time.

MOBILITY

1. Effective August 1, 2017, recommendation to raise the mobility scores through the J.O. Program to the following level:

Level 4 to Level 5 – 34.00
Level 5 to Level 6 or 7 – 32.00
Level 6 to Level 7 – 32.00
Level 7 to Level 8 – 32.00

2. An elite athlete dropping back into the A.C.E. program is considered a J.O. athlete when she enters her first USA-Gymnastics sanctioned event as a Level 10 athlete.

3 Submitting various petitions for Levels 7 and below are submit to the State Appointed Administrative Committee Chair, for Levels 8 and above, to the Regional Administrative Committee Chair.

Level 7 gymnasts may enter Xcel in either the Platinum or Diamond Division.

EQUIPMENT

Safety Reminder: The use of these extra mats is for added safety. The extra mats are not meant to replace proper skill progressions and athlete preparation for a particular skill. Part of our professional responsibility is to ensure that our athletes are ready to safely perform every skill in their routine; then we add the extra mat as bonus insurance.

It is recommended that there be a minimum of a 20-foot ceiling height for all USA-Gymnastics sanctioned competitions.

1. Whenever duplicate equipment is required for the warm-up gym (for example, Capitol Cup format), the *minimum* measurements for the tumbling strip must be *8 ft wide by 56 ft long* and the matting must be a *minimum of 1¼ inch foam* with carpet (same as floor mat), covering the entire surface of the strip.

2. Recommendation to add the variance +/- to all equipment specifications listed in the Women's Rules and Policies. All measurements for apparatus and mats are measured from the floor. They are independent measurements, NOT cumulative.

Vault: Top of Table to floor, Max Vault height 135cm., +/-1cm.

Uneven Bar: Low Bar from top of Rail to floor 170cm., +/- 1cm. High Bar from the top of Rail to floor 250cm, +/- 1 cm. Width is measured from in-side of low rail to in-side of high rail, 180cm., +/- 1 cm.

Beam: Top of Beam to the floor 125cm., +/- 1cm.Landing Mats: All Landing Mats have a +/- 1cm.

3. A minimum of 3' in length of additional padding (carpet bonded foam or something similar), at the end of a 56' tumble strip that is used for warm-up.

A. VAULTING RUNWAY AND BOARDS:

Markings on the Vault runway must be Velcro or tape. Chalk lines will not be permitted. Refer to the Junior Olympic/Technical Joint minutes 2019.

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:

   a. Levels 1-4 may use a manufactured "junior" vaulting board.

   b. Levels 1 and 2 athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer.

c. If an alternative springboard is used at a Level 3 or higher USA–Gymnastics sanctioned event, the vault is considered VOID.

The apparatus should resemble the shape of a vault board, with a maximum of 38 cm (15 inches) at the high end and a maximum of 10 cm (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.

VAULT

For timed warm-up on vault, the time will begin when the gymnast stands on the table to do a skill/jump off the table. If the gymnast does not do a skill/jump off the table, the time will begin when the gymnast begins running toward the table and touches the spring board. Warm-up drills i.e. "Handstand hops" and a "run by' without touching the board is NOT included in the warm-up time and will be allowed as long as performing these drills does not delay the competition. Excessive delay of "warm-up drills" when the timer is ready could result in a deduction.

If your gymnast is performing a ROUND-OFF ENTRY VAULT in the J.O. Program, it is strongly recommended that you purchase the Round-off Education Video. It is also recommended that you use an additional 8" skill cushion mat and use a spotter on either side of the table during this vault. The use of a safety zone mat is required. Avoidance of catastrophic injury is of the utmost concern for this vault.

National Jr. Olympic Committee voted to allow the use of the Air-o-Board (and other similar vault/mounting apparatus) to be used for Levels 1 to 3 and the Prep Optional Program.

These types of alternative "springboards" ARE NOT ALLOWED at Level 4 through 10 competitions. If a Level 4 through 10 athlete uses a piece of apparatus that is not allowed for her level, the routine/vault is VOID.

1. A 60' minimum, 80' maximum vault runway is allowed for Levels 1 through 5.

   a. Jr. Olympic-all levels: An additional 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.

2. Level 1 to 7 competitions: each gymnast is guaranteed a maximum of two (2) touch warm-up vaults.

3. Level 8 to 10 Competitions: each gymnast is guaranteed a maximum of three (3) touch warm-up vaults.

4. 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.

5. After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.

6. The hand placement mat is allowed only for Round-Off entry vaults. It can no longer be used as a visual aid for hurdle placement on front entry vaults.

7. For the safety of the athlete, the Meet Director must securely fasten the vault runway to the floor with tape or velcro.

8. The vaulting table is required for Levels 4-10.

a. Junior Olympic Program: The vaulting table is required for Levels 4-10. 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.

b. The center top of the vault table is determined by measuring 68 cm from the back of the vault table. Tape of any kind, including athletic tape, may NOT be placed on top of the table at any time during warm-up or competition.

c. 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.

d. 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 Junior 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.

e. Levels 4-5: All age divisions may use the vault table at any manufacturer setting. Levels 6-10: All age divisions may use the vault table at any height; however, the height must be within a minimum of 115 cm (+ 1 cm) and a maximum of 135 cm (+ 1 cm). Levels 6 and 7 – vault height minimum is 115 cm., maximum is 135 cm.

9. Sting Mat

a. Sting mat (1 m x 2 m; maximum of 2 inches in height) must be supplied by Meet Director.

b. A sting mat may be used on top of a Mat Stack.

- **EXCEPTION: A sting mat is NOT allowed on top of an inflatable mat. The uppermost landing surface when using an inflatable mad must be a minimum of a 10 cm (4 inch) skill cushion.**

See Chapter 8 page 93 of the R & P for Level 6/7 apparatus specification.

10. Manufactured Round-off entry mat(s) may also be used; however, 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

.

11. If the Meet Director cannot supply the above mentioned Round-off entry mats, they may allow clubs to bring their own, provided the mat meets the criteria as stated above.

12. All Meet Directors of Level 8 and above competitions MUST provide a minimum of one manufactured Round-off entry mat (size to be determined). Sting mats will no longer be allowed for use as a Round-off entry mat for vault.

BARS

All level (1-10) Bar settings (adjustments) are NOT included in the warm-up time, unless an athlete chooses to "block time", either within their own team or with other teams. The clock will not stop within the block time. Each "BLOCK" is allowed to set the Bars ONE INITIAL TIME before the warm-up time begins. The clock WILL STOP between EACH Block. Separate blocks of ANY SIZE can occur within a squad.

1. Level 9 and 10 State Championships and above, timed warm-ups on Uneven Bars only will be 2.5 minutes per athlete.

2. At all sanctioned events, only one gymnast at a time can be on the bars for any part of the warm-up period (this would include timed warm-ups and 30-second).

3. A 30-second warm-up per gymnast is allowed; the setting of the bars is NOT included in the "touch" warm-up time.

FOR ALL STATE MEETS BARS MUST BE AAI

"International" bars (which provide a longer piston, facilitating further raising of the high bar without going beyond the manufacturer's safety guidelines) are to be provided for all Regional and National meets.

The following conversions are offered to assist in checking bar specs:
240cm=94 ½ "; 160cm= 63" 155cm= 61".

BEAM

1. Compulsory Balance Beam Levels 1, 2, 3, 4, 5, to allow a straight leg closed finish on the landing of beam acro skills.

a. Levels 1 - 5 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 15 1⁄2' long matted area under the beam.

b. Levels 6-10: requires a minimum of 7 1⁄2' by 12' matted area at each end, and a minimum of 15' wide by 15 1⁄2' long matted area under the beam. An 8' wide mat for dismount area is recommended for Levels 7 and above.

c. For Levels 6-10, 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'.

FLOOR

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.

Floor music must be downloaded onto a mobile device for competition to avoid interruptions/failure to play/errors. Accessing music via cellular or internet connections is not allowed. Streaming music using wi-fi will not be allowed.

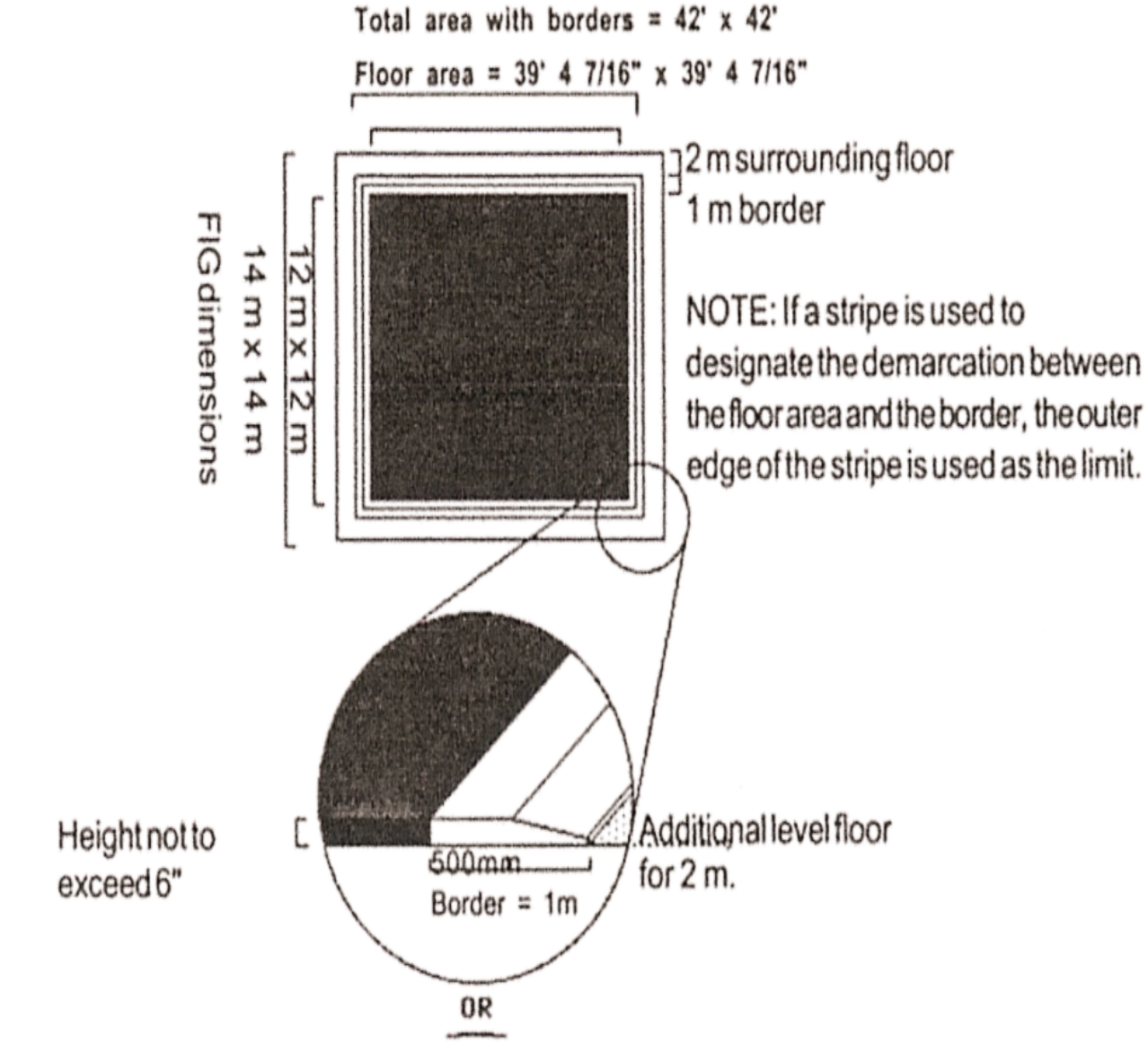
1. A minimum of 3' in length of additional padding (carpet bonded foam or something similar),at the end of a 56' tumble strip that is used for warm-up.

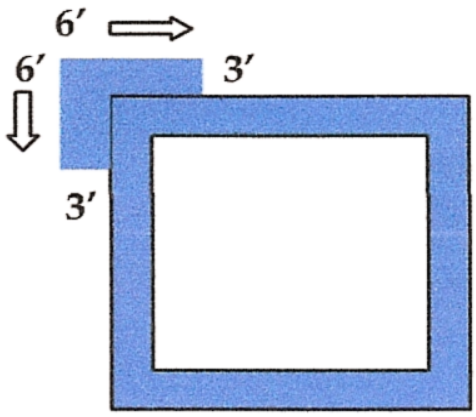
2. For Compulsory Levels 1-5, in a modified non- traditional format, athletes may warm-up between floor routines as a group, corresponding with the squad numbers dictated by the Women's Rules and Policies. The group is not limited to six athletes, as required by Levels 6-10. If the coach feels not enough warm-up time has been given, he/she may ask the Chief Judge for a reasonable amount of additional time.

3. Floor Exercise Music: Meet directors are only required to provide one option to play digital copies of music. (MP3 players, computers, tablets, etc.). CD players are no longer required.

4. Electronic music devices for playing music at competitions must have a display screen and be on airplane mode when applicable.

5. Floor Exercise: For Level 9 and 10, additional matting must be placed around each corner of the Floor Exercise mat to provide a minimum of 3 additional feet of matting from the floor exercise carpet edge and three feet along the perimeter. Example - showing coverage at one corner.


Total area with borders = 42' x 42'
Floor area = 39' 4 7/16" x 39' 4 7/16"
2 m surrounding floor
1 m border
FIG dimensions
14 m x 14 m
12 m x 12 m
NOTE: If a stripe is used to designate the demarcation between the floor area and the border, the outer edge of the stripe is used as the limit.
Height not to exceed 6"
500mm
Border = 1m
Additional level floor for 2 m.
OR


6′
6′
3′
3′

F. SPRINGBOARD/MOUNTING SPECIFICATIONS:

Effective August 1, 2017, the follow configurations for the springboard have been approved for use in USA Gymnastics sanctioned competition. If an alternative springboard is used at a Level 3 or higher USA Gymnastics sanctioned event, the vault is considered VOID. An alternative springboard for Level 2 will be allowed.

4 COIL SPRING PLACEMENT (OPTION 1)

4 COIL SPRING PLACEMENT (OPTION 2)

4 COIL SPRING PLACEMENT (OPTION 3)

3 COIL SPRING PLACEMENT

1. 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. The following 3-4 spring configuration for the springboard have been approved and may be utilized in USA Gymnastics sanctioned competition.

2. J.O. levels: A board used to mount Bars or Beam may be placed on the competition landing mat(s) (one or two 10-12 cm (4") mats or one 20 cm (8")). 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).

3. Levels 4-5: All age divisions may use the vault table at any manufacturer setting. Levels 6-10: 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).

TIMED WARM-UPS

Timed warm-ups for levels 6 to 10 in the *Women's Rules and Policies*, pages 104-105, various locations, to read: 1½ minutes for all events.

Clarification for timed warm-ups for mixed levels in a squad - Page 99 of the R&P, II.A.2.a.4): If a squad has more than one level competing, the timed warm-up will be determined by the combined total number of minutes allowed for each level (see chart below)

Example 1

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

Example 2

Squad	# gymnasts	Level	Warm-up Time
A	8	All Level 6	12 min (8 x 1.5)
B	8	All Level 7	12 min (8 x 1.5)
C	10	All Level 6	15 min (10 x 1.5)
D	8	6 Level 7, 2 Level 8	13 min (6 x 1.5 plus 2 x 20)

In Example 2, all squads would have 15 minutes (time of the largest squad) for vault and floor.

J.O. AGE DETERMINATION DATES FOR USA-GYMNASTICS

1. The USA-Gymnastics rule on age determination for the 2021 season. The athlete's age for competition is determined by the date of the final day of competition at the culminating championship meet of that level *(example: State Meet Levels 2 to 7; Regional's Level 8: Eastern National Championships Level 9 , J.O. Nationals Level 10)*. This means that the athletes must compete in NJ-USA-G sectional meets in the same age group that they will be at the State Championship and above. In order to be eligible to compete the gymnast must have reached the minimum age requirement for each level. It is the coach's responsibility to indicate the athlete's birthday and correct age for the season on the entry form.

2. USA-Gymnastics N.J. Age Determination Dates:

a. Level 2: Age as of **April 11, 2021** determines age for the entire season, but must have had her 5th Birthday.

b. Level 3: Age as of **April 18, 2021** determines age for the entire season, but must have had her 6th Birthday.

c. Level 4: Age as of **April 25, 2021** determines age for the entire season, but must have had her 7th Birthday.

d. Level 5: Age as of **April 11, 2021** determines age for the entire season, but must have had her 7th Birthday.

e. Level 6: Age as of **May 2, 2021** determines age for the entire season, but must have had her 7th Birthday.

f. Level 7: Age as of **May 2, 2021** determines age for the entire season, but must have had her 7th Birthday.

g. Level 8: Age as of **April 25, 2021** determines age for the entire season, but must have had her 8th Birthday.

h. Level 9: Age as of **May 9. 2021** determines age for the entire season, but must have had her 8th Birthday.

i. Level 10: Age as of **May 16, 2021** determines age for the entire season, but must have had her 9th Birthday.

3. **2021 USA-Gymnastics N.J. Age Groups:**

LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
5 - 6 Yrs.	6 - 7 Yrs.	7 – 8 Yrs.	7 – 8 Yrs.	7 – 9 Yrs.	7 - 9 Yrs.	See	See	See
7 - 8 Yrs.	8 Yrs.	9 Yrs.	9 Yrs.	10 Yrs.	10 Yrs.	Note	Note	Note
9 Yrs.	9 Yrs.	10 Yrs.	10 Yrs.	11 Yrs.	11 Yrs.	4 to 6	4 to 6	4 to 6
10 Yrs.	10 Yrs.	11 + Yrs.	11 + Yrs.	12 + Yrs.	12 + Yrs.	Below	Below	Below
11 + Yrs.	11 + Yrs.							

The Regional Committee will determine age groups for Level 8 TO 10 States.

Levels 8, 9 and 10 only need to have 1 qualifying meet via a Local or Invitational Meet (with a 33.00 A.A. score) 21 days prior to the State Meet. There is no Sectionals for Level 8, 9 and 10.

4. The Meet Director MAY NOT determine the age groups for Invitational and qualifying meets below the State Championships,

5. The age groups for Levels 8, 9 and 10 States will be determined after all entries are received.

a. The specified age division may be subdivided; however they may not be combined.

b. If any of the level 8, 9 or 10 age groups are combined, the printed results must indicate the birthdate of the athlete, so that the number of competitors per age division at Regional's can be accurately projected.

Level 8, 9, and 10 Decleration will always be 40 days (6 weeks) prier to the State Meet. The last day to qualify will always be 21 days (3 weeks) prior to that State Meet.

2018 J.O. MEET QUALIFYING SCORE REQUIREMENTS

Level	To Sectional	To States	To Regionals	To Nationals
2	30	32	N/A	N/A
3	30	32	N/A	N/A
4	30	32	N/A	N/A
5	30	32	N/A	N/A
6	30	32	N/A	N/A
7	30	32	N/A	N/A
*8	N/A	**33**	**35.50**	
*9	N/A	**33**	**34.00**	**Top 7 per age division with a 34 Min**
*10	N/A	**33**	**34.00**	**Top 7 per age division with a 35 Min**

J.O. SECTIONAL AND STATE MEET ENTRY PROCEDURES

1. Gymnasts must have attained a qualifying score no less than 14 days prior to the Sectional. Entries must be postmarked 17 days prior to the meet, and 2 days after the last sectional.

There will be a $25.00 late fee for late entries per athlete.

2. If you are trying to quality inside the 17 day meet entry deadline period, you must submit two separate entry forms (one for the qualified gymnasts and one for the "as yet unqualified gymnasts)". After the qualifying meet, you must email Patty that SUNDAY night (14 days prior to the Sectional Meet) with the results to **gymjudge4@me.com** "as yet unqualified gymnasts" qualified or NOT. It is imperative that you email her by Sunday night. The final count is needed by that time in case teams need to be moved to a different meet site. If your previously "as yet unqualified gymnast" qualified, she will compete in the meet. If the gymnast fails to attain the needed score, the check will be returned to you.

3. Scratches will not be accepted for Sectionals and States also there will be no refunds once the entries have been e-mailed to the meet host.

4. Level 8, gymnasts must be registered and have attained a qualifying score 21 days prior to the State Meet. Last day to qualify is Feb. 26, 2021.

5. Level 9 and 10 , gymnasts must be registered and have attained a qualifying score 21 days prior to the State Meet. Last day to qualify is March 5, 2021.

6. Levels 8, 9 and 10 Use of one qualifying score attained at any New Jersey Sanctioned meet.

7. Level 8, 9 and 10 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.

An out of state qualifying score can be used if the club hosting that out of State Meet is a N.J. Club.

J.O. SECTIONAL AND STATE ENTRY FEE

The entry form is found in this booklet and on the website **usagnj.com** under forms.

Use one (1) entry form per Level DO NOT MIX LEVELS

. Make check payable to: **(THE CLUB HOSTING THE EVENT)**

State Meet entry fee

Levels 2 and Xcel Brone, Silver State Meet entry fee - $85.00.
Level 3 to Level 5 State Meet entry fee - $95.00.
Level 6 and 7 State Meet entry fee - $105.00.
Level 8, 9, 10 State Meet entry fee - $130.00
Xcel Gold, Platinum, Diamond State Meet entry fee - $105.00

There will be no refunds once the designated sites are e-mailed to the meet host.

1. Every Level 8, 9 and 10 athlete **will pay a $30.00 registration fee annually** to the state by October 1, of each year.

2. The results for Level 8, 9 and 10 must be submitted in electronic form (in an excel spread sheet) to the Competitions Chairman **gymjudge4me@aol.com** also to **billpsiuk@optimum.net** within 24 hours.

3. State your sectional meet site preference. (Preference is given when possible; however, USA-Gymnastics N.J. reserves the right to assign your club to a site other than your request based on availability of space and or geographic location.)

4. For Sectional Meets, 17 DAYS PRIOR TO THE SECTIONAL MEET entries must be e-mailed to Patty Strickland at **gymjudge4@me.com**.

5. For State Meets, 2 DAYS AFTER THE LAST SECTIONAL MEET entry must be e-mailed to Patty Strickland at **gymjudge4@me.com**.

6. Level 8, gymnasts must have attained a qualifying score 21 days prior to the State Meet. Last day to qualify is Feb. 26, 2021. For Level 9 the date is March 6, 2021 all entries must be e-mailed to Patty Strickland at **gymjudge4@me.com**.

7. The check and a copy of the meet entry form must be mailed to and made payable to the host club. Scratches will not be refunded for Sectionals and States once the designated sites are e-mailed to the meet host.

8. LATE ENTRY prior to mailing in a late entry fee and to insure space is available for that meet, e-mail Patty with the gymnast's information at **gymjudge4@me.com**,

9. **LATE FEE: $25.00 PER GYMNAST (MAILED TO THE HOST CLUB)**

10. For Level 7 and below. Once a gymnast competes in a Sectional, she has declared her competitive level for the current season and may not move down a level. However, if requirements are met, she may move up.

11. Regional Meet entry forms and payment, clubs must be prepared to pay the entry fee with one company check at the Regional meet unless there is an electronic payment method. Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System.

J.O. INDIVIDUAL EVENT SPECIALIST FOR REGION VII

1. IES qualifying scores for level 8

   a. To Sectionals 8.5

   b. To States 8.7

2. There will be duplicate awards, with no tiebreaker. No all-around athlete will be bumped by a event specialist gymnast.

3. The scores for IES will count towards team scores. They are part of the team and will be recognized as such.

4. If an athlete competes as an all-around, and then decides to become an IES, it will be allowed if done prior to the State qualifying date. Should a gymnasts injure herself where she can not do all four events prior to the State Meet a notification to the SACC with an explanation must be submitted for approval.

5. **MAY NOT** compete more then 3 events at States. May change declaration to All Around (A.A.) during the season, if done prior to the individual's State qualifying date. If moving back to All Around status a gymnast must qualify by regular All Around procedures.

6. There will be no IES at Level 8 Regionals

7. Region 7 JO All Around National champions from the current year JO National Championship will be automatically eligible for the Region 7 All Star Team. Remaining slots will be filled in rank order using qualification scores from Regionals and Nationals (1 Regional + 2X National = qualification score), all age groups combined. All eligible All Star Team members must meet all selection criteria in order to maintain their status on the All Star Team.

IES rules for Level 9 and 10 States and Regional Competitions.

If an athlete competes as an all-around, and then decides to become an IES, it will be allowed if done prior to the State qualifying date. Should a gymnasts injure herself where she can not do all four events prior to the State Meet a notification to the SACC with an explanation must be submitted for approval.

1. Individual event specialist qualifying scores:

   a. To States: 8.9

   b. Qualification to Level 9 and 10 Regionals as an IES is 9.0 at the State Meet

   c. Petition to Level 9 and 10 regionals as an IES is a 9.2 – All paperwork must be included

2. May change declaration to All Around (AA) during the season, if done prior to the individual's State qualifying date. If moving back to All Around status a gymnast must qualify by regular All Around procedures.

3. May NOT compete more then 3 events at States or Regional's.

4. Gymnasts must declare IES status each year. Scores may be used for Team Scores at States (as per R&P chapter 9).

5. Entry Fees: All entry fees are the same regardless of IES or AA status.

6. IES Gymnasts will receive duplicate awards. IES ties are not broken

7. IES may not qualify to the Eastern National or the JO Nationals.

8. Mobility for Individual event Specialist: The mobility score for advancement from level 9 IES to level 10 IES is an 8.5. She may NOT be an AA gymnast at the new level, unless she has qualified as an AA through correct procedure at the lower level. She may only be one level at a time, for example, she cannot be a Level 10 on beam, but a Level 9 on bars.

VA, NJ, DE, WV Level 8 Regional Petitioning Procedures 2019

**ALL ATHLETES MUST BE ENTERED INTO MEETMAKER, petitioned or qualified via the State meet, NO LATER THAN MONDAY after your State meet. If you are petitioning your athlete, they must be marked as a petition in Meetmaker. See details below **

All petitions will be charged a $50.00 petitioning fee Check made payable to N.J. USA-G

Required paperwork:

1. Petition form – must be filled out completely. Located on the USA Gymnastics website.

https://usagym.org/PDFs/Forms/Women/injury2015.pdf

2. A copy of the score sheet of the competition where the gymnast scored either a 36.00 (or higher) AA. NO IES at Level 8. No petitions to the State Team.

3. A Doctor's note with a date of return to gymnastics activity.

IMPORTANT REMINDERS:

- Rule of thumb – the earlier the better!

- NEW for 2019 and for Level 8 ONLY! Region 7 is requesting all required paperwork for petitions to be emailed to JENNIFER BORTZ, RACC **JBortz7rac@gmail.com**

- Qualified athlete's and petitioned athlete's must be entered in to Meetmaker .You must mark the petitioned athletes at being petitioned in Meetmaker. .

- Please refer to the meet maker instructions on the Region 7 website at: **www.region7usagym.com** under events, meets. (AVAILABLE SOON).

- If an athlete is injured during the State meet, please email Jen Bortz, RACC **JBortz7rac@gmail.com** as quickly as possible to inform us of your intent to petition your athlete. Enter the athlete as a petition in Meetmaker and submit the required paperwork, via email to Jen Bortz (minimum of paperwork required #1 & #2), no later than midnight the Monday after your State meet. Required paperwork #3 can follow this, if unable to provide it on Monday, and must be received no later than midnight the Wednesday following your State meet.

- Please remember as an athlete who has petitioned in advance of the State meet, the athlete may still compete in her State meet up to 3 events. If she competes AA, the score achieved at the State meet in the AA is the score used to qualify her to Regionals, the petition is no longer valid.

- A scan, or picture of the documents must be emailed to Jen to be considered for approval. You will be notified if any additional information is required.

- No exceptions to petitioning procedures, including the 36.00 AA score. No Petitions to the State Team round of the Level 8 Regional competition.

Also, please note the following 2019 update to the petitioning process:

- Recommendation to amend Women's Rules and Policies. Pages 58 and 88, the bullet listed under IV.B and updated pages 80, G.3.c. and 117, H.3.c to read:

4. Exception to the 5-minute to submit inquiry rule:

a. 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.

b. If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.

i. EXAMPLE: Regional Qualifying Score = 34.00. Required Petition Score = 35.00. The athlete must achieve a three- event score totaling 26.25.

ii. EXAMPLE: Regional Qualifying Score = 35.00. Required Petition Score = 36.00. The athlete must achieve a three - event score totaling 27.00.

5 These processes listed in 1 and 2 above DO NOT APPLY:

a. For mobility purposes

b If qualification to the state or regional meet is by percentage or designated number per age group. This process DOES NOT apply.

9/10 REGIONALS PETITIONING PROCEDURES

PETITIONS TO STATE CHAMPIONSHIPS SEE GENERAL RULES - CHAPTER 8, PAGE 88 IN THE R&P. Level 8 Regionals - same petitioning procedures as Level 9/10 at a 35.00 AA.

All petitions must be received at least three weeks prior to the Level 10 State Meet.

**ALL PETITIONED ATHLETES MUST BE ENTERED INTO MEETMAKER, (like all athletes who qualified at the State meet), MARKED AS A PETITION See details below **

Required paperwork:

1. Petition form – must be filled out completely. Located on the USA Gymnastics website. **https://usagym.org/PDFs/Forms/Women/injury2015.pdf**

2. A copy of the score sheet of the competition where the gymnast scored either a 35.00 (or higher) AA in petitioning for All Around or a score of 9.2 if petitioning as an IES.

3. A Doctor's note with a date of return to gymnastics activity.

IMPORTANT REMINDERS:

a) Rule of thumb – the earlier the better!

b) Region 7 is requesting all required paperwork for petitions to be emailed to Myra Elfenbein RTCC, **region7rtc@comcast.net.** Which means If you know now you are petitioning….please start sending the petition paperwork now! You can still compete up to 3 events at your State meet this way!

c) Qualified athletes and petitioned athlete's must be entered in to Meetmaker. You must mark the petitioned athletes at being petitioned in Meetmaker.

d) Please refer to the meet maker instructions on the Region 7 website at: **www.region7usagym.com** under events, meets. (AVAILABLE SOON)

e) If your athlete is injured during the State meet, please email Myra Elfenbein as quickly as possible to inform us of your intent to petition your athlete. Enter the athlete as a petition in Meetmaker and submit the required paperwork (minimum of #1 & #2) no later than midnight Monday, Required paperwork #3 can follow this, if necessary, and must be received no later than midnight Wednesday

f) A petitioned athlete may compete in her State meet up to 3 events. If she competes AA, then she is unable to petition.

g) A scan, or picture of the documents must be emailed to Myra to be considered for approval. You will be notified in any additional information is required.

h) No exceptions to petitioning procedures, including the 35.00 AA or 9.2 IES score.

Also, please note the following update to the petitioning process:

i) Recommendation to amend Women's Rules and Policies. Pages 58 and 88, the bullet listed under IV.B and updated pages 80, G.3.c. and 117, H.3.c to read:

1. 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.

2. If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score

EXAMPLE: Regional Qualifying Score = 34.00. Required Petition Score = 35.00. The athlete must achieve a three- event score totaling 26.25.

EXAMPLE: Regional Qualifying Score = 35.00. Required Petition Score = 36.00. The athlete must achieve a three - event score totaling 27.00.

3. These processes listed in 1 and 2 above **DO NOT APPLY:**

a. For mobility purposes, OR

b. If qualification to the state or regional meet is by percentage or designated number per age group. This process **DO NOT APPLY:**

J.O. NATIONALS AND LEVEL 9 EASTERN NATIONAL CHAMPIONSHIPS

Effective for the 2020 season: All Level 10s who qualified to JO Nationals are invited to go to the Region 7 High Performance Camp (Seniors won't attend) and fill the remaining (approximately) 130 spots with Level 9 Easterns athletes - in rank order, regardless of age division.

Coaches for East/West Championships and/or Junior Olympic National Championships

Coaches ARE REQUIRED to register online through the USA-Gymnastics Meet Reservation System.
The number of Credentialed allowed per club are is follows:

a. 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play

b. 4-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play

c. 10+ athletes participating – contact the Women's Junior Olympic Program Director for coach credentials

Upon approval of the Women's Junior Olympic Program Director, additional credentials may be purchased for $100.00. Payment is due at the time of the request.

Be sure to check current USA-Gymnastics Rules and Policies for this season's rules governing these meets.

4. The State Administrative Chairmen must report the names of all qualifiers to Level 9 and 10 Regional Meet to their Regional Administrative Chairman by the Monday following the State Championships, no later than 5:00pm local time

5. Age division for the 9 and 10 Regional, Level 9 Eastern Nationals and Level 10 Jr. Olympic National Championships will be determined by the National Office.

a. There will be twelve age groups for the Level 9 Regional's and Eastern National Championships, with 48 gymnasts per age division at Level 9 Eastern National Championship.

b. The age divisions schedule is as follows. Junior A thru F and Senior A thru F.

c. The State Administrative Chairman must report the names of all qualifiers to Level 9 and 10 States Meet to the Regional Administrative Chairman by the date of their State meet entry deadline.

d. The Regional Administrative Committee Chairman will compile the data for their region and forward it to the National Jr. Olympic program Manager.

e. The Women's Jr. Olympic Program Manager will then determine the age division by dividing athlete's by birth date into approximately equal groups according to the designated number of prescribed age division.

f. 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 Chairman.

6. If a gymnast competes in the wrong age division, her scores are invalid for the meet; however, the score achieved may be used for mobility.

It is the coaches responsibility to confirm the age / age group the gymnast is competing in.

7. Alternates at East/West and J.O. Nationals Replacing an injured/ill athlete within 48 hrs. of the start of competition at Level 9 East/West or Level 10 Nationals: The first alternate from the same region will be contacted. If she is not present at the meet site and is unable to participate, the second alternate, if in attendance, she may be called upon to replace the injured/ill athlete.

USA-GYMNASTICS N.J. AWARDS

1. It is the responsibility of the meet director to purchase awards for Local, Invitational and Sectional Meets. (Meet host for all Sectional Meets must purchase awards from "A-1" awards "contact Jaime" at 1(800) 444-9569).

a. For all Sectional Meets NJ USA-Gymnastics will provide 1st to 3rd place medals / awards for All Around only, for all age groups. It is the meet host responsibility to purchese the Sectional ribbons from A-1 Awards

b. For all State Meets NJ USA-Gymnastics will provide all placement medals, all around for all age groups and, Team Awards.

c. For level 2, 3 and 4 State, N.J. USA-Gymnastics will provide all the Achievement Ribbons needed for the all around at the State Meet.

2. In order to provide more recognition to our gymnasts, USA-Gymnastics N.J. presents more awards than required by USA-Gymnastics Rules and Police's guidelines. The "Increased Awards" guidelines are listed below. Important too, is not going overboard on awards so as not to devalue the awards. Awards presentation criteria are for all USA-Gymnastics N.J. Sectional and State Meets and is recommended for use by all Sanctioned meets in N.J.

Distribution of the awards must start with the presentation of 1st place first and then descend to the last award given.

3. **USA-Gymnastics Level 5 to 10 awards distribution:**

# of Gymnasts	Event Places	All Around Places
1	0	1
2	1	2
3	2	3
4	2	3
5	3	3
6	3	3
7	4	4

8 plus 50% (round-up) for event and all around with a maximum of 10 placement awards for event & all around.

* Levels 2, 3 and 4 only 50% (round-up) for event and all around with a maximum of 15 placements for event & all around. Maximum numbers of competitors per age group would be 30

4. If over 50 gymnasts enter Sectionals or State's in any one age division and level, the age divisions will be further divided beyond the standard USA-Gymnastics divisions currently in use, to provide a more equitable distribution of awards.

5. Level 2, 3 and 4 Awards Guidelines:

a. At all local / invitational meets Achievement Awards must be given for events only. Placement awards may be given at the discretion of the meet director. Any gymnast who receives a placement award does not receive an achievement award for that event. Placement awards for all around may be given at the discretion of the meet director.

b. At Sectionals and States Meets, placement awards only on all events, placement and achievement awards for all around.

c. USA-Gymnastics N.J. Criteria. All awards must he presented on the awards stand, starting from 1st place down. All All-Around medallist winners will remain at the awards stand until the last achievement award is handed out.

d. Those gymnast's receiving a Placement Award for All-Around do not receive an Achievement Award for All-Around. (All All-Around finishers, Placement & Achievement Awards, will be recognized at all Sectional meets.) For all sectional meets, N.J. USA-Gymnastics will provide 1st , 2nd and 3rd place medals for the all around awards only. For all State meets, N.J. USA-Gymnastics will provide all the medals needed for event and all around including TEAM AWARDS.

6. Achievement Awards Distribution for Level 2 thru 4.

Blue Ribbon	33.00 +
Red Ribbon	31.00 to 32.955
White Ribbon	29.00 to 30.955
Yellow Ribbon	1.00 to 28.955

7. Level 5 and above Awards Guidelines:

a. Placement and All Around (NO ACHIEVEMENT). This is for all competitions and levels.

8. Team Awards for USA-Gymnastics N.J. State Championships are based on the top three scores per event regardless of Age Group) and will be presented as follows. All places will receive the New Jersey State images in different sizes. The plate on the plaques will be

1st place GOLD, 2nd place SILVER and 3rd place on will be BRONZE.

Number of Teams	Awards
1-2	2 Places
3-5	3 Places
Maximum of	6 Places

XCEL PROGRAM – GENERL INFORMATION

INTRODUCTORY / ATHLETIC MEMBERSHIP:

1. Athletes must have a USA-Gymnastics introductory or athletic membership to compete at a sanctioned event.

2. Refer to Rules & Policies for any items not addressed in the Xcel Manual and Xcel Code of Points.

3. If a gymnast has never competed in the USA-Gymnastics Jr. Olympic Program (Levels 1 through 10) but wishes to compete in the Xcel Program, she may choose to register as an Introductory Member.

4. If at a later time in the same competitive year she wishes to move to J.O. Levels 3 or 4, she must upgrade her membership by submitting a regular Athlete Membership application and paying the difference in price.

5. If a gymnast already has an Athlete Membership she is not required to change or purchase a new membership for Xcel. However, she must change to her appropriate Xcel division. This can be done online through USA-Gymnastics.

6. Athletes competing in both Xcel and the J.O. Program in the same competitive year should register as an Athlete Member.

7. Athletes must have the appropriate Xcel division OR J.O. level box checked before participating in a sanctioned USA-Gymnastics competition.

ENTRY INTO XCEL DIVISIONS

1. There are five divisions of Xcel: Bronze, Silver, Gold, Platinum and Diamond.

2. For gymnasts entering from the Jr. Olympic Program, follow the chart on the following page.

3. Gymnasts who have no previous competitive experience may enter at Bronze or Silver, at their coach's discretion.

4. Gymnasts currently competitng in the Xcel Program must follow the chart for mobility.

5. Any athlete who has previously competed in the Xcel 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 Division at which they last competed.

   b. Move up one Division if they achieved the mobility score during their last season.

   c. Move down one Division without petitioning.

6. Any gymnast who has had previous competitive experience in programs outside of USA-Gymnastics must petition to enter at Gold and above by submitting a formal written request to the State Administrative Committee Chair.

7. Any gymnast who has had previous competitive experience in USA-Gymnastics and who is a minimum of 14 years of age OR at least a Freshman in High School is eligible to petition the State Administrative Committee for entry into the Platinum or Diamond.Division. The petition must be accompanied by a video that demonstrates her skill level.

8. **Level 7 gymnasts may enter Xcel in either the Platinum or Diamond Division**.

XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART:

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
Minimum age to compete	Reached 5th Birthday	Reached 6th Birthday	Reached 7th Birthday	Reached 8th Birthday	Reached 9th Birthday
Excel Entry Div from J.O. Program	Levels 1 & 2	Levels 1, 2, and 3	Levels 3 & 4	Levels 5 & 6	Levels 7, 8, 9, & 10
Pre-requisite Scores	None	None	31.00 AA at Silver or 8.0 IES	31.00 AA at Gold Division or 8.0 IES	31.00 AA at Platinum Division or 8.0 IES

9. Dropping Back through the Divisions

a. The State Administrative Committee must determine, prior to the beginning of the competitive year, a designated ″declaration″ date for each division. The highest division in which the athlete competes in a sanctioned competition after the "declaration" date designates her division for the remainder of the current season.

b. If the athlete competed at an Xcel State Championships (or higher) and wishes to drop back through the divisions, her coach must submit a "reason for change" letter.

i. For Bronze, Silver, and Gold Divisions, the "reason for change" letter is sent to the State Administrative Committee.

ii. For Platinum and Diamond Divisions, the "reason for change" letter is sent to the Regional Technical Committee.

10. **A Level 10 JO gymnast may petition for entry into the Xcel program by sending a "reason for change" letter FROM HER COACH to the National Xcel Committee Chairman.**

a. All petitions must be received at least two weeks prior to the Xcel State Championships.

b. The National Xcel 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.

c. Accepted petitioned athletes may not re-enter the JO Program as a Level 10 during the JO competitive year (through JO National Championships of the year in which she competes in the Xcel Program.

Clarification: An athlete is considered an Xcel athlete when she enters her first USA Gymnastics sanctioned event in an Xcel division.

i. **If a Level 8 or below athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the State Administrative Committee Chairman for approval. If a Level 9 or 10 athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the Regional Technical Committee Chairman for approval.**

ii. Valid 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.

11. Other Competition Experiences

a. Individual Event Specialists: the mobility score for advancement to the next division for Individual Event Specialists at Gold is 8.0 per event to move to Platinum, and at Platinum is 8.0 per event to move to Diamond.

b. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher division by achieving an average score equal to the average of the All-Around qualifying score for that division.

c. Status for competing as an IES to qualify to the next higher meet must be declared at the time of entry to the qualifying meet, not during or after the conclusion of the competition.

AGE DETERMINATION DATES FOR ALL XCEL DIVISIONS

a. Bronze: Age as of **May 23, 2021** determines age for the entire season, but must have had her 5th Birthday.

b. Silver: Age as of **May 23, 2021** determines age for the entire season, but must have had her 6th Birthday.

c. Gold: Age as of **May 16, 2021** determines age for the entire season, but must have had her 7th Birthday.

d. Platinum: Age as of **May 9, 2021** determines age for the entire season, but must have had her 8th Birthday.

e. Diamond: Age as of **May 9, 2021** determines age for the entire season, but must have had her 9th Birthday.

XCEL AGE GROUPS

BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
5 - 6 Yrs.	6 - 7 Yrs.	7 - 8 Yrs.	8 - 11 Yrs.	8 - 11 Yrs.
7 - 8 Yrs.	8 Yrs.	9 Yrs.	12 Yrs.	12 Yrs.
9 Yrs.	9 Yrs.	10 Yrs.	13 Yrs.	13 Yrs.
10 Yrs.	10 Yrs.	11 + Yrs.	14 Yrs.	14 Yrs.
11 + Yrs.	11+		15 + Yrs.	15 + Yrs.

QUALIFYING SCORE REQUIREMENTS TO SECTIONALS AND STATES

All Divisions	To Sectional	To States	To Regionals	To Nationals
BRONZE	30.000	32.000	N/A	N/A
SILVER	30.000	32.000	N/A	N/A
GOLD	30.000	32.000	N/A	N/A
PLATINUM	30.000	32.000	N/A	N/A
DIAMOND	30.000	32.000	N/A	N/A

XCEL SECTIONAL AND STATE ENTRY FEE

Xcel Bronze, Silver Divisions States **$85.00**
Xcel Gold, Platinum, Diamond Division States **$105.00**

Make check payable to: (THE CLUB HOSTING THE EVENT)

XCEL GENERAL PROCEDURES FOR PETITION

For 2021 State meets, athletes will be allowed to use 2019-2020 State qualification scores, permitted they are competing at the same level as 2019-2020. Athletes moving to a new level, as well as athletes requesting to drop back a level, will continue to follow policies outlined in the *Women's Program Rules and Policies*. The Regional and/or National chair must approve any deviations to the existing *Women's Program Rules and Policies* proposed by State or Regional Administrative committees.

1. Petitions may be considered for the following reasons: Injury, Illness or family tragedy (e.g., death, natural disaster)

2. 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.

3. The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.

4. 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. Forms are posted on the USA-Gymnastics website under Women's Program – Forms – Petition Forms or are available from your State Administrative Committee Chairman.

COMPETITION

1. A gymnast may compete in ONE State Meet per season. **She may compete in two state meets per competitive year, as stated in R & P.**

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

b. Local meets may be used for mobility only or qualification to the sectional meet and may have only one club (team) competing to obtain a sanction

c. Results from local meets need to be mailed or e-mail to the State Administrative Committee Chairman or designated state administrative committee representative and the meet director of the State Championships.

APPARATUS

VAULT:

Apparatus specifications: Xcel competitions must follow the current USA-Gymnastics Women's *Rules and Policies*, using Compulsory competition guidelines as a minimum standard. Exception: Vault Table may be used at any manufacturer setting. Alternative springboard may be used for Vault, Bars and Beam for Bronze, Silver and Gold Divisions. 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.

The configurations for the springboard have been approved and may be utilized in USA Gymnastics sanctioned competitions see page 23 in this coaches handbook on the configuration (or page 54 in the R&P).

SILVER VAULT:

Mat stack / Matting system for Silver vault. (see Chapter 6 page 56)

a. A sting mat may be used on top of the Mat Stack.

- **EXCEPTION: A sting mat is NOT allowedon top of an inflatable mat. The uppermost landing surface when using an inflatable mat must be a minimum of 10 cm (4inch) skill cushion.**

1. Bronze, Silver & Gold Divisions may use manufactured Junior vaulting board.

a. If an alternative springboard is used at Platinum and Diamond division in a USA Gymnastics sanctioned event, the vault is considered VOID.

b. All divisions may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).

c. Plywood is not permitted underneath the board.

2. A handspring on – Salto forward tucked off vault Vault 2.301 IS REMOVED / NOT ALLOWED in the Diamond Vault Chart.

3. Platinum Division is allowed a 7.309 Pike sole circle to handstand (no turn permitted) and 6.304 stalder backward to handstand (no turn permitted) to receive "B" Value-Part credit and receive Special Requirement credit.

FLOOR:

Xcel uses FIG specifications for bronze, silver, gold, platinum dog, and diamond.

FIG specifications: 12 m by 12 m (39' 4 7/16 X 39' 4 7/16) the measurements the floor surface must be a minimum of 3.2 cm thick (1 1/4() to a maximum of 19.05 cm thick (7 ½). The top of the mat must be joined into one continuous level surface maximum of 17.8 cm thick (7").

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. For Platinum and Diamond competitions held in outside facilities, the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 3.5 cm (1 3/8 inches) high) to protect the gymnast if they go beyond the dimensions of the Floor mat. The matting must extend a minimum of 5 feet out from the edge of the boundary line and extend a minimum of 6 feet from the corner down each side of the Floor Exercise area. The corner padding should be attached (with Velcro or something similar) to the floor, foam or carpet to avoid separating or slipping. An example of the additional matting at one corner is shown below: 6'

a. A tumbling strip may be used for competition for Bronze and Silver Division, provided it is a minimum of 8' wide and 56' long. The Meet Director must indicate this in the pre-meet information.

b. If carpeting is used, 3.2 cm (1⁄4") pile is maximum height recommended.

c. Rebound or spring type floors are required for all Platinum and Diamond competitions. It is strongly recommended that a spring type floor also be used for Bronze, Silver, and Gold.

3. For all Xcel divisions: Up to two manufactured mats (maximum thickness of 20 cm (8")) may be placed separately on the Floor Exercise area. If the skill cushion is 20 cm (8") in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of or under the 20 cm (8") mat.

4. Only one skill cushion or 10 cm (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 or under the skill cushion/throw mat(s).

5. 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.

a. It is recommended that athletic tape (provided by the coach) be used to mark the mats. Chalk may be used but should be removed before the next competitor.

b. A towel should be provided by the meet director to facilitate the removal of the chalk markings.

c. 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 Xcel. A minimum of 3' in length of additional padding (carpet bonded foam or something similar), is required at each end of a 56' tumble strip that is used for warm-up.

GENERAL MEET INFORMATION

Recommendation to change the wording in *Rules and Policies*, page 61, II, B, 3 to match the new Junior Olympic Program description of placement of IES gymnasts on events: All Around competitors as well as Indivdual Event Specialists (IES) gymnasts should NOT be required to start on more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.

1. Meet Format: Meet Directors should use the USA-Gymnastics compulsory guidelines for Bronze, Silver, and Gold, and Level 7 guidelines for Platinum and Diamond.

2. Competition Divisions: Gymnasts must designate on the entry form which division (Bronze, Silver, Gold, Platinum, Diamond) they will compete. All events must be competed in the same division.

3. Individual Awards: Will be given according to Divisions (Bronze, Silver, Gold, Platinum, Diamond).

4. Sessions Recommendation: When possible, divide by Divisions (Bronze, Silver, Gold, Platinum, Diamond). If this is not possible, then Rotations should be divided by Divisions, when possible.

5. Age Groups: Meet director may determine age groups for all Local and Invitational meets. Following are guide lines for Sectional and State Meets listed in table VI below.

6. Team Awards: Awarded for each Division (Bronze, Silver, Gold, Platinum, Diamond). Divisions should not be combined for State Team Awards. USA-Gymnastics N.J. State will provide Team awards for all Divisions, 50 % with a max of 6 places.

7. Start Values: All judges will flash Start Value.

   a. Maximum Start Value will be 10.0.

   b. Maximum score will be 10.0.

   c. Open Scoring is not allowed.

8. **State Meets:** A gymnast may compete in ONE (1) State Meet per season. She may compete in two state meets per competitive year as stated in Xcel R & P.

AWARDS

1. Bronze and Silver Division go 50% with a Max of 15 places. Maximum numbers of competitors per age group would be 30

2. Achievement awards for all Bronze and Silver gymnasts.

   a. Achievement Awards Distribution:

Blue Ribbon	33.00 +
Red Ribbon	31.00 to 32.955
White Ribbon	29.00 to 30.955
Yellow Ribbon	1.00 to 28.955

3. Gold, Platinum and Diamond Division awards distribution

# of Gymnasts	Event Places	All Around Places
1	0	1
2	1	2
3	2	3
4	2	3
5	3	3
6	3	3
7	4	4

8 plus 50% (round-up) for event and all around with a maximum of 10 placement awards for event & all around.

4. Team awards – *Rules and Policies* states these should be done separately for each Division. However, if a state does not have enough gymnasts in one or more Divisions to have a team competition, Divisions may be combined for Team awards. The Xcel Committeee suggests that the State Administrative Committee Chair must request permission for this change from the Regional Administrative Committee Chair.

5. USA-Gymnastics N.J. will provide 1st to 3rd place awards for All Around only,for all Divisions, at all sectional meets and all placement medals and Team Awards for all State Meets.

USA-Gymnastics N.J. Criteria

All awards must he presented on the awards stand, starting from 1st place down. All All-Around medallist winners will remain at the awards stand until the last achievement award is handed out.

XCEL JUDGING GUIDELINES

ANY QUESTIONS CONTACT LESLIE MCPEEK AT **mcpeekrl@gmail.com** and or Kelly Gaston at **karaokekelly704@gmail.com**

One judge panel for all levels, 2 judge panel at all levels for States. Judges must hold a minimum of a Level 7, 8 optional rating.

HOW TO HOST A LOCAL INVITATIONAL SANCTIONED MEET

Member Clubs and/or other organizations holding a USA Gymnastics Organizational membership may only host sanctioned events.

The Meet Director MAY NOT determine the age groups for Invitational and qualifying meets below the State Championships.

1. Meet Director required. In order to be listed as the Meet Director (person responsible for running a sanctioned meet), the Meet Director must be a USA-Gymnastics Professional Member and a CERTIFIED MEET DIRECTOR.

2. For questions regarding how to become a meet director, please contact Cheryl Gambuti at **gbuti@aol.com**

3. BEFORE you send for your sanction, contact Leslie McPeek and Kelly Gaston (N.J. NAWGJ State Judging Director) at **mcpeekrl@gmail.com** and Kelly Gaston at **karaokekelly704@gmail.com** When you e-mail her please forward the following information:

   a. Your first choice date and several alternate dates you would like to host a meet

   b. Type of meet

   c. Level of gymnasts competing

   d. Number of gymnasts predicted to compete

   e. Start Time of meet (Traditional or Capitol Cup format)

   f. Number of Judges to be assigned

   g. Ask ALL your questions BEFORE you send for Sanction, invite clubs, publicize your meet, etc. Leslie or Kelly will assist you with any questions pertaining to the Judges. Contact Cheryl on any question you may have about running your meet at **gbuti@aol.com**

   h. After your dates are decided, send Leslie a check payable to N.J. NAWGJ, for "$3 per judge per day for all requests received and paid 30 or more days prior to the meet date" for example, 4 judges on Saturday and 4 judges on Sunday will be $12 for each day for a total of $24. 8 judges for 2 days will be $48. Requests paid with less than 30 days prior to the meet date, 4 judges a Saturday and Sunday will be $20 for each day for a total of $40. 8 judges for 2 days will $80 the **"REQUEST FOR JUDGES" on pg 62** and the **"JUDGES CONTRACT" on pg 63.** Your request is not considered "real" until she receives it, with the check, in writing! If you delay in sending the information/forms to her, your date may go to another club.
   Note: Each meet is a different meet even if the same club is hosting it on the same weekend. You also need to send the assigning fee for sectionals and ALL state meets.

   i. Send a judges request to N.J. NAWGJ with payment 30 day's prior to the meet date to avoid late fees. "If the hard copy request and payment is sent less then 30 days prior to the meet(Rush Request), the assignment fee is $5.00/judge."

Mail request for Judges Form to: Leslie McPeek 15 Glen Cove Rd. Andover, N.J. 07821
e-mail: **mcpeekrl@gmail.com** and Kelly Gaston at **karaokekelly704@gmail.com**

IF ANY details of the meet change, contact Leslie **mcpeekrl@gmail.com** **and** Kelly Gaston at **karaokekelly704@gmail.com** and Courtenay Napoli at **courtenay_sturchio@msn.com** IMMEDIATELY.

j. Assigning procedures-All meet requests will go to Leslie McPeek, NJ-NAWGJ Co SJD and Kelly Gaston N.J. NAWGJ Co SJD. She will assign Sectional and States Meets. There will be one assignor for local meets. Courtenay Napoli will assign meets from September through June. Meet Directors will receive an e-mail from Courtenay approximately 16 days before the meet. The email will be copied to all the judges assigned. The meet director can "reply to all" on this message to send detailed information about the meet which should include, march-in time for the athletes, report time for the judges (30 minutes prior to competition start time), number of sessions, levels competing in each session, current address for the meet, an emergency contact name and number, and any other important information about the meet. The club should request a "confirmation" from each judge. If they do not receive a confirmation at least 3 days before the meet, they should contact Kelly or Leslie to find out why the judge has not responded. Leaving messages on machines or with family members is no guarantee the judge will get the information. If there is a miscommunication and the judge arrives at the wrong time, you are responsible. Any changes must be reported to the judges and the information will then be forwarded to Courtenay Napoli (N.J. Judges Assignor) and Judges will be assigned.

k. If you need to cancel the contract / meet / judges, you must notify each judge individually, as well as the assignor aproximatley 14 days before the meet. One call to the assignor only will not suffice. Do not leave e-mail messages about cancellations. Not everyone reads their e-mail daily. The judge may read it after the cancellation deadline date. If cancellation occurs within seven days of your meet, you must pay each judge a fee of three hours at her/his rate. There is a cancellation fee of $2.00 per judge, payable to NAWGJ, regardless of when she/he is canceled.

l. 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. 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.

m. Failure to comply with the contractual agreement will result in the following: a. On the Meet Director's part: 1) A minimum of 14 days' notice is required for amendments or cancellation of officials. If cancellation of officials occurs less than fourteen days prior to the meet and the officials are not re-assigned to another competition, the Meet Director is responsible for payment of 2 hours honorarium per judge and any non-refundable expenses incurred. 2) Regardless of the timing of the cancellation of the meet, if the judge has purchased a nonrefundable 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.

n. The format of your meet will determine the amount of payment each judge will receive. Be aware that the judging time dictates the allowable break time. For example: the meet starts at ten. The judges judge two hours, break for three hours and judge three more hours. They have judged a total of five hours. They are allowed two hours of break time. They were on-site from ten till six, a total of eight hours. Deducted two hours for break. The judges will be paid for six hours. If you reversed the sessions... The judges arrive at ten. They judge for three hours, break for two hours, and judge for two. They are on-site for seven hours. Since they still judged five hours, again you would deduct two hours for allowable break time. But this time you only pay the judges five hours. (Careful planning can save you money!)

o. Depending again on your meet format, it may be necessary to serve the judges one or two meals. If you have a two-session meet we prefer you serve the "big meal" between the two sessions and a lighter one that could be eaten quickly on the road at the end of the second session. After a full day of judging, most judges just want to get home, not sit done to a nice big meal. If the judges are entitled to a meal and one is not provided each judge will be paid $15.00 per diem. Having a second, smaller, meal available is probably your safest bet to avoid additional payment.

p. Bad weather meet cancellations require common sense decisions. You need to contact judges and coaches as soon as possible. Some are traveling from long distances to come to your meet. Plan ahead; get all the phone numbers together ahead of time when you expect bad weather. Coaches need to have their gymnast's numbers handy or to have a parent in charge of the information. For Sectional and State meets, the meet director needs to discuss the decision with the SACC and Competitions Chairman. These meets are not canceled unless it is REALLY BAD ALL OVER. What is snow in your yard may be rain or clear in other parts of the state. Something like 2-3 inches of snow on the ground and no let up in site the day of the meet would be cause for concern. Just a prediction of some snow or snow last night that has been plowed is not a reason to cancel.

4. 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:

b. State Meets with four-judge panels.

c. Level 8-10 Regionals, regardless of the number of judges per panel.

d. Level 9 East/West Championships, Level 10 National Championships, and the J.O. National Invitational Tournament.

e. No dual compensation is given if the Meet Referee also serves as a Chief Judge.

f. The Meet Referee shall be paid the hourly fee for the time during which she/he is conducting official Meet Referee responsibilities.

g. Chief Judge/Meet Referee fees are NOT paid at state meets with two-judge panels, or at any local/sectional meets.

JUDGES EDUCATION STIPEND

1. A Brevet and National judge will receive an additional $20.00 per session Plus the normal judging fee's.

2. Judge Level 10 and below will receive an additional $10.00 per session Plus the normal judging fee's.

USA-G N.J. will handle the stipend fee for State Meets.

HOW TO HOST A SECTIONAL / STATE MEET

Member Clubs and/or other organizations holding a USA Gymnastics Organizational membership may only host sanctioned events.

1. Bids to host Sectional and State Meets will be reviewed each season by a Sub Committee. The Sub-Committee members will be impartial. No one bidding on a meet will be permitted to sit on the Sub Committee. The State Committee will vote on the recommendation as submitted by the sub committee. The results will be announced by the SACC. Board Members bidding on any Sectional or State Meets will be asked to abstain from voting on the meet host selection. If the host club will be utilizing an "Outside" facility, a letter of intent from the facility Owner/Manager is required. The host clubs facility needs to be open and operating now or it will not be considered in the assignment process. If you are bidding, you will be notified of site selections prior to the annual USA-Gymnastics N.J. General Membership Meeting and will be posted on the **usgnj.com** web-site.

2. Bids will only be accepted that use the complete USA-Gymnastics Rules & Policies form "Bid Form for USA-Gymnastics-WC Competitions". If a Certified Meet Director is not listed, indicate when they will be testing for Certification.

Meet sites will be selected based on:

a. Providing the best facility possible for gymnasts, coaches, and spectators in accordance with the current USA Gymnastics Rules & Policies.

b. Then, based on providing equitable distribution of the meet sites, between the north and south areas of the state, as well as, between bidding clubs.

c. For questions regarding how to become a meet director, please contact Cheryl Gambuti at **gbuti@aol.com**

3. Sectional and State Meet Hosts: Please remember to obtain your meet sanction well ahead of your assigned meet.

4. For Sectional Meets you must purchase your ribbons from "A-1" awards "contact Jaime" at (800) 444-9569.

a. USA-GYMNASTICS N.J. WILL PROVIDE MEDALS FOR 1st, 2ND AND 3rd PLACE ALL-AROUND PLACEMENT AT ALL SECTIONAL MEETS AND WILL PROVIDE ALL AWARDS NEEDED FOR ALL STATE MEETS.

5. Dates for these meets are already on the N.J. State Calendar & Leslie will already be assigning judges for those dates. CLUBS STILL NEED TO:

a. Send the "Request for Judges" form and a check for the proper amount. Eight judges are always assigned to sectionals unless special arrangements are made before hand.
" If the hard copy request and payment is sent less than 30 days prior to the meet, the assignment fee is $5/judge."

b. Email Patty as soon as you receive her e-mailed number of entries (information received from the Competitions Chairperson needs to be confirmed, in case you didn't receive all entries), so the final details can be worked out BEFORE the 14-day judges cancellation time.

c. As the meet host you are still required to submit the administrative fee to the state for all scrateshes. Mail the sanction report along with the administrative fees to:

William Psiuk USA-Gymnastics N.J.
110 Fifth Ave.
Bradley Beach, N.J. 07720

ENTRY FEE DISBURSEMENTS

	Entry Fee	Meet Host	State
Level 2 States	$85.00	$65.00	$20.00
Level 3-5 States	$95.00	$70.00	$25.00
Level 6-7 States	$105.00	$80.00	$25.00
Level 8- 10 States	$130.00	$105.00	$25.00
Xcel Divisions States			
Bronze and Silver Division	$85.00	$65.00	$20.00
Gold, Platinum, Diamond Division	$105.00	$80.00	$25.00

NO STATE MEET WILL BE HELD IN-HOUSE. PRIOR APPROVEL MUST BE ATTAINED BY THE SACC.

There will be no refunds once the designated sites are e-mailed the list of gymnasts that will attend the meet. USA-Gymnastics N.J. will supply all awards at all State Championship Meets, as well as other gifts that will be given to every gymnast that enters the meet.

6. The maximum Gate Fee you can charge:
For Sectionals: $7-Adults, $5-Senior Citizens, $4-Children and Infants-Free.
For States: $11-Adults, $8-Senior Citizens, $5-Children and Infants-Free.
(Adults = 18+, Senior Citizens = 65+. Children = Walking to 18 Yrs., Infants - Not Walking)
You may only collect these Gate Fees once per day from any one person, regardless of the number of sessions being observed. Gymnasts competing shall not be charged a Gate Fee for any session of their State Meet weekend.

MEET DIRECTOR VIOLATIONS INCLUDE

1. Allowing coaches, judges and/or athletes on floor without current, valid membership and/or educational/ background check certification. This includes Professional Members, Junior Professional members, and Athlete members

2. Violations of any regulation within the USA-Gymnastics women's program rules and policies.

3 Improper timing of the competition:

a. Athletes in the gym too long over five hours).

b. Starting to warm ups before 8 AM.

c. Finishing after 10 PM due to poor scheduling.

4. Failure to return required sanction forms and athlete these by the designated deadline.

5. Altering USA gymnastics language on sanction report form.

6. Failure to obtain signatures/initials of officials/coaches on the sanction report form signed sheets.

7. Exceeding the maximum allowable number of gymnasts in a session.

8. Changing or altering any procedures listed in the judges compensation package.

VIOLATION PENALTIES

1. A first-time violation results in a fine of $100 for one violation plus $100 for each additional violation associated with the same sanction.

2. A second time violation results in a fine of $500 for one violation. For each additional violation of associated with the same sanction the fine is $500 each. In addition, a second time violation may result in the possible suspension of sanctioning privileges for the next competitive season, to be determined by the National Administrative Committee.

3. Fines apply only to the individual and/or the meet director.

MEET DIRECTOR'S CHECK LIST

Meet Formats, Number of Competitors, and Warm-up Times. Chech Chapter 9 page 99 of the R & P.

It is the responsibility of all meet hosts to verify all local, state, and federal regulations and compliance prior to each meet. The following is a set of recommendations compiled by the State Committee. All government regulations and requirements supersede these recommendations, and if there is any conflict, the government regulations shall be followed.

Every meet host MUST send out procedures that are in place one-week before the meet to visiting clubs, assigned judges, and Bill e-mail to *billpsiuk@optimum.net* NJ USA-G will keep all procedures submitted by meet host on file.

Prior to sending for a sanction:

1. Call SJD to inquire as to the availability of judges for your chosen date.

2. After receiving an affirmative answer from SJD:

   a. Complete "Request for Judges" form with ALL pertinent information filled out.

   b. Complete "Sanction Form" online and either fax or mail to USA-Gymnastics.

3. Be sure to read your Rules and Policies regarding numbers of competitors per session and judgments allowed before completing your request for judge's form.

4. Any question regarding local and Invitational meet set up, competition, equipment, warm-up times/organization, rotations or how to run a meet, should be answered in the R & P. After reading R & P then direct your call to your Meet Directors Rep. Cheryl Gambuti at **gbuti@aol.com**

For Sectional and State Meets contact Patty Strickland at **gymjudge4@me.com**

5. Any questions regarding judges should be directed to your NAWGJ State Director Leslie McPeek.

6. NAWGJ is the contracting agent for all USA-Gymnastics meets in N.J.

7. For Sectional Meets you must purchase awards/ribbons from "A-1" awards "contact Jaime" at (800) 444-9569.

NESW JERSEY USA-GYMNASTICS WILL PROVIDE MEDALS FOR 1st , 2ND AND 3rd PLACE ALL-AROUND PLACEMENT AT ALL SECTIONAL MEETS AND WILL PROVIDE ALL AWARDS NEEDED FOR ALL STATE MEETS.

8. After you have received your sanction:

   a. Stay in contact with the Assigning Official regarding any changes in meet times, numbers of competitors, levels, etc.

   b. If different from the Request for Judges form, confirm with the assigning official levels, sessions and number of competitors as soon as possible, and at least 7 days prior to the competition.

   c. If your gym must cancel a meet for any reason, judges assigned must be notified at least 7 days prior to the meet or the gym is subject to paying a one-session fee to the judges, plus a $2.00 cancellation fee to the NAWGJ per Judge.

9. Meet Hospitality:

a. Call and confirm reporting time for judges assigned to the meet at least 5 days prior to competition.

b. Provide room/area for judges meeting. *(VCR, Monitor or TV at State Meets).*

c. If a two-session meet, provide a meal for judges or a per diem as required.

Meet directors must include a judge's break time of at least 30 Min after every 3 ½ to 4 hrs.

10. Communication is the key to organizing and running a good meet. Contact any of the following for help.

Meet Directors Rep.	Cheryl Gambuti	e-mail: **gbuti@aol.com**
N.J.S.J.D.	Leslie McPeek	e-mail: **mcpeekrl@gmail.com**
Co N.J.S.J.D.	Kelly Gaston	e-mail **karaokekelly704@gmail.com**
Competition Chair	Patty Strickland	e-mail: **gymjudge4@me.com**
State Chairman	Brant Lutska	e-mail: **saccnj@gmail.com**

11. The earlier you get your "Request for Judges" to the SJD, completely filled out with all pertinent information, and a check for the number of judges requested, the better chance you have of getting the date requested.

12. The assigning fee is $5.00 per judge if requested prior to 30 days of competition and $5.00 per judge after that time. When making your request, remember that there is a $2.00 cancellation fee per judge per meet canceled.

13. Last minute request for Judges is strongly discouraged and may not be honored.

14. Facility: Does all of the equipment and gym space meet Rules and Policies for the levels you're hosting?

15. Must have: Adequate Audience Seating, proper lighting, adequate bathrooms, adequate parking, a judges room & a good stereo and microphone system.

16. Should have: A Back-up Computer and Stereo, a Copy Machine & a First Aid Station

Staff: It's very important to have reliable adults.

Competition Day: Arrive early / Open early.

a. Important to have an adult to answer phone (for directions)

b. It's better to not over crowd the gym floor * Have a few back – up adult to direct traffic

c. Meet director and staff should be easy to recognize

d. Pre-Meet: Choose your competition date early!

e. Judges request * Sanction request * Meet format / rotation / times

f. Job assignments / Club information / good directions

g. Have a parent at gymnast and coaches sign – in station

h. Plenty of chalk available / easy to get to and water bottles

i. Coaches meeting

j. If a large meet, gymnasts snacks are always appreciated

k. Meet wrap – up: Prepare awards early!

l. Have extra help for awards presentation and provide an awards podium if possible

m. Placement and All Around Awards should be presented from 1st to the last place given

n Copies of scores for coaches if able

o. The Meet Director MAY NOT determine the age groups for Invitational and qualifying meets below the State Championships,

If a Meet Director incurs three sanction violations in one competitive season, he/she will be placed in pending status. He/she must re-take and pass the Meet Director Exam before being placed in active status. (Sanction Violations and Penalties See chapter 3 pg 34 on fines)

The USA-Gymnastics Rules and Policies Book is available online, it is your resource for a sanctioned meet

p. The computer scoring system should be set up to record both vaults for each gymnast and the computer selecting the best vault to be recorded.

q. Each sanctioned meet must input both judge one and judge two scores to compute the average at every event. There must be a paper trail to go to the score table to verify the input from the keypad. Both vaults should be listed for verification.

r. Each judge should be provided a score slip to record their score to submit to the Chief Judge.

s. Meet Directors will only be required to play digital copies of music, i.e. MP3 players, computers, tablets, etc.. Electronic music devices for playing music at competitions must have a display screen and be on airplane mode when applicable. CD players will no longer be required.

t. If a squad has more than one level competing, the timed warm-up will be designated for the highest level within the squad

u. Recommendation to Meet Directors - That Xcel athletes compete before J.O. athletes when in the same squad. With multiple levels in the same squad. Athletes should compete in ascending order of level or division (lowest to highest)

v. For Levels 6 and 7- Squads with up to 10 athletes are not required to split for timed and touch warm-up

w. If a meet is cancelled or schedule changes: Meet Director's Part: A minimum of 2 weeks notice is required for amendments or cancellation of officials

x. Music - It is recommended that the MD be able to plug the music device into a charger while playing floor music, or to remind the coaches to make sure that all devices are fully charged before starting the routine.

y. When additional matting is used that overlaps the boundary of the FX mat, it is recommended that athletic tape (provided by the coach) be used to mark the mat. Chalk may be used, but should be removed before the next competitor. A towel should be provided by the Meet Director to facilitate the removal of the chalk marks.

z. When hosting meets Judges are allowed to receive gifts which cannot exceed a retail value of $20.

aa. Officials pay at state meets and above, when the competition requires a video analysis (Base Score) in addition to the judges' meeting, the paid judging time starts with the scheduled meeting time, up to one hour prior to the scheduled march-in time.

bb. Due to covid 19 a judge may request single room accommodations with the approval of the meet director. However, if approved, the meet director is not responsible for the full financial obligation unless otherwise agreed upon by both parties.

Recommendations

1) USA-G N.J. strongly recommends that all concessions and 50/50 be postponed until further notice.

2) It is highly recommended that you post your policies on your website in advance of the competition, at all entrance door's, also throughout the building during the competition.

3) All workers must wear gloves, masks or face shield.

4) All spectators must wear masks when indoors.

5) Temperature checks for gymnast and spectators (mandatory). Hand sanitizer needs to be available at all entrances,

6) Spacing and distancing for gymnast and spectator lines needs to be planned for and managed.

7) Send out request to clubs for parents to have exact change, or prepay.

8) Depending on capacity and seating only two (2) spectators per athlete.

9) All spectators seating must be marked at correct 6' intervals and checked periodically for proper location.

10) All spectators remain inexact marked seat. (NO ROAMING AROUND) Hand held video only.

11) Sessions will be limited to twenty six (26) athletes until further notice.

12) No catering of food.

a. Individual wrapped meals and water can be provided for judges and/or coaches.

b. An area for judges needs to be provided where distancing can be maintained. Judges' room must be locked at all times.

c. Meet workers are not permitted to congregate inside judges' rooms other than cleaning / sanitizing.

13) Mark areas around/behind each judging table to prevent participants from standing in close proximity to the judges.

14) Provide electronic devices such as score pads or iPads for each judge to reduce the necessity of judges passing paper slips or verbally communicating their score and/or use rotation sheets rather than individual participant scorecards.

15) Sanitize electronic devices after each session.

16) Discourage volunteers and coaches from sitting at judging tables while judges are on break.

17) When applicable, provide hotel accommodations that will allow for social distancing of judges, e.g., individual rooms, and suite-type hotels with two separate sleeping areas.

18) One (1) -judge panel for Compulsory – Two (2) judge panels for optional. Two (2) Judge panels must be separated or placed on opposed sides of equipment.

19) Recommend that Judges and meet workers do not leave assigned station. (NO ROAMING AROUND)

20) Bathroom facilities need to be monitored. Bathrooms need to be sanitized every hour as a minimum during an event. Lines for bathrooms need to maintain distancing.

21) A session should last about 2 hours. Allow ample time for sanitizing of equipment. Sanitizing should take place between rotations, between team's usage and between sessions if possible. All teams should warm up and compete on a piece of equipment before the other teams. Swiffer's, disinfectant spray bottles, and/or misters should be available at all events.

22) One coach per 5 athletes. Clubs that use multiple coaches on different events, the coach that is not coaching needs to leave the building. No need to have 3 or 4 coaches for 3 gymnasts.

23) Judges and coaches must wear a mask or face shield at all times.

24) When an athlete is not competing/warming up, they must wear a mask or face shield.

25) A designated spot should be provided for each gymnast's bag. All water bottles need to be kept in their bags.

26) Each gymnast should have their own block of chalk in their zip lock bag with their team and name clearly marked

27) Coaches may remove the mask when spotting if needed.

28) Every meet host MUST send out procedures that are in place one-week before the meet to visiting clubs, assigned judges, and Bill's e-mail to billpsiuk@optimum.net

NJ USA-G will keep all procedures submitted by meet host on file.

JUDGES EDUCATION STIPEND

1. A Brevet and National judge will receive an additional $20.00 per session Plus the normal judging fee's.

2. Judge Level 10 and below will receive an additional $10.00 per session Plus the normal judging fee's.

USA-G N.J. will handle the stipend fee for State Meets.

Consistency: It is not appropriate for Meet Directors to encourage judges to be lenient in their scores in order to ensure that clubs will return the following year. All other meet rules for a sanctioned meet should follow the Rules and Policies Book.

Financial report for Sectional and above competitions are due 2 weeks after your competition

REPORTING MEET RESULTS

After your meet / clinic is completed, the Meet Director is responsible for the following:

1. Send a copy of the Sanction Report form within 24 hours after the end of your meet to:

   USA-GYMNASTICS SANCTIONS
   132 E. Washington St., Suite 700, Indianapolis, IN 46204. Tel (800) 345-4719

2. Send a copy of the Sanction Report form and a Check made payable to Region VII for the Regional Competition Fee of $2.00 per gymnast competing in your meet within 48 hours to:

   Jen Bortz, Region VII
   P.O. Box 243
   Boalsburg, PA 16827

Checks should be made payable to USA-Gymnastics Region VII

3. Send a copy of the Sanction Report form and a check (Competition Fee $3.00 per gymnast for local and invitational meets) (See pg 47 on disbursement for Sectional and State Meets) made payable to USA-Gymnastics N.J. mailed within 48 hours of that competition to:

   William Psiuk USA-Gymnastics N.J.
   110 Fifth Ave.
   Bradley Beach, N.J. 07720

4. Keep a copy of the Sanction Report Form for your records.

Send a photo copy of the Score Sheet, * qualifying scores circled in red to:

Patty Strickland
1109 2nd Ave.
Asbury Park, NJ 07712

* For filing reasons, please use a separate score sheet for EACH LEVEL.

For All Sectional and State Meets send a financial report within 2 weeks of the meet to:

William Psiuk USA-Gymnastics N.J.
110 Fifth Ave.
Bradley Beach, N.J. 07720

Or you can e-mail the financial report to **billpsiuk@optimum.net**

REMEMBER: If your meet was canceled, you must still submit the sanction form to EVERYONE ABOVE with a note explaining: *"Meet Canceled"*. Otherwise everyone thinks you had the meet, the file remains open, and every one is looking for a check from you.

EDUCATION OPPORTUNITIES

1. SAFETY CERTIFICATION: A course designed to improve the safety and welfare of individuals participating in gymnastic activity. Courses are usually given in the fall, spring, and summer. You can also take this course online. The certification lasts for 4 years. *(All coaches and Judges must be pro-members and safety certified at all USA-Gymnastics sanctioned meets.)*

2. MEET DIRECTOR CERTIFICATION: Certification is available by completing and mailing the MDC test found on the USA-Gymnastics Web site. MDC is required prior to applying for a sanction. *Meet Directors for 2019 Sectional & State Meets must contact the Meet Director Rep Cheryl Gambuti and check on any updates.* (If you have any questions regarding meet director testing, please contact Cheryl at gbuti@aol.com

3. U100: FUNDAMENTALS OF GYMNASTICS: "Instructor Certification" is also required for anyone that intends to coach at a sanctioned competition.

4. PROFESSIONAL DEVELOPMENT PROGRAM PDP: The PDP is a step-by-step level system of coach's education. As a developmental education recognition and accreditation program, the PDP provides coaches and instructors with resources to enhance their knowledge of teaching gymnastics skills successfully. Some of the publications involved with this program include Rookie Coach's Gymnastics Guide, and Sequential Gymnastics II.

5. COACH'S CERTIFICATION USA Gymnastics LEVELS 1 through 4 (Skill Evaluator): All potential Level 5 gymnasts must be evaluated and certified as having met the requirements of Levels 1 through 4. When they have met the requirements, a Certified Coach can apply for the required Athlete Membership for a Level 5 gymnast. Certification of the coach requires completing and passing an examination of Level 1 through 4. (You no longer need to take this test to certify a level 4 gymnast. It is highly recommended to take the test for professionalism).

6. FIRST AID / CARDIOPULMONARY RESUSCITATION / CONCUSSION: The Safety Certification Manual recommends that at least one instructor should be trained in First Aid / CPR and in a Concussion course and be present whenever the facility is open. All instructors should be encouraged to participate and receive certification in these certicicates. Contact your local American Red Cross or American Heart Association. Or visit

USA-GYMNASTICS N.J. EDUCATION CONTACTS

Judges Testing	Leslie McPeek	E-mail **mcpeekrl@gmail.com**
	Ellen Kovac	E-mail **ellenkovac@aol.com**
	Bonnie Synol	E-mail **basynol61@yahoo.com**
	Barbara Wallce	E-mail **bwallace311@comcast.net**
	Brant Lutsk	E-mail **saccnj@gmail.com**

Safe-Sport Help-Support

866-200-0796 - SafeSportHelpline.org

GUIDELINES FOR FAMILY SAFETY AND BEHAVIOR AT MEETS

1. Another professional responsibility we have is to educate not only our athletes, but their families as well. This includes information on the USA-Gymnastics system, current rules, rule updates, athlete performance expectation, athlete meet behavior requirements and FAMILY MEET BEHAVIOR STANDARDS. Family meet behavior standards are not formally written anywhere, but this is a suggested list of common sense standards that we should all be able to live with. We treat others as we wish to be treated.

2. Parents need to get their gymnast to the meet on time, which means you need to give them accurate meet report times and directions to the site.

3. Parents are not allowed on the "competitive floor" during warm-up, competition, or awards. Parents should be using you, their child's coach, as the go between for any questions they have concerning the meet. Parents need to say good-bye to their gymnast for the duration of the meet. During the meet, you, the coach, are now their guardian until after the competition. Parents should not approach other coaches, judges, scorekeepers, or the meet director.

4. Parents need to maintain good order and discipline with any other children they bring to the meet. This is important to the safety of the competitors as well as the safety of all spectators. Long meets make control of children difficult, so your parents need to know what to expect BEFORE they get to the meet.

5. Parents need to respect the meet facility and its furnishings. They are not at a minor league ballpark. They are the guests of the training facility of another parent's child. Do not leave trash, be respectful of the rest rooms, and please eat and drink in the designated areas only. (Nothing against minor league ballparks!) "You, the coach, are responsible in keeping your team parents informed. If the meet director has any problems with that parent, they will be escorted out of the gym and will not be allowed to return to that meet.

6. No matter how may times we have already said it:

   a. "NO FLASH PICTURES DURING WARM-UPS AND COMPETITION".

   b. "Place all electronic communication devises *(pagers/cell phones)* to the silent mode during all competitions".

7. Please ask your parents to support their child NO MATTER WHAT. If the child falls and doesn't make the State Meet, the parent should hug the gymnast, tell her "I love you and I am very proud of you". Focus on something that the child did well in the meet. The fact that the gymnast is good enough to be in the meet is a tremendous accomplishment that should never be forgotten.

8. Say something positive about other competitors. Never criticize another gymnast or club. You never know who is sitting next to you. Please do not hold signs up which may block the view of other spectators.

9. Last, but VERY important, please explain to your parents that when their gymnast does something REALLY GREAT at (i.e.) vaulting, APPLAUSE ONLY is appropriate. Remember, another gymnast is trying to concentrate on beam, bars, and floor at the same time your parent group is screaming. At tennis matches, the meet referee often tells the crowd "Quiet Please". We ask for "Quiet Please" BEFORE the meet starts to show respect for the other athletes in the meet. This respect will then apply to your own team members too, when they need the quiet for their own concentration.

THE TEN COMMANDMENTS FOR GYMNASTICS PARENTS

1. Thou shalt not impose my ambition on the child

Remember that gymnastics is your child's activity and she will progress at her own speed. It can never be a positive thing when a parent is forcing a child to do a sport that she does not want to do. The best part about gymnastics is that it does not matter whether you finish first or last, rather the wonderful lessons each girl will learn as she strives to do her best.

2. Thou shalt be supportive no matter what

There is only one question to ask your child, ***"Did you have fun?"*** If meets and practice are not fun, your daughter should not be forced to practice.

3. Thou shalt not coach my child

You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your role is to ***support, love, and hug*** your daughter no matter. The coach is responsible for the technical part of the job. You should not offer advice on technique or skill selection. That is not your area. This will not only serve to confuse your child and prevent that gymnast/coach bond from forming.

4. Thou shalt only have positive things to say at competitions

If you are going to attend a gymnastics meet you should cheer and applaud but ***never criticize your daughter or her coach.***

5. Thou shalt achnowledge they child's fear

It is a normal human reaction for a child to be scared when attempting new skills or competing. ***Do not yell or belittle your daughter, just assure her*** that her coach would not have her attempt the skill or put her in the competition if she was not ready for it.

6. Thou shalt not criticize the judges

There is much more to judging than you think and each judge has had to pass a test to do what she/he does. There are many routine requirements that the general spectator is completely unaware of that certainly have a factor on the final score. No one is perfect, but it is without question that they know more than you.

7. Honor thy child's coach

The bond between the coach and gymnast is a special one and one that contributes to your child's success as well as enjoyment. Do not criticize her coach in her presence because it will only add to the many distractions she must already deal with during her gymnastics training and performance.

8. Thou shalt not jump from club to club

The floor exercise carpet always seems bluer at another gym. Every team has its own internal problems, even teams that build champions. Children who switch from gym to gym are often ostracized by teammates they leave behind. Often times, gymnasts who do switch teams never do better then they did before they sought the "bluer carpet". However one club will not please everyone and you need to find the club where you will fit best.

9. Thou shalt have other goals besides winning

Encourage your daughter to do her best. Giving an honest effort no matter what the outcome is much more important than winning.

10. Thou shalt not expect thy child to become an Olympian

There are 71,649 athletes participating in competitive gymnastics. There are only 7 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are1 in 149,030. You can understand how difficult it is to become an Olympian because the odds are you have never been one yourself even though you, as a child, probably wanted to be. Gymnastics is much more than the Olympics! Chances are your daughter's coach was not an Olympian, but still received enough out of gymnastics that they want to pass their love for the sport onto others. Gymnastics teaches so much so many virtues while building self-esteem, life long friendships and much more. Olympians will tell you that these intangibles far outweigh any medals they may have won. Gymnastics builds good people and you should be happy that your child wants to participate.

Reproduce as needed **USA GYMNASTICS COMPETITION ENTRY FORM** Rev.: Feb. 2014

ONE ENTRY PER LEVEL

RETURN TO GYMJUDGE4@ME.COM

Name of Meet: _____

Hosted By: _____

Meet Host: _____

Club: _____ **Contact:** _____

Address: _____ **Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Fax:** _____

USA-G Club #: _____ **E-mail Address:** _____

Number of Gymnasts: _____ **Amount Due:** _____ **Club Check #:** _____

	Gymnasts First Name	Last Name	Level	USA-G #	DOB	Age	Citizen (Y/N)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

	Coaches First Name	Last Name	U100 Y/N	USAG #	Safety Exp.	Background Exp.
1						
2						
3						

Reproduce as needed

XCEL COMPETITION ENTRY FORM

Rev.: Feb. 2014

ONE ENTRY FORM PER DIVISION

RETURN TO GYMJUDGE4@ME.COM

Name of Meet: _____

Hosted By: _____

Meet Host: _____

Club: _____ **Contact:** _____

Address: _____ **Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Fax:** _____

USA-G Club #: _____ **E-mail Address:** _____

Number of Gymnasts: _____ **Amount Due:** _____ **Club Check #:** _____

	Gymnasts First Name	Last Name	Division	USA G #	D.O.B	Age	Citizen (Y/N)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

	Coaches First Name	Last Name	U100 Y/N	USAG #	Safety Exp.	Background Exp.
1						
2						
3						

Injury Petition Form

Deadline 3 days following the the last qualifying meet

For State Championships: send your form to your State Administrative Committee Chairman

For Regional Championships: send your form to your Regional Technical Committee Chairman (or other designated person).
Note: Notify the RACC by the Monday following the State Meet of any athletes who intend to petition to Regionals.

Refer to Chapter eight, pg 83 in the current *Women's Rules and Policies* for USA-G Levels.

Refer to Chapter Six, page 49 in the current *Women's Rules and Policies* for Xcel Devisions.

** If this form is not completed, it may **NOT** be accepted.
It is the responsibility of the coach to provide all necessary information

Meet Petitioning To: _____

Gymnast's Name: _____ USA-G # _____

Birth date: _____ Age and Level: _____

Coach's Name: _____ Coaches Cell Phone: _____

Coach's USA-G # _____ Coach's E-Mail _____

Gym Name: _____ Gym Phone # _____ Fax: _____

Gym full Address: _____

City: _____ State: _____ Zip Code: _____

1. Photocopy Results of a minimum of one (1) Sanctioned Meet:

Meet: _____ Competition Date: _____

Scores: Vault: _____ Bars: _____ Beam: _____ Floor: _____ A.A. _____

1. **Licensed Medical Professional's written verification of illness or injury and release to return to gymnastics activity. Please specify DATE of return to gymnastics activity.**

Petition Form to Regional Championships - Injury during last event

Injury during last (4th) event at State Championships and unable to finish the routine.

This form MUST be included with the regular petition form and the other petition documentation.

If an athlete begins her fourth event, is injured during the routine and **unable to complete her fourth event,** she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.

Name of Gymnast: _____ USA-G # _____

Name of Coach: _____ Club: _____

Phone # _____ E-Mail: _____

Indicate scores for all events - Circle the last event where injury occurred

Vault: _____ Beam: _____

Bars: _____ Floor: _____

Total of 1st three events: _____

Regional Petition Score (RPS) = Regional Qualifying Score (RQS) + 1.00 = _____

75% of Regional Petition Score = _____

Verify; by signing below, that the gymnast was injured during her last event at the State Championships and COULD NOT finish the routine.

Coach (Print) _____ (Signature) _____

Chief Judge (Print) _____ (Signature) _____

Meet Referee (Print) _____ (Signature) _____

Medical Staff (Print) _____ (Signature) _____

Description of the injury _____

_____

USA GYMNASTICS SCORE INQUIRY FORM

USA GYMNASTICS.

Check One: Vault _____ Bars _____ Beam _____ Floor _____

Gymnast's Number: _____ Gymnast's Name: _____ Score: _____

This inquiry is based upon the following (check one):

1. Major Elements (comp) or Statrt Value (Opt.): _____

2. Neutral Deduction: _____

3. Special (flate) composition deduction (Opt.): _____

4. Score Range: _____

4. Falls/Unusual Occurrences: _____

List all elements that receive difficulty and connection value Judge's Use Only

Element/Additive Value	Description of Element(s)	Y	N

Coache's name: _____ Team: _____

	Judge # 1	Judge # 2	Judge # 3	Judge # 4	Average
Start Value:	_____	_____	_____	_____	
Score:	_____	_____	_____	_____	_____
Adjusted SV:	_____	_____	_____	_____	
Adjusted Score:	_____	_____	_____	_____	_____

_____ Score Not Adjusted

_____

_____ **Signature of Chief Judge or Meet Referee.**

Reproduce as needed

USA GYMNASTICS NJ Mobility Form

Name:

Club:

Present League: _____

Present Level: _____

Future League: _____

Future level: _____

Reason:

_____

_____

_____

The qualifying score to move in Levels 3-7 is 31.00 and Level 8 and above is a 34.00

Level 8 and above are not eligible to be granted mobility.

SACC Brant Lutska _____

Send form to:

Brant Lutska USA-GYMNASTICS N.J. SACC 92 State Street, Perth Amboy, N.J. 08861
e-mail: **saccnj@gmail.com**

Reproduce as needed

REQUEST FOR JUDGES

One Sheet per request

MEET INFORMATION SHEET

Club Name: _____

Address of Meet Site: _____
Street **City** **State** **Zip**

Is this a Sectional/State Meet: _____ or Club Meet: _____

Date of Meet: _____ Start Time: _____

Emergency phone # at the meet site: _____

Type/Level of Meet: _____ # Sessions: ____ # Days: _____ Anticipated # Gymnasts: _____

Number of Judges: __ Ratings: _____ Do you need a meet Referee? Yes ____ No _____

Are you willing to pay for Judges to travel to your meet (other then local Judges?)
Pennsylvania, New York, etc.? Yes: __ No: ___

Are you willing to pay for Judges who do not carpool? Yes: __ No: ___

Will you pay per diem? _____ or provide meals: _____

Judge's fees for all sanctioned meets follow the USAG Fee Scale.
IMPORTANT : If this request is received 31 days or more from date of meet WITH PAYMENT for $3.00 per judge, payable to **NJ NAWGJ, MUST BE ENCLOSED.** If this request is received UNDER 30 days (RUSH REQUEST) or less from the date of the meet, a $5.00 per judge check **MUST BE ENCLOSED.** If you call the assignor, Leslie Mcpeek (973) 786-7303 to cancel judges, an additional $2.00 per judge cancellation fee will be charged. If canceled with less than 14 days notice, each judge canceled **MUST** be paid a fee equivalent to 2 hours judging time.

Meet Director: _____ Assignor: _____

Address: _____ Address: _____

Home Phone: _____ Phone: _____

Work Phone: _____ E-Mail address: _____

Gym Phone: _____ E-Mail address: _____

Meet director e-mail: _____

Mail to: Leslie McPeek
15 Glen Cove Ave
Andover, NJ 07821
E-Mail **mcpeekrl@gmail.com**

Reproduce as needed

USA GYMNASTIC'S JUDGE'S CONTRACT

Date of issue: _____ Deadline to return: _____

Name of Meet: _____ Date (S): _____

Judges report time: _____ Meet time: _____

Day 1 Day 2 Day 3 **Day 1 Day 2 Day 3**

Meet location: _____

Type/Level of Meet: _____ Phone # of Meet site: _____

Number of round's/day: _____ Final? _____

Day 1 Day 2 Day 3

Payment arrangement: _____ Payment on day of Meet?: _____ Per Diem: _____

Travel arrangements: _____

Housing: _____

Hotel Address City State

Special Meet arrangements: _____ Misc.: _____

Meet Director: _____ Assigning Official: _____

Address: _____ Address: _____

_____ _____

Phone #: **(** **)** _____ Phone #**:** **(** **)** _____

EXPENSE ESTIMATE: Please specify expenses listed below that will request for reimbursement.

Travel: $.58/mile X _____ mile (miles round trip minus 30 miles) = **$** _____

Air travel: Airline: _____ Flight: _____ Airport: _____ Airfare: **$** _____

Arrival date: _____ Departure date: _____

Meals: For any meals not provided by meet director.

# of Breakfasts _____ Local Meet: $15.00 per day (for a maximum of 3hr. but less then 8 hr.
Lunches _____ $30.00 per day (for 8hr. or more).
of Dinners _____ Overnight Meets: $10.00 per meal to a maximum of $35.00 per day.

Lodging required: Wed. ___ Thurs. ___ Fri. ____ Sat. ____ Sun. ____ Mon. ___

Misc. Exp.: Airport parking $ _____
Travel to/from Airport (miles Return _____ X $.58/mile) $ _____
Tolls $ _____
Other (specify: _____) $ _____

The undersigned judge acknowledges that he/she is bound by the USA-G Rules & Policies and Operating Code. The undersigned judge acknowledges that he/she has become familiar with such materials previous to the execution of this contract. Breach of this contract by the undersigned judge may result in disciplinary action by USA-Gymnastics. If any unforeseen problems arise in fulfillment of this contract, immediately contact the USA-Gymnastics assigning official.

The term and condition of your employment are governed by the sanctioning organization conducting the competition. Your signature on this agreement will acknowledge that you have read, understood and agree to abide by these terms and conditions.

The forgoing is accepted the _____ day of _____, 20____ by the undersigned USA-G official whose rating is _____.

Name: _____ Social Security #. _____

Address: _____

Street City State Zip

Phone (H): _____ Phone (W): _____

USAG Professional #: _____ Exp. Date: _____ No _____ req. for all State, Regional & National

Return one copy to the assignor and the Meet Director. Retain one copy for your records.

Reproduce as needed

JUDGES EVALUATION FORM

USA-Gymnastics N.J. State Committee is asking for your help.

In the process of submitting our recommendations of judges for the Levels 8, 9 and 10 Regional judging assignments etc, the committee is requesting that you fill out the Judges Evaluation Form that is provided. The Judges will be ranked by you the gymnastics community in an order of assignment. If a higher ranked judge cannot go to the level 9 or 10 Regional we will ask that they be asked to attend the level 8 Regional meet. These Judges with others will be judging our gymnast.

Please note that this evaluation form will be kept with the outmost **confidentiality**

Mail or E-mail back to Bill e-maill: billpsiuk@optimum.net

Mail to: William Psiuk USA-Gymnastics N.J. 110 Fifth Ave. Brdley Beach, N.J. 07720

Meet Name, Type, Level: _____

Meet Date(s): _____ **Host Club:** _____

Number of Judges at each event: _____

Vault:
Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___

Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___
Comments:

Bars:
Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___

Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___
Comments:

Beam:
Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___

Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___
Comments:

Floor:
Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___

Judges name: _ **Rating:** Above Par ____ Par ___ Below Par ___
Comments:

Reproduce as needed

MEET SITE EVALUATION FORM

Meet Name, Type, Level: _____

Host Club:_____ **Meet Date(s)::** _____

Meet Director(s): _____

Meet Format: Traditional _____ Non-Traditional: _____

If Non-Traditional, describe Format: _____

Check in time: before 8am? Yes _____ No _____ **Last Routine:** finished after 10pm? Yes ____ No _____

If yes, list check-In time: _____ If yes, list finish of last routine: _____

Total Time In Gym: Over 5 hours (Report time to finish of Last Routine) for any Competitor? Yes ____ No _____

If yes, how long? _____

Exceeded allotted number of judgments per panel of judges in any Session? Yes _____ No _____

If yes, give details: _____

To your knowledge, did everyone on the competitive floor have a current **USA-G Professional or Athlete Number?**

Yes ____ No ___ If no., explain: _____

If Level 3,4, 5 Meet: Were proper Achievement Awards awarded? Yes ___ No ___

Pre-Meet Information: Above Par ____ Par ____ Below Par ____
Comments: _____
Parking: Above Par ____ Par ____ Below Par ____
Comments: _____
Heat, AC, Lighting: Above Par ____ Par ____ Below Par ____
Comments: _____
Restrooms: Above Par ____ Par ____ Below Par ____
Comments: _____
Seating: Above Par ____ Par ____ Below Par ____
Comments: _____
Concession: Above Par ____ Par ____ Below Par ____
Comments: _____
Support Staff: Above Par ____ Par ____ Below Par ____
Comments: _____
Equipment/Mats: Above Par ____ Par ____ Below Par ____
Comments: _____
PA & Music Systems: Above Par ____ Par ____ Below Par ____
Comments: _____
Awards: Above Par ____ Par ____ Below Par ____
Comments: _____
Coach: ___ **Judge:** ___ **Other:** _____ **Name:** _____ **Phone:** _____

Mail or E-mail back to Bill e-mail: billpsiuk@optimum.net

Reproduce as needed

FINANCIAL REPORT

Date of event: _____ **Sanction #:** _____

Name of Event: _____

Meet Director: _____

INCOME:

Admission: ……. **$** _____
Entry Fees: #_____ **X** (Entry Fee) =$_____ **$** _____
Sponsor's Contribution: ……. **$** _____
Concession/Programs: …… **$** _____

TOTAL INCOME …….. **$** _____

EXPENSES:

Facility Rental …… **$** _____
Custodial Fees …… **$** _____
Equipment Rentals/Shipping ……. **$** _____
USA-G Sanction Fee ……. **$** _____
Insurance …… **$** _____
Awards ……... **$** _____
Duplication of forms …….. **$** _____
Postage ……... **$** _____
Phone ……. **$** _____
Concession/Programs …… **$** _____
Other (specify) ……... **$** _____

Judges Assignor's Fee …… **$** _____
Judges Fee …….. **$** _____
Judges Travel exp. ……. **$** _____
Judges Hotel …….. **$** _____
Judges Meals …… **$** _____

TOTAL JUDGES EXP.…….. **$** _____

TOTAL EXPENSES …….. **$** _____
NET PROFIT (LOSS) …… **$** _____

Signature of Event Director: _____
Address: _____
Phone: _____

RETURN TO APPROPRIATE USAG OFFICIAL
Local, Sectional and State Meets …… **NJ SECRETARY/TREASURER**
Junior Olympic Sectional, State, Regional, and Regional Elite …… **Regional Chairman**
Junior Olympic National Championships (Level 10) & Level 9 East West ……. **Womens Administrative**
Board Chairman USA GYMNASTICS Womens Jr. Olympic Program Manager

Mail or E-mail back to Bill e-maill: billpsiuk@optimum.net

Mail to: William Psiuk USA-Gymnastics N.J. 110 Fifth Ave. Brdley Beach, N.J. 07720

DEADLINE: 2 WEEKS FOLLOWING THE EVENT

COACHES SIGN-IN FORM

Please have all participating coaches sign and confirm requested information

Coaches Sign In Sheet 1:

Coaches, by providing your name and membership information below you are certifying that you are a current USA-Gymnastics professional Member in good standings, with current safety/risk management and background check certification, along with the proper discipline level to participate in stated sanctioned event.

The coaches sign in sheet must be returned along with the sanction report form

Please make additional copies of this form if more space is needed.

Coaches Name (Printed)	Pro/Intro Coach Number	Jr. Pro/Jr. Intro Coach Number	Membership Exp Date	Safety Exp Date	Background Check Exp Date

Reproduce as needed

USA GYMNASTICS N.J. HANDBOOK & CLUB DIRECTORY
CORRECTIONS/ADDITIONS/DELETIONS

Send your corrections to USA-G-NJ William Psiuk 110 Fifth Ave. Bradley Beach, N.J. 07720
e-mail billpsiuk@optimum.net

Club Directory: changes or additions can be made on this form (please print clearly & one form per club).

Club:

_____

Club phone: _____ **Fax:** _____

Team Nickname: _____

e-mail : _____

Club Name Address: _____

_____ _____ _____
Street Address **City/State** **Zip**

Director(s): _____

Home phone: _____

Coache (s):

_____

_____

Directions:_____

_____

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