



New Jersey

2024

WOMEN'S ARTISTIC

**Competitive Program Handbook
&
Club Directory**

Web site WWW.USAGNJ.COM

TABLE OF CONTENTS

USA-G / XCEL - NJ HANDBOOK 2024

Table of Contents	1
Definitions	2
Welcome to USA-Gymnastics New Jersey	3
Duties of Coaches at USA-Gymnastics Competitions	3
Chain of Commands	4
Membership in USA-Gymnastics	5
USA-Gymnastics National Office	5
USA-Gymnastics Region VII Committee Contacts for 2020 / 2024	6
Membership Requirement's in USA-G and Xcel Program	7
N.J. State Administrative Committee	8
USA-Gymnastics - N.J. State Administrative Committee Contacts 2022 / 2024	9
State Meet Schedule and Sites	10
USA-Gymnastics General Information	11
Coaches, Junior Professional, Gymnast Acceptable Attire	16
Competition Format	22
Development Program / National Training Camp / TOPs / DP Updates	24
Mobility / Equipment / Timed Warm-up	27
Age Determination Dates	41
Meet Entry Procedures / Qualifying Score / Entry Fee	43
Individual Event Specialist Level 9 / 10 State and Regional Competitions	46
Level 8, 9, 10 Petition Procedures, Eastern and National	49
USA-Gymnastics – N.J. Awards	53
Xcel Program General Information / Entry Requirements / Mobility Scores	55
Xcel Age Determination / Age Group / States Meet Entry Fees	63
Xcel General Petition Procedure / Competition	65
Apparatus	66
Xcel General Meet Information / Awards	71
How to Host a Local/Invitational Meet	74
Judges Education Stipend / How to Host a State Meet	76
Entry Fee Distribution	79
Meet Director Violations / Updates / Checklist	80
Reporting Meet Results	85
USA Gymnastics – N.J. Education Opportunities / Contacts	86
Guidelines for Family Safety and Behavior at Meets	87
The Ten Commandments for Gymnastics Parents	88
Misc. USA-Gymnastics Blank Forms	89

Web site www.usagnj.com

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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).

DEVELOPMENT PROGRAM (Formerly known as the **JR. OLYMPIC PROGRAM**), Competitive program consisting of Levels 1 to 10 as well as the Xcel Program. Formally known as the J.O. Program, also 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.

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.

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 electronically 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, Xcel Divisions, and as a local, state, regional, national meet, etc.

STATE 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 State meets. **Entry Procedures for USA-Gymnastics N.J." in this booklet.** The State Meet falls under the jurisdiction of the State Administrator and State Committee.

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 QUALIFIER MEET: Meets for all Levels, which meet the requirements that allow the gymnasts to qualify for the State Championship Meet.

XCEL: The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Developmental 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 and as such is an interpretation of rules. An attempt has been made here to include all rules specific to gymnastics in New Jersey.

Although accurate when printed, all information in this booklet is superseded 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. 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 over the age of 18 at a Sanctioned USA-Gymnastics Meet must be a Professional Member of *USA-Gymnastics*, have a back-ground check, and taken the *USA-Gymnastics U 100, U101, U110,112,113 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. It is the coach's responsibility to educate parents about appropriate behavior at meets. It is also the Coaches/ Club Owners responsibility to educate the parents on how to register their gymnasts with USA-G developmental program. Coaches are responsible for entering them in the correct age group as well as providing Athletic Membership numbers for each athlete entering a meet.
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

"Women's Program HOT LINE"

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

PARENTS ASK COACHES/GYM OWNERS

ALL PROFESSIONAL MEMBERS OF THE USA GYMNASTICS WOMEN'S PROGRAM ASK

MEMBERS AND STATE ADMINISTRATIVE COMMITTEE CHAIRMAN (SACC)

SACC asks

RXCC

Xcel athlete development
Division Mobility
Questions concerning
Xcel Code of points
Recommendations
for changes within the
program

RDPCC

D.P. Development
Level Mobility
Upcoming events
Qualifying to higher
competitions
Recommendation for
changes within the
program
**Compulsory exercises
program**

RACC

Membership
Athlete Registration
Finances
Meet Bids
Operating Code
Meet Report
Rules & Policies

RTCC

Technical Questions
Questions concerning
Code of points, Compulsory
deductions & technical
Recommendations for
changes within the
program

RXCC asks

RDPCC asks

RACC asks

RTCC asks

NXCC Asks

NDPCC Asks

NACC Asks

NTCC Asks

WDP Director asks

WDP Technical Director

asks

Women's Program Vice-President asks

CHIEF PROGRAMS OFFICER

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 membership@usagym.org 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's must be a USA-G Professional Members,

All professional members must be Safety Certified, have a back ground check and must have completed the U100, U101, U110, U112, U113, course.

USA-GYMNASTICS NATIONAL OFFICE

1099 Meridian Street, Suite 800	Indianapolis, Indiana 46204	(317) 237-5050	www.usagym.org
Member Service	1-800-345-4719		membership@usagym.org
Safe Sport	safesportpolicy@usagym.org		www.uscenterforsafesport.org
Sanction	sanctions@usagym.org		
Accounting	accounting@usagym.org		stateandregion@usagym.org
Communication	communications@usagym.org		

ADDITIONAL RESOURCES:

Women's Program:

<https://usagym.org/pages/women/pages/index.html>

WAG Committee Minutes:

<https://usagym.org/pages/women/minutes/>

WAG Operating Code:

<https://usagym.org/PDFs/Women/Rules/operatingcode.pdf>

Member Services:

<https://usagym.org/pages/membership/pages/index.html>

Education:

<https://usagym.org/pages/education/pages/index.html>

Safe Sport:

<https://usagym.org/pages/education/safesport/>

WOMENS ARTISTIC

WAG STAFF

<u>Position</u>	<u>Board Member</u>	<u>Phone</u>	<u>Email</u>
Vice president	Annie Heffernon	317.829.5659	aheffernon@usagym.org
Elite Development Program Dir.	Shelby Humbles	317.829.5637	ssalmon@usagym.org
Development Program Dir.	Christy Naik	317.829.5643	cnaik@usagym.org
Xcel Program Manager Dir.	Heather Ould		hould@usagym.org
Development Program Coordinator	Nichole Otterson		notterson@usagym.org
Judges Accreditation Coordinator	Connie Maloney	317.829.5628	cmaloney@usagym.org

USA-GYMNASTICS NATIONAL CHAIRS

<u>Position</u>	<u>Board Member</u>	<u>Phone</u>	<u>Email</u>
NACC	Jennifer Krause	209.607.2825	jenshipman@yahoo.com
NDPCC	Tom Koll	402.213.7701	tkoll60@gmail.com
NTCC	Linda Thorberg	952.200.9514	Lindathorbergtc@gmail.com
NXCC	Claudia Kretschmer	734.417.1451	coachcak@mac.com
IECC	Kelli Hill	301.840.5900	kelli@hillsgymnastics.com

2020 - 2024 USA-GYMNASTICS - REGION VII COMMITTEE

<u>Regional Position</u>	<u>Board Member</u>	<u>Email</u>
(RACC)	Jennifer Bortz	jbortz7rac@gmail.com
(RTCC)	Jane Caruso	janecaruso2@gmail.com
(RDPCC)	Linda Johnson	r7jocc@gmail.com
(RJD)	Bonnie Synol	bsynol61@yahoo.com
(RXCC)	Jen Skorski	jcp giant@gmail.com
Delaware SACC	Laura Suares	laura de sacc@gmail.com
Maryland SACC	Beth Renwick	bethrenwick@aol.com
New Jersey SACC	Brant Lutska	saccnj@gmail.com
Pennsylvania SACC	Carla Ceralde	Pausag155@gmail.com
Virginia SACC	Steve Garman	vausag@gmail.com
West Virginia SACC	Chelsi Webb	wvusag@gmail.com

REGIONAL CHAIRMAN

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

Email jbortz7rac@gmail.com

R.T.C.C

Myra Elfenbein
8806 Church Field Lane
Laurel, MD 20708

Email region7rtc@comcast.net

R.D.P.C.C

Linda Johnson
2456 Vineyard Lane
Crofton, MD 21114

Email r7jocc@gmail.com

LIAISONS TO WOMEN'S PROGRAM

National Association of Women's Gymnastics Judge's (NAWGJ) <https://nawgj.org/>


NCAA Eligibility-Legislative Services www.athleticscholarships.net/ncaa-clearinghouse

US Elite Coaches Association (USECA) www.useca.org

Women's Collegiate Gymnastics Association www.wcgagym.com

U.S. Gymnastics Club Owners Association www.usgcoa.org

MEMBERSHIP REQUIERMENTS FOR USA-G AND XCEL PROGRAM



MEMBERSHIPS		MINIMUM AGE	USA GYMNASTICS BACKGROUND CHECK	U110: U.S. CENTER FOR SAFE SPORT COURSE	U101: SAFETY AND RISK MANAGEMENT COURSE	U113: SAFE SPORT POLICY COURSE <small>Must be completed by Nov. 1, 2021</small>	U112: TOUGH COACHING OR EMOTIONAL ABUSE COURSE <small>Must be completed by Jan. 10, 2022</small>	CONCUSSION EDUCATION ACKNOWLEDGMENT	U100: FUNDAMENTALS OF GYMNASTICS INSTRUCTION COURSE	MEET DIRECTOR CERTIFICATION <small>For Acrobatic and Women disciplines only</small>
Formerly known as Professional Member	Competitive Coach	16	✓ 18+	✓ 18+	✓	✓ 18+	✓ 18+	✓ 18+	✓	
	Judge	16	✓ 18+	✓ 18+	✓	✓ 18+				
	Organizational Owner/ Managing Director	18	✓	✓	✓	✓	✓	✓		
Formerly known as Instructor Member	Meet Director	18	✓	✓	✓	✓		✓		✓
	Recreational Coach	14	✓ 18+	✓ 18+		✓ 18+	✓ 18+	✓ 18+		
	Photographer/ Videographer	18	✓	✓		✓				
	Medical	18	✓	✓						
	Volunteer	14	✓ 18+ *	✓ 18+						
	Athlete	N/A		✓ 18+						

¹ An individual may hold more than one membership type.

² Additional education requirements may be needed based on the discipline that the coach or judge participates in.

* A background check consistent with the USA Gymnastics background check policy must be completed for Volunteer members 18 years of age and older. [Click here](#) for the list of participants that have regular contact with, and authority over, minor athletes who are required to complete the U110: Safe Sport Course and background check.

USA-GYMNASTICS N.J. STATE ADMINISTRATIVE COMMITTEE

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 Chair Jennifer Bortz and is responsible for overseeing the competitive program, all rules and policies at the regional level. The SACC only votes to break a tie.

Requirement to run for SACC (*State Administrative Committee Chairman*):

Must be active within that State's program for a minimum of two (2) consecutive years.

It is strongly recommended that the SACC candidates have:

- a. financial skills,
- b. organizational skills,
- c. communication skills,
- d. a working knowledge of the program,
- e. a willingness to fulfill the duties and responsibilities of the position.

The (SACC) shall serve for four years and be elected two years after the Olympic Games (effective 2022).

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 state levels for girls as allowed by USA-Gymnastics. The committee also decides Rules and Policies specific to the State of New Jersey.

State Administrative Committees should have a minimum of **five (5)** voting (elected) members. **It is strongly recommended that committees should not have an even number of members.**

USA-GYMNASTICS N.J. STATE COMMITTEE CONTACTS 2022-2024

Committee Position	Committee Member	Email
USA-Gymnastics N.J. - SACC	Brant Lutska 92 State Street Perth Amboy, NJ 08861	saccnj@gmail.com
Clinic Coordinator *	Jeanne Devenney	jdevenney285@gmail.com
Club Owners Rep North *	IyaSokoya " Iya "Karade	coach_iya@athleticartsacademynj.com
Club Owners Rep South *	Amy Middlekauff 234 Geissinger Ave. Millville, N.J. 08332	gymstar70@aol.com
Coaches & Judges Ed. Rep *	Bonnie Synol 61 Libertyville Rd. Wantage, N.J. 07461	bsynol61@yahoo.com
Coaches Rep North *	Rachael Rosenthal Paragon School of Gymnastics, 49 Walnut St., Suite 4 Norwood, NJ 07648	rarent@yahoo.com
Coaches Rep South *	Barbara Kelly Sullivan 2 Lilac Drive Flemington, N.J. 08822	coachbarb@gu-nj.com
Meet Directors Rep *	Cheryl Gambuti 64 Brookwood Dr. Wayne, N.J. 07470	gbuti@aol.com
Xcel Program Rep North *	Leslie McPeck 15 Glen Cove Rd., Andover, NJ 07821	mcpeekrl@gmail.com
Xcel Program Rep South *	Kelly Gaston	karaokekelly704@gmail.com

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

Advisory Committee Position	Committee Member	Email
Secretary / Treasurer	William Psiuk	billpsiuk@gmail.com
Competitions Chairman	Patricia Strickland	gymjudge4@me.com
Legal Advisor	Leah Brndjar	leahbrndjar@yahoo.com
NAWGJ	Pam Gardin	pamgardin@gmail.com

At Large:

Collegiate Programs	Jason Bauer	jbauer.hohgym@gmail.com
Hall of Fame	Mary Peters	mcpeters06@gmail.com
Apparel and NJ Magazine	Angela Andrew's	aandrews@comcast.net
Past SACC	Dave Rettig	djrettig@cs.com

USA GYMNASTICS-NJ SECTIONAL AND STATE MEET SCHEDULE 2024

YEAR	DATE	MEET	SITE
2023	Oct. 1	Season A Begins	
	Oct. 7/8		
	Oct. 14/15	Columbus Day	
	Oct. 21/22		
	Oct 28/29		
	Nov. 4/5		
	Nov. 11/12	Veterans Day Weekend	
	Nov. 18/19		
	Nov. 25/26	Thanksgiving Weekend	
	Dec. 2/3		
	Dec. 9/10		
	Dec. 16/17		
	Dec. 23/24	Christmas	
	Dec. 30/31		
2024	Jan. 6/7		
	Jan. 13/14		
	Jan. 20/21		
	Jan 27/28		
	Jan. 28	DECLARATION DATE FOR LEVEL 5, XCEL SILVER	
	Feb. 3/4	Level 5, Xcel Silver States ENVISION	
	Feb. 10/11	TEAM CHAMPIONSHIP	
	Feb. 11	DECLARATION DATE FOR LEVEL 2, 3, 4	
	Feb. 18	DECLARATION DATE FOR EXCEL BRONZE	
	Feb. 24/25	Level 2, 3, 4 States ACTION	
	Feb 26	Season B Begins	
	March 2/3	Xcel Bronze States SPARTAN	
	March 10	DECLARATION DATE FOR Level 8, 9, 10 States	
	March 16/17		
	March 23/24	Level 8-10 States WILL-MOOR DECLARATION DATE FOR LEVEL 6, 7	
	March 30/31	EASTER	
	April 6/7	Level 6, 7 States PRECISION Level 8-10 Spring Board to Regional Clinic	
	April 11/14	Level 9/10 Regionals CENTRE ELITE GYMNASTICS PA	
	April 14	DECLARATION DATE FOR XCEL GOLD	
	April 21	DECLARATION DATE FOR Xcel Plat, Dia, Sapphire	
	April 20/21	Xcel Gold States GIANT SPARTA Level 8 Regionals &	
	April 19-21	Level 7 Regionals URSINUS COLLEGE PA	
	May 4/5	Xcel Plat, Dia, Sapphire States STAR BOUND Level 9 Eastern	
	May 9/12	level 10 J.O. National and NIT	
	May 16 - 19	Xcel Regionals THE MILLER CENTER PA	

As per R&P

Priority Day for States is Sunday. If two days are required, Saturday & Sunday are priority days.

USA-GYMNASTICS N.J. GENERAL INFORMATION

USA Gymnastics is pleased to announce the national launch of the Xcel Sapphire division beginning August 1, 2023. Sapphire is a new division of Xcel for athletes who want to advance beyond the Diamond Division.

Purpose:

Offer a division beyond Xcel Diamond for upper-level gymnasts to continue the sport in a safe and fun environment.

A Division that would allow Xcel gymnasts to prepare for college Intramural sports or NCAA Acrobatics & Tumbling

Participants:

Xcel gymnasts who started in the Xcel Program who have already met the challenges presented within Diamond.

Gymnasts coming from other leagues who have skills beyond the Diamond Division.

Former Development Program Level 8's, 9's, and 10's.

Gymnasts who may want to stay in the sport and compete at the intramural Club level in college or NCAA Acrobatics & Tumbling.

Benefits to the Gymnast:

Longevity in the sport.

Allow athletes to experience progressive gymnastics with reasonable commitment.

Continue to experience fun and success within the sport.

Provides an opportunity for more score differentiation.

Prepare for college sport opportunities.

ALL GYMNASTS MUST BE REGISTERED BY JANUARY 15, 2024.

All levels will have a declaration date.

Those dates are posted on the New Jersey State Meet competitive season calendar.

All Level 10s who qualified to the Developmental Program 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 Eastern athletes - in rank order, regardless of age division.

Judges Compensation Package (as stated in the Women's Rules & Policies)

- Starting August 1, 2023:
 - Assigning fee: Increase of \$3.00 to **\$5.00**
 - Any assigning fees collected prior to 8/1/23 will reflect the current \$3.00/per judge fee.
 - Any assigning fees collected 8/1/23 and after will reflect the new fee of \$5.00/per judge fee.
 - Judges hourly rate: Increase of **\$1.00** per hour for all judges' ratings (Developmental and Xcel)

Mobility

(Division updates shown in red)

Pre-requisite Score		Entry Division from Development Program	
Division Previous	Updated	Previous	Updated
Gold		Levels 3 & 4	Levels 1-4
Platinum 31.00 AA at Gold or 8.0 IES	32.00 AA at Gold or 8.50 IES	Levels 5, 6, 7	No Change
Diamond 31.00 AA at Platinum or 8.0 IES	32.00 AA at Platinum or 8.50 IES	Levels 7, 8, 9, 10	Levels 7, 8
(Pilot) Sapphire 34.00 AA at Diamond or 8.50 IES	32.00 AA at Diamond or 8.50 IES	(Pilot) Levels 8, 9, 10	Levels 8, 9, 10 (No change from Pilot)

IES – Individual Event Specialist

Additional General Changes

• Video:

• **Prior to Inquiry:** A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if that inquiry should move forward.

• **Video Review:** At Xcel State Meet and above, a coach can request a video review by the Meet Ref and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involved an instance that would affect the start value.

• **Meet Referee:** At a State meet and above, a Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled and restricted elements were not performed.

• **Inquiries to Raise Score:** Any inquiry to raise a score .10 or less on the lowest event score to qualify to the State or Regional meet applies **ONLY to All Around athletes**

“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;

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 2022. 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?

Athletes who turn 18 after March 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 ngbsservices@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. Any updates to the Safe Sport policy can be found at <https://usagym.org/pages/education/safesport/>.

ALL LEVELS AND XCEL DIVISION STATE MEETS COACHES RESPONSIBILITY

Maintain a USA Gymnastics Professional Membership. A Criminal Background Check, as well as the following Certification are pre-requisites of Professional Membership 18 + years of age;

U100 Fundamentals of Gymnastics Instruction Course

U101 Safety and Risk Management Course

U110 US Center for Safe Sport Course

U112 Tough Coaching or Emotional Abuse Course

U113 Safe Sport Policy Course

Concussion Education Acknowledgment

Junior Professional Coach Minimum age 16 and Recreational Coaches under the age of 14, members are exempt from the Criminal Background check and the above course.

1. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area). Judges may use 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 days 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 coach's responsibility to submit his or her name with the correct information not the club's 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.

COMPETITIVE COACH MEMBER BEHAVIOR POLICY

At USA Gymnastics Sanctioned Events, **INAPPROPRIATE** coach behavior is defined as:

1. Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last-minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the *Rules and Policies*.
2. Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed personnel).
3. Derogatory remarks to the press in regard to USA Gymnastics, its designated representatives, meet officials or personnel.
4. Violating any of the coaches' or judges' specific responsibilities as listed later in this chapter.

INAPPROPRIATE behavior will be penalized as follows:

1. First Offense: Verbal warning will be issued by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The warning **MUST** be documented and recorded by the Meet Referee on the sanction report form.
2. Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).

At USA Gymnastics Sanctioned Events, **UNACCEPTABLE** coach behavior is defined as:

- a. Verbal, emotional, sexual, or physical abuse of a gymnast.

Abuse of alcohol or drugs. **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.
- b. The ejection **MUST** be documented and recorded by the Meet Referee on the sanction report form. The individual ejected will receive a sanction 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.

COACH'S AND JUNIOR PROFESSIONAL ATTIRE AT 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).
3. No hats or visors.
4. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
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 U 100, U101, U110, U112, U113, course.
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. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
11. Obtain an Accident Report Form signed by the Meet Director and/or medical personnel in the case of any injury to a gymnast for whom they are responsible. Accident Report forms will be included in the Sanction packet sent to the Meet Director, who will duplicate and provide copies for the medical personnel. The coach or parent of the injured athlete must be sure to secure this form, completed by the medical personnel and signed by the Meet Director, prior to leaving the competition.

ACCEPTABLE GYMNASTS ATTIRE

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

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 (including sport 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.
- e. 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).
- f. 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.
- g. At USA Gymnastics sanctioned events, a gymnast may NOT participate in warm-up or competition wearing a hard, non-removable cast.
- h. 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.
- i. **Gymnasts may not wear Earbuds / EarPods while actively competing.**

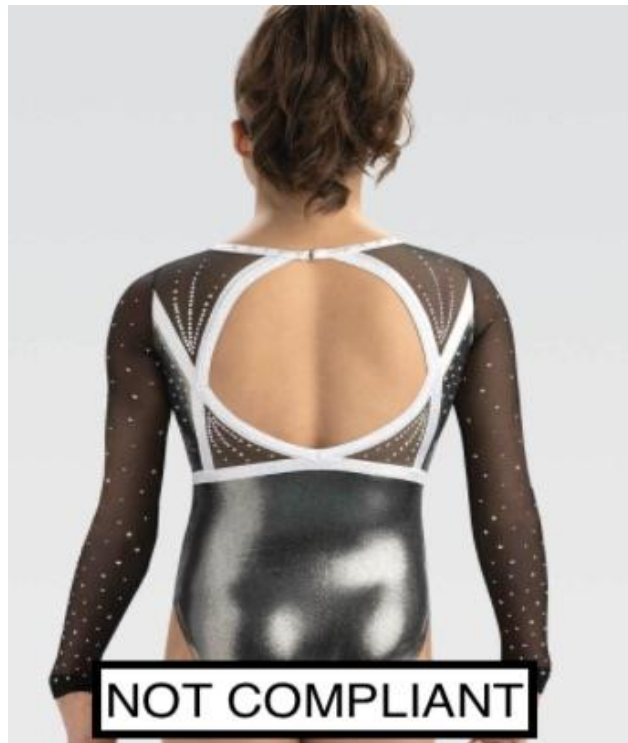
EARRINGS

More then one pair of **stud earrings** are allowed. All other piercings should be removed, not covered.

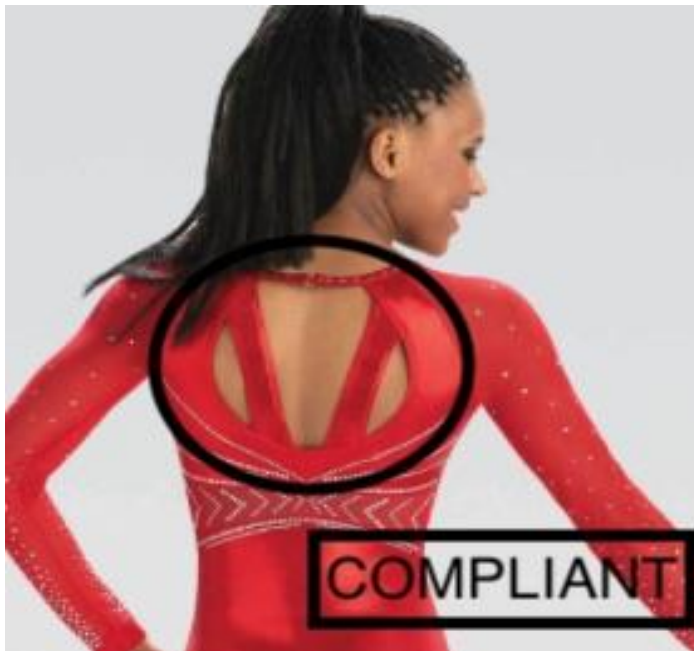
Backless leotard rule sample:



COMPLIANT



NOT COMPLIANT



COMPLIANT



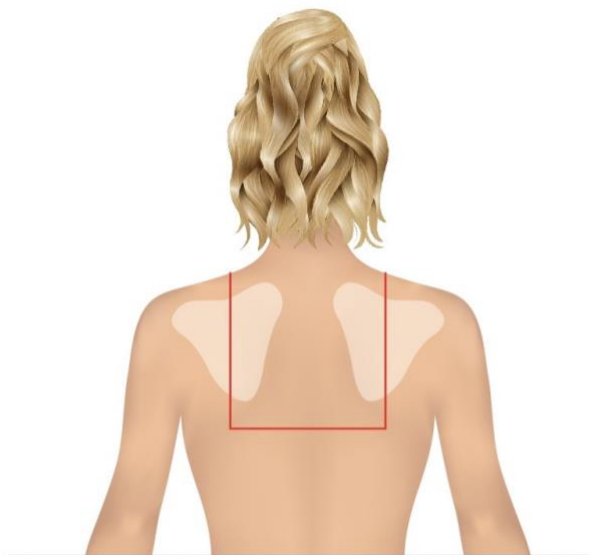
NOT COMPLIANT



- **Definition of “backless”**

A leotard is considered backless when the open area *visually extends no more than approximately 2 inches below the bottom of the scapula (shoulder blade)* and the open area extends past the vertical midpoint of the scapula, unless the open area is filled in with mesh or flesh-colored fabric.

- **Incorrect Attire Deduction is now 0.20 for Xcel!!**



Backless leotards: Unless the open area is filled with mesh or flesh-colored fabric, a leotard is considered backless with the open area visually extends:

- lower than 2 inches (approximately) below the bottom of the scapula (shoulder blade)
- wider than the vertical midpoint of the scapula

SHORTS

Shorts will be allowable apparel for the Developmental and Xcel program competitions.

2. Must be solid black (small manufactures branding is allowed) no embellishments, must be worn over or under leotards, length must be above the knee or shorter. After an initial warning, a 0.20 deduction for “inappropriate” attire will be applied for any infraction.

ACCEPTABLE GYMNAST ATTIRE SHORTS



ACCEPTABLE

- Solid color
- Above the knee
- One brand mark



NOT ACCEPTABLE

- Wording on waistband
- Not solid color

CN

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 club's 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 Registration fee past due your club will not be entered into an upcoming State Meet.**

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

ATHLETE RESIDENCY/CLUB'S STATE CHAMPIONSHIPS DETERMINATION

A gymnast **MUST** compete in the State Championships based upon the state in which her training facility is physically located.

1. If a gymnast resides in one state and their training facility is located in another neighboring state, the physical location of the gymnast's training facility determines the residency of the gymnast for State meet determination.
2. The gymnast must compete in the proper Regional meet, based upon the State Meet in which they competed.
 - A. A club **MUST** compete in the State Championship(s) of the state in which the training facility is physically located.
3. Clubs that have gyms in different locations (under the same ownership) have the option of competing under one club name or as separate clubs. The decision **MUST** be made at the beginning of the competitive year and communicated to the State and/or Regional Administrative Committee Chairman, as applicable.
4. If two different clubs (different names/owners) are coached by the same person, the State Administrative Committee may decide if the clubs may compete as one combined team in USA Gymnastics qualifying meets and State Championships.

COMPETITION FORMAT

Due to the performance of skills and the risk they pose, the following is a minimum medical (EMT, Paramedic) staff requirements for Sanctioned events as per USA-Gymnastics R & P. CHECK R&P CHAPTER 4 PAGE 29 ON MEDICAL PERSONNEL/PROCEDURES

1. **High Risk: Levels 8, 9, 10, Elite and Xcel Diamond, Sapphire Division.**
(ATC), EMT, Paramedic.
2. **Moderate Risk: Levels 4, 5, 6, 7, and Xcel Gold, Platinum Division.**
(Nurse, PT, ATC, MD/DO, EMT, Paramedic).
3. **Low Risk: Levels 2, 3, and Xcel Bronze, Silver Division. No medical personnel required**

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 Eastern's athletes - in rank order, regardless of age division.

4. **All Levels will have State Meets during the 2023 Season.**
5. **Warm-ups no earlier than 8:00 am.**
6. **Competition schedule to be completed by 10:00 p.m.**
7. **Athletes on floor (warm-up and competition) WILL NOT EXCEED FIVE HOURS.**

All Around competitors as well as Individual 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.

8. **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.**

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

10. **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.**

NON-TRADITIONAL FORMAT

STATE MEETS AND ABOVE

When there are 5 or less athletes in any given squad, a Meet Director is required to utilize a “bye”.

1. For both of these non-traditional formats, the total number of athletes assigned to the two squads that start on the same event (one squad in Flight A and the other squad in Flight B) cannot exceed:

- Sixteen (16) for Levels 8-10
- Eighteen (18) for Levels 6/7 combined with Levels 8-10
- Twenty (20) for Levels 6 and/or 7 only
- Twenty-four (24) for Levels 1-5.

Splitting the timed warm-ups within the squad is **NOT** allowed if there are:

- Nine (9) or more Level 8-10 or Level 6/7 combined with Level 8-10
- Eleven (11) or more Levels 6 and/or 7 only
- Thirteen (13) or more Level 1-5 in any of the eight (8) squads
- It is recommended that there be no less than five gymnasts per squad.

Maximum number of athletes allowed in a session combining Level 6/7 athletes with Level 8-10 athletes: Traditional formats: 60 – no more than 28 Level 8-10, Non-Traditional formats: 72 – no more than 32 Level 8-10

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 R&P for more information)

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

See chapter 6 for Xcel and chapter 8 for the Developmental Program

INITIATIVES FOR THE DEVELOPMENTAL PROGRAM

1. Any gymnast who has had previous competitive experience in any system (including USA Gymnastics) and who is a minimum of 12 years of age is eligible to petition for entry into Level 7 and below by submitting a formal written request to the State Administrative Committee. The petition must be accompanied by a video that demonstrates her skill level.
2. It is recommended that 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.

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.

DEVELOPMENTAL PROGRAM NATIONAL TRAINING CAMP

1. Training camp, any open slots will be offered to additional Level 10 Developmental Program National competitor's using the results of Developmental Program 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 8 to 10 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.

2023 TOPs Physical Abilities List

The goal for the TOPs physical abilities is to focus on form. The below physical abilities test will be judged based on the body shapes and form your athlete/athletes show during their testing.

- a. HS Hold
- b. Leg Lifts
- c. Casts
- d. Flex
- e. Presses
- f. Rope

Contact Information:

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

Gymnasts Ages 8 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

Testing Sites: TBD, there will be several per year in the State of New Jersey.

DEVELOPMENTAL PROGRAM 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. Developmental Program 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 Development Program 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 Salto's.

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.

10 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.**

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

12. 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

The mobility scores through the D.P. Program are as follows:

	Level	Mobility Score	State Qualifying	Regional Score
Must be 5 yrs. old	Level 2	N/A	31.00	N/A
Must be 6 yrs. old	Level 3	N/A	31.00	N/A
Must be 7 yrs. old	Level 4	34.00	31.00	N/A
	Level 4	Needs two (2) scores of 36 to skip to level 6		
Must be 7 yrs. old	Level 5	32.00	31.00	N/A
Must be 7 yrs. old	Level 6	32.00	32.00	N/A
Must be 7 yrs. old	Level 7	32	32.00	N/A
Must be 8 yrs. old	Level 8	34 / 8.50 IES	33 / 8.75 IES	35.00 / 36.00 Petition NO I.E.S
Must be 8 yrs. old for level 9 / 9 yrs. old for Level 10	Level 9 -10	34 / 8.50 IES	33 / 8.9 IES	34.00 / 9.0 IES 9.2 to petition

1. An elite athlete dropping back into the D.P. program is considered a D.P. athlete when she enters her first USA-Gymnastics sanctioned event as a Level 10 athlete.

2. 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.

3. In order to qualify to a State Meet, a gymnast must have competed in two in-state meets. A minimum of two clubs must be present to be a qualifier. This is for all USA-G Levels 2 to 7 as well as all Xcel Divisions. They will need only one (1) score to qualify to a State Meet.

4. Levels 2 to 4 as well as all Xcel divisions will have a one (1)-judge panel. Level 5 and above will have a two (2)-judge panel as per R&P.

- a. Levels 2-5 needs a 31.00 A.A. to qualify to States.
- b. Level 6/7 needs a 32.00 A.A. to qualify to States.
- c. Level 8 needs a 33.00 A.A., or an 8.75 IES to qualify to States. Qualifying score to Regionals is a 35.00 A.A. at a state meet, NO IES. To petition to Regionals a gymnast needs a 36.00 A.A.
- d. Level 9/10 needs a 33.00 A.A. or an 8.90 IES to qualify to States. A 34.00 A.A. or a 9.00 for IES at States to Regionals. To petition a 35.00 or a 9.20 IES at any meet and must have participated within her state at a meet.
- e. All Xcel Divisions need a 32.00 A.A. to States, except Sapphire, they will need a 33.00 A.A. or an 8.75 as an IES.
- f. XCEL Gold, Platinum, Diamond, and Sapphire to Regionals need a 35.00 or a 36.00 pre-qualified, No IES first year to Regionals.

EQUIPMENT

Additional warm-up and spotting equipment may be brought to a USA Gymnastics sanctioned competition.

Exception: Bringing your own alternate skill cushion made of softer foam is NOT ALLOWED

***Additional equipment is NOT required to remain at any specified event.**

*** Additional equipment MUST be manufactured by a recognized gymnastics equipment manufacturer.**

Equipment Boards

A small “junior board” / preschool type board (35-5/8” X 23-5/8” X 91/2”) is NO LONGER ALLOWED for all Development Program levels.

Levels 1-3 may use an alternative (trampoline-type springboard).

Level 7 Vault

If available, a 4ft X 6ft. X 8 in. mat is ALLOWED to be used as a landing mat stack. Allowed at invitational and REQUIRED at State and above competition.

Reminder: a sting mat IS ALLOWED to be used on top of the mat stack for a softer landing surface.

Level 8, 9, 10 Vault

If available, a 4ft X 6ft. X 8 in. mat is ALLOWED for WARM-UPS ONLY to perform a “timer” for a Salto Vault.

Allowed at all sanctioned competitions

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.

EQUIPMENT – BARS

Starting 2025-2026 Season:

AAI EVO – ELITE Uneven bars may be used at Level 9 Eastern and Western and are required at Level 10 National Championships.

LANDING SURFACE

UB and BB apparatus set up over loose foam pit is NOT ALLOWED FOR COMPETITION, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.

Exception: UB and BB apparatus set up over a Resi pit is allowable if the landing surface is deemed firm by both Meet Referee and Meet Director prior to competition.

All competition matting specs must be met when utilizing either of these options.

Chalk or water MAY NOT BE ADDED TO THE RAILS OR MATS once the exercise has begun / while athlete is on the competitive equipment.

LEVEL 5

Two (20 options allowed for level 5 Uneven Bars dismount;

- 1. Can perform the current Level 5 dismount of a flyaway, allowing a 10.0 start value.**
- 2. Can perform the Level 4 dismount of TAP SWING FORWARD WITH ½ (180°) TURN, only allowing a 9.5 start value.**

COMPULSORY FLOOR LEVEL 1 TO 5

Athletes can choose from either a tuck or pike entrance onto the backward roll progressions.

VAULTING RUNWAY AND BOARDS:

HAND PLACEMENT MAT

Chalk only (no tape) may be placed on hand placement mat.

REMINDER: Vault runway only allows for athletic tape or Velcro strips (no chalk).

All (chalk, tape, Velcro) must be removed by end of rotation.

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

- Levels 1-4 may use a manufactured "junior" vaulting board.
- Levels 1 and 2 athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer.
- 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

Level 6 – 10

Vault numbers Must be visually displayed at any sanctioned competition which utilizes a 4-judge panel. At all other competitions, the Vault name or number may be audibly communicated to the judges.

NEW VAULTS

Vault # Name	Level 8	Level 9	Level 10
1.109 Front Handspring onto board-Handspring off	9.1	8.6	8.2
1.110 Front Handspring onto board-Handspring 1/2 off	9.2	8.7	8.3
1.209 Front Handspring onto board- Handspring 1/1 turn off	9.6	9.1	8.9
1.111 Front Handspring onto board- 1/2 turn on - repulsion off	9.1	7.1	7.1
1.211. Front Handspring onto board- 1/2 turn on - 1/2 turn off	9.3	8.7	8.3
1.311 Front Handspring onto board- 1/2 turn on - 1/1 turn off	9.5	9	8.8
5.108 RO-FF 1/1 turn on - repulsion off	N/A	8.2	8.2

Following a fall on the first vault, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the second vault. After 25 seconds have passed, the Chief Judge will announce “20 seconds remaining”. After 35 seconds have passed, “10 seconds remaining” will be announced. “Time” Is announced at 45 seconds.

Failure to use a mat stack for Level 6 and 7 vaults will result in a Void vault.

The 2nd flight phase deduction for “Failure to maintain prescribed body position” from up to 0.30 to up to 0.50 and add “(excessive arch / excessive pike)”

The deduction for Level 7 Vault for “Failure to land on any part of the bottom of the feet first” to:

- a No Deduction for Tsukahara and Yurchenko entry vaults**
- b VOID for Front Handspring entry 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 DP 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 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. Developmental Program - 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. **Developmental 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.

f. 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).

g. 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 mat must be a minimum of a 10 cm (4 inch) skill cushion.

10. Manufactured Round-off entry mat(s) may also be used; however, at East/West & D.P. 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

At all sanctioned events, Bars fall time does not start until the athlete is STANDING UP on her feet.

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.

BARS: LEVELS 7-10

Values of elements with 1/2 turns that finish on the same side of the bar (short side 1/2 turns).

3.105 Clear hip circle with 1/2 (180°) turn on the upswing at horizontal (HB height) to 45° from vertical

3.205 Clear hip circle with 1/2 (180°) turn on the upswing at 21° to 44° from vertical

6.104 Clear stalker circle backward with 1/2 (180°) turn on the upswing at horizontal (HB height) to 45° from vertical

6.204 Clear stalker circle backward with 1/2 (180°) turn on the upswing at 21° to 44° from vertical

7.109 Pike sole circle backward (toe one & off) with 1/2 (180°) turn on the upswing at horizontal (HB height) to 45° from vertical

7.209 Pike sole circle backward (toe one & off) with 1/2 (180°) turn on the upswing at 21° to 44° from vertical

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.

BEAM

At all sanctioned events, Beam fall time does not start until the athlete is STANDING UP on her feet.

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

FLOOR: LEVEL 6-10

Deduction change

Coach on FX area (inside the border marking) 0.50 0.30

FLOOR: LEVEL 6-10

Value clarification

All forward and backward roll variations will receive an "A" Value Part – regardless of final position.

FLOOR: LEVEL 7

Clarification - Special Requirements 1 & 2

A deduction of 0.50 each is applied for any of the four specifications that are missing, up to a maximum of 1.00.

Two passes

Backward salto in direct connection with another flight element

Forward salto (isolated or with other elements)

On layouts salto, either forward or backward, to land on 2 feet.

***If someone did only one pass with Front tuck, RO, FF, Back layout, they have met three things, but did not do 2 passes.**

FLOOR: LEVEL 8

Composition chart change

"Non-salto Acro flight" REMOVED from the Level 8 Floor Exercise composition chart for Value of Salto(s) performed as Last isolated salto or within the last Acro connection not up to the competitive level.

FLOOR: LEVEL 8-10

When last Salto does not receive VP credit due to a spot, no deduction of 0.30 will be taken from Start Value (SV) for no attempt to perform last Salto with VP credit.

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. [SEP]

1. Floor Music

a. Must provide Floor Exercise music in digital format (MP3, computer, tablet, smart phone, etc.). Playing music via Bluetooth is not allowed.

b. Meet Directors must provide options to play only digital copies of music (MP3 players, computers, tablets, smart phones, etc.). Meet Directors are no longer required to provide compact disc players. The electronic devices provided by the coach must have a display screen and must be on airplane mode. Playing music via Bluetooth is not allowed.

c. Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular, Internet, or Bluetooth at competitions is not allowed.

2. 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.

3. 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.

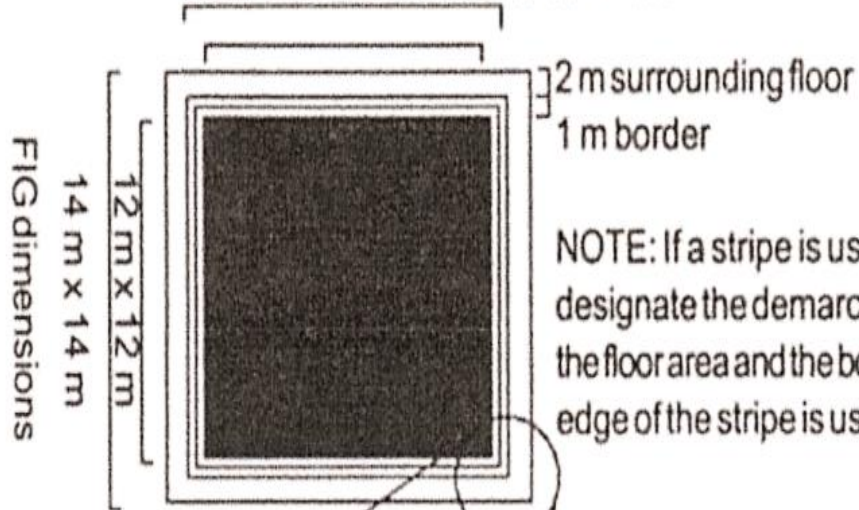
4. Floor Exercise Music: Meet directors are only required to provide one option to play digital copies of music. (MP3 players, computers, tablets, etc.). CD players are no longer required.

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

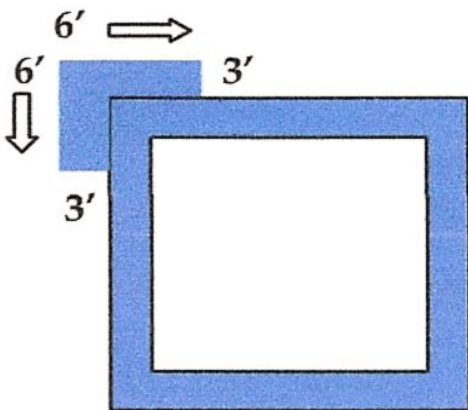
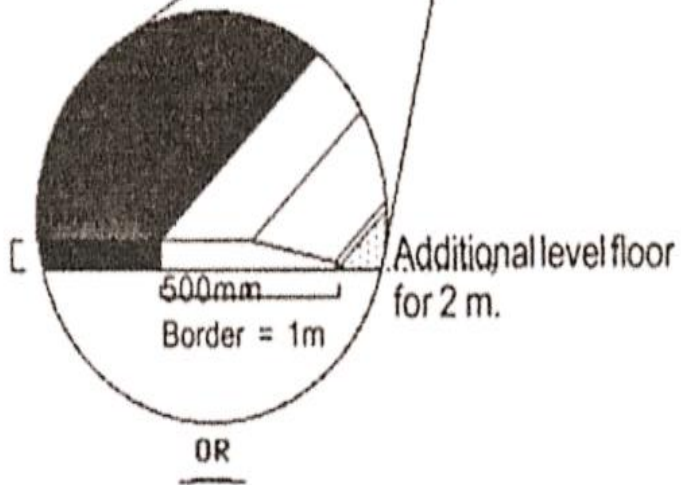
6. Floor Exercise: For Level 9 and 10, additional matting must be placed around each corner of the Floor Exercise mat to provide a minimum of 3 additional feet of matting from the floor exercise carpet edge and three feet along the perimeter. Example - showing coverage at one corner.

Total area with borders = 42' x 42'

Floor area = 39' 4 7/16" x 39' 4 7/16"



Height not to exceed 6"



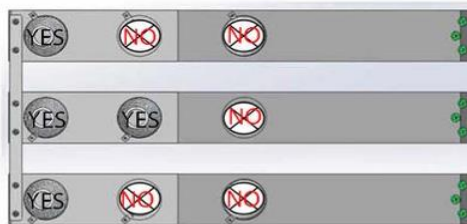
SPRINGBOARD/MOUNTING SPECIFICATIONS:

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. Developmental Program 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

The only acceptable meet formats are listed in R&P. Any ideas for new formats should be submitted to the National Development Program Committee Chairman (NDPCC) for consideration and/or approval and possible inclusion in future *Rules and Policies*.

Rotations are determined by the following formula:

- 1) **Compulsories:** Levels 1-2: Maximum of 30-seconds X number of gymnasts per squad
 Level 3: 45 seconds X number of gymnasts per squad
 Levels 4-5: 1 minute X number of gymnasts per squad
- 2) **Optionals:** Level 6-7: 1 1/2 min. x number of gymnasts per squad (regardless of format)
 Levels 8 / 9 / 10: 2 min. x number of gymnasts per squad (regardless of format)
 • For Levels 9 / 10, 2.5 minutes x number of gymnasts per squad on
 UNEVEN BARS ONLY, INCLUDES BAR SETTINGS (regardless of format).

3) **The amount of time for Vault and Floor Exercise pre-meet warm-ups is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast (see charts below).**

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 charts 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)

In Example 1, all squads would have 20 minutes (time of the largest squad) for Vault and Floor.

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 at Level 7; 2 at Level 8	13 min (6 x 1.5 plus 2 x 2 min)

In Example 2, all squads would have 20 minutes (time of the largest squad) for vault and floor.

5. All Levels (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.

- a. The clock will NOT stop within the block time.**
- b. Each block is allowed to set the Bars ONE INITIAL TIME before the warm-up time begins.**
- c. The clock WILL STOP between EACH block.**
- d. Separate blocks of ANY SIZE can occur within a squad.**
- e. At all sanctioned events, only one gymnast at a time can be on the Bars for any part of the warm-up period (this would include timed warm-ups and 30-second touch.)**
 - Block time will be allowed on Bars and Beam only at the discretion of each individual coach for teams that have several gymnasts in one squad. Individual gymnasts from different teams may join together to block time, if they so desire.**
- f. When using a “warm-up/compete” format (one gym and one set of apparatus) with timed warm-ups immediately preceding competition on each event, gymnasts may "block" time.**
- g. At USA Gymnastics sanctioned competitions that use a draw for individual competitive order, the first athlete to compete MUST warm-up first, whether she chooses to block or to take individual warm-up time. If the first athlete blocks warm-up time with additional athletes in the squad, those athletes will warm-up with the first competing athlete.**
- h. Staggered timed warm-up is NOT allowed on Balance Beam.**

DEVELOPMENTAL PROGRAM AGE DETERMINATION AND DATES

1. All gymnasts must reach the minimum age for the level before competing in any USA Gymnastics sanctioned competition.

• Example: Level 2 State Championships date is FEB. 25, 2024; the last Level 2 State Qualifier is February 4, 2024; the gymnast will turn the minimum age for level 2 (5 yrs. old) on February 26, 2024. She is ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Level 2 State Championships that season.

1. The gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship meet for that level. Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.

• For Levels 9 and 10 State Championships and below – age is determined by the date of the last day of the State Championships. The gymnast must compete with the age division as designated for the entire season.

**All levels have a declaration date, it will always be 40 days prior to the State Meet.
The last day to qualify will always be 21 days (3 weeks) prior to that State Meet.**

USA-Gymnastics N.J. Age Determination Dates:

- a. Level 2: Age as of FEB. 25, 2024 determines age for the entire season, but must have had her 5th Birthday.
- b. Level 3: Age as of FEB. 25, 2024 determines age for the entire season, but must have had her 6th Birthday.
- c. Level 4: Age as of FEB. 25, 2024 determines age for the entire season, but must have had her 7th Birthday.
- d. Level 5: Age as of Feb 4, 2024 determines age for the entire season, but must have had her 7th Birthday.
- e. Level 6: Age as of April 7, 2024 determines age for the entire season, but must have had her 7th Birthday.
- f. Level 7: Age as of April 7, 2024 determines age for the entire season, but must have had her 7th Birthday.
- g. Level 8: Age as of March 24, 2024 determines age for the entire season, but must have had her 8th Birthday.
- h. Level 9: Age as of March 24, 2024 determines age for the entire season, but must have had her 8th Birthday.
- i. Level 10: Age as of March 24, 2024 determines age for the entire season, but must have had her 9th Birthday.

The SACC must determine prior to the beginning of the competitive year, a designated "declaration" date for each level for such purpose. The highest level the athlete competes in a sanctioned competition after the "declaration" date designates her level for the remainder of the current season.

If a gymnast does not qualify to the State Championships, she may petition to drop back one Level at the beginning of the next competitive season by submitting a formal written request to: For Levels 7 and below, the petition is sent to the SACC, and the final decision is determined by the SACC. For Levels 8, 9 and 10, the petition is sent to the RACC, and the final decision is determined by the Regional Administrative Committee (RAC).

Once an athlete competes in the State Championships, she is not allowed to drop back.

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 Note 4 to 6 Below	See Note 4 to 6 Below	See Note 4 to 6 Below
7 - 8 Yrs.	8 Yrs.	9 Yrs.	9 Yrs.	10 Yrs.	10 Yrs.			
9 Yrs.	9 Yrs.	10 Yrs.	10 Yrs.	11 Yrs.	11 Yrs.			
10 Yrs.	10 Yrs.	11 + Yrs.	11 + Yrs.	12 + Yrs.	12 + Yrs.			
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 in State via a Local or Invitational Meet (with a 33.00 A.A. score) must have two clubs minimum in attendance, 21 days prior to the State Meet. There is no Sectionals for Level 8, 9 and 10.

1. The Meet Director MAY NOT determine the age groups for Invitational and qualifying meets below the State Championships,
2. 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 into Jr., Sr. due to larger numbers in that specific age group.
 - 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.

ALL LEVELS / XCEL Declaration will always be 40 days prior to the State Meet.

The last day to qualify will always be 21 days (3 weeks) prior to that State Meet.

DEVELOPMENTAL PROGRAM STATE MEET ENTRY PROCEDURES

1. Entries must be postmarked **17 days prior** to the meet, and 2 days after the last Local/Invitational meet.

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

2. If you are trying to qualify 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. **Once the entries have been emailed to the meet host. Scratches will not be refunded for any State meet.**

4. **All Level gymnasts must be registered and have attained a qualifying score 21 days prior to that State Meet.**

DECLARATION DATE

Level	Date
2	Jan 16, 2024
3	Jan 16, 2024
4	Jan 16, 2024
5	March 27, 2024
6	Feb. 27 2024
7	Feb. 27 2024
8, 9, 10	Feb 13, 2024

Last day to qualify for States is

Level	To States
2	Feb 4, 2024
3	Feb 4, 2024
4	Feb. 4, 2024
5	Jan. 14,2024
6	March 17, 2024
7	March 17, 2024
8, 9, 10	March 3, 2024

DEVELOPMENTAL PROGRAM MEET QUALIFYING SCORE REQUIREMENTS

Level	To States	To Regionals	To Nationals
2	31	N/A	N/A
3	31	N/A	N/A
4	31	N/A	N/A
5	31	N/A	N/A
6	32	N/A	N/A
7	32	N/A	N/A
8	33	35.00	
9	33	34.00	Top 7 per age division with a 34 Min
10	33	34.00	Top 7 per age division with a 35 Min

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

2. 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.

DEVELOPMENTEL PROGRAM STATE ENTRY FEE

The entry form is found in this booklet and on the website usagnj.com under forms. If needed contact Patty Strickland at gymjudge4@me.com

The entry form has tabs at the bottom for each level. 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 Bronze, 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, Sapphire entry fee -	\$105.00

There will be no refunds once the designated sites are emailed to the meet host.

1. All levels and Xcel divisions athlete will pay a \$30.00 registration fee annually to the state, and must be registered by January 15, 2023. Checks made payable to USA-G N.J.

Registration forms must be emailed to billpsiuk@gmail.com All checks mailed to:
William Psiuk,
USAG-NJ Secretary / Treasurer
110 Fifth Ave,
Bradley Beach, N.J. 07720

2. The results for Level 8, 9 and 10 must be submitted in electronic form (in an excel spread sheet) to the Competitions Chair gymjudge4@me.com also to billpsiuk@gmail.com within 24 hours.

3. For State Meets, 2 DAYS AFTER THE LAST SECTIONAL MEET all entries must be emailed to Patty Strickland at gymjudge4@me.com.

4. Level 8, 9, 10 gymnasts must have attained a qualifying score 21 days prior to the State Meet. Last day to qualify is March 5, 2023. All entries must be emailed to Patty Strickland at gymjudge4@me.com.

5. 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.

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

7. LATE FEE: \$25.00 PER GYMNAST (MAILED TO THE HOST CLUB)

8. 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.

DEVELOPMENTAL PROGRAM INDIVIDUAL EVENT SPECIALIST

1. IES qualifying scores for level 8 to States is an 8.750
2. There will be duplicate awards, with no tiebreaker. No all-around athlete will be bumped by an 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 gymnast injure herself where she cannot do all four events prior to the State Meet a notification to the SACC with an explanation must be submitted for approval.
5. A gymnast **MAY NOT** compete more than 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. **For Levels 9 & 10 – athletes are NO LONGER REQUIRED to designate as an Individual Event Specialist prior to State Meet.**
 - Will allow true IES AND All-Around athletes ability to qualify to Regionals on 1, 2 or 3 events (provided they achieve the qualification score)
 - Will allow L10 athletes to move on to Regionals and have a chance to qualify to All-Star session at Developmental Nationals

IES RULES FOR LEVEL 9, 10 STATES, REGIONAL MCOMPETITION

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 gymnast injure herself where she cannot 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. IES (Individual Event Specialist) athletes allowed to petition to Regionals with an event score that is **at least 0.25 greater than the current Regional qualifying score.**

- d. **Petition to Level 9 and 10 regionals as an IES is a 9.2**

- **All paperwork must be included**

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

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

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 Developmental Program 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 PROCEDURE

NO PETITIONS To Development Program Regional Championships (at any level) if qualification is by a percentage OR by a specific number of athletes.

Level 9 &10 IES Athletes allowed to petition to Regionals with an event score that is at least 0.25 greater than the current Regional qualifying score.

****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 ****

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 Regionals. 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 Meet maker. You must mark the petitioned athletes as 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 her 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:

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.

If any region is unable to field a team of seven gymnasts per age divisions, the open slots will be filled using the following formula:

• Region with the largest number of gymnasts in that particular age division will fill the first open slot.

• Region with the next largest number of gymnasts in that particular age division will fill the second open slot.

• Region with the next largest number of gymnasts in that particular age division will fill the third open slot.

IF a fourth slot is open, it will return to the region with the largest number of gymnasts in that particular age division.

9/10 REGIONALS PETITIONING PROCEDURES

PETITIONS TO STATE CHAMPIONSHIPS SEE GENERAL RULES - CHAPTER 8, IN THE R&P.

All petitions must be received at least three weeks prior to the Level 10 State Championships. ^{SEP}

****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.
 - 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 as 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:
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:**

DEVELOPMENTAL PROGRAM 9 EASTERN AND NATIONAL CHAMPIONSHIPS

All Level 10s who qualified to D.P. 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 Developmental Program National Championships

1. Coaches **ARE REQUIRED** to register online through the USA-Gymnastics Meet Reservation System. The number of Credentialed allowed per club are as 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 Developmental Program Director for coach credentials

Upon approval of the Women's Developmental 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.

2. 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

3. Age division for the 9 and 10 Regional, Level 9 Eastern Nationals and Level 10 D.P. 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 Developmental 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.

4. 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 coach's responsibility to confirm the age group the gymnast is competing in.

- 5. Alternates at East/West and Developmental Program 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

If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for Level mobility.

1. It is the responsibility of the meet director to purchase awards for Local, Invitational Meets. Meets must purchase awards from “A-1” awards “contact Jaime” at 1(800) 444-9569.

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

b. **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. 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:**

<u># of Gymnasts</u>	<u>Event Places</u>	<u>All Around Places</u>
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 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 States Meets, placement awards only on all events, placement and achievement awards for all around.

c. USA-Gymnastics N.J. Criteria. All awards must be presented on the awards stand, starting from 1st place down. All All-Around medalist 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. 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 PHILOSOPHY

The USA gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coach and gymnast. The goal of Xcel is to provide gymnast of varying abilities and commitment levels the opportunity for a rewarding, gymnastics experience. The program allows a wide choice in skills to meet requirements so selections may be based on an individual athletes strengths.

The focus of the Xcel program is sportsmanship, leadership, teamwork, and fun. The emphasis in the Xcel program is on correct technique, form, and performance.

Administrative Committee

- **Referred to Admin Committee by Xcel:**

- Add Regional Xcel Committee Chair to State meet results:

Results from Xcel State Championships need to be mailed or e-mailed to the RACC, RTCC, RXCC, Regional Meet Director and the SACC of the respective state within 72 hours.

- **Additional Actions impacting Xcel:**

- **Declaration Date:** The highest level / division competed after the declaration date will determine the program (**Dev / Xcel**) for which the athlete can compete for the remainder of that season.

- **Earbuds:** Earbuds are not allowed on the field-of-play by coaches, judges, gymnasts, and volunteers during a competition.

- **Competition Hosts:** Update the Women's Program Rules & Policies (R&P) to reflect criteria for selection of competition hosts: **Host club and Meet Director is in good standing with USA Gymnastics.**

Technical Committee

- **Referred to Technical Committee by Xcel:**

- Shorts

Motion Passed: Option of wearing shorts over or under leotard.

Did not pass: Option to wear Lycra shorts that match the predominant color of the leotard (allowing colors other than black)

- Remove the statement non-rated competitive coach members may judge Bronze and Silver divisions.

- This previously allowed individuals without a judges rating to judge Bronze or Silver before we had an Xcel judges rating.

Individuals can receive a Bronze/Silver/Gold Rating by Completing the Course and Exam online

J110: 2021-26 Xcel Bronze/Silver/Gold Judge course

WJX1: Xcel Bronze/Silver/Gold Judge exam

National Committee Members Xcel (X) and Technical (T)

National Committee Chairs	Claudia Kretschmer (X)	LindaThorberg (T)
REGION 1	Jill Preston (X)	Gigi Iavarone (T)
REGION 2	Dianne Palmer (X)	Jeanine Henneford (T)
REGION 3	Louise Janecky (X)	Marilyn Blilie (T)
REGION 4	Megan Bankole (X)	Windee Weiss (T)
REGION 5	Nancy Gibson (X)	Sue Kane (T)
REGION 6	Gail Caspare (X)	Pat Panichas (T)
REGION 7	Jen Skorski (X)	Jane Caruso (T)
REGION 8	Pam Kitchen (X)	Evelyn Chandler (T)

Xcel Sapphire Division rules are now included in the Xcel Code of Points and the Rules & Policies. Please review those documents for Sapphire Rules.

XCEL PROGRAM – GENERAL 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 Developmental 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 Developmental Program 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 Developmental Program in the same competitive year should register as an Athlete Member.
7. Athletes must have the appropriate Xcel division OR Developmental Program 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, Diamond and Sapphire.
2. For gymnasts entering from the Developmental 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 competing 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.

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

SAPPHIRE

A minimum of Level 9 rating Judge is REQUIRED for Sapphire Division.

Entry

- 1. 34.00 AA at sanctioned Diamond competition**
- 2. Level 8, 9, and 10 eligible**

Value Part Requirement

Start Value – 9.60	.3 “A”
	.3 “B”
	.1 “C” – The “C” is also eligible for Bonus

BONUS

- Bonus may be achieved from 2 categories: • Difficulty Bonus (C/D)
- Connection Bonus

There is no requirement to achieve bonus in both categories. All 0.40 may be achieved in one category or a connection of both.

Difficulty Bonus (C/D):

- Each C is eligible to receive 0.10.
- ONE (1) D per event may receive 0.10 bonus. Additional Ds are permitted but not rewarded.
- E skills are restricted.

Connection Bonus:

- B+B combination (or higher).
- Applies to any inherently connectable skills (as well as indirect acro passes on Floor).
- B+B may include any connection of mounts, dismounts, dance and acro.

Special Requirements

Event Special Requirement	
Bars	1. Minimum of a “B” skill finishing in clear support at vertical (not mount or dismount) 2. Minimum of “B” 360° circling skill 3. Minimum of “B” release, turn, or 2nd 360° circling skill (different from #2) 4. Minimum of “B” dismount OR “C” skill directly connected to an “A” Salto dismount
Beam	1. Minimum 1/1 (360°) turn on one (1) foot 2. Dance series and a leap or jump requiring a 180° split (in series or isolated) 3. Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical) 4. Min “B” Dismount OR an acro flight skill directly connected to an “A” salto / aerial dismount
Floor	1. One acro pass with two (2) saltos, same or different 2. Three different saltos, one (1) is a minimum of a “B” 3. Dance passage with a minimum of two different elements from Group 1 (Leap, Jump, Hop), directly or indirectly connected, one of which is a leap requiring a 180° split 4. Minimum of a “B” turn on one (1) foot

Warm up: 2 minutes per gymnast

Maximum Routine Time (Beam/Floor): 1:30

MOBILITY

The mobility scores through the D.P. Program are as follows:

Division	Mobility Score	State Qualifying	Regional Score
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Must be 5 yrs. old

Xcel Bronze	No Score Needed	32.00	N/A
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Must be 6 yrs. old

Xcel Silver	31.00 or 8.00 IES	32.00	N/A
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Must be 7 yrs. old

Xcel Gold	31.00 or 8.00 IES	32 / 8.50 IES	35.00 / pre-qualified 36 NO I.E.S
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Must be 8 yrs. old

Xcel Platinum	At Gold 32.00 or 8.50 IES	32 / 8.50 IES	35.00 / pre-qualified 36 NO I.E.S
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Must be 9 yrs. old

Xcel Diamond	At Platinum. 32.00 or 8.00 IES	32 / 8.50 IES	35.00 / pre-qualified 36 NO I.E.S
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Must be 12 yrs. old

**Must be 14 to
petition?**

Xcel Sapphire	32.00 or 8.00 IES At Diamond	33 / 8.75 IES	35.00 / pre-qualified 36 NO I.E.S
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XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART:

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE
Minimum age to compete	Reached 5 th Birthday	Reached 6 th Birthday	Reached 7 th Birthday	Reached 8 th Birthday	Reached 9 th Birthday	12 years of age by first competition
Entry to Xcel from DEVELOPMENTAL PROGRAM	Levels 1 & 2	Levels 1, 2, and 3	Levels 3 & 4	Levels 5 & 6	Levels 7, 8, 9, & 10	Levels 8, 9, & 10
Pre-requisite Scores	None	None	31.00A.A.at Silver Division or 8.0 I.E.S.	31.00A.A. at Gold Division or 8.0 I.E.S.	31.00A.A.at Platinum Division or 8.0 I.E.S.	34.00 AA at sanctioned Diamond competition

1. 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, Diamond, and Sapphire Divisions, the "reason for change" letter is sent to the Regional Technical Committee.

2. A Level 10 Developmental Program 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 Developmental Program as a Level 10 during the competitive year (through Developmental Program National Championships of the year in which she competes in the Xcel Program).

3. 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.

4. 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.

XCEL DECLARATION, LAST DAY TO QUALIFY

XCEL DECLARATION DATE

Division	
Bronze	Jan 22, 2024
Silver	Dec 25, 2024
Gold	March 12, 2024
Platinum	March 26, 2024
Diamond	March 26 2024
Sapphire	March 26, 2024

**All levels have a declaration date, it will always be 40 days prior to the State Meet.
The last day to qualify will always be 21 days (3 weeks) prior to that State Meet.**

AGE DETERMINATION DATES FOR ALL XCEL DIVISIONS

- a. Bronze: Age as of **March 3, 2024** determines age for the entire season, but must have had her 5th Birthday.
- b. Silver: Age as of **Feb 4, 2024** determines age for the entire season, but must have had her 6th Birthday.
- c. Gold: Age as of **April 21, 2024** determines age for the entire season, but must have had her 7th Birthday.
- d. Platinum: Age as of **May 5, 2024** determines age for the entire season, but must have had her 8th Birthday.
- e. Diamond: Age as of **May 5, 2024** determines age for the entire season, but must have had her 9th Birthday.
- f. Sapphire: Age as of **May 5, 2024** determines age for the entire season, but must have had her 9th Birthday.

Last day to qualify for States is

Division	To States
Bronze	Feb 11, 2024
Silver	Jan 14, 2024
Gold	March 31, 2024
Platinum	April 14,2024
Diamond	April 14,2024
Sapphire	April 14,2024

XCEL AGE GROUPS

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

QUALIFICATION PROCEDURES

The 2023 Xcel Regional qualifying score is a 35.00AA at the State meet OR by PREQUALIFYING (stipulations listed below) with 36.00 AA scored at any USA Gymnastics sanctioned competition during the current season, WITHOUT PETITIONING, PROVIDED they:

1. Register for and participate in their state meet
2. Coaches must properly document the prequalification, in advance of the State meet, in the google sheet provided by the RXCC (exact details on how to do this are forthcoming).

QUALIFYING SCORE REQUIREMENTS TO STATES

All Divisions	To States	To Regional s	To Nationals
BRONZE	31.00	N/A	N/A
SILVER	31.00	N/A	N/A
GOLD	32.00	N/A	N/A
PLATINUM	32	35.00	N/A
DIAMOND	32	35.00	N/A
SAPPHIRE	33 / 8.75 IES	35.00	N/A

Xcel Gold, Platinum, Diamond, and Sapphire to Regionals need a 35.00 or a 36.00 pre-qualified,

No IES first year.

Xcel divisions will have a one (1)-judge panel as per R&P.

XCEL STATE ENTRY FEE

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

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

XCEL GENERAL PROCEDURES FOR PETITION

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 a maximum of two (2) State Championships per competitive year (one per season), either at the same or higher division.**
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 may have only one club (team) competing to obtain a sanction
 - c. Results from local, Invitational meets need to be e-mail to the State Administrative Committee Chairman and the Competition Chair Patty Strickland at gymjudge4@me.com

APPARATUS FOR XCEL DEVISIONS

SILVER VAULT:

1. **Mat stack / Matting system for Silver vault.**
 - a. **A sting mat may be used on top of the Mat Stack.**
 - **EXCEPTION: A sting mat is NOT allowed on top of an inflatable mat. The uppermost landing surface when using an inflatable mat must be a minimum of 10 cm (4inch) skill cushion.**
 2. **Bronze, Silver & Gold Divisions may use manufactured Junior vaulting board.**
 - a. **If an alternative springboard is used at Platinum, Diamond and Sapphire 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.**
 3. **A handspring on Salto forward tucked off vault.**
 - b. **Vault 2.301 IS REMOVED / NOT ALLOWED in the Diamond Vault Chart.**
 4. **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.**
- For all divisions, the board MAY NOT be placed on a 20 cm (8”) skill cushion for the purpose of mounting.**
5. **For Xcel, the gymnast may stand (without a board) on one or two 10 -12 cm (4”) landing mats or one 20 cm (8”) mat (with or without a 3 cm (11/4”) base mat placed under or on top of the competition landing mat.)**

VAULT:

Gold to Sapphire divisions must visually display her Vault number at any sanctioned optional competition which utilizes a 4-judge panel, or audibly communicate the Vault name or number at all other competitions.

Springboard / Mounting Specifications

1. Only unaltered manufactured vaulting boards are approved for USA Gymnastics competitions. The height of the board ($22\text{cm} \pm 1.5\text{cm}$) is measured from the floor to the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed; however, it is required to provide a springboard with coil springs. Exceptions: **An inflatable rebounding device cannot be used for mounting purposes.**

a. Bronze and Silver may use a manufactured “Junior” vaulting board.

b. Xcel Bronze, Silver, and Gold athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer. 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.

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

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

Plywood is not permitted underneath the board.

2. 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 38** in this coach’s handbook on the configuration.

GUARANTEED MINIMUM NUMBER OF WARM-UP VAULTS

Bronze	1
Silver	2
Gold	2
Platinum	2
Diamond	3
Sapphire	3

New Vault Options

Current Vault 1.109 - 1/4 turn on - 1/4 turn off (to land facing away from the table) will be re-numbered to 1.108

Element #	New Vaults	Diamond	Sapphire
New 1.109	Front Handspring onto the Board – Front Handspring repulsion off	9.50	9.10
1.110	Front Handspring onto the Board – Handspring 1/2 off	9.70	9.20
1.209	Front Handspring onto the Board – Handspring 1/1 off	10.0	9.50
1.111	Front Handspring onto the Board – 1/2 turn on – Repulsion off	9.50	9.10
1.211	Front Handspring onto the Board – 1/2 turn on – 1/2 turn off	9.70	9.20
1.311	Front Handspring onto the Board – 1/2 turn on – 1/1 turn off	10.0	9.50
5.108	RO-FF 1/1 turn on – Repulsion off	N/A	9.50

BARS:

Elements - Variations

1. Add variation of element #1.109 (A) back hip pullover mount – Description will now say “from feet, knee or seat.”
2. Add variation of element #1.204 (B) jump with 1/2 turn (180°) turn to clear staddle support - 90° approach to bean
 - From rear stand (back toward beam), jump to clear straddle flight over the beam to land in front support.
3. Add variation of element #1.210 (B) Jump, press, swing to side or cross handstand also exit with walkover forward.

BEAM:

Split Requirement- Diamond

- Modify the split requirement for Diamond (Beam) to 155°.

• Why?

- Allows for a split angle within 20° to receive the same Value Part.
- Example: Beam split leap (2.201) with a split angle between 155°-135° would receive “B”

VP.

- **Diamond SR2 - Dance Series – minimum Two (2) Group 1*, 2 or 3* elements (same or different) – AND one (1) Leap or Jump with a minimum 155° Cross or Side Split (Isolated or Series)**

FLOOR:

Special Requirement – Diamond

1: Additional option for SR1

Two (2) separate Acro Flight Passes, each with a minimum of two (2) directly connected Acro Flight elements OR

- **One(1)Acro Flight Pass withTwo (2) directly connected AcroFlight elements AND One (1) separate/isolated "C" Salto.**

- **Remember – Athletes must also meet SR#2 (which may be included in SR#1)**

- **SR 2. Two (2) Different Saltos (Isolated or in Connection) One (1) must be a Minimum “B”**

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

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 1/2). 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, Diamond, and Sapphire 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, Diamond, and Sapphire 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.

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

d. When a tumbling "strip" is used in place of a full floor exercise area in the training and/or warm-up gym, it must be constructed of the same materials as the spring floor used in the competition gym and must be a minimum of 8' 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*, to match the new Junior Olympic Program description of placement of IES gymnasts on events: All Around competitors as well as Individual 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, Diamond, and Sapphire.
2. Competition Divisions: Gymnasts must designate on the entry form which division (Bronze, Silver, Gold, Platinum, Diamond and Sapphire) 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, and Sapphire).
4. Sessions Recommendation: When possible, divide by Divisions (Bronze, Silver, Gold, Platinum, Diamond, and Sapphire). 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, and Sapphire). 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.

STATE MEETS

If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for division mobility.

A COMPETITIVE SEASON is defined as that period from the first designated qualifying competition through the culminating Championships at each division.

1. Are under the total jurisdiction of the SAC and SACC.
 - The format and number of athletes must be approved by the RXCC and RTCC.
 - The Meet Director must utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed Coaches' sign-in sheets during the competition.
2. May be conducted for all divisions, at the discretion of the SAC.
3. May be conducted in the fall and/or spring for all divisions, at the discretion of the SAC.
 - For those divisions that have a Regional competition, the respective State Meet must be scheduled a minimum of three weeks prior to the Regional meet. Any deviation to that guideline must be approved by the RACC.

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, Diamond, and Sapphire 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 Committee 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 all placement awards, and Team awards for all Divisions, at all State Meets.

USA-Gymnastics N.J. Criteria

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

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

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

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

Step 1

Send a copy of your written request via email to both Pamala Gardin and Kelly Gaston.

e-mail addresses: Kelly Gaston Karaokekelly704@gmail.com

Pam Gardin pamgardin@gmail.com

- The "Request for Judges" form is on **page 96 in the 2024 USAG-NJ Handbook**, which you can find on the USAG-NJ Website. It will be updated for next year but if you would like to send your judges request for the 2024 season prior to this update, you may do so, but please **be sure to use the mailing address provided as written below.**

If you have a meet flyer, please send that as well. I will send the meet flyer to the webmaster to ensure the information posted on the website is correct.

Step 2

- Send hard copy of request and payment for each day you are requesting judges at least 30 days prior to the meet date
 - \$5 per judge, per day
 - checks written out to
 - **NAWGJ NJ**

- checks mailed to
- **Kelly Gaston 728 Maple Ave. Brick, NJ 08724**

Step 3

- Set your meet up on Gymjas.
- List the number of days, number of judges each day, and the levels & leagues participating.
- Check that the dates entered match the correct days of the weekend.

***Gymjas is an assigning platform; it is not part of the "Request for Judges" process.

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 membership numbers handy or to have a parent in charge of the information, should it be needed. **For State meets, the meet director needs to discuss the decision with the SACC and Competitions Chairperson. 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 letup 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. CANCELLATION OF MEET

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 non-refundable airline ticket, the Meet Director is responsible for reimbursing the judge for the "change fee" charged by the airlines to use the ticket for a future flight. To receive future credit for the cancelled flight, the judge must contact the airlines **PRIOR TO THE SCHEDULED DEPARTURE** to cancel the originating flight and must rebook a flight within one year of the **DATE OF ISSUE** of the original ticket by providing the ticket number. If the ticket is not cancelled prior to the scheduled departure, it becomes null and void.

JUDGES EDUCATION STIPEND

1. Chief Judge/Meet Referee Payment (Applies to all State meets)
 - 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 D.P. 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 meets.
 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 pay the stipend fee for all State Meets.

HOW TO HOST A STATE MEET

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

All meet directors must have the following credentials

USA-Gymnastics background check

U-110 Safe Sport course

U-101 Safety and Risk management course

U-113 Safe Sport policy course

Concussion education acknowledgment

Meet Director Certification

1. Bids to host 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 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 club’s 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. Priority for State Meets will be given to those meets that bid with an outside facility.
- b. Providing the best facility possible for gymnasts, coaches, and spectators in accordance with the current USA Gymnastics Rules & Policies.
- c. 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.

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

a. **USA-GYMNASTICS N.J. WILL PROVIDE ALL AWARDS NEEDED FOR ALL STATE MEETS.** Also, USA-Gymnastics N.J. will provide all other gifts that will be given to every gymnast that enters the meet.

4. Dates for these meets are already on the N.J. State Calendar & Kelly or Pam will 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 beforehand. “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.

POST-MEET RESPONSIBILITIES

1. Distribution of Results: Meet results must be distributed to ALL participating clubs. This can be done at the meet

site, by mail, or by posting online. Published results MAY NOT include the gymnast's date of birth or USAG member number. In addition, the Meet Director MUST email a copy of the Meet Results (All-around and individual event scores for each level and age division) within 72 hours to:

REPORTS

- 1. The Meet Director of State and above level meets must send a completed Financial Report form within 60 days** (or otherwise designated time) to the designated person - see meet specifics.
 - Report forms can be found at the USA Gymnastics website.
 - For State meets and above, competition fees must be sent to the SACC / RACC of the host state (based on physical location of the meet).

c. As the meet host you are required to submit all administrative fees including SCRATESHES for all State Meets, unless they had been reimbursed the entry fee.

Mail or e-mail your Local / Invitational sanction report. Mail the \$3.00 administrative fees to:

Make all checks payable to USA-G N.J.

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

MEET ENTRY FEE DISBURSEMENTS

	Entry Fee	Host Keeps	State Receives
Level 2 Xcel Bronze / Silver States In-House	\$85.00	\$50.00	\$35.00
Level 3 - 5 States In-House	\$95.00	\$60.00	\$35.00
Level 6-7 Xcel Gold / Platinum / Diamond / Sapphire States In- House	\$105.00	\$65.00	\$40.00
Level 8 - 10 States In-House	\$130.00	\$95.00	\$35.00
Level 2 Xcel Bronze / Silver States Outside Facility	\$85.00	\$60.00	\$25.00
Level 3 - 5 States Outside Facility	\$95.00	\$70.00	\$25.00
Level 6 - 7Xcel Gold / Platinum / Diamond / Sapphire States Outside	\$105.00	\$80.00	\$25.00
Level 8 - 10 States Outside Facility	\$130.00	\$110.00	\$20.00

Once the designated sites are e-mailed the list of gymnasts that will attend that State Meet there will be no refund. The meet host is responsible to submit the administrative fee as per the numbers e-mailed to them. Unless, the meet host can show proof that they refunded that club or gymnast.

GATE FEES

The maximum Gate Fee you can charge:

For States: \$15-Adults, \$10-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 the appropriate administrative fees 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 judge's 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 RESPONSIBILITIES AND CHECK LIST

**Meet Formats, Number of Competitors, and Warm-up Times.
See Chapter 4, Chapter 7, AND Chapter 9 of the R & P.**

Sanction fees (The fee is \$250.00 for domestic sanctioned competitions and any late fees) are not refundable, regardless of the reason for canceling a meet.

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 all State Meets contact Patty Strickland at gymjudge4@me.com

5. Any questions regarding judges should be directed to your NAWGJ State Director Leslie McPeck.
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 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.	Pamela Gardin	e-mail: pamgardin@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 judge's 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 for sanction violations)

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. Streaming music using Wi-Fi or Bluetooth is not allowed

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.^[11]_{SEP}

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.

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. 70 on disbursement for all 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 State Meets send a financial report within 2 weeks of the meet to, along with the judges payment schedule.

William Psiuk USA-Gymnastics N.J.

110 Fifth Ave.

Bradley Beach, N.J. 07720

Or you can e-mail the financial report to [**billpsiuk@gmail.com**](mailto:billpsiuk@gmail.com)

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 everyone 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 certificates. Contact your local American Red Cross or American Heart Association. Or visit

USA-GYMNASTICS N.J. EDUCATION CONTACTS

Judges Testing	Leslie McPeck	E-mail mcpeekrl@gmail.com
	Ellen Kovac	E-mail ellenkovac@aol.com
	Bonnie Synol	E-mail basynol61@yahoo.com
	Barbara Wallace	E-mail bwallace311@comcast.net
	Brant Lutsch	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 FLASH PICTURES DURING WARM-UPS AND COMPETITION”.**
 - a. “Place all electronic communication devises (*paggers/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 gymnastics meet you should cheer and applaud but *never criticize your daughter or her coach*.

5. Thou shalt acknowledge 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 than 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 are 1 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, lifelong 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.

**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							

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

**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							

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



Injury Petition Form

Refer to the current Women's Rules & Policies for the Xcel and Development Program Petition Procedures, found under Specific Meet Information

For State Championships: send completed form to your State Administrative Committee Chairman. For Regional Championships: send completed 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.

** If this form is incomplete, it may **NOT** be accepted.

It is the responsibility of the coach to provide all necessary information

Deadline – 3 days following the last qualifying meet

Meet Petitioning To: _____

Gymnast's Name: _____ USA-G # _____

Birth date: _____ Age _____ Level: _____

Coach's Name: _____ Coaches Cell Phone: _____

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

Gym Name: _____ Gym Phone # _____

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. _____

2 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.



USA GYMNASTICS 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: _____ USAG # _____

Name of Coach: _____ Club: _____

Contact # _____ 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



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 Start Value (Opt.): _____
2. Neutral Deduction: _____
3. Special (flite) 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.

USA GYMNASTICS NJ Mobility Form



Name: _____

Club: _____

Present League: _____

Present Level: _____

Future League: _____

Future level: _____

Reason:

Mobility procedures page 12, 27, and 60 in the USA-G N.J. Coaches Handbook

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

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 than 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: _____

• Starting August 1, 2023:

- Assigning fee: Increase of \$3.00 to **\$5.00**
- Any assigning fees collected prior to 8/1/23 will reflect the current \$3.00/per judge fee.
- Any assigning fees collected 8/1/23 and after will reflect the new fee of \$5.00/per judge fee.
- Judges hourly rate: **Increase of \$1.00 per hour** for all judges' ratings (Dev and Xcel)

Meet Director: _____ Assignor: _____

Address: _____ Address: _____

Home Phone: _____ Phone: _____

Work Phone: _____ E-Mail address: _____

Gym Phone: _____ E-Mail address: _____

Meet director e-mail: _____

Mail to: Kelly Gaston 728 Maple Ave. Brick, NJ 08724 E-Mail: karaokelkelly704@gmail.com



USA GYMNASTIC'S

JUDGE'S CONTRACT

Reproduce as needed

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 _____

Lunches _____

of Dinners _____

Local Meet: \$15.00 per day (for a maximum of 3hr. but less then 8 hr.

\$30.00 per day (for 8hr. or more).

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-mail: billpsiuk@gmail.com

Mail to: William Psiuk USA-Gymnastics N.J. 110 Fifth Ave. Bradley 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: _____

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: _____

Mail or E-mail back to Bill billpsiuk@gmail.com



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: \$ _____
Other Income 50/50 etc. \$ _____

TOTAL INCOME \$ _____

EXPENSES:

Sanction Fee..... \$ _____
Facility Rental \$ _____
Venue Staff, Labor, Custodial Fees \$ _____
Equipment Rentals/Shipping \$ _____
USA-G N.J. Administrative Fee \$ _____
Region VII Administrative Fee \$ _____
Decoration / Awards \$ _____
Trainer / Medical Staff \$ _____
Office Supplies, Postage \$ _____
Concession/Programs \$ _____
Coaches Hospitality \$ _____
Other (specify) \$ _____

TOTAL MISC. EXP...... \$ _____

Judges Fees, Assignor's 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

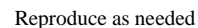
Local, and State Meets

NJ SECRETARY/TREASURER

Mail or E-mail back to: billpsiuk@gmail.com

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

DEADLINE: 2 WEEKS FOLLOWING THE EVENT





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@gmail.com

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: _____

Coach(s):

Directions: _____

