



**New Jersey**

**2025**

**WOMEN'S ARTISTIC**

**Competitive Program Handbook**

Web site [WWW.USAGNJ.COM](http://WWW.USAGNJ.COM)

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**Web site [www.usagnj.com](http://www.usagnj.com)**

Published by USA-Gymnastics-New Jersey

## 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](http://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**

**PROFESSIONAL MEMBERS (COACH, JUDGE, MEET DIRECTOR)**

**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

**RXCC asks**

**NXCC Asks**

**WDP Director asks**

#### **RDPCC**

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

**RDPCC asks**

**NDPCC Asks**

#### **RACC**

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

**RACC asks**

**NACC Asks**

#### **RTCC**

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

**RTCC asks**

**NTCC 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
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## MEMBERSHIP IN USA-GYMNASTICS

Membership may be obtained by contacting the USA-Gymnastics Membership Office (800) 345-4719 [membership@usagym.org](mailto:membership@usagym.org) and requesting the appropriate materials. Or you can go online to [www.usagym.org](http://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	<a href="http://www.usagym.org">www.usagym.org</a>
Member Service	1-800-345-4719		<a href="mailto:membership@usagym.org">membership@usagym.org</a>
Safe Sport	<a href="mailto:safesportpolicy@usagym.org">safesportpolicy@usagym.org</a>		<a href="http://www.uscenterforsafesport.org">www.uscenterforsafesport.org</a>
Sanction	<a href="mailto:sanctions@usagym.org">sanctions@usagym.org</a>		
Accounting	<a href="mailto:accounting@usagym.org">accounting@usagym.org</a>		<a href="mailto:stateandregion@usagym.org">stateandregion@usagym.org</a>
Communication	<a href="mailto:communications@usagym.org">communications@usagym.org</a>		

## 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	<a href="mailto:aheffernon@usagym.org">aheffernon@usagym.org</a>
Elite Development Program Dir.	Shelby Humbles	317.829.5637	<a href="mailto:ssalmon@usagym.org">ssalmon@usagym.org</a>
Development Program Dir.	Christy Naik	317.829.5643	<a href="mailto:cnaik@usagym.org">cnaik@usagym.org</a>
Xcel Program Manager Dir.	Heather Ould		<a href="mailto:hould@usagym.org">hould@usagym.org</a>
Development Program Coordinator	Nichole Otterson		<a href="mailto:notterson@usagym.org">notterson@usagym.org</a>
Judges Accreditation Coordinator	Connie Maloney	317.829.5628	<a href="mailto:cmaloney@usagym.org">cmaloney@usagym.org</a>

## 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

## 2025 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](mailto:jbortz7rac@gmail.com)

### **R.T.C.C**

Myra Elfenbein  
8806 Church Field Lane  
Laurel, MD 20708

Email [region7rtc@comcast.net](mailto:region7rtc@comcast.net)

### **R.D.P.C.C**

Linda Johnson  
2456 Vineyard Lane  
Crofton, MD 21114

Email [r7jocc@gmail.com](mailto: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](http://www.athleticscholarships.net/ncaa-clearinghouse)

US Elite Coaches Association (USECA) [www.useca.org](http://www.useca.org)

Women's Collegiate Gymnastics Association [www.wcgagym.com](http://www.wcgagym.com)

U.S. Gymnastics Club Owners Association [www.usgcoa.org](http://www.usgcoa.org)

# MEMBERSHIP REQUIERMENTS FOR USA-G AND XCEL PROGRAM



MEMBERSHIPS	MINIMUM AGE	USA GYMNASTICS BACKGROUND CHECK	U110: U.S. CENTER FOR SAFESPORT COURSE	U101: SAFETY AND RISK MANAGEMENT COURSE	U112: TOUGH COACHING OR EMOTIONAL ABUSE COURSE	CONCUSSION EDUCATION ACKNOWLEDGMENT	U100: FUNDAMENTALS OF GYMNASTICS INSTRUCTION COURSE	MEET DIRECTOR CERTIFICATION <small>For Acrobatic and Women disciplines only</small>
Competitive Coach	16	✓ 18+	✓ 18+	✓	✓ 18+	✓ 18+	✓	
Judge	16	✓ 18+	✓ 18+	✓		✓ 18+		
Organizational Owner / Managing Director	18	✓	✓	✓	✓	✓		
Meet Director	18	✓	✓	✓		✓	✓	
Recreational Coach	14	✓ 18+	✓ 18+		✓ 18+	✓ 18+		
Photographer / Videographer	18	✓	✓					
Medical	18	✓	✓			✓		
Volunteer	14	✓ 18+ <sup>*</sup>	✓ 18+					
Athlete	N/A		✓ 18+					

<sup>1</sup> An individual may hold more than one membership type.

<sup>2</sup> 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 2025

Committee Position	Committee Member	Email
USA-Gymnastics N.J. - SACC	Brant Lutska 92 State Street Perth Amboy, NJ 08861	<a href="mailto:saccnj@gmail.com">saccnj@gmail.com</a>
Clinic Coordinator *	Jeanne Devenney	<a href="mailto:jdevenney285@gmail.com">jdevenney285@gmail.com</a>
Club Owners Rep North *	IyaSokoya " Iya "Karade	<a href="mailto:coach_iya@athleticartsacademynj.com">coach_iya@athleticartsacademynj.com</a>
Club Owners Rep South *	Amy Middlekauff 234 Geissinger Ave. Millville, N.J. 08332	<a href="mailto:gymstar70@aol.com">gymstar70@aol.com</a>
Coaches & Judges Ed. Rep *	Bonnie Synol 61 Libertyville Rd. Wantage, N.J. 07461	<a href="mailto:bsynol61@yahoo.com">bsynol61@yahoo.com</a>
Coaches Rep North *	Rachael Rosenthal Paragon School of Gymnastics, 49 Walnut St., Suite 4 Norwood, NJ 07648	<a href="mailto:rarent@yaho.com">rarent@yaho.com</a>
Coaches Rep South *	Barbara Kelly Sullivan 2 Lilac Drive Flemington, N.J. 08822	<a href="mailto:coachbarb@gu-nj.com">coachbarb@gu-nj.com</a>
Meet Directors Rep *	Cheryl Gambuti 64 Brookwood Dr. Wayne, N.J. 07470	<a href="mailto:gbuti@aol.com">gbuti@aol.com</a>
Xcel Program Rep North *	Leslie McPeek 15 Glen Cove Rd., Andover, NJ 07821	<a href="mailto:mcpeekrl@gmail.com">mcpeekrl@gmail.com</a>
Xcel Program Rep South *	Kelly Gaston	<a href="mailto:karaokelkelly704@gmail.com">karaokelkelly704@gmail.com</a>

\*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	<a href="mailto:billpsiuk@gmail.com">billpsiuk@gmail.com</a>
Competitions Chairman	Patricia Strickland	<a href="mailto:gymjudge4@me.com">gymjudge4@me.com</a>
Legal Advisor	Leah Brndjar	<a href="mailto:leahbrndjar@yahoo.com">leahbrndjar@yahoo.com</a>
NAWGJ	Pam Gardin	<a href="mailto:pamgardin@gmail.com">pamgardin@gmail.com</a>

### **At Large:**

Collegiate Programs	Jason Bauer	<a href="mailto:jbauer.hohgym@gmail.com">jbauer.hohgym@gmail.com</a>
Hall of Fame	Mary Peters	<a href="mailto:mcpeters06@gmail.com">mcpeters06@gmail.com</a>
Apparel and NJ Magazine	Angela Andrew's	<a href="mailto:aandrews@comcast.net">aandrews@comcast.net</a>
Past SACC	Dave Rettig	<a href="mailto:djrettig@cs.com">djrettig@cs.com</a>

## USA GYMNASTICS-NJ SECTIONAL AND STATE MEET SCHEDULE 2025

YEAR	DATE	MEET	SITE
2024	Sept. 28	<b>Season A Begins</b>	
	Oct. 1		
	Oct. 5/6		
	Oct. 12/13	Columbus Day	
	Oct. 19/20		
	Oct 26/27		
	Nov2/3		
	Nov. 9/10	Veterans Day Weekend	
	Nov. 16/17		
	Nov. 23/24	Thanksgiving Weekend	
	Nov. 30/Dec. 1		
	Dec. 7/8		
	Dec. 14/15		
	Dec. 21/22	Christmas	<b>Declaration Date Level 2, 3, 4, 5</b>
	Dec. 28/29		
2025	Jan. 4/5		
	<b>Jan. 11/12</b>	<b>Declaration Date Xcel Silver</b>	
	Jan. 18/19		
	<b>Jan 25/26</b>	<b>Declaration Date Xcel Bronze</b>	
	<b>Jan. 31 -Feb. 2</b>	<b>Level 2, 3, 4, 5 States</b>	<b>Action Gymnastics</b>
	<b>Feb 8/9</b>	<b>Declaration Date Level 7, 8, 9, 10</b>	
	Feb. 10		
	Feb. 15/16		
	<b>Feb. 21 - 23</b>	<b>Xcel Silver States</b>	<b>Giants Gymnastics</b>
	Feb. 24	<b>Season B Begins</b>	
	<b>March 1/2</b>	<b>Declaration Date Xcel Gold</b>	
	<b>March 7 - 9</b>	<b>Xcel Bronze States</b>	<b>Spartan Gymnastics</b>
	March 15/16		
	<b>March 21-23</b>	<b>Level 7, 8, 9, 10 States</b>	<b>Precision Gymnastics</b>
		<b>Declaration Date L 6, Xcel Plat, Dia, Sapp.</b>	
	March 29/30		
	<b>April 4 - 6</b>	<b>Level 7, 8 Regionals</b>	
	<b>April 11-13</b>	<b>Xcel Gold States</b>	<b>Indigo Gymnastics</b> <b>Level 9/10 Regionals</b>
	April 19/20	<b>EASTER</b>	
	April 26/27		
	<b>May 1 - 4</b>	<b>Level 9 Eastern/Western</b>	
	<b>May 2 - 4</b>	<b>Level 6, Xcel Plat, Dia., Sapphire States</b>	<b>Star Bound Gymnastics</b>
	May 8 - 11	<b>level 10 J.O. National and NIT</b>	
	<b>May 17/18</b>	<b>Xcel Regional</b>	
	May 24/26	Memorial Day weekend	

## USA-GYMNASTICS N.J. UP-DATES

### **UNPREDICTABLE CIRCUMSTANCES**

Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants.

USA Gymnastics acknowledges and regrets that athletes may have to choose to opt out of participation in any specific competition due to religious practices or scheduling conflicts.

### **STATE ENTRY AND ENTRY FEES**

Entries must be postmarked **21 days prior** to the meet. **All entry fees** must be submitted **14 days** prior to the **STATE MEET**. **A maximum fee of \$50.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly.**

**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.**

**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 3 weeks.**

**If an athlete relocates residences between State and Regional meets, thereby placing them in a different region:**

**a. Development Program Level 8 and below and all Xcel Divisions – will be allowed to compete in their new region so long as they meet the qualifying requirement of that region and qualification was by score, not rank of athletes.**

**b. Development Program Level 9 and 10 – must compete in the region in which they qualified, regardless of new residence.**

### **LEVEL 9, 10 REGIONAL QUALIFICATION PROCEDURES:**

The 2025 level 9, 10 regional qualifying score is a 34.00 AA at the state meets or buy pre-qualifying (stipulation listed below) with a 35 AA received at any USA, gymnastics sanction competition during the current season, **WITHOUT PATITIONING.**

### **IES**

May qualify with a **9.0 or higher** at states. **There is no prequalification for IES.**

### **INJURY PETITION**

Injury petitions will be accepted per petitioning procedures in R&P at a **35.00 AA.**

### **STIPULATION FOR PREQUALIFICATION:**

1. Register for, and participate in their state meet.
2. Document a prequalification with their state cheer if required.

## **LEVEL 7, 8 REGIONAL QUALIFICATION PROCEDURES:**

All level 7 athletes who receive a **35.50 AA** at their state meet will be qualified to regionals.

**NO IES.**

### **INJURY PETITION**

Injury petition will be excepted per petitioning procedures in R&P at a **36.50 AA.**

### **LEVEL 8:**

All level 8 athletes who receive a **35.00 AA** at their state meet will be qualified to regionals.

**NO IES.**

### **INJURY PETITION**

Injury petition will be excepted per petitioning procedures in R&P at a **36.00 AA.**

Top eight from each state meet, regardless of the age division, will be eligible to compete for their State Team.

**Please note:** The level 7 and 8 meets will be running simultaneously, which means you could have athletes competing in two different gyms at the same time throughout the weekend. Please plan accordingly. **No prequalifying!**

## **XCEL REGIONAL QUALIFICATION PROCEDURES:**

The 2025 **Xcel Gold, Platinum**, Regional qualifying score is a **35.00 AA** at the State Meet. Effective for 2025 **NO PREQUALIFYING**. Injury petition accepted with a **36.00 AA** score. See Region VII website for petitioning procedures.

The 2025 **Xcel Diamond** Regional qualifying score is a **34.00 AA** at the state meet. Effective for 2025 **NO PREQUALIFYING**. Injury petition accepted with a **35.00 AA** score. See Region VII website for petitioning procedures.

The 2025 **Xcel Sapphire** Regional qualifying score is a **33.00 AA** at the state meet. Effective for 2025 **NO PREQUALIFYING**. Injury petition accepted with a **34.00 AA** score. See Region VII website for petitioning procedures.

### **IES**

May qualify with a **9.00 or higher** at States, or by petitioning with a **9.20**. See Region VII website for petitioning procedures.

**Please note:** The Xcel Regional meets will be potentially running simultaneously, which means you could have athletes competing in two (maybe 3 if we need it) different gyms at the same time throughout the weekend. Please plan accordingly.

**ALL GYMNASTS MUST BE REGISTERED BY JANUARY 15, 2025.**

**All DP and Xcel will have a declaration date.  
Those dates are posted on the New Jersey State Meet competitive season calendar.**

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](mailto: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 [ngbservices@safesport.org](mailto:ngbservices@safesport.org) about an exemption, which will be addressed on a case-by-case basis. Any other waiver request may be sent to [mbusby@usagym.org](mailto: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](mailto: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**

**No nicotine products (cigarettes, e- cigarettes, chewing tobacco, etc.), vapes or any other smoking paraphernalia are allowed in the venue.**

**No firearms or dangerous weapons are allowed in the venue.**

**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 devise is prohibited while on the field of play (competition area). Judges may use electronic tablets for gymnastics purposes only on the Field of Play.
2. Clubs / coaches must be preregistered. Only coaches that are pre-registered will be allowed on the competition floor.
3. Pre-registration will be submitted with the athlete registration form for each sectional and state meet.
4. Coaches may also e-mail the copy of the pro-membership card 14 days prior to the state meet. Any entry after the ten (14) 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 twenty one (21) days' notice prior to the meet. If the petition is denied, the Meet Director must refund the entry fee within three (3) weeks.**

**7. Membership roles that are allowed on the field of play.**

- 1. Athlete**
  - 2. Competitive Coach**
  - 2. Judge**
  - 3. Meet Director**
  - 4. Volunteer\***
  - 5. Photographer/Videographer\***
  - 6. Medical\***
- \*Must be contracted by the Meet Director**

**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

**No nicotine products** (cigarettes, e- cigarettes, chewing tobacco, etc.), vapes or any other smoking paraphernalia are **NOT** allowed in the venue.

No firearms or dangerous weapons are allowed in the venue.

**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 all USA-G N.J. sanctioned events, the coaches' dress code is as follows:**

1. Athletic shoes with rubberized soles. Athletic warm-up pants or "Dockers-style" pants (No jeans).
2. Athletic or tailored shorts that are of a reasonable length. No holes, tears, or short shorts.
3. Collared shirts, business casual shirts, or T-shirts with or without gym logo. (No spaghetti straps, low-cut tops, or midriff revealing shirts).
4. No hats or visors.
5. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
6. 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.
7. Junior Professional members must be accompanied by a Professional member at all sanctioned events.
8. All coaches must be Safety Certified, have a Background check and have a U 100, U101, U110, U112, U113, course.
9. 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.
10. 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.
11. Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.
12. 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

### SHORTS

**Shorts or tights allowed for the Developmental and Xcel program competitions.**

**Can be capri length or longer that match the leotard, are black, or match the athletes skin tone.**

**May be worn under or over the leotard.**

**A small manufacturer's branding allowed, but no embellishments.**

**Unitards may have long legs to the ankle or short length and may be with or without sleeves.**

**See R&P**

**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.**

**After an initial warning, a 0.20 deduction for “inappropriate” attire will be applied for any infraction.**

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

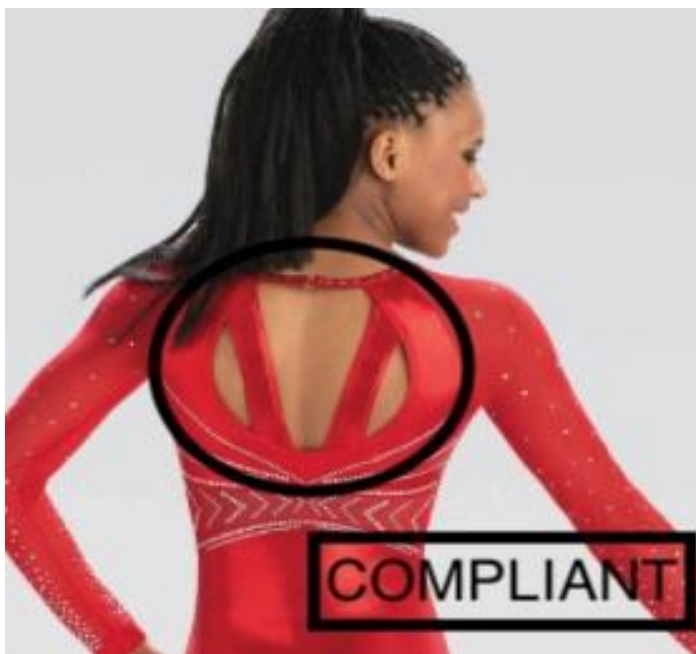
### Backless leotard rule sample:



COMPLIANT



NOT COMPLIANT



COMPLIANT



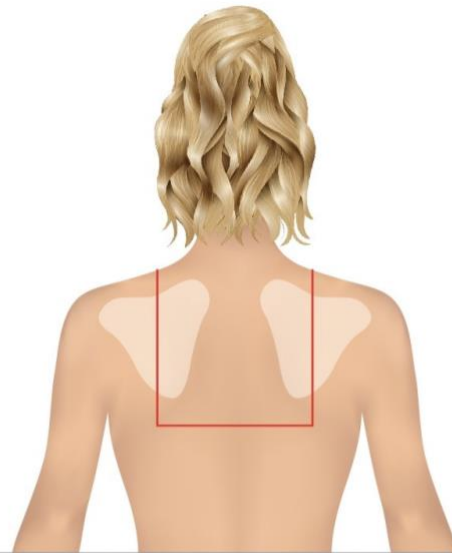
NOT COMPLIANT



- **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



# 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.
2. **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.**
3. **Entries must be postmarked 21 days prior to the meet. All entry fees must be submitted 14 days prior to the STATE MEET. A maximum fee of \$50.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly.**
  - 1) Competitors and accepted petitioned athletes' name(s), USA Gymnastics Athlete Member number, birth date, citizenship, and age division.
  - 2) The name(s) and USA Gymnastics Competitive Coach Member number, Safety Certification expiration, Background Check expiration, and U100, U112, U113 certification of all participating coaches.
4. **The Meet Director may refuse entries if they are received 14 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.**

**Cancellation Policy** - The Meet Director should make the best effort to refund all or part of the entry fee if severe weather or a shortage of judges would cause a cancellation of a competition. **If the petition is denied, the Meet Director must refund the entry fee within 3 weeks.**

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. **Athlete relocates residences between state and regional meets (placing them in a different region):**

a.) **ONLY DP Level 8 and below athletes and ALL Xcel divisions – Will be ALLOWED to compete in a new region, but MUST meet qualifying requirements of that region and if qualification was by score, not rank of athletes.**

b.) **DP Level 9 or 10 athlete must compete in region they qualified in, regardless of new residence.**

## 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 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 2025 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.**

## **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**

**A foreign athlete membership is valid for one (1) season. If an athlete has an active foreign athlete membership, a domestic athlete membership may NOT be obtained for that athlete during the same season.**

**If an athlete has a domestic athlete membership, a foreign athlete membership may NOT be obtained for that athlete during the same season.**

Non-US citizen athletes who are living in the US and training in a US gymnastics club are eligible to compete and receive awards for all USA Gymnastics Development Program sanctioned events, including State, Regional, Level 9 Eastern/Western, and Level 10 National Championships.

- 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.

## 2024 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,

[dfarrellreb@yahoo.com](mailto:dfarrellreb@yahoo.com)

Bonnie Pettit, Bright Stars Gymnastics,

[brightstarsgym@gmail.com](mailto: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](http://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	<b>Needs two (2) scores of 36 to skip to level 6</b>		
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	35.50 / 36.50 Petition NO I.E.S
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**

**d. 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.**

**e. 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.**

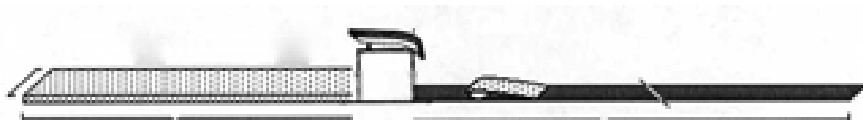
**f. All Xcel Divisions need a 32.00 A.A. to States, except Sapphire, they will need a 33.00 A.A. or an 8.75 as an IES.**

**g. 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

### **VAULT**

#### **APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**



#### **A. VAULT TABLE**

1. Maximum table height = 135 cm (+ 1 cm). If using a Vault table with two uprights, both **MUST** be set at the same height.
  - Height is determined by measuring the distance from the floor to the center top of the Vault table.
2. The center top of the table is determined by measuring 68 cm from the back of the table.
3. Tape of any kind, including athletic tape, may **NOT** be placed on top of the table at any time during warm-up or competition.
4. All manufactured models of the Vault table (including “retrofit” tables that are inserted into the uprights of the old horse) are allowed for competition, if they are capable of being adjusted to the various height specifications allowed for athletes.
5. 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.
6. If the runway is on a raised platform, the table **MUST** also be placed on a raised surface of the same height and the measurement of the table should be taken from the runway surface to the center top of the table, rather than from the floor.

#### **B. The Vault table is required for:**

1. **DP LEVELS 4-5**
2. **DP LEVELS 8-10**
  - All age divisions may use the Vault table with a minimum setting of 115 cm (+ 1 cm) and a maximum of 135 cm (+ 1 cm).
3. **XCEL GOLD, PLATINUM, DIAMOND, & SAPPHIRE Divisions**
  - All divisions may use the Vault table at any manufacturer setting.

### **C. VAULT RUNWAY**

1. The runway should be a clearly defined area that provides a flat, consistent surface, free of cracks, obstructions, or seams.
2. The Meet Director **MUST** provide a tape measure, which **MUST** extend the length of the runway for the gymnasts to find the point at which to start their run. Minimum width of the runway should be the width of the board.
3. Athletic tape or Velcro strips (no chalk) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation.
  - Maximum width of Velcro strip or athletic tape is 5 cm/2-inch, maximum length is 3 feet.
4. The Vault runway **MUST** be securely fastened to the floor with tape or Velcro by the Meet Director.
5. RUNWAY SPECIFICATIONS (measurement is from the front of the Vault table/apparatus)
  - a. 76 feet (minimum) - 82 feet (maximum) runway is allowed for DP LEVELS 8-10.
  - b. 70 feet (minimum) - 80 feet (maximum) runway is allowed for DP LEVEL 6 AND 7
  - c. 60 feet (minimum) - 80 feet (maximum) runway is allowed for DP LEVELS 1- 5
  - d. Thickness: A minimum thickness of 3.5 cm (1 and 3/8 inches) (+ .3 cm or 1 /8 in.) is **REQUIRED** for the Vault runway at DP LEVELS 6-10 & XCEL PLATINUM, DIAMOND and SAPPHIRE.

### **D. HAND PLACEMENT MAT:**

1. To be used **ONLY** for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry).
2. **MUST** be placed Velcro-side down on the runway (not on the board).
3. **MUST** be manufactured by a gymnastics equipment manufacturer and cannot exceed 39.4 X 51.2 inches in length and 5 cm (2 inches) in height. No other type of matting is allowed.
4. Chalk **ONLY** (no tape) may be placed on the hand placement mat.
5. Clubs may **NOT** bring their own competitive equipment to be used by athletes during a competition, including hand placement mats.
6. All Meet Directors of DP LEVEL 6 and above and XCEL PLATINUM and above competitions **MUST** provide a minimum of one manufactured Round-off hand placement mat.
7. At DP Level 9 Eastern/Western and Level 10 National Championships, only the round-off hand placement mats manufactured by the equipment company that is supplying the apparatus will be allowed.

### **E. SAFETY ZONE MAT:**

1. REQUIRED for all Front handspring onto the board and Round-off entry vaults executed at DP LEVELS 8-10 and XCEL DIAMOND and SAPPHIRE competitions
2. For Round-off and Front Handspring entry vaults, it is required to have the Safety Zone mat placed snugly around the board so that there is no space between the board and the safety zone.
3. May be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) at ALL DP LEVELS and ALL XCEL DIVISIONS. In this example, the Safety Zone mat does not have to be placed snugly around the board.
4. No extra matting is to be placed between the Safety Zone mat and the Vault table.

**F.** 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.

**G.** Landing into a **"LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION**, unless the pit area is covered by a stable (wooden or metal) surface.

1. Exception: A Vault set up to land on a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.
2. All competition matting specifications must be met when utilizing either of these options.

### **H. REQUIRED area to be matted:**

1. Base mats (3 cm/1 1/4 inch): If 10 cm/4-inch CLMs are used, the following 3 cm/1 1/4 inch base mats are REQUIRED:
  - a. A minimum of 6 feet by 18 feet:
    - i. **DP LEVELS 4 & 5**
    - ii. **XCEL BRONZE, SILVER & GOLD DIVISIONS**
  - b. A minimum of 8 feet x 18 feet:
    - i. **DP LEVELS 6-10**
    - ii. **XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS**
2. If 12 cm/4 inch or 20 cm/8-inch landing mats are used, base mats are NOT required.
3. Competition Landing Mats (CLMs):
  - a. For **DP LEVELS 4-5 and XCEL GOLD: REQUIRED** minimum of 6 feet by 12 feet matted area.
  - b. For **DP LEVELS 6-10 AND XCEL PLATINUM, DIAMOND and SAPPHIRE: REQUIRED** minimum of an 8 feet x 15 1/2 feet matted area.

4. For USA Gymnastics sanctioned competitions up to and including the State Championships for **ALL DP LEVELS and ALL XCEL DIVISIONS**, one (1) 10-12 cm/4 inch or 20 cm/8 inch or two (2) 10-12 cm/4 inch CLMs (plus the maximum allowable skill cushions) *will be allowed to be placed on top of a solid-foam pit* provided that this information is stated in the meet information sent to the participating clubs.

5. For **DP LEVELS 8-10 and XCEL DIAMOND AND ABOVE** warm-ups only: If available (NOT REQUIRED), an alternate skill cushion made of softer foam (**minimum** of 4 ft. x 6 ft. x 8 in.) is allowed at all sanctioned competitions to perform a “timer” for a Salto vault.

• For **DP Level 7 ONLY**: An alternate skill cushion made of softer foam ( of 4 ft. x 6 ft. x 8 in., i.e. Pit Pillow) is allowed at invitationals and is REQUIRED at State Championships and above. **This alternate skill cushion does NOT count towards the required mat stack height, but rather would be an addition once the required mat stack height has been achieved.**

### **I. LEVEL 2 VAULT SPECIFICATIONS:**

1. Apparatus: Mat Stack / Matting System (placed LENGTHWISE)
2. Height: A minimum of 40 cm/16 inches (+ 2.5 cm or 1 inch).
3. Competition Landing Mats (CLMs):

a. Any combination of CLMs, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit, plus four (4) additional 20 cm/8 inch skill cushions to allow for the following choice of heights: 60 cm/24 inch, 80 cm/32 inch, 102 cm/40 inch and 123 cm/48 inch (+ 2.5 cm or 1 inch).

i. **All age divisions may use any of the above choices of heights.**

b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface MUST be a minimum of a 10 cm/4-inch skill cushion.

4. Mat Stack:

a. May be placed on top of a solid foam pit.

b. A tape line MUST be placed at 81 cm/32 inch from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm/32 inch. The tape line should also extend down the side of the mat.

c. An additional mat (minimum of 10 cm/4 inch) MUST be placed on the floor behind the Mat Stack.

d. All mats used in forming the Mat Stack MUST be a minimum of 5 feet wide and 10 feet long.

e. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface

f. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a Vault table trainer) on the front edge.

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

#### **J. LEVEL 3 VAULT SPECIFICATIONS:**

1. Required apparatus: Mat Stack / Matting System (placed sideways)

2. Dimensions:

a. Height: Minimum 32-inch, maximum 48 inch (+2.5 cm or 1-inch), including base mat.

b. Width: Minimum 5 feet

c. Length: 5 feet Length (10 feet Length - placed sideways),

3. Competition Landing Mats (CLMs):

a. Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit, plus two (2) additional 20 cm/8-inch skill cushions to allow for 102 cm/40 inch and 123 cm/48-inch heights (+ 2.5 cm or 1 inch).

**i. All age divisions may use any of the three (3) choices of heights.**

b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 10 cm (4-inch) skill cushion.

4. Mat Stack:

a. May be placed on top of a solid foam pit.

b. An additional mat (minimum of 6 feet x 12 feet x 10 cm (4 inch) **MUST** be placed on the floor behind the Mat Stack.

c. All mats used in forming the Mat Stack **MUST** be a minimum of 5 feet wide and 5 feet long, + 2 inches.

d. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface.

e. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a Vault table trainer) on the front edge.

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

## **K. LEVEL 6/7 VAULT SPECIFICATIONS:**

1. Required apparatus: Vault table, base mat + Mat Stack, additional 8-inch (minimum) mat on floor at end of Mat Stack - opposite table.

a. Vault table: All age divisions may use any manufacturer setting, with a maximum of 135 cm (+ 1 cm).

b. Base mat: minimum 4-inch/10 cm, **MUST** be positioned up against the Vault table.

2. Mat Stack:

a. Width: 5 feet (minimum)

b. Length: 10 feet

c. Height (including base mat): **Must be equal to or higher than the underside of the top of the table.**

d. Any combination of CLMs, skill cushions and/or port-a-pit or inflatable mat may be used in the configuration of matting.

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

e. The uppermost landing surface **MUST** be a minimum of a 4-inch /10 cm skill cushion or the port-a-pit.

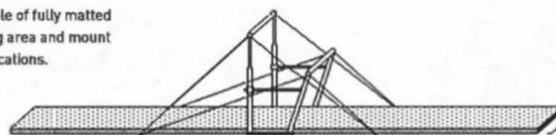
• For Level 7 ONLY: An alternate skill cushion made of softer foam (**minimum** of 4 ft. x 6 ft. x 8 in., i.e. Pit Pillow) is allowed at invitationals and is **REQUIRED** at State Championships and above.

• **This alternate skill cushion does NOT count towards the required metastatic height, but rather would be an additional once the required mat stack height has been achieved.**

3. An additional minimum 8-inch mat is **REQUIRED** on the floor at the end of the Mat Stack, opposite the table

## **BARS**

Example of fully matted landing area and mount specifications.



## **APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

### **A. REQUIRED AREA TO BE MATTED:**

1. A minimum of 6 feet by 15 feet for DEV LEVELS 1-3 and XCEL BRONZE.

2. A minimum of 6 feet by 24 feet for DEV LEVELS 4-5 and XCEL SILVER & GOLD.
3. A minimum of 7 1/2 feet by 36 feet for DEV LEVELS 6-10 and XCEL PLATINUM, DIAMOND & SAPPHIRE.

**B. MOUNT SPECIFICATIONS:**

1. 18 feet minimum (no maximum) mount distance is allowed.
  - a. DP LEVELS 6-10
  - b. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS
2. 6 feet minimum (no maximum) mount distance is allowed.
  - a. DP LEVELS 1-5
  - b. XCEL BRONZE, SILVER & GOLD DIVISIONS

**C. MATTING REGULATIONS FOR MOUNTS**

1. Mounts without the use of a board:
  - a. Athlete may stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
  - b. Athlete may stand on an additional “up to 8-inch” skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLMs.
2. Board, Mount Trainer Mat, or folded panel mat used to mount:
  - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1 1/2 inch base mat (unfolded panel mat) placed under or on top of the CLM.
  - b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
  - c. A Mount Trainer Mat or folded panel mat may be placed on an 8-inch skill cushion.
  - d. A Springboard may NOT be placed on an 8-inch skill cushion.
3. A single bar may be used for DEV LEVELS 1-3 and XCEL BRONZE competitions; provided that the single bar meets the current low bar specifications.
  - This information MUST be included in the pre-meet information.
4. Fiberglass rails with wood covering or any other FIG approved rails are REQUIRED for all sanctioned meets.



5. Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm + 1 mm.

- AAI “soft blue rails” are allowed but MUST be listed in the pre-meet information.

6. Based on the best interest of the gymnast’s safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, the rails MUST be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer’s recommended safety parameters.

7. The distance (spread) between the Bars may be set to the preference of the athlete, provided that after such adjustment, the Bars remain within the allowances identified by the manufacturer of the apparatus.

8. For equipment that has a slider mechanism on both Bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite changing of bar sets during competition.

9. If a 10 cm (4 inch) mat (skill cushion) is placed on the CLM(s) for dismount purposes, an additional 10 cm (4 inch) or 20 cm (8 inch) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion MUST be removed immediately after the release element is performed.

10. When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s)) is/are removed immediately after the release move is performed.

- A 0.30 deduction will be taken if the spotting device is not removed.

11. An alternate skill cushion made of softer foam is allowed at invitationals and is **REQUIRED** at State Championships and above. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for **BAR RELEASES ONLY** (to be placed under the gymnast during the release and immediately removed).

- NOT allowed for mounts, dismounts or landings on any event.
- “C” and more difficult bar releases performed in the Diamond and Sapphire Divisions

**ONLY**

12. Uneven Bars set up over a loose foam pit is **NOT ALLOWED FOR COMPETITIONS**, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.

a. **EXCEPTION:** Uneven Bars set up over a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.

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

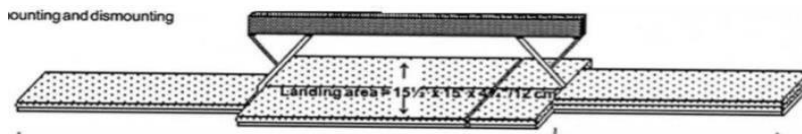
13. No other substance besides chalk and water may be placed on the rails of the Uneven Bars.

• Once an athlete has begun competition / exercise has begun, chalk or water MAY NOT be added to the rails or mats.

• **if a coach sprays, water, or add chalk to the bar, once the exercise has begun, a 0.20CJ deduction will be applied. No warning will be given.**

## **BEAM**

### **BALANCE BEAM – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**



#### **A. REQUIRED AREA TO BE MATTED:**

1. Each end of Beam:
  - a. REQUIRED minimum of 6 feet by 12 feet.
    - i. DP LEVELS 1-4
    - ii. XCEL BRONZE, SILVER & GOLD DIVISIONS
  - b. REQUIRED minimum of 7 1/2 feet by 12 feet.
    - i. DP LEVELS 5-10
    - ii. XCEL PLATINUM, DIAMON & SAPPHIRE DIVISIONS
2. Under the Beam:
  - a. REQUIRED minimum of 12 feet wide by 15 1/2 feet long.
    - i. DP LEVELS 1-4
    - ii. XCEL BRONZE, SILVER & GOLD DIVISIONS
  - b. REQUIRED minimum of 15 feet wide by 15 1/2 feet long.
    - i. DP LEVELS 5-10
    - ii. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS

3. An 8 feet wide mat for dismount area is recommended for **DP LEVELS 7 AND ABOVE**. Whenever a 10 cm/4-inch supplemental mat (“throw” mat) is used in addition to the CLM(s) for the dismount, it MUST be a minimum of 7 feet by 10 feet.

#### **B. MOUNT SPECIFICATIONS**

1. 12 feet minimum (no maximum) is allowed.
  - a. DP LEVELS 3-5
  - b. XCEL BRONZE, SILVER & GOLD DIVISIONS

2. 18 feet minimum (no maximum) is allowed.
  - a. DP LEVELS 6-10
  - b. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS

### **C. MATTING REGULATIONS FOR MOUNTS**

1. Mounts without the use of a board:
  - a. May stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
  - b. May also stand on an additional up to 8-inch skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).
2. Board, mount trainer mat or folded panel mat used to mount:
  - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1 1/2 inch base mat (unfolded panel mat) placed under or on top of the CLM.
  - b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
  - c. A mount trainer or folded panel mat may be placed on an 8-inch skill cushion.
  - d. A Springboard may NOT be placed on an 8-inch skill cushion.

**D. ALL DP LEVELS and ALL XCEL DIVISIONS** may use the Beam at any height, regardless of age division; however, the height MUST be within a minimum of 100 cm (+ 1 cm) and a maximum of 125 cm (+ 1 cm).

- Height specifications - measured from the floor to the top of the Beam.

### **E. AT ALL SANCTIONED COMPETITIONS:**

1. The Beam legs MUST be placed on the floor or a stable surface.
  - It is strongly recommended that the entire mounting area be level.
2. Beam MUST be adjustable.
3. Beam is REQUIRED to be padded.

**F. Beams with a “spring” mechanism are allowed.**

**G.** It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.

**H. Supplemental Matting:** If available (not required): Maximum of nine (9) inches using sting mats, 4-inch throw, and/or 8-inch skill cushions may be placed on top of allowable CLMs in ALL matted areas (under the Beam and/or dismount area).

**I. A Balance Beam set up over a loose foam pit is **NOT ALLOWED FOR COMPETITIONS**, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.**

a. **EXCEPTION:** A Balance Beam set up over a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.

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

## **FLOOR**

### **FLOOR EXERCISE – APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS**

**A. FIG specifications: 12 meters X 12 meters (39 feet 4 7/16-inch X 39 feet 4 7/16 inch).**

- 1. The measurement is from the outside of the tape or where the carpet changes color.**
- 2. The Development Program uses FIG specifications for LEVELS 6–10.**
- 3. The Xcel Program uses FIG specifications for ALL DIVISIONS.**

**B. A 36feetX36feetareamaybeusedforDP LEVELS4and5.**

**C. A tumbling strip (minimum of 8 feet wide and 56 feet long) may be used for competition for:**

- 1. DEV LEVELS 1-3**
- 2. XCEL BRONZE & SILVER DIVISIONS.**
- 3. If only a strip is available, the Meet Director MUST indicate this in the pre-meet information.**

**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 feet wide and 56 feet long. A minimum of 3 feet in length of additional padding (carpet bonded foam or something similar) is REQUIRED at each end of a 56 feet tumble strip that is used for warm-up.**

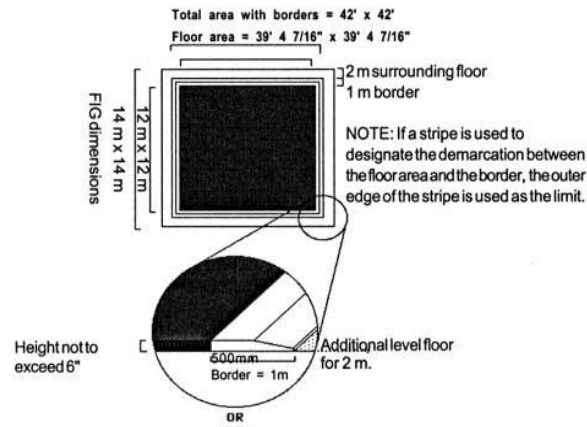
**E. Rebound or spring type floors are REQUIRED for DP LEVELS 8-10 and XCEL PLATINUM, DIAMOND & SAPPHIRE competitions.**

• It is strongly recommended that a spring type floor also be used for **DP LEVEL 7 AND BELOW** and **XCEL BRONZE, SILVER & GOLD DIVISIONS.**

F. The floor surface **MUST** be a minimum of 1 1/4 inch thick (3.2 cm) to a maximum of 7 1/2 inch thick (19.05 cm) + 1/2 inch.

G. If carpeting is used, 3.2 cm (1/4 inch) pile is maximum height recommended.

H. The top of the mat **MUST** be joined into one continuous level surface.



I. When the Floor Exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is allowable 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.

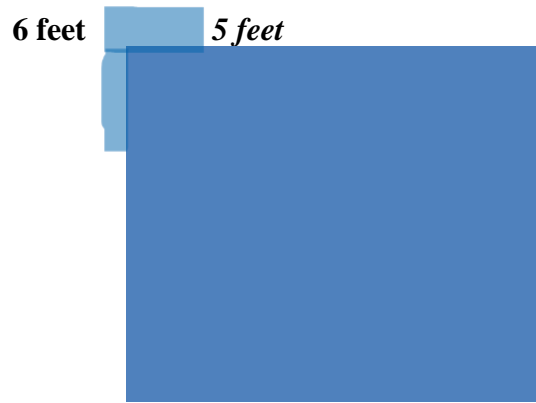
J. For competitions held in outside facilities with the below athletes, the outside of the floor corners **MUST** be padded.

1. DP LEVELS 6-10
2. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS

K. To protect the gymnast if they go beyond the dimensions of the Floor Exercise mat, the outside 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.

1. The matting **MUST** extend a minimum of five (5) feet out from the edge of the boundary line and extend a minimum of six (6) feet from the corner down each side of the Floor Exercise area

2. 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:



**L. Additional matting:** 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. 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. A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.

**M. Only one (1) skill cushion/throw mat (4 inch or 8 inch) *per tumbling pass* may be used, with no more than two (2) mats on the Floor Exercise area at any one point in time. Matting may be used as a take-off / landing surface.**

1. It is acceptable to have both mats on separate ends of a diagonal.

- Example: an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.

2. Only if a sting mat is placed **under or on top** of the skill cushion/throw mat, it does NOT count as one of the two (2) allowable mats on the Floor Exercise at any one point in time.

- **If using a sting mat in addition to the two (2) supplemental mats, the sting mat must be under or on top of the 4" throw mat or 8" skill cushion.**

3. **An athlete may NOT utilize the two (2) mats end to end on any one (1) tumbling pass.**

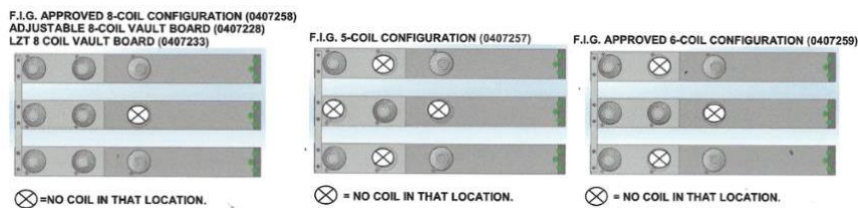
- Example: punch off one (1) mat to land on another.

## SPRINGBOARD/MOUNTING SPECIFICATIONS:

### A. APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

1. Only unaltered manufactured vaulting boards are approved for sanctioned competitions. The height of the board (22 cm + 1.5 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.

2. Meet Directors **MUST** arrange to have boards (including alternative springboard apparatus) that accommodate gymnasts of varying weights. Boards **MUST** be assigned to an event and **MUST** be available to all gymnasts in that session for warm- up and competition. The following examples show a variety of AAI approved spring configurations that may be utilized in USA Gymnastics sanctioned competitions:



\*Contact your equipment supplier for questions related to additional spring configurations

3. A board used to mount Bars or Beam may be placed on the allowable CLMs: one (1) or two (2) 10-12 cm/4-inch mats or one (1) 20 cm/8-inch mat.

a. The board may also be placed on the allowable CLMs plus the supplemental matting of 5-10 cm (sting mat or 4-inch throw mat type skill cushions).

b. A board **MAY NOT** be placed on a 20 cm/8-inch skill cushion for the purpose of mounting.

4. The board (or mounting apparatus) **MUST** be removed as soon as possible after the gymnast has mounted.

5. Plywood is not permitted underneath the board. (Exception: collegiate rules)

6. An inflatable rebounding device cannot be used for mounting purposes.

7. A gymnast may stand (without a board) on:

a. One (1) or two (2) 10 -12 cm/4-inch landing mats or;

b. One (1) 20 cm/8-inch mat (with or without a 3 cm (11/4 inch) base mat placed under or on top of the CLM.)

c. The gymnast may also stand on an up to 20 cm (8-inch) skill cushion (sting, throw mat or 20 cm (8 inch) skill cushion) that is placed on the CLM(s).

8. **DP LEVELS 1-3 and XCEL BRONZE, SILVER & GOLD** athletes may use an **ALTERNATIVE SPRINGBOARD APPARATUS**, provided they are manufactured by a gymnastics equipment manufacturer.

a. 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.

b. 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 **XCEL PLATINUM, DIAMOND or SAPPHIRE** athlete uses an alternative springboard during competition, the Vault is considered VOID.

9. **ALL DP LEVELS and ALL XCEL DIVISIONS** may use a manufactured mat shaped like a springboard (mount trainer/mount mat).

- The mount mat may be placed on a 20 cm/8-inch skill cushion for the purpose of mounting.

10. A mount trainer/mount mat, spotting block or folded panel mat may be used *instead of a board* for mounting purposes at:

**a. DP LEVELS 6-10**

**b. ALL XCEL DIVISIONS**

11. Any combination of manufactured mats, skill cushions, padded spotting/skill blocks or panel mats may be used for mounting purposes for:

**a. DP LEVELS 1-5**

**b. XCEL BRONZE, SILVER & GOLD**

• For **XCEL** Bars: Any combination of manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes on the **LOW BAR**.

**i. Spotting blocks may NOT be used to mount the high bar.**

c. Any manufactured mounting apparatus may be placed on top of the mats.

d. When performing the **DP LEVEL 3** Uneven Bar mount of glide swing, then back hip pullover (or jump front support mount), the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing. The mounting apparatus **MUST** be removed as soon as possible after the jump into the glide swing.

12. At **DP LEVELS 1- 5**, any combination of CLMs and skill cushions may be used to facilitate the mount.

a. 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.



b. 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).

c. 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**

**See R&P pages 52 Chapter 6 General Meet Information**

## **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. 2, 2025; If the gymnast will turn the minimum age for level 2 (5 yrs. old) on February 3, 2025. 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.**

**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. 2, 2025 determines age for the entire season, but must have had her 5<sup>th</sup> Birthday.
- b. Level 3: Age as of FEB. 2, 2025 determines age for the entire season, but must have had her 6<sup>th</sup> Birthday.
- c. Level 4: Age as of FEB. 2, 2025 determines age for the entire season, but must have had her 7<sup>th</sup> Birthday.
- d. Level 5: Age as of FEB. 2, 2025 determines age for the entire season, but must have had her 7<sup>th</sup> Birthday.
- e. Level 6: Age as of May 4, 2025 determines age for the entire season, but must have had her 7<sup>th</sup> Birthday.
- f. Level 7: Age as of March 23, 2025 determines age for the entire season, but must have had her 7<sup>th</sup> Birthday.
- g. Level 8: Age as of March 23, 2025 determines age for the entire season, but must have had her 8<sup>th</sup> Birthday.
- h. Level 9: Age as of March 23, 2025 determines age for the entire season, but must have had her 8<sup>th</sup> Birthday.
- i. Level 10: Age as of March 23, 2025 determines age for the entire season, but must have had her 9<sup>th</sup> 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
<b>5 - 6 Yrs.</b>	<b>6 - 7 Yrs.</b>	<b>7 - 8 Yrs.</b>	<b>7 - 9 Yrs.</b>	<b>7 - 9 Yrs.</b>	<b>7 - 11 Yrs.</b>	See	See	See
<b>7 Yrs.</b>	<b>8 Yrs.</b>	<b>9 Yrs.</b>	<b>10 Yrs.</b>	<b>10 Yrs.</b>	<b>12 Yrs.</b>	Note	Note	Note
<b>8 Yrs.</b>	<b>9 Yrs.</b>	<b>10 Yrs.</b>	<b>11 Yrs.</b>	<b>11 Yrs.</b>	<b>13 Yrs.</b>	2 a. b.	2 a. b.	2 a. b.
<b>9 +Yrs.</b>	<b>10+ Yrs.</b>	<b>11 + Yrs.</b>	<b>12 + Yrs.</b>	<b>12 + Yrs.</b>	<b>14+</b>	Below	Below	Below

**The Regional Committee will determine age groups for Level 7 TO 10 Regionals.**

**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 7, 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.**

## GYMNAST REGISTRATION

1. All levels athlete will pay a \$30.00 registration fee annually to the state, and must be registered by January 15, 2025. Checks made payable to USA-G N.J. This is NOT A GUARANTEE that the gymnasts qualifies to States.

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

The registration form has tabs at the bottom for each level or Xcel division. Use one (1) Level or Xcel division per tab DO NOT MIX LEVELS

## DEVELOPMENTAL PROGRAM STATE MEET ENTRY PROCEDURES

1. Entries must be postmarked **21 days prior** to the meet.

There will be a **\$25.00 late fee** for late entries per athlete. All entry fees must be submitted **14 days prior to the STATE MEET** mailed to the meet host.

2. If you are trying to qualify inside the **21 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 with the results to [gymjudge4@me.com](mailto: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.**

### **5. DROPPING BACK THROUGH THE DEV LEVELS DECLARATION DATE:**

The SAC (State Administrative Committee) must determine prior to the beginning of the competitive year, a designated “declaration date”. The program (DP or XCEL) competed first after the “declaration” date will determine that athlete’s program (DP or XCEL) for the remainder of that season. Once a gymnast has competed in a sanctioned event past the declaration date, she may NOT drop back to a lower DP level in the same competitive season.

## DECLARATION DATE

Level	Date
2	Dec. 22, 2025
3	Dec. 22, 2025
4	Dec. 22, 2025
5	Dec. 22, 2025
6	March 23, 2025
7, 8, 9, 10	Feb. 9, 2025

### Last day to qualify for States is

Level	To States
2	Jan. 12, 2025
3	Jan. 12, 2025
4	Jan. 12, 2025
5	Jan. 12, 2025
6	April 13, 2025
7, 8, 9, 10	March 2, 2025

## 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	<b>35.50</b>	N/A
8	<b>33</b>	<b>35.00</b>	
9	<b>33</b>	<b>34.00</b>	<b>Top 7 per age division with a 34 Min</b>
10	<b>33</b>	<b>34.00</b>	<b>Top 7 per age division with a 35 Min</b>

1. **Levels 7, 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](http://usagnj.com) under forms. If needed contact Patty Strickland at [gymjudge4@me.com](mailto:gymjudge4@me.com)

**The State Meet entry form has tabs at the bottom for each level. Use one (1) entry tab per Level  
DO NOT MIX LEVELS**

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

**State Meet entry fee:**

<b>Levels 2 and Xcel Bronze, Silver State Meet entry fee -</b>	<b>\$85.00.</b>
<b>Level 3 to Level 5 State Meet entry fee -</b>	<b>\$95.00.</b>
<b>Level 6 and 7 State Meet entry fee -</b>	<b>\$105.00.</b>
<b>Level 8, 9, 10 State Meet entry fee -</b>	<b>\$130.00</b>
<b>Xcel Gold, Platinum, Diamond, Sapphire entry fee -</b>	<b>\$105.00</b>

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

- 1. Entries must be postmarked 21 days prior to the meet. **All ENTRY FEES** must be submitted **14 days** prior to the **STATE MEET**. **A maximum fee of \$50.00 per individual entry will be charged to individuals whose ENTRY FEES are received after the deadline or if entry is completed improperly.****
- 2. 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.**
- 3. 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 3 weeks.**
- 4. Results from State Championships Meets need to be emailed to the RACC, RTCC, RXCC, Regional Meet Director, and the SACC of the respective state within 72 hours.  
[billpsiuk@gmail.com](mailto:billpsiuk@gmail.com) and to [gymjudge4@me.com](mailto: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](mailto: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. **Individual Event Specialist (IES) as an athlete who competes 3 events or less: Athletes can be defined as an Individual Event Specialist/IES (an athlete who competes 3 events or less) and/or All-Around athletes (an athlete who competes all 4 events); both may participate in sanctioned USA Gymnastics competitions. All-Around competition is required for qualification to Sectional and above meets at all Development Program levels and/or Xcel divisions.**

3. **Exceptions: For DP Levels 6-10 and all Xcel Divisions, IES competition may be conducted up to and including regional meets, at the discretion of the respective SAC and RAC. IES competitors may compete and be ranked amongst the All-Around competitors; may be counted in the team score; and would receive duplicate awards in the case of a tie for event placement (ties involving IES are NOT broken).**

a. **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 Championship meets by achieving an average score equal to the average of the All-Around qualifying score. If the qualification is by number or percentage, such individuals could be added as additional athletes provided they achieve an average score that meets or exceeds the average score achieved by the lowest qualifier.**

4. There will be **NO IES at Level 8 Regionals.**

5. **For Levels 9 & 10 – athletes are NO LONGER REQUIRED to designate as an Individual Event Specialist prior to State Meet.**

a. 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)

b. Will allow L10 athletes to move on to Regionals and have a chance to qualify to All-Star session at Developmental Nationals



## LEVEL 7, 8, 9, 10 IES RULES, REGIONAL COMPETITION

### **LEVEL 7, 8 REGIONAL QUALIFICATION PROCEDURES:**

All level 7 athletes who receive a **35.50 AA** at their state meet will be qualified to regionals.

NO IES.

#### **INJURY PETITION**

Injury petition will be excepted per petitioning procedures in **R&P at a 36.50 AA.**

#### **LEVEL 8:**

All level 8 athletes who receive a **35.00 AA** at their state meet will be qualified to regionals.

NO IES.

#### **INJURY PETITION**

Injury petition will be excepted per petitioning procedures in **R&P at a 36.00 AA.**

Top eight from each state meet, regardless of the age division, will be eligible to compete for their State Team.

***Please note:*** The level 7 and 8 meets will be running simultaneously, which means you could have athletes competing in two different gyms at the same time throughout the weekend. Please plan accordingly. **No prequalifying!**

### **LEVEL 9, 10 REGIONAL QUALIFICATION PROCEDURES:**

**If an athlete is injured PRIOR to competing her 4th event at State meet, she may utilize the regular injury petition procedure, or she may elect to utilize her three-event score if it is equal to or greater than 75% of the required petition score.**

The 2025 level 9, 10 regional qualifying score is a **34.00 AA** at the state meets or buy pre-qualifying (stipulation listed below) with a **35 AA** received at any USA, gymnastics sanction competition during the current season, **WITHOUT PATITIONING.**

IES

May qualify with a **9.0 or higher** at states. **There is no prequalification for IES.**

#### **INJURY PETITION**

Injury petitions will be accepted per petitioning procedures in R&P at a **35.00 AA.**

#### **STIPULATION FOR PREQUALIFICATION:**

1. Register for, and participate in their state meet.
2. Document a prequalification with their state chair if required.

## **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](mailto:JBortz7rac@gmail.com)
- Qualified athlete's and petitioned athlete's must be entered in to Meet maker. You must mark the petitioned athletes at being petitioned in Meetmaker.

Please refer to the meet maker instructions on the Region 7 website at: [www.region7usagym.com](http://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](mailto: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.

**\*\*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](mailto: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](http://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. All awards must be 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 medals 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.

\* Levels 2, 3, 4, and 5 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 will be 30 gymnasts.**

3. If over 30 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.

4. **Level 2, 3, 4 and 5 Awards Guidelines:**

**USA-Gymnastics Level 2 to 5 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 15 placements.

a. At all States Meets, placement awards and All Around on all events, After the 50% round-up maximum of 15 placements in the All Around only achievement awards will then be provided.

b. USA-Gymnastics N.J. Criteria. **All awards must be presented on the awards stand, starting from 1<sup>st</sup> place down. All All-Around medalist winners will remain at the awards stand until the last achievement award is handed out.**



c. 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

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

**USA-Gymnastics Level 6 to 10 awards distribution:**

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

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

7. Level 6 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

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

<u>Number of Teams Awards</u>	
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

**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 division competed after the declaration date will determine the program (**DP / 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.**

## 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 PROGRAM – GENERAL INFORMATION**

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

### **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.

### **DELAY OF COMPETITION PROCEDURES**

1. Any situation regarding delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.):
  - a. Meet Director, in conjunction with Meet Referee, will assess the situation to make appropriate call regarding additional warm-up time.

### **ENTRY INTO XCEL DIVISIONS**

1. There are Six (6) divisions of Xcel: Bronze, Silver, Gold, Platinum, Diamond and Sapphire.
2. Gymnasts who have no previous competitive experience may enter at Bronze or Silver, at their coach's discretion.
3. Gymnasts currently competing in the Xcel Program must follow the chart for mobility.

4. 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**

## MOBILITY

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

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

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

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

<b>Xcel Platinum</b>	<b>At Gold 32.00 or 8.50 IES</b>	<b>32 / 8.50 IES</b>	<b>35.00 / pre-qualified 36 IES 9.0 @ States 9.2 Petition</b>
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Must be 9 yrs. old

<b>Xcel Diamond</b>	<b>At Platinum. 32.00 or 8.00 IES</b>	<b>32 / 8.50 IES</b>	<b>35.00 / pre-qualified 36 IES 9.0 @ States 9.2 Petition</b>
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**Must be 14 to  
petition?**

Must be 12 yrs. old

<b>Xcel Sapphire</b>	<b>32.00 or 8.00 IES At Diamond</b>	<b>33 / 8.75 IES</b>	<b>35.00 / pre-qualified 36 IES 9.0 @ States 9.2 Petition</b>
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## XCEL AGE/ENTRY REQUIREMENTS, MOBILITY SCORES OVERVIEW CHART:

	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE
Minimum age to compete	Reached 5 <sup>th</sup> Birthday	Reached 6 <sup>th</sup> Birthday	Reached 7 <sup>th</sup> Birthday	Reached 8 <sup>th</sup> Birthday	Reached 9 <sup>th</sup> Birthday	<b>12 years of age by first competition</b>
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	<b>Levels 8, 9, &amp; 10</b>
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.	<b>34.00 AA at sanctioned Diamond competition</b>

## AGE DETERMINATION DATES FOR ALL XCEL DIVISIONS

- a. Bronze: Age as of **March 9, 2025** determines age for the entire season, but must have had her 5<sup>th</sup> Birthday.
- b. Silver: Age as of **Feb 23, 2025** determines age for the entire season, but must have had her 6<sup>th</sup> Birthday.
- c. Gold: Age as of **April 13, 2025** determines age for the entire season, but must have had her 7<sup>th</sup> Birthday.
- d. Platinum: Age as of **May 4, 2025** determines age for the entire season, but must have had her 8<sup>th</sup> Birthday.
- e. Diamond: Age as of **May 4, 2025** determines age for the entire season, but must have had her 9<sup>th</sup> Birthday.
- f. Sapphire: Age as of **May 4, 2025** determines age for the entire season, but must have

## XCEL AGE GROUPS

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>	<b>PLATINUM</b>	<b>DIAMOND</b>	<b>SAPPHIRE</b>
<b>5 - 6 Yrs.</b>	<b>6 - 7 Yrs.</b>	<b>7-9 Yrs.</b>	<b>8 - 11 Yrs.</b>	<b>8 - 13 Yrs.</b>	<b>8 - 11 Yrs.</b>
<b>7 Yrs.</b>	<b>8 Yrs.</b>	<b>10 Yrs.</b>	<b>12 Yrs.</b>	<b>14 Yrs.</b>	<b>12 - 15 Yrs.</b>
<b>8 Yrs.</b>	<b>9 Yrs.</b>	<b>11 Yrs..</b>	<b>13 Yrs.</b>	<b>15 + Yrs.</b>	<b>16 + Yrs.</b>
<b>9 Yrs.</b>	<b>10 Yrs.</b>	<b>12 Yrs.</b>	<b>14 Yrs.</b>		
<b>10 Yrs.</b>	<b>11 Yrs.</b>	<b>13 Yrs.</b>	<b>15 + Yrs.</b>		
<b>11 + Yrs.</b>	<b>12 Yrs.</b>	<b>14 Yrs.</b>			
	<b>13+ Yrs.</b>	<b>15 + Yrs.</b>			

## DROPPING BACK THROUGH XCEL DIVISIONS

**If an 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.**

**a. For Bronze, Silver, and Gold Divisions, the letter is sent to the SACC to be considered by the SAC (State Administrative Committee).**

**b. For Platinum, Diamond, and Sapphire Divisions, the letter is sent to the RTCC to be considered by the RAC (Regional Administrative Committee).**

**DP athlete wishes to enter the Xcel Program in a division below the allowable division, her coach must submit a “reason for change” letter:**

**c. DP Level 8 and Below , letter to the SACC for approval.**

**d. DP Level 9 or 10 athlete, letter sent to RTCC for approval.**

### **ATHLETE RELOCATION**

Athlete relocates residences between state and regional meets (placing them in a different region):

a. ALL Xcel divisions - ALLOWED to compete in new region, but MUST meet qualifying requirements of that region and qualification was by score, not rank of athletes.

### **XCEL DECLARATION DATE**

<b>Division</b>	
<b>Bronze</b>	<b>Jan 26, 2025</b>
<b>Silver</b>	<b>Jan.12,2025</b>
<b>Gold</b>	<b>March 2, 2025</b>
<b>Platinum</b>	<b>March 23, 2025</b>
<b>Diamond</b>	<b>March 23 2025</b>
<b>Sapphire</b>	<b>March 23, 2025</b>

**All Xcel divisions 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.**

had her 9<sup>th</sup> Birthday.

### **LAST DAY TO QUALIFY FOR STATES**

<b>Division</b>	<b>To States</b>
<b>Bronze</b>	<b>Feb 16, 2025</b>
<b>Silver</b>	<b>Feb 2, 2025</b>
<b>Gold</b>	<b>March 23, 2025</b>
<b>Platinum</b>	<b>April 13, 2025</b>
<b>Diamond</b>	<b>April 13, 2025</b>
<b>Sapphire</b>	<b>April 13, 2025</b>

## 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 Regionals	To Nationals
BRONZE	32.00	N/A	N/A
SILVER	32.00	N/A	N/A
GOLD	32.00	N/A	N/A
PLATINUM	32	<b>35.00 / 36.00</b>	N/A
DIAMOND	32	<b>35.00 / 36.00</b>	N/A
<b>SAPPHIRE</b>	<b>33 / 8.75 IES</b>	<b>35.00 / 36.00</b>	<b>N/A</b>

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

- a. 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.
- b. XCEL Gold, Platinum, Diamond, and Sapphire to Regionals need a 35.00 at States NO PREQUALIFICATION. IES 9.0 at States or a 9.2 to Petition.

## XCEL STATE ENTRY FEE

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

ALL Xcel divisions gymnast must be registered. The registration fees for all gymnasts is \$30.00. Deadline for the registration and its fees is January 15, 2025. Failure to register may alter participation at that gymnasts State Meet.

Entries must be postmarked **21 days prior** to the meet. **All entry fees** must be submitted **14 days** prior to the **STATE MEET to the meet host**. There will be a **\$25.00 late fee for late entries or fees per athlete**.

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



## **XCEL GENERAL PROCEDURES FOR PETITION**

### **REGIONAL PETITIONS MUST BE SENT BY EMAIL AND RECEIVED BY THE RACC AND RTCC NO LATER THAN 5:00 PM LOCAL TIME THE MONDAY FOLLOWING THE STATE CHAMPIONSHIPS.**

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](mailto:gymjudge4@me.com)

## EQUIPMENT FOR XCEL DEVISIONS

### **VAULT RUNWAY:**

1. Athletic tape or Velcro strips (no chalk) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation.
  - Maximum width of Velcro strip or athletic tape is 5 cm/2-inch, maximum length is 3 feet.
2. The Vault runway **MUST** be securely fastened to the floor with tape or Velcro by the Meet Director.
3. RUNWAY SPECIFICATIONS (measurement is from the front of the Vault table/apparatus)
  - a. 60 feet (minimum) - 80 feet (maximum) runway is allowed for XCEL BRONZE, SILVER and GOLD.
  - b. 70 feet (minimum) - 80 feet (maximum) runway is allowed for XCEL PLATINUM, DIAMOND and SAPPHIRE.
  - c. Thickness: A minimum thickness of 3.5 cm (1 and 3/8 inches) (+ .3 cm or 1 /8 in.) is **REQUIRED** for the Vault runway at XCEL PLATINUM, DIAMOND and SAPPHIRE.

### **SAFETY ZONE MAT:**

1. **REQUIRED** for all Front handspring onto the board and Round-off entry vaults executed at XCEL DIAMOND and SAPPHIRE competitions
  - a. **All Meet Directors of XCEL PLATINUM and above competitions MUST provide a minimum of one manufactured Round-off hand placement mat.**
2. For Round-off and Front Handspring entry vaults, it is required to have the Safety Zone mat placed snugly around the board so that there is no space between the board and the safety zone.
3. May be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) at ALL XCEL DIVISIONS. In this example, the Safety Zone mat does not have to be placed snugly around the board.
4. No extra matting is to be placed between the Safety Zone mat and the Vault table.
5. **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.
6. Landing into a **"LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION**, unless the pit area is covered by a stable (wooden or metal) surface.

- a. Exception: A Vault set up to land on a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.
- b. All competition matting specifications must be met when utilizing either of these options.

## **REQUIRED AREA TO BE MATTED:**

1. Base mats (3 cm/1 1/4 inch): If 10 cm/4-inch CLMs are used, the following 3 cm/1 1/4 inch base mats are REQUIRED:
  - a. A minimum of 6 feet by 18 feet:
    - i. **XCEL BRONZE, SILVER & GOLD DIVISIONS**
  - b. A minimum of 8 feet x 18 feet:
    - i. **XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS**
2. If 12 cm/4 inch or 20 cm/8-inch landing mats are used, base mats are NOT required.
3. Competition Landing Mats (CLMs):
  - a. For **XCEL GOLD: REQUIRED** minimum of 6 feet by 12 feet matted area.
  - b. For **XCEL PLATINUM, DIAMOND and SAPPHIRE: REQUIRED** minimum of an 8 feet x 15 1/2 feet matted area.
4. For USA Gymnastics sanctioned competitions up to and including the State Championships for **ALL XCEL DIVISIONS**, one (1) 10-12 cm/4 inch or 20 cm/8 inch or two (2) 10-12 cm/4 inch CLMs (plus the maximum allowable skill cushions) *will be allowed to be placed on top of a solid-foam pit* provided that this information is stated in the meet information sent to the participating clubs.
5. For **XCEL DIAMOND AND ABOVE** warm-ups only: If available (NOT REQUIRED), an alternate skill cushion made of softer foam (**minimum** of 4 ft. x 6 ft. x 8 in.) is allowed at all sanctioned competitions to perform a “timer” for a Salto vault.

• For An alternate skill cushion made of softer foam ( of 4 ft. x 6 ft. x 8 in., i.e. Pit Pillow) is allowed at invitationals and is REQUIRED at State Championships and above. **This alternate skill cushion does NOT count towards the required mat stack height, but rather would be an addition once the required mat stack height has been achieved.**

## **BRONZE VAULT SPECIFICATIONS:**

1. **Apparatus: Mat Stack/Matting System for Bronze Vault 1 and Bronze Vault 2 (placed lengthwise)**

2. **Height: Minimum of 40 cm/16 inches (+ 2.5 cm/1 inch), maximum of 120 cm/48 inch (+ 2.5 cm/1 inch)**

3. **Competition Landing Mats (CLMs):**

a. Any combination of manufactured CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit.

b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 10 cm/4-inch skill cushion.

### **Mat Stack:**

1. May be placed on top of a solid foam pit.

2. All mats used in forming the Mat Stack **MUST** be a minimum of 5 feet wide and 10 feet long. g to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/

a. An unfolded panel mat (or any manufactured matting Resi-Pit if necessary to provide a more stable landing surface.

b. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.

c. An additional mat (minimum of 10 cm/4 inch) **MUST** be placed on the floor behind the Mat Stack.

### **SILVER VAULT SPECIFICATIONS:**

1. **Apparatus: Mat Stack / matting system (placed sideways)**

2. **Height: Minimum of 60 cm/24 inches (+ 2.5 cm/1 inch), maximum of 120 cm/48 inch (+ 2.5 cm/1 inch)**

3. **Competition Landing Mats (CLMs):**

a. Any combination of CLMs, skill cushions and/or port-a-pit may be used; however, the top layer of matting **MUST** be a minimum of a 10 cm/4-inch skill cushion or the port-a-pit.

b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface **MUST** be a minimum of a 10 cm/4-inch skill cushion.

### **SILVER TO SAPPHIRE**

- Apply the up to 0.10 deduction for under rotation - Silver – Sapphire Divisions.

### **XCEL GOLD, PLATINUM, DIAMOND, & SAPPHIRE DIVISION:**

- All divisions may use the Vault table at any manufacturer setting.

**Gold, Platinum, Diamond, 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.**

### **Mat Stack:**

1. May be placed on top of a solid foam pit.
2. All mats used in forming the Mat Stack **MUST** be 5 feet wide and a minimum of 5 feet long, + 2 inches.
3. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the Mat Stack/Resi-Pit if necessary to provide a more stable landing surface.
4. The top surface may be either a “squared” (standard 8-inch mat corners) or “curved” (similar to a table trainer) on the front edge.
5. A sting mat may be used on top of the Mat Stack.
  - a. An additional mat, minimum 6 feet x 12 feet x 4 inch (10cm) **MUST** be placed on the floor behind the Mat Stack.

### **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.**
2. **XCEL BRONZE, SILVER & GOLD** athletes may use an ALTERNATIVE SPRINGBOARD APPARATUS, provided they are manufactured by a gymnastics equipment manufacturer.
  - a. 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.
  - b. 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 **XCEL PLATINUM, DIAMOND or SAPPHIRE** athlete uses an alternative springboard during competition, the Vault is considered VOID.
3. **ALL XCEL DIVISIONS** may use a manufactured mat shaped like a springboard (mount trainer/mount mat).

- The mount mat may be placed on a 20 cm/8-inch skill cushion for the purpose of mounting.

4. A mount trainer/mount mat, spotting block or folded panel mat may be used *instead of a board* for mounting purposes at:

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 46** in this coach’s handbook on the configuration.

**GUARANTEED MINIMUM NUMBER OF WARM-UP VAULTS**

<b>Bronze</b>	<b>1</b>
<b>Silver</b>	<b>2</b>
<b>Gold</b>	<b>2</b>
<b>Platinum</b>	<b>2</b>
<b>Diamond</b>	<b>3</b>
<b>Sapphire</b>	<b>3</b>

**BARS:**

**REQUIRED AREA TO BE MATTED:**

1. A minimum of 6 feet by 15 feet for XCEL BRONZE.
2. A minimum of 6 feet by 24 feet for XCEL SILVER & GOLD.
3. A minimum of 7 1/2 feet by 36 feet for XCEL PLATINUM, DIAMOND & SAPPHIRE.

**MOUNT SPECIFICATIONS:**

1. 18 feet minimum (no maximum) mount distance is allowed. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS
2. 6 feet minimum (no maximum) mount distance is allowed. XCEL BRONZE, SILVER & GOLD DIVISIONS

**MATTING REGULATIONS FOR MOUNTS:**

1. Mounts without the use of a board:
  - a. Athlete may stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
  - b. Athlete may stand on an additional “up to 8-inch” skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLMs.

c. Board, Mount Trainer Mat, or folded panel mat used to mount:

i. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1 1/2 inch base mat (unfolded panel mat) placed under or on top of the CLM.

ii. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.

iii. A Mount Trainer Mat or folded panel mat may be placed on an 8-inch skill cushion.

iv. **A Springboard may NOT be placed on an 8-inch skill cushion.**

3. A single bar may be used for XCEL BRONZE competitions; provided that the single bar meets the current low bar specifications.

**• This information MUST be included in the pre-meet information.**

4. Fiberglass rails with wood covering or any other FIG approved rails **are REQUIRED** for all sanctioned meets.

5. Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm + 1 mm.

**• AAI “soft blue rails” are allowed but MUST be listed in the pre-meet information.**

6. Based on the best interest of the gymnast’s safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, **the rails MUST be adjusted** only to a position that locks-in with a dual locking mechanism that meets the manufacturer’s recommended safety parameters.

7. The distance (spread) between the Bars may be set to the preference of the athlete, provided that after such adjustment, the Bars remain within the allowances identified by the manufacturer of the apparatus.

8. For equipment that has a slider mechanism on both Bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite changing of bar sets during competition.

9. If a 10 cm (4 inch) mat (skill cushion) is placed on the CLM(s) for dismount purposes, an additional 10 cm (4 inch) or 20 cm (8 inch) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion **MUST** be removed immediately after the release element is performed.

10. When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s)) is/are removed immediately after the release move is performed.

**• A 0.30 deduction will be taken if the spotting device is not removed.**

11. An alternate skill cushion made of softer foam is allowed at invitationals and **is REQUIRED at State Championships and above.**

12. The mat **MUST** be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used **for BAR RELEASES ONLY** (to be placed under the gymnast during the release and immediately removed).

**NOT allowed for mounts, dismounts or landings on any event.**

**“C” and more difficult bar releases performed in the Diamond and Sapphire Divisions ONLY**

13. Uneven Bars set up over a loose foam pit **is NOT ALLOWED FOR COMPETITIONS**, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.

a. **EXCEPTION:** Uneven Bars set up over a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.

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

14. No other substance besides chalk and water may be placed on the rails of the Uneven Bars.

- Once an athlete has begun competition / exercise has begun, chalk or water **MAY NOT** be added to the rails or mats.

**If a coach sprays water or adds chalk to the bar once the exercise has begun, a 0.20 deduction will be applied. No warning will be given.**

## **BEAM:**

### **REQUIRED AREA TO BE MATTED:**

1. Each end of Beam:

a. **REQUIRED** minimum of 6 feet by 12 feet.

i. **XCEL BRONZE, SILVER & GOLD DIVISIONS**

b. **REQUIRED** minimum of 7 1/2 feet by 12 feet.

ii. **XCEL PLATINUM, DIAMON & SAPPHIRE DIVISIONS**

2. Under the Beam:

a. **REQUIRED** minimum of 12 feet wide by 15 1/2 feet long.

i. **XCEL BRONZE, SILVER & GOLD DIVISIONS**

3. **REQUIRED** minimum of 15 feet wide by 15 1/2 feet long.

i. **XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS**



4. An 8 feet wide mat for dismount area is recommended for DEV LEVELS 7 AND ABOVE. Whenever a 10 cm/4-inch supplemental mat (“throw” mat) is used in addition to the CLM(s) for the dismount, it MUST be a minimum of 7 feet by 10 feet.

### **MOUNT SPECIFICATIONS:**

1. 12 feet minimum (no maximum) is allowed.
  - a. XCEL BRONZE, SILVER & GOLD DIVISIONS
2. 18 feet minimum (no maximum) is allowed.
  - a. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS

### **MATTING REGULATIONS FOR MOUNTS:**

1. Mounts without the use of a board:
  - a. May stand on one (1) 12 cm or 20 cm mat or two (2) 12 cm CLMs.
  - b. May also stand on an additional up to 8-inch skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).
2. Board, mount trainer mat or folded panel mat used to mount:
  - a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm CLMs, with or without a 1 1/2 inch base mat (unfolded panel mat) placed under or on top of the CLM.
  - b. May be placed on top of sting mat or 4-inch throw mat that is placed on the CLMs.
  - c. A mount trainer or folded panel mat may be placed on an 8-inch skill cushion.
  - d. A Springboard may NOT be placed on an 8-inch skill cushion.
3. ALL XCEL DIVISIONS may use the Beam at any height, regardless of age division; however, the height MUST be within a minimum of 100 cm (+ 1 cm) and a maximum of 125 cm (+ 1 cm).

**• Height specifications - measured from the floor to the top of the Beam.**

### **AT ALL SANCTIONED COMPETITIONS:**

1. The Beam legs MUST be placed on the floor or a stable surface.
  - It is strongly recommended that the entire mounting area be level.
2. Beam MUST be adjustable.

3. Beam is **REQUIRED** to be padded.
4. Beams with a “spring” mechanism are allowed.
5. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.
6. Supplemental Matting: If available (not required): Maximum of nine (9) inches using sting mats, 4-inch throw, and/or 8-inch skill cushions may be placed on top of allowable CLMs in ALL matted areas (under the Beam and/or dismount area).
7. A Balance Beam set up over a loose foam pit is **NOT ALLOWED FOR COMPETITIONS**, unless the entire area (mount / dismount) is covered by a stable (wooden or metal) surface.

### **EXCEPTION:**

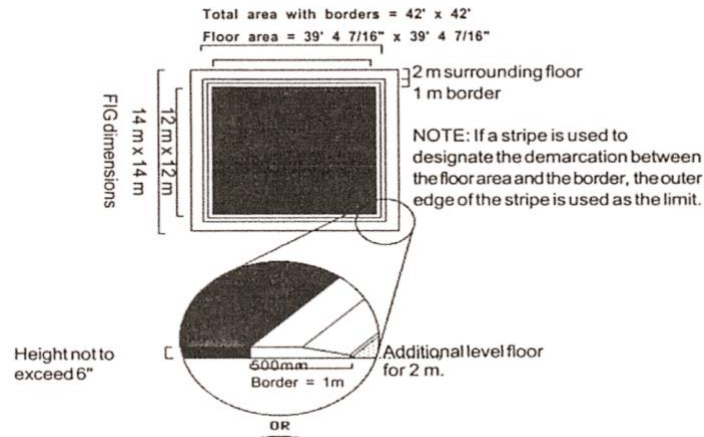
- a. A Balance Beam set up over a Resi pit is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to competition.
- b. All competition matting specifications must be met when utilizing either of these options.

### **FLOOR:**

1. FIG specifications: 12 meters X 12 meters (39 feet 4 <sup>7</sup>/<sub>16</sub>-inch X 39 feet 4 <sup>7</sup>/<sub>16</sub> inch).
  - a. The measurement is from the outside of the tape or where the carpet changes color.
  - b. The Xcel Program uses FIG specifications for ALL DIVISIONS.
2. A tumbling strip (minimum of 8 feet wide and 56 feet long) may be used for competition for:
  - a. XCEL BRONZE & SILVER DIVISIONS.
  - b. If only a strip is available, the **Meet Director MUST** indicate this in the pre-meet information.
3. 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 feet wide and 56 feet long. A minimum of 3 feet in length of additional padding (carpet bonded foam or something similar) is **REQUIRED** at each end of a 56 feet tumble strip that is used for warm-up.
4. Rebound or spring type floors are **REQUIRED** for XCEL PLATINUM, DIAMOND & SAPPHIRE competitions.

- It is strongly recommended that a spring type floor also be used for DEV LEVEL 7 AND BELOW and XCEL BRONZE, SILVER & GOLD DIVISIONS.

5. The floor surface MUST be a minimum of 1 1/4 inch thick (3.2 cm) to a maximum of 7 1/2 inch thick (19.05 cm) + 1/2 inch.
6. If carpeting is used, 3.2 cm (1/4 inch) pile is maximum height recommended.
7. The top of the mat MUST be joined into one continuous level surface.



8. When the Floor Exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is allowable 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.

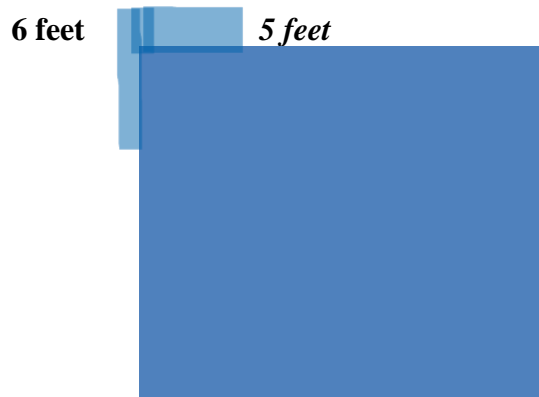
9. For competitions held in outside facilities with the below athletes, the outside of the floor corners MUST be padded.

a. XCEL PLATINUM, DIAMOND & SAPPHIRE DIVISIONS

10. To protect the gymnast if they go beyond the dimensions of the Floor Exercise mat, the outside 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.

11. The matting MUST extend a minimum of five (5) feet out from the edge of the boundary line and extend a minimum of six (6) feet from the corner down each side of the Floor Exercise area.

12. 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:



13. Additional matting: 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. 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. A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.

14. Only one (1) skill cushion/throw mat (4 inch or 8 inch) *per tumbling pass* may be used, with no more than two (2) mats on the Floor Exercise area at any one point in time. Matting may be used as a take-off / landing surface.

a. It is acceptable to have both mats on separate ends of a diagonal.

- Example: an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.

b. Only if a sting mat is placed under or on top of the skill cushion/throw mat, it does NOT count as one of the two (2) allowable mats on the Floor Exercise at any one point in time.

**c. An athlete may not utilize the two mats end to end on any one tumbling pass.**

**d. If using a sting mat, in addition to the two supplemental mats, the sting mat must be under or on top of the 4' throw mat or 8' skill cushion.**

**Xcel Code of Points  
VAULT**

<b>GOLD, PLATINUM, DIAMOND, &amp; SAPPHIRE DIVISION VAULT CHART</b>					
Xcel Code #	Name of Specific Allowable Vault	Gold Allowable Vault (10.0 SV) (9.5 SV if Alternative Springboard Used)	Platinum Start Value	Diamond Start Value	Sapphire Start Value
1.101	Handsprings	Allowed	9.7	9.4	9.0
1.102	Handsprings → ½ twist off	Allowed	9.9	9.6	9.1
1.103	Yamashita	Allowed	9.7	9.4	9.0
1.104	Yamashita → ½ twist off	Allowed	9.9-10.0	9.6	9.1
1.105	½ twist on → ½ twist off <b>OR</b> ¼ twist on → ¼ twist off	Allowed	9.9	9.6	9.1
1.106	¼ twist on → Repulsion (with flight to feet) off <b>OR</b> ½ twist on → Repulsion (with flight to feet) off	Allowed	9.7	9.4	9.0
1.108 4-409	¼ twist on → ¼ twist off - to land facing away from the table (Vault re-numbered to 1.108)	Allowed	9.7	9.4	9.0
1.109	Handsprings forward onto board – handsprings forward on → repulsion off			9.5	9.1
1.110	Handsprings forward onto board – handsprings forward on → 1/2 (180°) turn off			9.7	9.2
1.111	Handsprings forward onto board – ¼ – ½ (90°–180°) turn on → repulsion off			9.5	9.1
1.201	Handsprings → 1/1 twist	Allowed	10.0	10.0	9.4
1.202	Handsprings → 1 ½ twist			10.0	9.5
1.203	Yamashita → 1/1 twist	Allowed	10.0	10.0	9.4
1.205	½ twist on → 1 ½ twist off <b>OR</b> ¼ twist on – 1 ¾ twist off			10.0	9.6
1.206	½ twist on → 1/1 twist off <b>OR</b> ¼ twist on – 1 ¼ twist off	Allowed	10.0	9.9	9.4
1.207	1/1 twist on → Handsprings or Yamashita off	Allowed	10.0	10.0	9.5
1.208	1/1 twist on → ½ twist off	Allowed	10.0	10.0	9.6
1.209	Handsprings forward onto board – handsprings forward on → 1/1 (360°) turn off			10.0	9.5
1.211	Handsprings forward onto board – ½ (180°) turn on → 1/2 (180°) turn off <b>OR</b> ¼ (90°) turn on → ¾ (270°) turn off			9.7	9.2
1.301	Handsprings → 2/1 twist off			10.0	10.0
1.306	½ twist on → 2/1 twist off <b>OR</b> ¼ twist on → 2 ¼ twist off			10.0	10.0
1.307	1/1 twist on → 1/1 twist off				10.0
1.311	Handsprings forward onto board – ½ (180°) turn on → 1/1 (360°) turn off <b>OR</b> ¼ (90°) turn on → 1 ¼ (450°) turn off			10.0	9.5
3.201	Tsukahara → Back Tuck			10.0	9.7
3.303	Tsukahara → Back Pike			10.0	9.8
3.304	Tsukahara → Back Layout			10.0	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off		9.7	9.4	9.0
4.102	RO, FF on → Repulsion ½ twist off		9.9-9.7	9.6	9.1
4.201	RO, FF on → 1/1 twist off			10.0	9.4
4.202	RO, FF on → 1 ½ twist off (Allen)			10.0	9.5
4.203	RO, FF on → Back Tuck			10.0	9.7
4.301	RO, FF on → 2/1 twist off				10.0
4.304	RO, FF on → Back Pike			10.0	9.8
4.305	RO, FF on → Back Layout			10.0	10.0
5.101	RO, FF ½ on → Handsprings			9.6	9.1
5.102	RO, FF ½ on → ½ twist off			9.8	9.2
5.107	RO, FF 1/1 on → ½ twist off				9.6
5.108	RO, FF 1/1 on → repulsion off				9.5
5.201	RO, FF ½ on → 1/1 twist off			10.0	9.6
5.202	RO, FF ½ on → 1 ½ twist off			10.0	9.8
5.207	RO, FF 1/1 on → 1/1 twist off				10.0
5.312	RO, FF ½ on → 2/1 twist off			10.0	10.0

VAULT - 3

Revised August 2023

Revised August 2024

## 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. USA-Gymnastics Xcel Bronze, Silver 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 15 placements.

a. At all States Meets, placement awards and All Around on all events, After the 50% round-up maximum of 15 placements in the All Around achievement awards will then be provided.

b. USA-Gymnastics N.J. Criteria. **All awards must be presented on the awards stand, starting from 1<sup>st</sup> place down. All All-Around medalist winners will remain at the awards stand until the last achievement award is handed out.**

#### **Xcel Bronze, Silver 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

2. Gold, Platinum, Diamond, and Sapphire Division 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.

3. 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.

**4. 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 1<sup>st</sup> 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](mailto: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](mailto: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](mailto:pamgardin@gmail.com) and Kelly Gaston at [karaokekelly704@gmail.com](mailto: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](mailto:Karaokekelly704@gmail.com)

Pam Gardin [pamgardin@gmail.com](mailto: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.
      - a. 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**

**Meet Directors MUST be affiliated with a current Member Club, Event Production Company, Judges Association or University in order to host a USA Gymnastics sanctioned event.**

**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](http://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 Directors MUST be affiliated with a current Member Club, Event Production Company, Judges Association or University in order to host a USA Gymnastics sanctioned event.**

### **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](mailto:gbuti@aol.com)

For all State Meets contact Patty Strickland at [gymjudge4@me.com](mailto:gymjudge4@me.com)

5. Any questions regarding judges should be directed to your NAWGJ State Director Leslie McPeek.
6. NAWGJ is the contracting agent for all USA-Gymnastics meets in N.J.
7. For Sectional Meets you must purchase awards/ribbons from "A-1" awards "contact Jaime" at (800) 444-9569.

**NESW JERSEY USA-GYMNASTICS WILL PROVIDE 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: <a href="mailto:gbuti@aol.com">gbuti@aol.com</a>
N.J.S.J.D.	Pamela Gardin	e-mail: <a href="mailto:pamgardin@gmail.com">pamgardin@gmail.com</a>
Co N.J.S.J.D.	Kelly Gaston	e-mail: <a href="mailto:karaokekelly704@gmail.com">karaokekelly704@gmail.com</a>
Competition Chair	Patty Strickland	e-mail: <a href="mailto:gymjudge4@me.com">gymjudge4@me.com</a>
State Chairman	Brant Lutska	e-mail: <a href="mailto:saccnj@gmail.com">saccnj@gmail.com</a>

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 1<sup>st</sup> 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.<sup>[11]</sup><sub>SEP</sub>

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.

**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](mailto: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 McPeek	E-mail <a href="mailto:mcpeekrl@gmail.com">mcpeekrl@gmail.com</a>
	Ellen Kovac	E-mail <a href="mailto:ellenkovac@aol.com">ellenkovac@aol.com</a>
	Bonnie Synol	E-mail <a href="mailto:basynol61@yahoo.com">basynol61@yahoo.com</a>
	Barbara Wallace	E-mail <a href="mailto:bwallace311@comcast.net">bwallace311@comcast.net</a>
	Brant Lutsk	E-mail <a href="mailto:saccnj@gmail.com">saccnj@gmail.com</a>

### **Safe-Sport Help-Support**

866-200-0796 - [SafeSportHelpline.org](http://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 devices (*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](mailto: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](mailto: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 (4<sup>th</sup>) 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 1<sup>st</sup> 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: \_\_\_\_\_
  5. Falls/Unusual Occurrences: \_\_\_\_\_
- Accompanying Video (If allowed) Yes \_\_\_ No \_\_\_

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

Element/Additive Value	Description of Element(s)	Judge's Use Only	
		Y	N

Coach's name: \_\_\_\_\_ Team: \_\_\_\_\_

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

\_\_\_\_\_ **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: [sacnj@gmail.com](mailto:sacnj@gmail.com)



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### 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](mailto:karaokelkelly704@gmail.com)



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USA GYMNASTIC'S JUDGE'S CONTRACT

Date of issue: \_\_\_\_\_ Deadline to return: \_\_\_\_\_
Name of Meet: \_\_\_\_\_ Date (S): \_\_\_\_\_
Judges report time: \_\_\_\_\_ Day 1 Day 2 Day 3 Meet time: \_\_\_\_\_ Day 1 Day 2 Day 3

Meet location: \_\_\_\_\_
Type/Level of Meet: \_\_\_\_\_ Phone # of Meet site: \_\_\_\_\_

Number of round's/day: \_\_\_\_\_ Day 1 Day 2 Day 3 Final? \_\_\_\_\_

Payment arrangement: \_\_\_\_\_ Payment on day of Meet?: \_\_\_\_\_ Per Diem: \_\_\_\_\_

Travel arrangements: \_\_\_\_\_

Housing: \_\_\_\_\_
Hotel Address City State

Special Meet arrangements: \_\_\_\_\_ Misc.: \_\_\_\_\_

Meet Director: \_\_\_\_\_ Assigning Official: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Phone #: ( ) \_\_\_\_\_ Phone #: ( ) \_\_\_\_\_

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

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

Air travel: Airline: \_\_\_\_\_ Flight: \_\_\_\_\_ Airport: \_\_\_\_\_ Airfare: \$ \_\_\_\_\_

Arrival date: \_\_\_\_\_ Departure date: \_\_\_\_\_

Meals: For any meals not provided by meet director.

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

Lodging required: Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_ Sat. \_\_\_\_\_ Sun. \_\_\_\_\_ Mon. \_\_\_\_\_

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

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

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

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

Name: \_\_\_\_\_ Social Security #: \_\_\_\_\_

Address: \_\_\_\_\_ Street City State Zip

Phone (H): \_\_\_\_\_ Phone (W): \_\_\_\_\_

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

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



### 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](mailto: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](mailto:billpsiuk@gmail.com)



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### 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](mailto: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**

## COACHES SIGN-IN FORM

**Please have all participating coaches sign and confirm requested information**

### **Coaches Sign In Sheet 1:**

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

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

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

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



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**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](mailto: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:** \_\_\_\_\_

_____	_____	_____
<b>Street Address</b>	<b>City/State</b>	<b>Zip</b>

**Director(s):** \_\_\_\_\_

**Home phone:** \_\_\_\_\_

**Coach(s):**  
\_\_\_\_\_  
\_\_\_\_\_

**Directions:** \_\_\_\_\_  
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