



New Jersey

2026

WOMEN'S ARTISTIC

Competitive Program Handbook

Web site WWW.USAGNJ.COM

TABLE OF CONTENTS

USA-G / XCEL - NJ HANDBOOK 2026

Table of Contents	1
Definitions	2
Welcome to USA-Gymnastics New Jersey	3
Duties of Coaches and Officials at USA-Gymnastics Competitions	3
Program Hotline	4
Membership in USA-Gymnastics	5
USA-Gymnastics National Chairs	6
USA-Gymnastics Region VII Committee Contacts	6
Membership Requirement's in USA-G and Xcel Program	7
N.J. State Administrative Committee	8
USA-Gymnastics - N.J. State Administrative Committee Contacts 2026	9
State Meet Schedule and Sites	10
Athletes who turn 18 years of age	11
Gymnast / Coaches Allowable Attire	12
Athlete Residency for State Championship, TOP's Program	17
USA-G N.J. Program Updates	19
Competition Format	23
Developmental / Xcel Entry	25
Mobility	26
Equipment / Vault Values / Timed Warm-up	28
Age Determination, Gymnast / Age Groups / Registration	52
Meet Entry procedures, Declaration, Last Day to qualify Qualifying Score	54
State Meet Entry Fees	57
Individual Event Specialist Dev, Xcel Regional Competitions	58
Regional, Level 7, 8, 9, 10 Regional Qualification Procedures / Petitioning	59
Eastern / Western and National	62
USA-Gymnastics – N.J. Awards	64
Meet Directors Responsibilities	67
How to Host a Sanctioned Meet	68
Judges Education Stipend	70
How to Host a State Meet	71
Entry Fee Distribution / Gate Fees	73
Reporting Meet Results	74
USA Gymnastics – N.J. Education Opportunities / Contacts	75
Guidelines for Family Safety and Behavior at Meets	76
The Ten Commandments for Gymnastics Parents	77
Misc. USA-Gymnastics Blank Forms	78

Web site www.usagnj.com

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DEFINITIONS

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

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

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

DEVELOPMENT PROGRAM (Formerly known as the **JR. OLYMPIC PROGRAM**), Competitive program consisting of Levels 1 to 10 as well as the Xcel Program. Formally known as the J.O. Program, also known as the United States Gymnastics Federation USGF), is the governing body for gymnastics as appointed by the USOC (United States Olympic Committee). The national office is located in Indianapolis, IN.

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

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

IAW: In accordance with.

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

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

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

NAWGJ: National Association of Women's Gymnastic Judges.

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

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

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

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

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

STATE MEET: Sponsored by USA-Gymnastics N.J., an opportunity for gymnasts to receive the minimum scores needed to enter the STATE meets. Gymnasts use scores attained at local meets to qualify into State meets. **Entry Procedures for USA-Gymnastics N.J." in this booklet.** The State Meet falls under the jurisdiction of the State Administrator and State Committee.

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

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

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

XCEL: The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Developmental Program to attract and retain a diverse group of athletes.

WELCOME TO USA-GYMNASTICS - NEW JERSEY

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

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

DUTIES OF COACHES AND OFFICIALS

1. Every coach, Judge or Jr. Professional over the age of 18 at a Sanctioned USA-Gymnastics Meet must be a Professional Member of *USA-Gymnastics*, have a back-ground check, and taken the *USA-Gymnastics U 100, U101, U110,112,113 COURSE*. No exceptions will be allowed. All Certificates must be visibly displayed at all sanctioned competitions. A confirmation paper from Members Services copied from the web site is valid proof of membership.

2. Every gymnast in a Sanctioned USA-Gymnastics Meet must be an Athlete Member of USA-Gymnastics. No exceptions can be allowed. It is the coach's responsibility to educate parents about appropriate behavior at meets. It is also the Coaches/ Club Owners responsibility to educate the parents on how to register their gymnasts with USA-G developmental program. Coaches are responsible for entering them in the correct age group as well as providing Athletic Membership numbers for each athlete entering a meet.

3. Follow the USA-Gymnastics Code of Ethics.

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

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

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

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

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

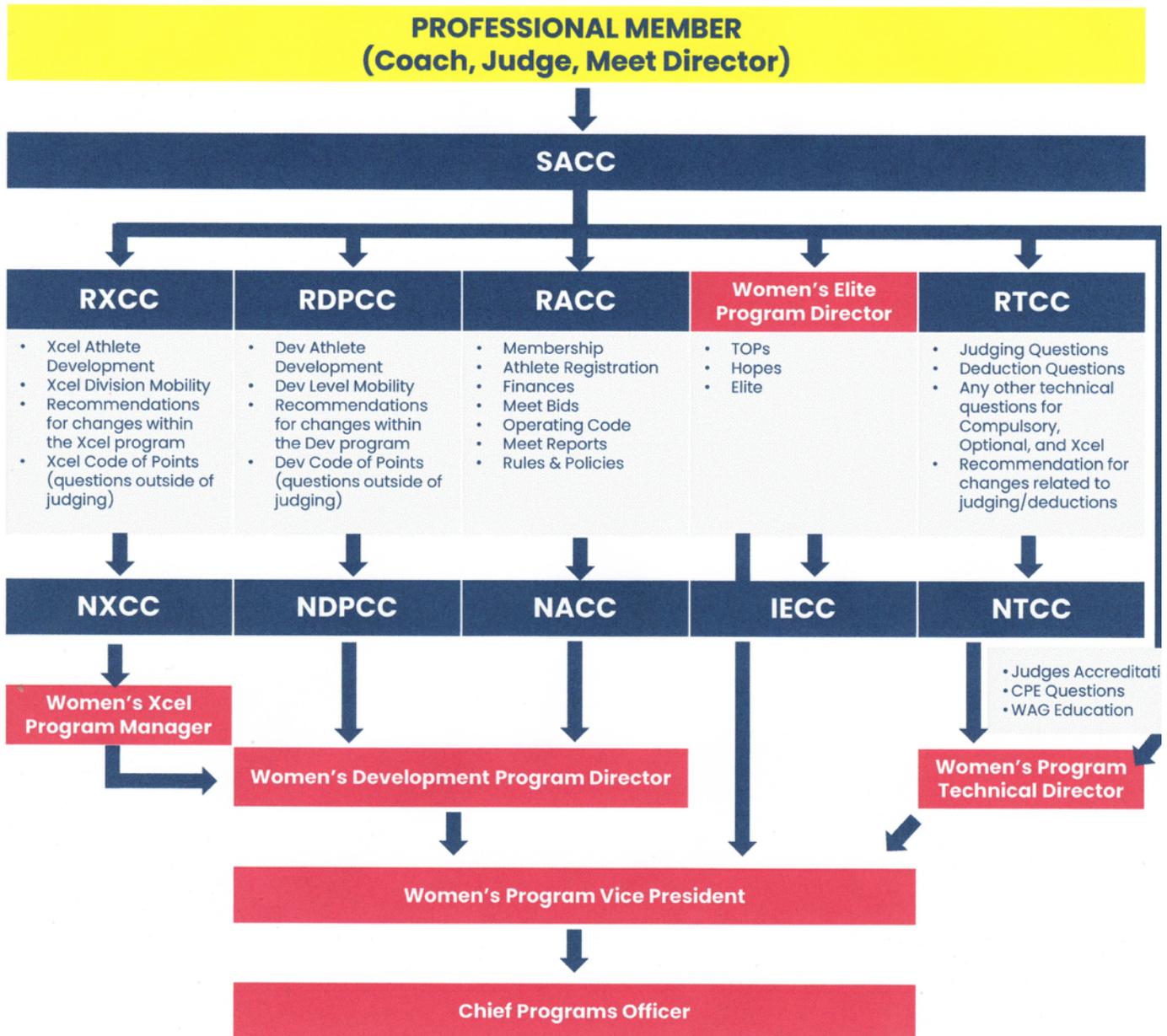
9. In case of a Rules & Policies or Ethics violation that cannot be resolved by the direct communication with the involved parties:

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

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

Women's Program Hotline

Should members have questions, they should utilize the Hotline starting with contact to the State Administrative Committee Chair.



KEY	
State	National
SACC – State Administrative Committee Chair	NXCC – National Xcel Committee Chair
Regional	NDPCC – National Development Program Committee Chair
RXCC – Regional Xcel Committee Chair	NACC – National Administrative Committee Chair
RDPCC – Regional Development Program Committee Chair	IECC – International Elite Committee Chair
RACC – Regional Administrative Committee Chair	NTCC – National Technical Committee Chair
RTCC – Regional Technical Committee Chair	
	Committee Chair
	Staff

MEMBERSHIP IN USA-GYMNASTICS

Membership may be obtained by contacting the USA-Gymnastics Membership Office (800) 345-4719 membership@usagym.org and requesting the appropriate materials. Or you can go online to www.usagym.org
REMEMBER: Each gymnast must be a USA-G Athlete Member and all coaches on floor at any USA-G sanctioned meet's must be a USA-G Professional Members,

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

USA-GYMNASTICS NATIONAL OFFICE

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

ADDITIONAL RESOURCES:

Women's Program:

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

WAG Committee Minutes:

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

WAG Operating Code:

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

Member Services:

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

Education:

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

Safe Sport:

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

WOMENS ARTISTIC

WAG STAFF

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

USA-GYMNASTICS NATIONAL CHAIRS

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

2026 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)	Leslie McPeck	mcpeekrl@gmail.com
(RXCC)	Jen Skorski	jcpgiant@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	wwusag@gmail.com

REGIONAL CHAIRMAN

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

Email jbortz7rac@gmail.com

R.T.C.C

Jane Caruso
9 Chestnut Drive
Newtown, PA 18940

Email region7rtc@comcast.net

R.D.P.C.C

Linda Johnson
2456 Vineyard Lane
Crofton, MD 21114

Email r7jocc@gmail.com

LIAISONS TO WOMEN'S PROGRAM

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

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

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

Women's Collegiate Gymnastics Association www.wcgagym.com

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

MEMBERSHIP REQUIERMENTS FOR USA-G AND XCEL PROGRAM



MEMBERSHIPS	MINIMUM AGE	USA GYMNASTICS BACKGROUND CHECK	U110: U.S. CENTER FOR 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 OR 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+ [*]	✓ 18+					
Athlete	N/A		✓ 18+					

¹ An individual may hold more than one membership type.

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

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

1. **Photographer/Videographer***
2. **Medical***
3. **Volunteer***

*** Must be contracted by Meet Director**

USA-GYMNASTICS N.J. STATE ADMINISTRATIVE COMMITTEE

The State Administrative Committee (SACC) is responsible for establishing and maintaining policies and procedures that govern competition structure, event logistics, judging assignments, and program recognition within the state. The SACC acts with the intent to meet the needs of its members while ensuring adherence to national standards and consistency within the region. Responsibilities include (but are not limited to):

1. COMPETITION CALENDAR AND EVENT STRUCTURE
 - a. Determine the state competition calendar annually.

2. QUALIFICATION AND ENTRY REQUIREMENTS
 - a. Establish qualifying scores and criteria.

3. COMPETITION FORMAT AND SUBDIVISIONS
 - a. Define the structure of State-level competitions.

4. JUDGING ASSIGNMENTS AND REQUIREMENTS
 - a. Determine panel size for Dev Levels 1 – 3 and Xcel Bronze – Gold Divisions.

5. PROGRAM RECOGNITION
 - a. Annually determine the Dev State Program.

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

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.**

State Administrative Committee Chair only votes to break any ties.

USA-GYMNASTICS N.J. STATE COMMITTEE CONTACTS 2026

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

*Committee Position has one Vote; other positions have no vote.

The SACC votes only to break ties.

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

At Large:

Collegiate Programs	Jason Bauer	jbauer.hohgym@gmail.com
Hall of Fame	Mary Peters	mcpeters06@gmail.com
Past SACC	Dave Rettig	djrettig@cs.com

USA GYMNASTICS-NJ SECTIONAL AND STATE MEET SCHEDULE 2026

YEAR	DATE	MEET	SITE
2026	Jan 27	Declaration Date for Xcel Bronze	
	Feb 10	Declaration Date for Level 7, 8, 9, 10	
	Feb. 15	Last day to qualify for Xcel Bronze	
	Feb 17	Declaration Date for Level 2, 3, 4, 5	
	March 1	Last day to qualify for Level 7, 8, 9, 10	
	March 6 - 8	Xcel Bronze States	Spartan
	March 8	Last day to qualify for Level 2, 3, 4, 5	
	March 10	Declaration Date for Xcel Silver	
	March 17	Declaration Date for Xcel Gold	
	March 20 - 22	Level 7, 8, 9, 10 States	Indigo
	March 24	Declaration Date for Level 6, Plat, Dia, Sapphire	
	March 27 - 29	Level 2, 3, 4, 5 States	Freehold Elite
	March 29	Last day to qualify for Xcel Silver	
	April 4 /5	Easter	
	April 5	Last day to qualify for Xcel Gold	
	April 9 - 12	Level 9/10 Regionals	Virginia Beach Sports Center, VA
	April 12	Last day to qualify for Level 6, Plat, Dia, Sapphire	
	April 17 – 19	Xcel Silver States	Indigo
	April 17 – 19	Level 7/8 Regionals	The Miller Center Lewisburg, Pa
	April 24 - 26	Xcel Gold States	Giants
	May 1 - 3	Level 6, Plat, Dia, Sapphire States	Star Bound
	April 30 - May 03	Level 9 Eastern Savannah Convention Center, Ga	
	May 7 - 9	Level 10 National Oklahoma City Convention Center, Ok	
	May 15	Xcel Regionals	Hosted by Head Over Heels N.J. @ Raritan

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. Any updates to the Safe Sport Policy can be found at <https://usagym.org/pages/education/safesport/>.

- a. Adult athletes (18 or older) must complete U110: U.S. Center for SafeSport Core Course Training prior to being allowed on the floor at any USA Gymnastics sanctioned event.
- b. USA-Gymnastics offers individualized and tailored Safe Sport Education to members clubs, as well as for Regional and/or State meetings upon request and at no charge. To find out more information, contact safesportpolicy@usagym.org.

What about athletes who turn 18 after March?

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

Is there an exception where an athlete may not have to complete the course?

Survivors of abuse may receive an exemption from this education and training policy. Requests may be made directly to the U.S. Center for SafeSport at ngbservices@safesport.org about an exemption, which will be addressed on a case-by-case basis. Any other waiver request may be sent to mbusby@usagym.org

How much will it cost an athlete?

The course is offered at zero cost for an athlete.

How does an athlete complete the course?

The course takes approximately 90 minutes to complete. If an athlete needs assistance in registering for the course, he/she should contact the Member Services Department at 800.345.4719 or via email at membership@usagym.org. Any updates to the Safe Sport policy can be found at <https://usagym.org/pages/education/safesport/>.

ALLOWABLE APPAREL AT COMPETITION FOR DEVELOPMENTAL & XCEL

SHORTS

- 1) Unitards with ankle **or shorts** length legs, **with or without sleeves**.
- 2) Tights (capri length or longer) and shorts:
 - a) May be worn under OR over the leotard
 - b) May be **black**, match the leotard, or are skin tone
 - c) A small manufacturer's branding allowed
 - d) No embellishments allowed

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:

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

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

Lower than 2 inches (approximately) below the bottom of that scapula (shoulder blade). Wider than the vertical midpoint of the scapula.

- a. No bare midriffs, backless leotards with spaghetti straps, T-shirt or Boxer shorts.
- b. No underwear (including sport bras) should be exposed. A clear bra strap is acceptable.
- c. A clear bra strap is acceptable.
- d. The leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hipbone.
- e. 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.
- f. 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).
- g. 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.
- h. At USA Gymnastics sanctioned events, a gymnast may NOT participate in warm-up or competition wearing a hard, non-removable

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.*

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.

EARRINGS

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

Tennis shoes (athletic sneakers) are NOT considered gymnastics footwear. If the athlete wears tennis shoes while competing,

1. Be well groomed in her appearance:
 - a. Clean attire.
 - b. Hair secured away from the face so as to not obscure her vision of the apparatus.
 - c. Accept the received score without criticism or comment.
- d. Eat or drink outside of the competition area (exception; water bottles should be allowed, or a water fountain should be accessible for athletes to stay hydrated.)
 - e. Be courteous, respectful, and polite to all meet officials, coaches, hostesses, competitors, and associated persons.
 - f. 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).
 - g. Exhibit self-control and calmness in the case of a fall or injury.
 - h. Be aware that infringement of obligations could lead to deduction and/or expulsion by the Jury of Appeals.
 - i. 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.

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

COACH'S AND JUNIOR PROFESSIONAL ATTIRE AT SANCTIONED EVENT

No cigarettes, or 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.

Weapons include, but are not limited to firearms, sling shots, sand clubs, metal knuckles, daggers, dirks, spring blade knives, nun-chu-ka sticks, throwing stars, air guns, stun guns, and devices intended to injure a person by an electric shock.

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.

ALL LEVELS AND XCEL DIVISION STATE MEETS COACHES RESPONSIBILITY

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

U100 Fundamentals of Gymnastics Instruction Course

U101 Safety and Risk Management Course

U110 US Center for Safe Sport Course

U112 Tough Coaching or Emotional Abuse Course

U113 Safe Sport Policy Course

Concussion Education Acknowledgment

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

1. The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area). Judges may use electronic tablets for gymnastics purposes only on the Field of Play.
2. Clubs / coaches must be preregistered. Only coaches that are pre-registered will be allowed on the competition floor.
3. Pre-registration will be submitted with the athlete registration form for each sectional and state meet.
4. Coaches may also e-mail the copy of the pro-membership card 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.

7. Check the time of floor exercise music on the official music playback equipment prior to competition and report any problems to the Meet Referee.

a. Must provide Floor exercise music in digital format (MP3, computer, tablet, smart phone, etc.).

b. These electronic devices must have a display screen and must be on airplane mode, when applicable.

c. Playing music via Bluetooth is not allowed.

8. 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**

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.**

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**

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).

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.
3. **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.**
4. A club **MUST** compete in the State Championship(s) of the state in which the training facility is physically located.
 - a. Clubs that have gyms in different locations (under the same ownership) have the option of competing under one club name or as separate clubs. The decision **MUST** be made at the beginning of the competitive year and communicated to the SACC and/or RACC, as applicable.

b. If two different clubs (different names/owners) are coached by the same person, the SACC may decide if the clubs may compete as one combined team in USA Gymnastics qualifying meets and State Championships.

FOREIGN PARTICIPANTS

See R&P page 15.

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.

1. 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.

2026 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

Gymnasts Ages 8 to 10 Physical Ability and Skill State and National Testing Information can be found on the USA-Gymnastics website under women's TOP's / Elite www.usagym.org Testing Sites: TBD, there will be several per year in the State of New Jersey.

USA-G N.J. PROGRAM UPDATE

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. State Meets **are under the total jurisdiction of the 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 SACC.
3. May be conducted in the fall and/or spring for all divisions, at the discretion of the SACC.
 - 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.

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.

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.

• **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**

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 DEADLINE

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.

ALL GYMNASTS MUST BE REGISTERED BY JANUARY 15, 2026.

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

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 2026 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.

a) 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.

STATE MEETS AND ABOVE

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

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)

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

ENTRY INTO DEVELOPMENTAL PROGRAM XCEL DIVISION

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.
3. There are Six (6) divisions of Xcel: Bronze, Silver, Gold, Platinum, Diamond and Sapphire.
4. Gymnasts who have no previous competitive experience may enter at Bronze or Silver, at their coach's discretion.
5. Gymnasts currently competing in the Xcel Program must follow the chart for mobility.
6. 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.
7. 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.
8. 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.

MOBILITY

	Level	Mobility Score	State Qualifying	Regional Score
Must be 5 yrs. old	Level 2	N/A	31	N/A
Must be 6 yrs. old	Level 3	N/A	31	N/A
Must be 7 yrs. old	Level 4	34	31	N/A
	Level 4	Needs two (2) scores of 36 to skip to level 6		
Must be 7 yrs. old	Level 5	32	31	N/A
Must be 7 yrs. old	Level 6	32	32	N/A
Must be 7 yrs. old	Level 7	32	32	35.00 See R&P for Petition NO I.E.S
Must be 8 yrs. old	Level 8	34 / 8.50 IES	33 / 8.75 IES	34.00 See R&P for 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 See R&P for Prequalification, I.E.S, Petition.
Must be 5 yrs. old	Xcel Bronze	No Score Needed	32	N/A
Must be 6 yrs. old	Xcel Silver	31.00 or 8.00 IES	32	N/A
Must be 7 yrs. old	Xcel Gold	31.00 or 8.00 IES	32 / 8.50 IES	36.00 See R&P for Prequalification, I.E.S, Petition.
Must be 8 yrs. old	Platinum	At Gold 32.00 or 8.5 IES	32 / 8.50 IES	35.00 See R&P for Prequalification, I.E.S, Petition.
Must be 9 yrs. old	Diamond	At Platinum. 32.00 or 8.00 IES	32 / 8.50 IES	34.00 See R&P for Prequalification, I.E.S, Petition.
Must be 12 yrs. Old Must be 14 to petition?	Sapphire	At Diamond 32.00 or 8.00 IES	33 / 8.75 IES	33.00 See R&P for Prequalification, I.E.S, 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. **Petitions for Levels 8 and below must be submitted to the SACC. For Levels 9 and above, petitions must be submitted to the RACC, with final approval determined by the RAC.**
3. **In order to qualify to a State Meet, a gymnast must have competed in two in-state meets. A minimum of two clubs must be present to be a qualifier. This is for all USA-G Levels 2 to 7 as well as all Xcel Divisions. They will need only one (1) score to qualify to a State Meet.**
4. **Levels 2 to 4 as well as all Xcel divisions will have a one (1)-judge panel. Level 5 and above will have a two (2)-judge panel as per R&P.**
 - a. **Levels 2-5 needs a 31.00 A.A. to qualify to States.**
 - b. **Level 6/7 needs a 32.00 A.A. to qualify to States.**
 - c. **Level 8 needs a 33.00 A.A., or an 8.75 IES to qualify to States. Qualifying score to Regionals is a 35.00 A.A. at a state meet, NO IES. To petition to Regionals a gymnast needs a 36.00 A.A.**
 - d. **Level 9/10 needs a 33.00 A.A. or an 8.90 IES to qualify to States. A 34.00 A.A. or a 9.00 for IES at States to Regionals. To petition a 35.00 or a 9.20 IES at any meet and must have participated within her state at a meet.**
 - e. **All Xcel Divisions need a 32.00 A.A. to States, except Sapphire, they will need a 33.00 A.A. or an 8.75 as an IES.**
 - f. **XCEL Gold, Platinum, Diamond, and Sapphire to Regionals need a 35.00 or a 36.00 pre-qualified, No IES first year to Regionals.**
5. **Level 6: Gymnasts who competed in the previous year's Level 6 Regional Championships and achieved an Optional All-Around (AA) score at least 1.00 point above the current Regional qualifying score may use that previous Regional score as their pre-State Championships score.**
6. **Level 7: Gymnasts who competed in the previous year's Level 7 Regional Championships and achieved an Optional AA score at least 1.00 point above the current Regional qualifying score may use that previous Regional score as their pre-State Championships score.**
7. **LEVEL 8: If the gymnast competed in the previous year's Development Program 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 Championships score.**
8. **LEVEL 9: A Level 9 gymnast may submit her previous year's Regional or Eastern/Western score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 9 Regional qualifying score.**
9. **LEVEL 10: A Level 10 gymnast may submit either her previous year's Regional or National score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 10 Regional qualifying score.**

EQUIPMENT

VAULT

APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS



A. VAULT RUNWAY

Vault Runway					
VAULT RUNWAY SPECIFICATIONS					
(measurement is from the front of the Vault table/apparatus)					
Developmental Levels	XCEL DIVISIONS	MINIMUM DISTANCE	MAXIMUM DISTANCE	THICKNESS	WIDTH
8 to 10		76 Feet	82 Feet	Minimum of 3.5 cm (1 and 3/8 inches) (+ -.3 cm or 1/8 in.)	Minimum Should be width of the board
6 to 7	Platinum, Diamond, Sapphire	70 Feet	80 Feet		
1 to 5	Bronze, Silver, Gold	60 Feet	80 Feet		

B. APPARATUS

REQUIRED APPARATUS	DEV LEVEL	XCEL DIVISION
Mat Stack (placed lengthwise)	2	Bronze
Mat Stack (placed sideways)	3	Silver
Mat Stack (behind Vault table)	6 to 7	
Vault Table	4 to 10	Gold, Plat, Dia, Sapphire

C. VAULT TABLE

The Vault table is **REQUIRED** for:

VAULT TABLE HEIGHT REQUIREMENT		
(height is determined by measuring the distance from the floor to the center top of the table)		
PROGRAM	MINIMUM HEIGHT REQUIREMENT	MAXIMUM HEIGHT REQUIREMENT
DEV Levels 4-10	N/A	135cm (+1cm)
XCEL Gold, Platinum, Diamond, Sapphire	May use table at ANY manufactured setting	

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 above 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 Division**

b. A minimum of 8 feet x 18 feet:

i. **DP Levels 6-10**

ii. **Xcel Platinum, Diamond, Sapphire Division**

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** minimum of 6 feet by 12 feet matted area.

b. For **DP Levels 6-10 and Xcel platinum, Diamond, 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. **VAULT SPECIFICATIONS:**

1. Apparatus: Mat Stack / Matting System (placed LENGTHWISE) Mat Stack for Bronze and Silver Divisions: The mat stack may be placed on the floor, on the Vault runway, or on the competition landing mat

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

L. 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.**

M. 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.**

N. 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.

O. 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.

P 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.**

GUARANTEED MINIMUM NUMBER OF WARM-UP VAULTS

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

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.

GOLD, PLATINUM, DIAMOND, & SAPPHIRE DIVISION VAULT CHART

This chart reflects all value updates through August 2025

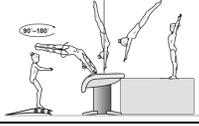
Xcel Code #	Name of Specific Allowable Vault	Gold Allowable Vault (10.0 SV) (9.5 SV if Alternative Springboard Used)	Platinum Start Value	Diamond Start Value	Sapphire Start Value
1.101	Handspring	Allowed	9.8	9.5	9.2
1.102	Handspring → ½ twist off	Allowed	9.9	9.6	9.4
1.103	Yamashita	Allowed	9.8	9.5	9.2
1.104	Yamashita → ½ twist off	Allowed	9.9	9.6	9.4
1.105	½ twist on → ½ twist off OR ¼ twist on → ¾ twist off	Allowed	9.9	9.7	9.4
1.106	¼ - ½ (90-180°) twist on → Repulsion off – to land facing the table	Allowed	9.7	9.5	9.2
1.108	¼ twist on → ¼ twist off - to land facing away from the table	Allowed	9.7	9.5	9.0
1.109	Handspring forward onto board – handspring forward on → repulsion off			9.5	9.3
1.110	Handspring forward onto board – handspring forward on → 1/2 (180°) turn off			9.7	9.5
1.111	Handspring forward onto board – ¼ - ½ (90°-180°) turn on → repulsion off			9.5	9.3
1.201	Handspring → 1/1 twist	Allowed	10.0	10.0	9.6
1.202	Handspring → 1 ½ twist			10.0	9.8
1.203	Yamashita → 1/1 twist	Allowed	10.0	10.0	9.6
1.205	½ twist on → 1 ½ twist off OR ¼ twist on – 1 ¾ twist off			10.0	9.8
1.206	½ twist on → 1/1 twist off OR ¼ twist on – 1 ¼ twist off	Allowed	10.0	9.9	9.6
1.207	1/1 twist on → Handspring or Yamashita off	Allowed	10.0	10.0	9.6
1.208	1/1 twist on → ½ twist off	Allowed	10.0	10.0	9.8
1.209	Handspring forward onto board – handspring forward on → 1/1 (360°) turn off			10.0	9.7
1.211	Handspring forward onto board – ½ (180°) turn on → 1/2 (180°) turn off OR ¼ (90°) turn on → ¾ (270°) turn off			9.7	9.5
1.301	Handspring → 2/1 twist off			10.0	10.0
1.306	½ twist on → 2/1 twist off OR 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	Handspring forward onto board – ½ (180°) turn on → 1/1 (360°) turn off OR ¼ (90°) turn on → 1 ¼ (450°) turn off			10.0	9.7
3.201	Tsukahara → Back Tuck			10.0	9.9
3.303	Tsukahara → Back Pike			10.0	10.0
3.304	Tsukahara → Back Layout			10.0	10.0
4.101	RO, FF on → Repulsion (with flight to feet) off		9.8	9.6	9.2
4.102	RO, FF on → Repulsion ½ twist off		9.9	9.8	9.4
4.201	RO, FF on → 1/1 twist off		10.0	10.0	9.6
4.202	RO, FF on → 1 ½ twist off (Allen)			10.0	9.8
4.203	RO, FF on → Back Tuck			10.0	9.9
4.301	RO, FF on → 2/1 twist off				10.0
4.304	RO, FF on → Back Pike			10.0	10.0
4.305	RO, FF on → Back Layout			10.0	10.0
5.101	RO, FF ½ on → Handspring			9.8	9.4
5.102	RO, FF ½ on → ½ twist off			9.9	9.6
5.107	RO, FF 1/1 on → ½ twist off				9.8
5.108	RO, FF 1/1 on → repulsion off				9.7
5.201	RO, FF ½ on → 1/1 twist off			10.0	9.8
5.202	RO, FF ½ on → 1 ½ twist off			10.0	10.0
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

Revised Aug. 2023 / Aug. 2024 / Aug. 2025

**USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES
FOR LEVELS 6 / 7 / 8**

Effective August 1, 2022 - July 31, 2026 **Revised 7.15.2024**

**LEVEL 6 & 7 - ONLY THE FOLLOWING THREE VAULTS ARE ALLOWED AT
LEVEL 6/7; ALL VALUED AT 10.0**

1.111	Front Handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in the upper back; arm position optional	
3.116	¼ - ½ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	
4.111	Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	

**LEVEL 8 - ONLY THE FOLLOWING GROUP 1 / 3 / 4 / 5 VAULTS ARE ALLOWED
AT LEVEL 8:**

# in DP Code	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring → ½ twist	9.1
1.103	Yamashita	9.0
1.104	Yamashita → ½ twist	9.1
1.105	½ twist → ½ twist OR ¼ twist → ¾ twist	9.2
1.106	¼ - ½ twist → repulsion (with flight to feet)	9.0
1.108	¼ twist → ¼ twist (to face outward)	9.0
1.109	FHS onto board → Repulsion (with flight to feet)	9.1
1.110	FHS onto board → Handspring ½	9.2
1.111	FHS onto board, ¼ - ½ twist → Repulsion (w/ flight to feet)	9.1
1.201	Handspring → 1/1 twist	9.5
1.202	Handspring → 1½ twist	9.7
1.203	Yamashita → 1/1 twist	9.5
1.205	½ twist → 1½ twist OR ¼ twist → 1¾ twist	9.6
1.206	½ twist → 1/1 twist OR ¼ twist → 1¼ twist	9.4
1.207	1/1 twist → Handspring/Yamashita	9.5
1.208	1/1 twist → ½ twist	9.7
1.209	FHS onto board → Handspring 1/1	9.6
1.211	FHS onto board, ½ twist → ½ twist OR ¼ twist → ¾ twist	9.3
1.301	Handspring → 2/1 twist	10.0
1.306	½ twist → 2/1 twist ¼ twist → 2¼ twist	10.0
1.311	FHS onto board, ½ twist → 1/1 twist OR ¼ twist → 1 ¼ twist	9.5
3.201	Tsukahara Tuck	10.0
3.303	Tsukahara Pike	10.0
4.101	RO, FF → Repulsion (with flight to feet)	9.0
4.102	RO, FF → Repulsion ½	9.1
4.201	RO, FF → 1/1 twist	9.4
4.202	RO, FF → 1½ twist (Allen)	9.6
4.203	RO, FF → Back Tuck	10.0
4.304	RO, FF → Back Pike	10.0
5.101	RO, FF ½ → Handspring	9.2
5.102	RO, FF ½ → Handspring ½	9.4
5.201	RO, FF ½ → 1/1 twist	9.6
5.202	RO, FF ½ → 1½ twist	9.8
5.312	RO, FF ½ → 2/1 twist	10.0

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR **LEVEL 9**

(Effective 8/1/22 – 7/31/26)

GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD /BACKWARD	GROUP III TSUKAHARA or ½ on → SALTO FORWARD /BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD /BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
1.101 Handspring 8.5		All Group 3 vaults allow 90° to 180° LA turn in the first flight		Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.102 Hsp → ½ 8.6			4.101 RO, FF → Repulsion 7.0	
1.103 Yamashita 8.5			4.102 RO, FF → Repulsion ½ 7.7	5.102 RO, FF ½ → Hsp ½ off 9.1
1.104 Yami → ½ 8.6			4.201 RO, FF → 1/1 twist 9.1	5.107 RO, FF 1/1 → Hsp ½ off 9.2
1.105 ½ → ½ 8.6			4.202 RO, FF → 1½ twist (Allen) 9.3	
OR				
¼ → ¾				
1.106 ¼ - ½ → Repulsion 7.0		3.201 Tsukahara Tuck 9.6	4.203 RO, FF → Back Tuck 9.6	
1.201 Hsp -→ 1/1 9.0				5.201 RO, FF ½ → 1/1 twist 9.2
1.202 Hsp → 1½ 9.4				5.202 RO, FF ½ → 1½ twist 9.4
1.203 Yami → 1/1 9.0				5.207 RO, FF 1/1 → 1/1 twist 9.3
1.205 ½ → 1½ 9.3				
or ¼ → 1¼				
1.206 ½ → 1/1 8.9				
or ¼ → 1¼				
1.207 1/1 → H/Y 9.0				
1.208 1/1 → ½ 9.3				
1.209 F. Hsp onto board, Hsp. → 1/1 9.1				
1.301 Hsp → 2/1 10.0	2.301 Hsp → Front Tuck 10.0	3.302 Tsuk Tuck 1/1 10.0	4.301 RO, FF → 2/1 twist (Allen) 9.8	5.301 RO, FF ½ → Front Tuck 10.0
1.306 ½ → 2/1 9.8	2.302 Hsp → Front Tuck ½ 10.0	3.303 Tsuk Pike 9.7	4.303 RO, FF → B. Tuck 1/1 10.0	5.312 RO, FF ½ → 2/1 twist off 10.0
or ¼ → 2¼	2.304 Hsp → Front Pike 10.0	3.304 Tsuk Layout 10.0	4.304 RO, FF → B. Pike 9.7	
1.307 1/1 → 1/1 9.8	2.310 Fr. Hsp onto board, Hsp. → Fr. Tuck (Ilg) 10.0	3.305 Fr. Hsp onto board, ¼ to ½ → B. Pike (Zuhike) 9.8	4.305 RO, FF → B. Layout 10.0	
	2.311 Fr. Hsp onto board, Hsp. → Fr. Pike (Garbarino) 10.0	3.306 ½ → ½ Fr. Tuck or ¼ → ¼ Fr. Tuck (land facing out) or Tsuk Tuck ½ 10.0	4.307 RO, FF → ½ off, Fr. Tuck or RO, FF → B. Tuck ½ 10.0	
		3.308 ½ → ½ Fr. Tuck ½ (Shible) or ¼ → ¼ Fr. Tuck ½ 10.0	4.407 RO, FF → ½ turn, Fr. Tuck ½ (Beckman) 10.0	

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 10

Effective 8/1/22 – 7/31/26

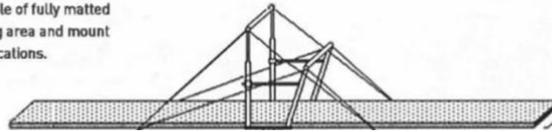
GROUP I HANDSPRING/ YAMASHITA		GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD/BACKWARD		GROUP III TSUKAHARA or ½ → SALTO FORWARD/BACKWARD with or without TURN		GROUP IV Round-off, Flic-flac → SALTO FORWARD/BACKWARD with or without LA TURN		GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN						
1.101	Handspring	8.1		All Group 3 vaults allow a 90° to 180° LA turn in the first flight		4.101	RO, FF → Repulsion	7.0	Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight					
1.102	Hsp → ½	8.2		3.201	Tsukahara Tuck	9.4	4.102	RO, FF → Repulsion ½	7.7	5.101	RO, FF ½ → Hsp off	8.9		
1.103	Yamashita	8.1					4.201	RO, FF → 1/1	8.9	5.102	RO, FF ½ → Hsp ½ off	9.1		
1.104	Yami → ½	8.2					4.202	RO, FF → 1½ (Allen)	9.1	5.107	RO, FF 1/1 → Hsp ½ off	9.2		
1.105	½ → ½ OR													
1.106	¼ - ½ →	8.2												
	Repulsion	7.0												
1.109	FHS onto board, → Repulsion	8.2	2.301	Hsp → F. Tuck	9.8	3.301	F. Hsp onto board- ¼ to ½ → B. Tuck	9.5	4.203	RO, FF → B. Tuck	9.4	5.108	RO, FF 1/1 → Repulsion	8.2
1.110	FHS onto board, → Hsp ½	8.3	2.302	Hsp → F. Tuck ½	10.0*	3.302	Tsuk Tuck 1/1	9.8						
1.111	FHS onto board, ¼-½ → Repulsion	7.1	2.303	Hsp → ½, B. Tuck (Cuervo tuck)	9.9	3.303	Tsuk Pike	9.5	4.301	RO, FF → 2/1 twist (Allen)	9.7			
			2.304	Hsp → F. Pike	9.9	3.304	Tsuk Layout	9.7	4.303	RO, FF → B. Tuck 1/1	9.8	5.201	RO, FF ½ → 1/1 twist	9.2
			2.310	F. Hsp onto board, Hsp. → F. Tuck (llg)	9.9	3.305	F. Hsp onto board- ¼ to ½ → B. Pike (Zuhlike)	9.6	4.304	RO, FF → B. Pike	9.5	5.202	RO, FF ½ → 1½ twist	9.4
			2.311	F. Hsp onto board, Hsp. → F. Pike (Garbarino)	10.0*	3.306	½ → ½, F. Tuck or ¼ → ¼, F. Tuck (land facing out) or Tsuk Tuck ½	9.7	4.305	RO, FF → B. Layout	9.7	5.207	RO, FF 1/1 → 1/1 twist	9.3
1.201	Hsp → 1/1	8.8							4.306	RO, FF → ½, F. Tuck or RO, FF → B. Tuck ½	9.8			
1.202	Hsp → 1½	9.2							4.307	RO, FF → ½, F. Pike or RO, FF → B. Tuck ½	9.9	5.301	RO, FF ½ → F. Tuck	10.0*
1.203	Yami → 1/1	8.8	2.402	Hsp → F. Tuck 1/1	10.0	3.307	½ → ½, F. Pike or ¼ → ¼, F. Pike (land facing out) or Tsuk Pike ½	9.8	4.308	RO, FF → ½, F. Pike or RO, FF → B. Pike ½	9.9	5.312	RO, FF ½ → 2/1 twist	9.9
1.205	½ → 1½	9.1	2.403	Hsp → ½, B. Tuck w/ ½ (Cuervo Tk w/ ½)	10.0				4.309	RO, FF → ½, F. Layout or RO, FF → B. Layout ½	10.0*			
1.206	½ → 1/1	8.7	2.404	Hsp → F. Pike ½	10.0	3.308	½ → ½, F. Tuck ½ (Shible) or ¼ → ¾, F. Tuck ½	9.8						
1.207	1/1 → H/Y	8.9	2.405	Hsp → ½, B. Pike (Cuervo Pike)	10.0									
1.208	1/1 → ½	9.1	2.406	Hsp → F. Layout	10.0									
1.209	FHS onto board, Hsp. → 1/1	8.9	2.407	Hsp → F. Layout ½ or Hsp → ½, B. Layout (Cuervo Layout)	10.0	3.402	Tsuk Tuck 1½	10.0	4.403	RO, FF → B. Tuck 1½	10.0*	5.401	RO, FF ½ → F. Tuck ½	10.0
1.211	FHS onto board, ½ → ½ OR ¼ → ¾	8.3	2.408	Hsp → F. Pike 1/1 (Chusovitina)	10.0	3.403	Tsuk Pike 1/1	9.9	4.406	RO, FF → B. Layout w/ 1½ twist	10.0	5.402	RO, FF ½ → ½, B. Tuck	10.0
			2.409	1/1 → F. Tuck	10.0	3.404	Tsuk Layout 1/1	10.0	4.407	RO, FF → ½, F. Tuck ½ (Beckman)	10.0*	5.403	RO, FF ½ → F. Pike	10.0
1.301	Hsp → 2/1	9.8	2.410	F. Hsp onto board	10.0	3.405	F. Hsp onto board- ¼ to ½ → B. Tuck 1/1 (Zuhlike)	9.9				5.404	RO, FF ½ → F. Pike ½	10.0
1.306	½ → 2/1	9.6	2.411	Hsp. → F. Tuck ½ (Mantle)	10.0	3.407	½ → ½, F. Layout or ¼ → ¾, F. Layout (land facing out) or Tsuk Layout ½	10.0*				5.405	RO, FF ½ → F. Layout	10.0
	or ¼ → 2¼											5.408	RO, FF 1/1 → B. Tuck	10.0*
1.307	1/1 → 1/1	9.7										5.409	RO, FF 1/1 → B. Pike	10.0*
1.308	1/1 → 1½	9.8										5.410	RO, FF 1/1 → ½, F. Tuck	10.0
1.311	FHS onto board, ½ → 1/1 OR ¼ → 1¼	8.8	2.501	Hsp → Double F. Tuck	10.0	3.504	Tsuk Layout 1½	10.0	4.503	RO, FF → B. Tuck w/ 2/1 twist	10.0	5.501	RO, FF ½ → F. Tuck 1½	10.0
			2.502	Hsp → F. Tuck 1½	10.0	3.505	Tsuk Layout 2/1	10.0	4.506	RO, FF → B. Layout w/ 2/1 twist	10.0	5.505	RO, FF ½ → ½, B. LO	10.0
1.402	Hsp → 2½	10.0	2.507	Hsp → F. Layout 1/1	10.0	3.507	½ → ½, F. Layout ½ (House) or ¼ → ¾, F. Layout ½	10.0	4.508	RO, FF → ½, F. Pike ½ (Beckman)	10.0	5.509	RO, FF 1/1 → B. Layout	10.0
			2.508	Hsp → F. Layout 1½ (Chusovitina)	10.0	3.508	¾ → ¾, F. Tuck 1½ (Carey)	10.0				5.510	RO, FF 1/1 → B. Tuck 1/1	10.0
			2.509	1/1 → F. Pike	10.0	3.509	½ → ½, F. Tuck 1/1 (Shible) or ¼ → ¾, F. Tuck 1/1	10.0	4.606	RO, FF → B. Layout w/ 2½ twist	10.0	5.511	RO, FF 1/1 → B. LO 1/1 (Tankousheva)	10.0
1.504	Yami → 2½ (Kincaid)	10.0	2.607	Hsp → F. Layout 2/1	10.0									
			2.609	1/1 twist → F. Layout	10.0									
						3.605	Tsuk Layout 2½	10.0						

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10. No bonus for the following 10.0 Vaults listed with an asterisk: 2.302, 2.311, 3.407, 4.306, 4.309, 4.403, 4.407, 5.301, 5.408, 5.409

Revised 7.15.2024

BARS

Example of fully matted landing area and mount specifications.



APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAMS

A. REQUIRED AREA TO BE MATTED:

BARS – REQUIRED AREA TO BE MATTED	
LEVELS / DIVISIONS	REQUIRED DIMENSIONS
DEV Levels 1–3 XCEL Bronze	6 feet × 15 feet
DEV Levels 4–5 XCEL Silver & Gold	6 feet × 24 feet
DEV Levels 6–10 XCEL Platinum, Diamond, Sapphire	7 1/2 feet × 36 feet

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:

BARS MOUNT SPECIFICATIONS: MOUNT DISTANCE ALLOWED		
LEVELS / DIVISIONS	Minimum	MAXIMUM
DEV Levels 6-10 XCEL Platinum, Diamond, Sapphire	18 Feet	No Maximum
DEV Levels 1-5 XCEL Bronze, Silver, Gold	6 Feet	

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 0.20 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:

BEAM: REQUIRED AREA TO BE MATTED		
Area	Levels / Divisions	Required Dimensions
Each End of Beam	DEV Levels 1–4 XCEL Bronze, Silver, Gold	6 feet x 12 feet
	DEV Levels 5–10 XCEL Platinum, Diamond, Sapphire	7 1/2 feet x 12 feet
Under the Beam	DEV Levels 1–4 XCEL Bronze, Silver, Gold	12 feet x 15 1/2 feet
	DEV Levels 5–10 XCEL Platinum, Diamond, Sapphire	15 feet x 15 1/2 feet

1. 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.

2. For competitions held in outside facilities, the area to the right and left of the Beam dismount area **MUST** be padded with a minimum of 4 feet by 4 feet of padding. Acceptable padding options include (but are not limited to) unfolded panel mats, carpet-bonded foam, or other such matting.

a. The matting **MUST** extend a minimum of four (4) feet out from the side edge of the Beam dismount area and extend a minimum of four (4) feet from the end of the under-Beam matting.

b. Every attempt should be made to match the height of the CLM’s to this additional padding to remove the possibility of athlete injury from uneven surfaces.

3. 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

BEAM MOUNT SPECIFICATIONS: AREA TO BE MATTED		
LEVELS / DIVISIONS	MINIMUM	MAXIMUM
DEV Levels 3 – 5 XCEL Bronze Silver, Gold	12 Feet	No Maximum
DEV Levels 6 – 10 XCEL Platinum, Diamond, Sapphire	18 Feet	

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.
 - **Beams with a “spring” mechanism are allowed.**
 - a. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.

Supplemental Matting:

1. 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).
2. 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

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 36 foot by 36 foot area may be used for DP LEVELS 4 and 5.
- C. A tumbling strip (minimum of 8 feet wide and 56 feet long) may be used for competition for:

1. DEV LEVELS 1-3 XCEL BRONZE & SILVER DIVISIONS

2. 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.

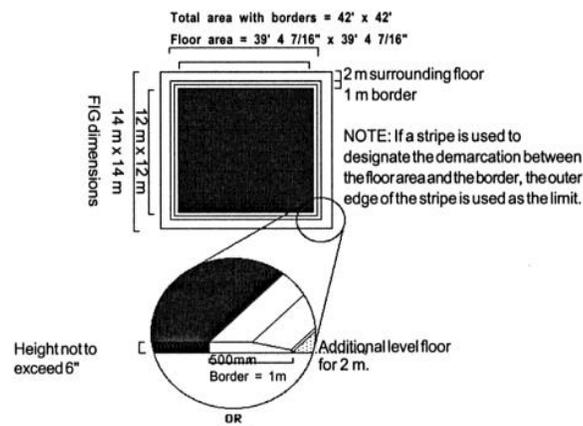
E. Rebound or spring type floors are **REQUIRED** for DP LEVELS 8-10 and XCEL PLATINUM, DIAMOND & SAPPHIRE competitions.

• 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.

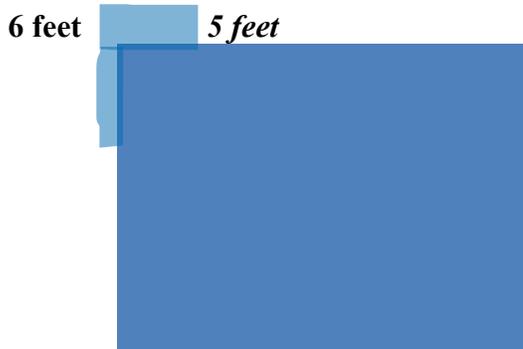
J. For competitions held in outside facilities with the below athletes, the outside of the floor corners **MUST** be padded.

1. DP LEVELS 6-10 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/1³/₈ 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 on Floor Exercise:

1. ONLY TWO (2) SUPPLEMENTAL MATS MAY BE UTILIZED PER FLOOR EXERCISE ROUTINE.

2. Allowable matting includes;

<p align="center">4-INCH SKILL CUSHIONS/THROW MATS - REQUIRED TO BE PROVIDED BY MD (2)</p>	<p>1. Two (2) 4-inch skill cushions/throw mats are allowed to be used during the routine. 2. One (1) 4-inch skill cushion/throw mat per tumbling pass may be used for take-off and/or landing. 3. May be stacked on top of each other for a single tumbling pass.</p>
<p align="center">STING MAT - REQUIRED TO BE PROVIDED BY MD (1)</p>	<p>1. May be used for take-off and/or landing. 2. If using in addition to supplemental matting - MUST BE UNDER OR ON TOP - Only if placed under or on top of supplemental matting: STING MAT DOES NOT COUNT AS ONE OF THE TWO (2) ALLOWABLE MATS.</p>
<p align="center">8-INCH SKILL CUSHION. NOT REQUIRED TO BE PROVIDED BY MD</p>	<p>1. May be used if available- If using 8-inch skill cushion, may only use one (1) 4-inch skill cushion 2. No more than a total of 8 inches + a sting may be stacked.</p>

3. If the area covers any portion of the boundary line(s), the mat MUST be clearly marked. The following are allowed to be used, but must be removed before the next competitor:

a. Athletic tape (provided by coach)

b. Chalk

• A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.

4. 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.

5. 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.

6. All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started.

a. A 0.30 unauthorized use of matting deduction will be applied if matting is added AFTER the exercise has begun.

b. Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.

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. USE OF BOARDS FOR MOUNTING BARS OR BEAM

Boards may be placed on:

- a. One (1) 10–12 cm / 4-inch CLM mat; OR
- b. Two (2) 10–12 cm / 4-inch CLM mats; OR
- c. One (1) 20 cm / 8-inch CLM mat

• A sting mat and/or 4-inch throw mat (5–10 cm) may be added on top of the above options, with the board placed on top.

d. Not Allowed - Boards may NOT be placed on an 8-inch (20 cm) skill cushion for mounting.

e. After mounting - The board (or mounting device) must be removed immediately after the gymnast has mounted.

4. **PROHIBITED / NOT ALLOWED**

- a. Plywood under the board is NOT allowed.
- b. Inflatable rebounding devices are NOT permitted for mounting.

c. Springboards may NOT be placed on the Vaulting Table at any time, including during open stretch and warm-up.

• Meet Director is responsible for enforcing this rule.

5. WHERE A GYMNAST MAY STAND (WITHOUT A BOARD)

- a. One (1) or two (2) 10–12 cm / 4-inch CLM mats; OR
- b. One (1) 20 cm / 8-inch CLM mat (with or without a 3 cm / 1 1/4 inch base mat placed underneath or on top of the CLM); OR
- c. Up to 20 cm / 8-inch of skill cushion (sting, throw mat, or 8-inch skill cushion) that is placed on the CLM(s).

6. ALTERNATIVE SPRINGBOARDS

Requirements:

- 1. Must be manufactured by a gymnastics equipment manufacturer.
- 2. May use non-traditional spring mechanisms (e.g., air bladder, small trampoline bed).

3. Must resemble the shape of a Vault board:

- o Maximum height: 38 cm (15 inches) at high end
- o Minimum height: 10 cm (4 inches) at low end

Applies to:

1. DEV Levels 1–3
2. XCEL Bronze, Silver, and Gold

Not Allowed For (If used during competition, the Vault will be considered VOID):

1. DEV Levels 4 – 10
2. XCEL Platinum, Diamond, or Sapphire.

MOUNT TRAINER / MOUNT MAT (BOARD-SHAPED MAT)

- a. May be placed on a 20 cm / 8-inch skill cushion for mounting purposes.

Applies to:

1. All DEV Levels
2. All XCEL Divisions

BOARD ALTERNATIVES FOR MOUNTING

- a. Allowed Alternatives (may be used instead of a springboard)
 - i. Mount trainer / Mount mat
 - ii. Spotting block
 - iii. Folded panel mat

Applies to:

1. DEV Levels 6–10
2. All XCEL Divisions

STACKING MATS FOR MOUNTING

- a. Allowed Equipment Combinations:
 - i. Manufactured mats

- ii. Skill cushions
 - iii. Padded spotting or skill blocks
 - iiii. Panel mats
- b. Any manufactured mounting apparatus may be placed on top of approved matting.

Applies To:

1. DEV Levels 1–5

a) Any combination of CLMs and skill cushions may be used to facilitate the mount.

b) Any athlete may stand on any of the allowable matting combinations to initiate a jump into a glide swing. The mounting apparatus MUST be removed **immediately after the gymnast's feet leave the floor into the glide swing.**

- EXAMPLE: DEV Level 3 Bars mount (e.g., glide swing + back hip pullover)

2. XCEL Bronze, Silver, and Gold

a. All above equipment is permitted for mounting on LOW BAR only.

b. Not allowed: Spotting blocks may NOT be used to mount the High Bar.

MEET FORMAT, NUMBER OF ATHLETES, TIMED WARM-UPS

See R&P pages 44 Chapter 7 General Meet Information

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 March 29, 2026; If the gymnast will turn the minimum age for level 2 (5 yrs. old) on March 30, 2026. 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.**

2. 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.

USA-Gymnastics N.J. Age Determination Dates:

Bronze: Age as of March 8, 2026 determines age for the entire season, but must have had her 5th Birthday.

Level 2: Age as of March 29, 2026 determines age for the entire season, but must have had her 5th Birthday.

Level 3: Age as of March 29, 2026 determines age for the entire season, but must have had her 6th Birthday.

Level 4: Age as of March 29, 2026 determines age for the entire season, but must have had her 7th Birthday.

Level 5: Age as of March 29, 2026 determines age for the entire season, but must have had her 7th Birthday.

Silver: Age as of April 19, 2026 determines age for the entire season, but must have had her 6th Birthday.

Gold: Age as of April 26, 2026 determines age for the entire season, but must have had her 7th Birthday.

Level 6: Age as of May 3, 2026 determines age for the entire season, but must have had her 7th Birthday.

Platinum: Age as of May 3, 2026 determines age for the entire season, but must have had her 8th Birthday.

Diamond: Age as of May 3, 2026 determines age for the entire season, but must have had her 9th Birthday.

Sapphire: Age as of May 3, 2026 determines age for the entire season, but must have had her 12th Birthday.

Level 7: Age as of March 22, 2026 determines age for the entire season, but must have had her 7th Birthday.

Level 8: Age as of March 22, 2026 determines age for the entire season, but must have had her 8th Birthday.

Level 9: Age as of March 22, 2026 determines age for the entire season, but must have had her 8th Birthday.

Level 10: Age as of March 22, 2026 determines age for the entire season, but must have had her 9th Birthday.

USA-Gymnastics N.J. Age Groups:

LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
5 - 6 Yrs.	6 - 7 Yrs.	7 - 8 Yrs.	7 - 9 Yrs.	7 - 9 Yrs.	7 - 11 Yrs.	See Note 2 a. b. Below	See Note 2 a. b. Below	See Note 2 a. b. Below
7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	10 Yrs.	12 Yrs.			
8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	11 Yrs.	13 Yrs.			
9 +Yrs.	10 + Yrs.	11 + Yrs.	12 + Yrs.	12 + Yrs.	14+ Yrs			
BRONZE	SILVER	GOLD	PLATINUM	DIAMOND	SAPPHIRE			
5 - 6 Yrs.	6 - 7 Yrs.	7 - 9 Yrs.	8 - 11 Yrs.	9 - 13 Yrs.	12 - 15 Yrs			
7 Yrs.	8 Yrs.	10 Yrs.	12 Yrs.	14 Yrs.	16 + Yrs.			
8 Yrs.	9 Yrs.	11 Yrs..	13 Yrs.	15 + Yrs.				
9 Yrs.	10 Yrs.	12 Yrs.	14 Yrs.					
10 Yrs.	11 Yrs.	13 Yrs.	15 + Yrs.					
11 + Yrs.	12 Yrs.	14 Yrs.						
	13+ Yrs.	15 + Yrs						

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 has qualified to States.

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

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 OR XCEL DIVISIONS

STATE MEET ENTRY PROCEDURES

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

**All entry fees must be submitted 14 days prior to the STATE MEET mailed to the meet host.
A \$50.00 late fee for late entries per athlete.**

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 “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 gymnasts must be registered and have attained a qualifying score 21 days prior to that State Meet.

5. 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.

**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.**

DECLARATION DATE

Declaration Dates	
Xcel Bronze	January 27, 2026
Levels 7, 8, 9, 10	February. 10, 2026
Level 2	February. 17, 2026
Level 3	February. 17, 2026
Level 44	February. 17, 2026
Level 5	February. 17, 2026
Xcel Silver	March 10, 2026
Xcel Gold	March 17, 2026
Level 6	March 24, 2026
Xcel Platinum	March 24, 2026
Xcel Diamond	March 24, 2026
Xcel Sapphire	March 24, 2026

LAST DAY TO QUALIFY TO STATES

Last Day to Qualify	
Xcel Bronze	February 15, 2026
Levels 7, 8, 9, 10	March 1, 2026
Level 2	March 8, 2026
Level 3	March 8, 2026
Level 4	March 8, 2026
Level 5	March 8, 2026
Xcel Silver	March 29, 2026
Xcel Gold	April 5, 2026
Level 6	April 12, 2026
Xcel Platinum	April 12, 2026
Xcel Diamond	April 12, 2026
Xcel Sapphire	April 12, 2026

STATE / REGIONAL MEET QUALIFYING SCORE REQUIREMENTS

Level / Division	To States	To Regionals	To Nationals
Levels 2 TO 5	31	N/A	N/A
Xcel Bronze	32	N/A	N/A
Xcel Silver	32	N/A	N/A
Xcel Gold	32	35.00	N/A
Level 6	32	N/A	N/A
Level 7	32	35.50	N/A
Xcel Platinum	32	35.00 / 36.00	N/A
Xcel Diamond	32	35.00 / 36.00	N/A
Xcel Sapphire	33 / 8.75 IES	35.00 / 36.00	N/A
Level 8	33	35	
Level 9	33	34	Top 7 per age division with a 34 Min
Level 10	33	34	Top 7 per age division with a 35 Min

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

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

1. **Levels 7, 8, 9 and 10 Use of one qualifying score attained at any New Jersey Sanctioned meet.**
 - 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. **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).**
2. **Level 7: Gymnasts who competed in the previous year's Level 7 Regional Championships and achieved an Optional AA score at least 1.00 point above the current Regional qualifying score may use that previous Regional score as their pre-State Championships score.**
3. **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.**
4. **Petitions may be considered for the following reasons: Injury, Illness or family tragedy (e.g., death, natural disaster)**
5. **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.**
6. **The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.**
7. **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.**

STATE MEET ENTRY FEE

Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System

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

State Meet entry fee for different Levels and Xcel Division shown below:

Level 2, and Xcel Bronze, Silver State Meet entry fee -	\$100.00.
Levels 3 to Level 5 State Meet entry fee -	\$110.00.
Level 6, 7, Xcel Gold, Platinum, Diamond, Sapphire entry fee -	\$120.00
Levels 8, 9, 10 State Meet entry fee -	\$145.00

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 full payment of all fees (including, but not limited to entry fees, late fees, etc.).

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. STATE PETITIONS PLUS SUPPORTING DOCUMENTATION MUST BE SENT ELECTRONICALLY AND RECEIVED NO LATER THAN THE WEDNESDAY AFTER THE LAST QUALIFYING MEET IS HELD.

a. Petitions must be submitted to the SACC, for final approval

b. The petitioner and Meet Director will be notified of the approval or denial of the petition by the SACC no later than one week before the competition.

c. If a petition is accepted but the gymnast is unable to compete, the coach MUST notify the Meet Director and the SACC.

5. Results from State Championships Meets need to be emailed to the RACC, RTCC, RXCC, Regional Meet Director, by the SACC or designee of the respective state within 72 hours.

6. 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.

7. 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.

8. LATE FEE: \$50.00 PER GYMNAST (MAILED TO THE HOST CLUB)

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. At State meet, gymnasts who have qualified as an All-Arounder do not have to designate as an Individual Event Specialist (IES), as their individual event scores can still count for IES qualification.

• An IES qualified athlete must designate their IES events as they are not eligible to compete on events in which they did not qualify.

REGIONAL COMPETITION

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.

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

1. The age groups for Levels 7 to 10 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.

2. REGIONAL PETITIONS MUST BE SENT ELECTRONICALLY AND RECEIVED BY THE SACC, RXCC, RACC AND RTCC, FOR XCEL INCLUDE RXCC NO LATER THAN:

- a. 5:00 PM LOCAL TIME THE MONDAY FOLLOWING STATE - Coaches must notify of any athletes they intend to petition to Regionals by providing a completed Injury/Illness petition form PLUS official results.
- b. The petitioner will be notified of the approval or denial of the petition by the RTCC a minimum of 1 week prior to the Regional meet.

3. The 2026 **Xcel Gold** Regional qualifying score is a **36.00 AA**. at the State meet. **Effective since 2025 NO PREQUALIFYING**. Please see R&P and Region VII website for petitioning procedures.

4. The 2026 **Xcel Platinum** is a **35.00 AA** at the State meet. **Effective since 2025 NO PREQUALIFYING**. Please see R&P and Region VII website for petitioning procedures.

5. The 2026 **Xcel Diamond** Regional qualifying score is a **34.00 AA** at the State meet. **Effective since 2025 NO PREQUALIFYING**. Please see R&P and Region VII website for petitioning procedures.

6. The 2026 **Xcel Sapphire** Regional qualifying score is a **33.00 AA** at the State meet. **Effective since 2025 NO PREQUALIFYING**. Please see R&P and 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.

LEVEL 7, 8 REGIONAL QUALIFICATION PROCEDURES:

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

All level 7 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.**

LEVEL 8:

All level 8 athletes who receive a **34.00 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**

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.

Level 9, 10 regional qualifying score is a **34.00 AA** at the state meets or buy pre-qualifying (stipulation listed below) with a **35.00 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 petitions will be accepted per petitioning procedures in **R&P with a 9.25.** There is **no prequalification for IESs.**

INJURY PETITION

Injury petitions will be accepted per petitioning procedures in **R&P**

STIPULATION FOR PREQUALIFICATION:

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

****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 **

PETITIONING PROCEDURES

STATE PETITIONS:

PETITIONS MUST BE SUBMITTED TO THE SACC.

ALL SUPPORTING DOCUMENTATION MUST BE SENT ELECTRONICALLY AND

- 1. RECEIVED NO LATER THAN THE WEDNESDAY AFTER THE LAST QUALIFYING MEET IS HELD.**
- 2.**

See R&P Chapter 9 page 65

REGIONAL PETITIONS:

MUST BE SENT ELECTRONICALLY AND RECEIVED BY THE

SACC, saccnj@gmail.com

RACC, jbortz7rac@gmail.com

RTCC, janecaruso2@gmail.com

NO LATER THAN:

- 1. 5:00 PM LOCAL TIME THE MONDAY FOLLOWING STATE** - Coaches must notify of any athletes they intend to petition to Regionals by providing a completed Injury/Illness petition form PLUS official results.
- 2. 5:00 PM LOCAL TIME THE WEDNESDAY FOLLOWING STATE** - All other required documents (physician's note) are due.

See R&P Chapter 9 page 65

9 EASTERN / WESTERN AND NATIONAL CHAMPIONSHIPS

Are under the jurisdiction of the USA Gymnastics National Office and the National Development Program Committee (NDPC) **THERE ARE NO PETITIONS TO LEVEL 9 EASTERN OR WESTERN CHAMPIONSHIPS.**

1. Eastern/Western age divisions will be determined separately, with 16 age divisions for East and West.
 - a. Foreign athlete eligibility – refer to R&P Chapter 2.
2. The top 7 All-around athletes in each of the 16 age divisions from each of the 4 regions will compete as Regional Team members, provided they scored a minimum of 34.00 AA at the Regional Championships.
3. In the event of a 3-way tie for 7th place All-around in any age division, the tie breaking procedures will be applied to determine the rank order of the athletes. The 9th place athlete will NOT be eligible for Eastern/Western Championships unless there is space available in another region in that age division.
4. **APPAREL - All competitors and 1st alternates will receive a tank leotard from their region to be worn in the competition. Each region will be designated by a specific color. The gymnasts will also receive a competition warm-up uniform from GK Elite Sportswear.**
5. 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 – max of 3 credentialed coaches allowed on the field of play
 - b. 5-9 athletes participating – max of 4 credentialed coaches allowed on the field of play
 - c. 10+ athletes participating – contact the Women’s Developmental Program Director for coach credentials
6. 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.
7. **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.

1. 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.

Be sure to check current USA-Gymnastics Rules and Policies governing this meet.

LEVEL 10 NATIONAL CHAMPIONSHIPS + ALL-STAR SESSION

Are under the jurisdiction of the USA Gymnastics National Office and the National Development Program Committee (NDPC). **THERE ARE NO PETITIONS TO LEVEL 10 NATIONAL CHAMPIONSHIPS OR THE ALL-STAR SESSION.**

1. Level 10 National age will consist of 12 total age divisions: Junior (JR) A-F and Senior (SR) A-F.
 - a. Foreign athlete eligibility – refer to R&P Chapter 2.
2. The top 7 All-around athletes in each of the 12 age divisions from each of the 8 regions will compete as Regional Team members, provided they achieve the minimum of 35.00 AA at Regional meet.
 - a. Any gymnasts who tie for 7th place will attend DEV Nationals and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count towards the Regional team score and which will compete as an Individual.
 - b. In the case of a tie, the tie breaking procedures will be applied to determine the rank order of the athletes. The lower ranking athlete will be assigned to another region that has space available in that age division.
3. If any athlete competes with another region, the Region becomes a designated ALL-STAR TEAM. The scores from the entire squad, regardless of region, WILL count towards the Regional All-Star team score. In the event of a tie for 7th place, the tie- breaking procedures will be applied to determine the rank order of the athletes, and the 8th place athlete will not be eligible to receive an All-Star team award.

APPAREL:

a. LEVEL 10 NATIONAL CHAMPIONSHIPS – AGE DIVISION REGIONAL TEAM QUALIFIERS

1. All 7 Regional Team members (including ties for 7th place) plus 1st ALT will receive:
 - a. A competitive leotard, a scrunchie, and a warm-up uniform from GK Elite Sportswear.
 - b. The region will provide a tank leotard for training day.

ALL-STAR SESSION QUALIFIERS

All-Star session qualifiers will receive a tank leotard, a scrunchie, and a warm-up uniform provided by the region.

- Any All-Star athlete who also holds an ALT position on their respective regional team will receive the L10 National Championships apparel package. No additional tank will be provided.

Be sure to check current USA-Gymnastics Rules and Policies governing this meet.

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 me, all around medals for all age groups and, Team Awards.**

b. **For level 2, 3, 4 and Xcel Bronze, Silver 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, 5 and Xcel Bronze and Silver 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, 5 and Xcel Bronze and Silver Awards Distribution Guidelines:**

<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 1st 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.

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

USA-Gymnastics Level 6 to 10, Xcel Gold, Platinum, Diamond, Sapphire 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.

7. Awards Guidelines:

a. Placement and All Around (NO ACHIEVEMENT). This is for all DP levels 6 to 10 and Xcel Gold, Platinum, Diamond, Sapphire Division.

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

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

<u>Number of Teams Awards</u>	
1-2	2 Places
3-5	3 Places
Maximum of	6 Places

MEET DIRECTOR RESPONSIBILITIES

For any USA Gymnastics Women's Program sanctioned event, Meet Directors **MUST** follow and be familiar with all sections of the *Rules and Policies (R&P)*, such as meet packet contents and the specifics for the meet if it is a State meet or above. In addition, the Meet Director must be thoroughly versed in the organization and regulations of gymnastics competitions. Any Meet Director who violates any regulations of the *R&P* will be subject to disciplinary action.

Meet Directors must provide the following information to all eligible teams by mail or email, but all information should also be posted on the host club's website.

1. Name of meet, competition date(s), Address, Dev level(s) and/or Xcel division(s)

2. Host club and Meet Directors contact information.

3. Equipment description: Meet Directors must list manufacturer(s) for all available equipment, including boards. Complete UB measurements (including the full manufacturer's allowances for height and spread) must be stated in pre-meet information and on bid forms for Sectional and above meets.

• If a tumbling strip will be used for competition for DEV Levels 1-3 or Xcel Bronze and Silver Divisions, that must be stated in the pre-meet information as well.

DEV Compulsory Levels 1 - 5 / Xcel Bronze – Gold: Pre-Meet information must specify if one-judge panels will be used.

If the Meet Director fails to comply with the terms of the sanction or the Women's Program *R&P*, judges may refuse to perform any judging obligations. However, all/both parties should make every immediate attempt/effort to resolve any disputes, in keeping with the best interest of the athletes involved. No such action should ever be taken that would jeopardize or compromise the safety or wellbeing of the athlete.

The Meet Director will be bound by the terms of the individual contract agreed upon for that particular meet.

A minimum 30-minute break is recommended for judges between scheduled sessions.

A Meet Director and/or any witnessing USA Gymnastics member **MUST** immediately report abuse to the local authorities and submit a Safety and Response Report to USA Gymnastics or the US Center for Safe Sport as required by his/her responsibilities as a mandatory reporter.

At a USA Gymnastics sanctioned event, if any member of USA Gymnastics observes action by a coach and believes that the safety of an athlete is in question (for example: risk of catastrophic injury, concussion, etc.), that member should report the matter to the Meet Director.

SANCTIONING A DOMESTIC USA GYMNASTICS EVENT

1. Sanctions are required for all USA Gymnastics competitions.

2. All sanctions must name an individual who will act at the Meet Director

3. Meet Directors MUST be affiliated with a current Member Club
4. Sanctions may also be obtained for clinics, workshops, and camps.
5. All participants MUST be entered via the USA Gymnastics Meet Reservation system.
6. USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event.

The flat rate fee paid at the time of the sanction application is \$265.00. Additional fees may be due at the time of sanction closure based on the number of athlete participants. [Click here for more information regarding sanction pricing.](#)

HOW TO HOST A SANCTIONED MEET

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

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

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

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

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

3. BEFORE you send for your sanction, contact Pam Gardin (NJ NAWGJ State Judging Director) and Kelly Gaston (NJ NAWGJ Judges assignor) at pamgardin@gmail.com and Kelly Gaston at karaokekelly704@gmail.com and use the following procedures to request judges:

Step 1

Send a copy of your "Request for Judges" form via email to both Pam Gardin and Kelly Gaston.

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

Pam Gardin pamgardin@gmail.com

- The "Request for Judges" form is on **page 110 in the USAG-NJ Handbook.**

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

Step 2

- Send hard copy of request and payment for each day you are requesting judges at least 30 days prior to the meet date
 - \$5 per judge, per day
 - checks written out to **NAWGJ NJ**
 - checks mailed to
 - **Kelly Gaston 728 Maple Ave. Brick, NJ 08724**

Step 3

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

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

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

4. CANCELLATION OF MEET

1) A minimum of 14 days' notice is required for amendments or cancellation of officials. If cancellation of officials occurs less than fourteen days prior to the meet and the officials are not re-assigned to another competition, the Meet Director is responsible for payment of 2 hours honorarium per judge and any non-refundable expenses incurred.

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

JUDGES EDUCATION STIPEND

1. Chief Judge/Meet Referee Payment (Applies to all State meets)
 - a. A Meet Referee/Chief Judge shall receive an additional \$10.00 per day at the following USA- Gymnastics competitions:
 - b. State Meets with four-judge panels.
 - c. Level 8-10 Regionals, regardless of the number of judges per panel.
 - d. Level 9 East/West Championships, Level 10 National Championships, and the D.P. National Invitational Tournament.
 - e. No dual compensation is given if the Meet Referee also serves as a Chief Judge.
 - f. The Meet Referee shall be paid the hourly fee for the time during which she/he is conducting official Meet Referee responsibilities.
 - g. Chief Judge/Meet Referee fees are NOT paid at state meets with two-judge panels, or at any local meets.
 2. A Brevet and National judge will receive an additional \$20.00 per session Plus the normal judging fee's.
 3. 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 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.”

c. **Email Patty (gymjudge4@me.com) 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 SCRATCHES 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	\$100.00	\$65.00	\$35.00
Level 3 - 5 States In-House	\$110.00	\$75.00	\$35.00
Level 6-7 Xcel Gold / Platinum / Diamond / Sapphire States In- House	\$120.00	\$80.00	\$40.00
Level 8 - 10 States In-House	\$145.00	\$110.00	\$35.00
Level 2 Xcel Bronze / Silver States Outside Facility	\$100.00	\$75.00	\$25.00
Level 3 - 5 States Outside Facility	\$110.00	\$85.00	\$25.00
Level 6 - 7Xcel Gold / Platinum / Diamond / Sapphire States Outside	\$120.00	\$95.00	\$25.00
Level 8 - 10 States Outside Facility	\$145.00	\$125.00	\$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: \$20-Adults, \$15-Senior Citizens, \$10-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.

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**) made payable to USA-Gymnastics N.J. mailed **within 48 hours** of that competition **along with the judges payment schedule.**
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 60 days of the meet to

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

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

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.

EDUCATION OPPORTUNITIES

1. SAFETY CERTIFICATION: A course designed to improve the safety and welfare of individuals participating in gymnastic activity. Courses are usually given in the fall, spring, and summer. You can also take this course online. The certification lasts for 4 years. *(All coaches and Judges must be pro-members and safety certified at all USA-Gymnastics sanctioned meets.)*
2. MEET DIRECTOR CERTIFICATION: Certification is available by completing and mailing the MDC test found on the USA-Gymnastics Web site. MDC is required prior to applying for a sanction. *Meet Directors for 2019 Sectional & State Meets must contact the Meet Director Rep Cheryl Gambuti and check on any updates.* (If you have any questions regarding meet director testing, please contact Cheryl at gbuti@aol.com)
3. U100: FUNDAMENTALS OF GYMNASTICS: “Instructor Certification” is also required for anyone that intends to coach at a sanctioned competition.
4. PROFESSIONAL DEVELOPMENT PROGRAM PDP: The PDP is a step-by-step level system of coach’s education. As a developmental education recognition and accreditation program, the PDP provides coaches and instructors with resources to enhance their knowledge of teaching gymnastics skills successfully. Some of the publications involved with this program include Rookie Coach’s Gymnastics Guide, and Sequential Gymnastics II.
5. COACH’S CERTIFICATION USA Gymnastics LEVELS 1 through 4 (Skill Evaluator): All potential Level 5 gymnasts must be evaluated and certified as having met the requirements of Levels 1 through 4. When they have met the requirements, a Certified Coach can apply for the required Athlete Membership for a Level 5 gymnast. Certification of the coach requires completing and passing an examination of Level 1 through 4. (You no longer need to take this test to certify a level 4 gymnast. It is highly recommended to take the test for professionalism).
6. FIRST AID / CARDIOPULMONARY RESUSCITATION / CONCUSSION: The Safety Certification Manual recommends that at least one instructor should be trained in First Aid / CPR and in a Concussion course and be present whenever the facility is open. All instructors should be encouraged to participate and receive certification in these certificates. Contact your local American Red Cross or American Heart Association. Or visit

USA-GYMNASTICS N.J. EDUCATION CONTACTS

Judges Testing https://members.usagym.org/pages/women/pages/judging_accreditation.html

Safe-Sport Help-Support

866-200-0796 - SafeSportHelpline.org

GUIDELINES FOR FAMILY SAFETY AND BEHAVIOR AT MEETS

1. Another professional responsibility we have is to educate not only our athletes, but their families as well. This includes information on the USA-Gymnastics system, current rules, rule updates, athlete performance expectation, athlete meet behavior requirements and FAMILY MEET BEHAVIOR STANDARDS. Family meet behavior standards are not formally written anywhere, but this is a suggested list of common sense standards that we should all be able to live with. We treat others as we wish to be treated.
2. Parents need to get their gymnast to the meet on time, which means you need to give them accurate meet report times and directions to the site.
3. Parents are **not allowed on the “competitive floor”** during warm-up, competition, or awards. Parents should be using you, their child’s coach, as the go between for any questions they have concerning the meet. Parents need to say good-bye to their gymnast for the duration of the meet. During the meet, you, the coach, are now their guardian until after the competition. Parents should not approach other coaches, judges, scorekeepers, or the meet director.
4. Parents need to maintain good order and discipline with any other children they bring to the meet. This is important to the safety of the competitors as well as the safety of all spectators. Long meets make control of children difficult, so your parents need to know what to expect BEFORE they get to the meet.
5. Parents need to respect the meet facility and its furnishings. They are not at a minor league ballpark. They are the guests of the training facility of another parent’s child. Do not leave trash, be respectful of the rest rooms, and please eat and drink in the designated areas only. (Nothing against minor league ballparks!) **“You, the coach, are responsible in keeping your team parents informed. If the meet director has any problems with that parent, they will be escorted out of the gym and will not be allowed to return to that meet.”**
6. **“NO FLASH PICTURES DURING WARM-UPS AND COMPETITION”.**
 - a. “Place all electronic communication 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 86,000 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 12,286. You can understand how difficult it is to become an Olympian because the odds are you have never been one yourself even though you, as a child, probably wanted to be. Gymnastics is much more than the Olympics! Chances are your daughter's coach was not an Olympian, but still received enough out of gymnastics that they want to pass their love for the sport onto others. Gymnastics teaches so much so many virtues while building self-esteem, lifelong friendships and much more. Olympians will tell you that these intangibles far outweigh any medals they may have won. Gymnastics builds good people and you should be happy that your child wants to participate.



ONE ENTRY PER LEVEL

RETURN TO GYMJUDGE4@ME.COM

Name of Meet: _____

Hosted By: _____

Meet Host: _____

Club: _____ Contact: _____

Address: _____ Phone: _____

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

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

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

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

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



ONE ENTRY FORM PER DIVISION

RETURN TO GYMJUDGE4@ME.COM

Name of Meet: _____

Hosted By: _____

Meet Host: _____

Club: _____ Contact: _____

Address: _____ Phone: _____

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

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

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

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

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



Injury Petition Form

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

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



Petition Form to Regional Championships - Injury during last event

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

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

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

Name of Gymnast: _____ USAG # _____

Name of Coach: _____ Club: _____

Contact # _____ E-Mail: _____

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

Vault: _____ Beam: _____

Bars: _____ Floor: _____

Total of 1st three events: _____

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

75% of Regional Petition Score = _____

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

Coach (Print) _____ (Signature) _____

Chief Judge (Print) _____ (Signature) _____

Meet Referee (Print) _____ (Signature) _____

Medical Staff (Print) _____ (Signature) _____

Description of the injury _____

USA GYMNASTICS SCORE INQUIRY FORM



Check One: Vault _____ Bars _____ Beam _____ Floor _____

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

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

1. Major Elements (comp) or Start Value (Dev/Xcel): _____
 2. Neutral Deduction: _____
 3. Special (flite) composition deduction (Dev): _____
 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/Bones Value	Description of Element(s)	Y	N

Coach's name: _____ Team: _____

	Judge # 1	Judge # 2	Judge # 3	Judge # 4	Average
Start Value:	_____	_____	_____	_____	_____
Score:	_____	_____	_____	_____	_____
Adjusted SV:	_____	_____	_____	_____	_____
Adjusted Score:	_____	_____	_____	_____	_____
Score Not Adjusted	Yes ___	No ___			

Signature of Chief Judge or Meet Referee.

USA GYMNASTICS NJ Mobility Form



Name: _____

Club: _____

Present League: _____

Present Level: _____

Future League: _____

Future level: _____

Reason:

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

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

SACC Brant Lutska _____

Send form to:

Brant Lutska USA-GYMNASTICS N.J. SACC 92 State Street, Perth Amboy, N.J. 08861

e-mail: saccnj@gmail.com



Reproduce as needed

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: \$current IRS rate/mile X _____ miles = \$ _____

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

Arrival date: _____ Departure date: _____

Meals: For any meals not provided by meet director.

# of Breakfasts _____	Local Meet: \$20.00 per day (for a maximum of 3hr. but less then 8 hr.)
# Lunches _____	430.00 per day (for 8hr. or more).
# of Dinners _____	Overnight Meets: \$20.00 per meal to a maximum of \$60.00 per day.

Lodging required: Wed. _____ Thurs. _____ Fri. _____ Sat. _____ Sun. _____ Mon. _____

Misc. Exp.: Airport parking \$ _____
 Travel to/from Airport (miles Return _____ X \$.7/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

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

Meet Name, Type, Level: _____

Meet Date(s): _____ Host Club: _____

Number of Judges at each event: _____

Vault:

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Comments:

Bars:

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Comments:

Beam:

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Comments:

Floor:

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Judges name: _ Rating: Above Par ____ Par ____ Below Par ____

Comments:



MEET SITE EVALUATION FORM

Meet Name, Type, Level: _____

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

Meet Director(s): _____

Meet Format: Traditional _____ Non-Traditional: _____

If Non-Traditional, describe Format: _____

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

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

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

If yes, how long? _____

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

If yes, give details: _____

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

Yes _____ No _____ If no., explain: _____

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

Pre-Meet Information: Above Par _____ Par _____ Below Par _____

Comments: _____

Parking: Above Par _____ Par _____ Below Par _____

Comments: _____

Heat, AC, Lighting: Above Par _____ Par _____ Below Par _____

Comments: _____

Restrooms: Above Par _____ Par _____ Below Par _____

Comments: _____

Seating: Above Par _____ Par _____ Below Par _____

Comments: _____

Concession: Above Par _____ Par _____ Below Par _____

Comments: _____

Support Staff: Above Par _____ Par _____ Below Par _____

Comments: _____

Equipment/Mats: Above Par _____ Par _____ Below Par _____

Comments: _____

PA & Music Systems: Above Par _____ Par _____ Below Par _____

Comments: _____

Awards: Above Par _____ Par _____ Below Par _____

Comments: _____

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



Reproduce as needed

FINANCIAL REPORT

Date of event: _____ Sanction #: _____
Name of Event: _____
Meet Director: _____

INCOME:

Admission: \$ _____
Entry Fees: #_____ X (Entry Fee)=\$_____ \$ _____
Sponsor's Contribution: \$ _____
Concession/Programs: \$ _____
Other Income 50/50 etc. \$ _____
TOTAL INCOME \$ _____

EXPENSES:

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

Judges Fees, Assignor's Fee \$ _____
Judges Travel exp. \$ _____
Judges Hotel \$ _____
Judges Meals \$ _____

TOTAL JUDGES EXP...... \$ _____

TOTAL EXPENSES \$ _____

NET PROFIT (LOSS) \$ _____

Signature of Event Director: _____

Address: _____

Phone: _____

RETURN TO APPROPRIATE USAG OFFICIAL
Local, and State Meets

NJ SECRETARY/TREASURER

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

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

DEADLINE: 2 WEEKS FOLLOWING THE EVENT



Reproduce as needed

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

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

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

Club:

Club phone: _____

Fax: _____

Team Nickname: _____

e-mail : _____

Club Name Address: _____

Street Address

City/State

Zip

Director(s): _____

Home phone: _____

Coach(s):

Directions: _____

