

Eligibility to Enter the National Qualifying Competition

To be eligible to enter the National Qualifying Competition an athlete must meet the following criteria:

- Entry forms for the Qualifying Competition are due with a \$100 entry fee to the USA Gymnastics Men's Program Director by Friday June 11, 2010. Any approved entries received at USA Gymnastics after June 11, will require a \$50 late fee to validate the entry. Approval for entries received after June 11 is not automatic.
- The entry form for the Qualifying Competition will also serve as the official entry form for the 2010 Visa Championships
- Any USA Gymnastics athlete member 16 years of age or older (must be 16 in 2010) may enter the National Qualifier with the intent of qualifying to the Senior Division at the Visa Championships.
- Any age eligible USA Gymnastics athlete member may enter the National Qualifier with the intent of qualifying to either the 14 – 15 Age Division or the 16 – 18 Age Division Junior Division at the Visa Championships. Athletes must declare in advance whether they are competing for a position in the Junior or Senior Division at the Visa Championships and their scores will only be considered for either the Junior or Senior Division as declared.

2010 National Qualifier Competition Format

- A. The 2010 National Qualifier is being held to determine qualifiers to the Visa Championships in both the Junior and Senior Divisions.
- B. There will be one session of competition unless the number of registered competitors warrants a second session. The competition times are to be determined.
- C. If more than one session is needed:
 - a. The sessions will consist of one session made up of Junior Division athletes and pre-qualified Senior Division athletes and one session of athletes attempting to qualify for the senior Division.
 - b. The number of registered competitor's in each division may warrant the use of two sessions by random draw of all competitors in order to balance the size of the sessions.
- D. Competition Rules: Men's Program Committee Special Bonus Document (attached) will be used as well as the current FIG Code of Points and NGJA/USA Gymnastics Rules Interpretations.
- E. Make up of the competitive groups within the session
 - a. Athletes from the same program will be placed into the same competition group unless the program numbers are larger than the average squad size in which case the program will be divided into two groups.
 - b. Random draw of all competitors (grouped by program) for starting event and for the session if more than one session is used using all divisions combined.
- F. A 30 second (50 seconds for PB) one-touch warm-up will be used. A one touch warm-up will be provided at the beginning of each rotation followed by competition on that event.
- G. Warm-ups will be open with the exception of Parallel Bars which will have assigned time blocks with the rotation based on starting event (i.e. – the group which starts on PB will have the last warm-up block time at PB)
- H. Matting -- the following mat exceptions will be allowed at the National Qualifier
 - a. FIG matting at all events with the exception of Horizontal Bar
 - b. At HB, athletes will be allowed the use of up to 8 inches of additional matting for release moves only (not allowed for dismounts)
 - c. Note: Only the FIG approved Yurchenko runway mat may be used for vaulting – no sting mats.

2010 Visa Championships Information

Site: Hartford, Connecticut

Date: August 11 to 14

Qualification to the 2010 Visa Championships

Senior Division (approximately 42 athletes)

- Current Senior National Team Members
- The top 3 US citizen all-around athletes and top ranked US citizen athlete on each event from the 2010 NCAA Championships will automatically qualify to participate in the 2010 Visa Championships
- Top 21 athletes from the National Qualifier using the Men's Program Committee approved points system.
- Top two athletes on each event at the National Qualifier. Individual event results will include pre-qualified athletes.
- If there are open positions from the NCAA Championships (due to the inclusion of pre-qualified athletes) or from pre-qualified athletes who will not participate at the Visa Championships, then any open positions will be added to the top 21 from the National Qualifier using the points system to complete the field of 42 at the Visa Championships.
- Approved petitions

Junior Division (approximately 42 athletes)

- Top 18, rank order finish, from the 14 to 15 age division from the All-Around Finals at the 2010 Junior Olympic National Championships.
- Top 18, rank order finish, from the age eligible athletes (cannot turn 19 years of age anytime in 2010) in the 16 to 18 age division from the All Around Finals at the 2010 Junior Olympic National Championships.
- Top 6 age eligible juniors from the Junior Division at the 2010 National Qualifier will qualify using the rank order all around results with 14 to 15 and 16 to 18 age divisions combined. Age eligible junior athletes cannot turn 19 years of age anytime in 2010.
- Any open positions due to withdrawal of any participant in the Junior Division will be filled from rank order Junior Division results noted above from the National Qualifier.
- Approved petitions

Note: No athletes in either the Junior or Senior Division who withdraw from the Visa Championships will be replaced after August 2, 2010.

2010 Visa Championships Entry Deadline

- All Senior National Team athletes must submit the official entry form no later than Friday, June 11. Any approved entries received at USA Gymnastics after June 11 will require a \$50 late fee to validate the entry. Approval for entries received after June 11 is not automatic.
- Junior Division Qualifiers from the 2010 Junior Olympic National Championships must submit the official entry form no later than Friday, June 11. Any approved entries received at USA Gymnastics after June 11 will require a \$50 late fee to validate the entry. Approval for entries received after June 11 is not automatic.
- For Visa Championships Qualifiers from the National Qualifier in either the Junior or Senior Division – the entry form for the National Qualifier also serves as the Visa Championships entry.

Note: Final registration information and entry forms are posted on the Men's page of the USA Gymnastics web site at <http://www.usa-gymnastics.org/pages/post.html?PostID=5444&prog=m>

2010 Visa Championships Competition Format

- A. There are two days of Senior Division competition. Senior athletes must qualify to compete in the second day of competition. Junior Division athletes will compete in one day of competition, but have the opportunity to qualify to compete in the Senior Division Finals
- B. Preliminary Competition – Wednesday, August 11 - Two sessions of competition
 - Session I: Junior Elite Division
 - Session II: Senior Division
- C. Senior Division Finals: Friday, August 13 (Approximately 42 athletes)
 - The top 42 athletes using the combined point total results from both the Junior and Senior sessions of competition on Wednesday, August 11 will qualify to compete in the Senior Division Finals. The 20 point system detailed on page 5 will be used to determine the athletes competing in the Senior Division Finals.
 - Top two athletes on each event will qualify for the Senior Division Finals.
- D. Competition Rules: Men's Program Committee Special Bonus Document (attached) will be used as well as the current FIG *Code of Points* and NGJA/USA Gymnastics Rules Interpretations.
- E. Make up of the competitive groups within the session
 - Athletes from the same program will be placed into the same competition group
 - Random draw of all competitors (grouped by program) for starting event and starting order within the event rotation.
- F. There will be a 30 second (50 seconds for PB) one-touch warm-up. A one touch warm-up will be provided at the beginning of each rotation followed by competition on that event.
- G. Warm-ups will be open with the exception of Parallel Bars which will have assigned time blocks with the rotation based on starting event (i.e. – the group which starts on PB will have the last warm-up block time at PB)
- H. Matting -- The following mat exceptions will be allowed at the Visa Championships:
 - FIG matting at all events with the exception of Horizontal Bar
 - At HB, athletes will be allowed the use of up to 8 inches of additional matting for release moves only (not allowed for dismounts)
 - Note: Only the FIG approved Yurchenko runway mat may be used for vaulting – no sting mats.

National Team Selection at the 2010 Visa Championships

Senior Division:

- Top six All Around athletes as determined by the final all around results from the Visa Championships
- Top four athletes as determined by the National Team Points Program (see page 5), not in the top 6 all around results
- Four athletes selected by the Men's Program Committee
- One athlete selected by the National Team Coordinator

Junior Elite Division:

- The top 7 athletes in the 14 to 15 age division and the top 7 athletes in the 16 to 18 age division will be selected rank order to the Junior Elite National Team using the all around results from both the Junior Division and Senior Division competitive sessions on Wednesday, August 11. (note: age eligible juniors may be competing in either the junior or senior division sessions)

20 Point System

The Men's Program Committee Approved National Team Points System will be used to select the athletes who will:

- Qualify from the National Qualifier to the Senior Division at the 2010 Visa Championships
- Qualify from the Preliminary Sessions on Wednesday, August 11 to the Senior Division Finals on Friday, August 13.

Details

- Points will be awarded to the top 20 rank order athletes on each event in descending order (Example, 1st place earns 20 points, 20th place earns 1 point)
- No points will be given for All Around placement
- Athletes who tie for individual events will be awarded duplicate points with the next point total being skipped. (example: tie for first – both athletes awarded 20 points, the next highest ranking athlete receives third place points and is awarded 18 points)
- The points awarded for the six events will be totaled for a final point total for each athlete.
- In the case of a tie for the last position, ties will be broken by:
 1. The athletes highest single event points total, if still tied then,
 2. The athletes two highest events points total and so on until all six event totals are considered, if still tied then,
 3. All tied athletes advance.

National Team Points Program

MPC approved points system for Senior Team selection from the Visa Championships using combined results from Visa Championships Preliminary and Finals sessions.

- Top 10 athletes on each event will receive points from the Preliminary Competition and again from the Finals Competition at the Visa Championships. The points from each day of competition will be added together to create the athletes Final Points Total.
- Points will be awarded on each event according to the following:

First place	= 11 points	Sixth place	= 5 points
Second place	= 10 points	Seventh place	= 4 points
Third place	= 9 points	Eighth place	= 3 points
Fourth place	= 7 points	Ninth place	= 2 points
Fifth place	= 6 points	Tenth place	= 1 point
- Points will be awarded to the all around using the same formula as the individual events with the exception that all around points will only be awarded for the combined two day all around total (prelims + finals = two day total). Therefore the all around points will only be awarded once following the second day of competition.
- Athletes who tie for individual events or all around will be awarded duplicate points with the next point total being skipped. (example: tie for individual event third – both athletes awarded 9 points, the next highest ranking athlete receives fifth place points and is awarded 6 points)
- The points awarded for the six events will be totaled for each athlete each day. All around points are based on the two day all around total and will be added once to the athlete's day two total. An athlete's day one and day two competitive points will be totaled for that athlete's Final Points results.
- In the case of a tie for the last National Team position by the Final Points, ties will be broken by:
 1. The athletes highest all around two day points total, if still tied then,
 2. The athletes highest single event two day points total, if still tied then,
 3. The athletes two highest events two day points total and so on until all six event totals are considered, if still tied then,
 4. The same process as in #1, #2 and #3 using the second day of competition point totals only, if still tied,
 5. The same process will be used as in #1, #2, #3 and #4 using the lowest single E (presentation) score (deductions) from the competitive results.

**Bonus/Special Requirements Document
2010 National Qualifier and VISA Championships**

Event	Bonus	D Panel	E Panel
Floor Exercise			
SV 6.4	.1		
SV 6.5	.2		
SV 6.6 or higher	.3		
Pommel Horse			
SV 6.2 – 6.3	.1		
SV 6.4	.2		
SV 6.5 or higher	.3		
Rings			
SV 6.5	.1		
SV 6.6	.2		
SV 6.7 or higher	.3		
Inverted Cross		Credit if performed up to 45° above horizontal (as per FIG)	<ul style="list-style-type: none"> • Up to 15° - no deduction • 16° - 30° - small deduction • 31° - 45° - med deduction • > 45° - large deduction/no credit
Vault			
SV 6.8	.2	SV Bonus can be awarded when only one vault is performed	
SV 7.0	.4		
SV 7.2	.5		
Combined SV for 2 Vaults		2 nd Vault must be from different family as per FIG	No fall on either vault to receive bonus
• 13.4 – 13.6	.2		
• 13.8 – 14.0	.3		
• 14.2 – 14.4	.4		
<ul style="list-style-type: none"> • The first vault performed will count for all results, qualifications and National Team points • All bonus will be added to the first vault's SV • All attempted vaults will receive a score (no zero vaults) 			
Parallel Bars			
SV 6.3	.1		
SV 6.4	.2		
SV 6.5 or higher	.3		
Uncontrolled regripping and/or hitting bars for dbl saltos that land in upper arm support			<ul style="list-style-type: none"> • Small deduction • Medium deduction (replace FIG medium and large deduction range)
High Bar			
SV 6.6	.1		
SV 6.7	.2		
SV 6.8 or higher	.3		
Turning skills – completed turn angle note: Applies to 1/1 or more turning skills that finish in el-grip or mixed grip			<ul style="list-style-type: none"> • Up to 45° - no deduction • 46° - 60° - small deduction • 61° - 90° - med deduction • > 90° - large deduction

Additional Execution Bonus	Bonus	
*Routine w/ .9 - .55 E panel	.1	Excludes vault
*Routine w/ .5 or less E Panel	.2	Excludes vault

***Only routines that have already received SV bonus are eligible for execution bonus**