



# USA Gymnastics Trampoline & Tumbling Guide to the 2009 Winter Classic

## Admission to Lakeshore Foundation

Admission to the Winter Classic is free. Seating is limited, so please show consideration for others.

## Appeals (Protests)

### Appeals

1. An appeal can only be filed by a coach or competitor. Spectators are not allowed to participate in the appeal process. A difficulty inquiry can be made at the judge's table using the appropriate form. (See Rules and Policies for inquiry form.)
2. The written appeal, with the appropriate appeal fee must be submitted to the Meet Referee prior to the start of the next round. The next round is the actual competition, not the warm-up of the next flight. In the case of an appeal concerning the final pass, the appeal must be submitted immediately after the end of the round. In any case, no appeals will be accepted after the medals have been awarded.
3. Appeals concerning the execution scores can only be made with respect to numerical error.
4. Appeals must be dealt with by the Jury of Appeal prior to the start of the next round and their decision must be announced immediately.
5. Video - The organizing committee is required to have an official video for the Jury of Appeal to review.
6. The Jury of Appeal may not watch the video individually. They must assemble in the designated location in order to view the video together. The video will be watched at real time and a straw poll will be taken, after which discussion may be held. If necessary the jury may re-watch the video and a straw poll will be taken after each viewing.
7. Coaches are not allowed to speak to the Jury of Appeal. All information must be in writing on the appeal form.
8. The decision of the Jury of Appeal is final.

## Awards

Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place in each division. Awards for synchronized trampoline will be presented Friday evening following competition. All other awards will be presented following each group of finals on Sunday.

## Changes to Entries

Change forms are available at the Competition Office. The change form should be turned in to George Kampas, with a \$10.00 change fee (unless the change is a result of an error on the part of USA Gymnastics), **at the Scorekeeper's table.**

## Credentials/Passes

Coaches should come by the Competition Office to receive a credential. Judges' credentials will be distributed at their first judge's meeting. All coaches and judges are required to complete the forms for the Lakeshore Foundation and will not be issued a credential until the paperwork is turned in.

## Competition Cards

Competition cards are required for all competitors. Blank competition cards are available near the Competition Office.

**Reminder:** All competition cards must be turned in at the specified time and place, completely filled out with skill identification and difficulty value in place and added. Otherwise there will be a deduction of 0.2 pts taken from the difficulty score. Changes may be made with no penalty until the start of the round.

**Friday, Mar. 6 – 5:15 pm – Comp cards are due for all events**

## Dress Code

A reminder that the dress code for coaches, judges and athletes is in effect for all training, warm-up and competition sessions for all levels. Please refer to the Code of Points for the complete dress code. ***Athletes must wear their club uniform. Official USA Gymnastics apparel, including the World Age Group team apparel, must not be worn.***

## Forms

The Lakeshore Foundation requires forms for all participants, including athletes, coaches and judges, to be submitted before participation begins. Forms were e-mailed to all teams entered in the Winter Classic and posted on the web site. All participants should submit the completed forms in the Competition Office upon arrival at the Lakeshore Foundation gym. (The Program Office is not accepting forms prior.)

## Hospitality Schedule

A Hospitality Area for coaches, judges, volunteers and staff is located near the competition floor. Meals will be served as follows:

Friday, Mar. 6	5:00 pm	Dinner
Saturday, Mar. 7	12:00 pm	Lunch
	5:00 pm	Dinner
Sunday, Mar. 8	12:00 pm	Lunch

## Parking

**The Lakeshore Foundation will still be in use by its members; therefore, the parking we will use is the upper parking lot, not the parking directly in front of the building.**

## Schedule

**The detailed schedule is available at**

## Spotters

Due to the level of competition, for the safety of the athletes, coaches and athletes must serve as spotters during all trampoline competition.

## Staging

Staging (lineup area) is located near the Competition Office. All athletes must enter the competition floor through staging. Only athletes and credentialed officials are allowed in the staging area. When your flight is called, report to staging immediately. All corrections to flights will be made at staging. **You should arrive in the staging area at least 30 minutes before your flight is scheduled.** Flights will be called early, if the competition is running ahead of schedule. Do not leave your belongings in the staging area. USA Gymnastics is not responsible for lost or stolen items.

## Training

There is open training on **Friday, Mar. 6, 12:00 pm – 5:00 pm.**

## Volunteers

**Volunteers are needed** for data entry, staging, trampoline spotters and video. Please encourage parents from your club to help.

## Warm-Up Rules

### Level 10 Warm-up

<b>Double Mini</b>	Prelims - 1 run, 4 touches	Finals – 1 run, 4 touches <sup>^</sup>
<b>Tumbling</b>	Prelims - 1 run, 4 touches	Finals – 1 run, 3 touches*
<b>Trampoline</b>	Prelims - 3 touches	Finals – 1 touch*

### Jr./Sr. Elite Warm-up

<b>Double Mini</b>	Prelims - 1 run, 4 touches	Finals – 1 run, 4 touches <sup>^</sup>
<b>Tumbling</b>	Prelims - 1 run, 4 touches	Finals – 1 run, 4 touches*
<b>Trampoline</b>	Prelims - 2 touches	Finals – 1 touch*

<sup>^</sup>1 run equals running to double mini and performing 2 or 3 straight jumps. 1 touch equals 2 skills.

\*1 touch is equal to about 10 skills