



# Athletes & Parents

## GUIDE TO NATIONALS

Virginia Beach Convention Center  
June 27-July 2, 2010

### WELCOME TO THE 2010 NATIONAL CHAMPIONSHIPS!

This guide is designed to help you through the six days of exciting competition with as little confusion as possible. If you have questions that are not answered here, please feel free to ask one of our many volunteers or any member of the Event Staff. We will do our best to provide a quick response. We hope you and your athlete(s) will have a great week!

#### Virginia Beach Convention Center

- The address is 1000 19<sup>th</sup> St, Virginia Beach, VA. The competition will be held in Halls A-C.
- The Box Office is located inside the building near the entrance to Hall A.
- For athletes, coaches and judges, credentials or athlete passes are required for admission to Halls A-C. Once inside the hall, athletes, coaches and judges should enter the competition area through staging. Look for the sign marked Athletes, Coaches, Officials Only. Participants may be asked to show their credential/pass in order to enter staging.
- Parking is available at no charge in the Convention Center parking lots.
- Concessions are available in the Convention Center. No other food or beverages allowed.
- No balloons allowed in the Convention Center.
- Smoking is not permitted.
- If anyone requires first aid or assistance of any kind, please contact a member of the Event Staff immediately.

#### ADMISSION

- Tickets are available at the Box Office near the entrance to Hall A.
- Adults - \$12 per day - 3-day pass - \$30. Please be prepared to specify exact dates when purchasing a pass at the Box Office.
- There is no charge for admission to the U.S. Elite Challenge or for Session 1 of J.O. National Championships (Level 10 Synchro).
- Tickets for the Grand March/Regional All-Stars on June 30 are \$5.00. Spectators who have already purchased tickets for the earlier session on June 30 are not required to purchase additional tickets for the Grand March/Regional All-Stars.
- Children (8 and under) - No charge for admission
- No charge for admission to training sessions.
- Athlete passes will be in the technical packet provided for each team. Coaches will distribute the athlete passes in Virginia Beach and should arrange a time and place for distribution. (Busy Bodies, located in the vendor area will have lamination available for a fee.)
- All J.O. Championships participants will show their credential/pass for admission to the event. Coaches will be required to show their credential and athletes will be required to show their athlete pass to get into the staging area. Parents, you may want to accompany your athlete to the entrance so they can hand the pass back to you after showing it.

#### APPEALS

An appeal can only be filed by a coach or competitor. Spectators are not allowed to participate in the appeal process. The written appeal, with the appropriate appeal fee\*, must be handed to the Meet Referee prior to the start of the next round. In the case of an appeal concerning the final pass/routine, the appeal must be submitted immediately after the end of the round. No appeals will be accepted after the medals have been awarded.

Appeals concerning the execution scores can only be made with respect to a numerical error. Appeals must be dealt with by the Jury of Appeal prior to the start of the next round and their decision announced immediately. The decision of the Jury of Appeal is final. (See Scoring Alert)

*\*The appeal fee is \$100.00. If the appeal is sustained, the fee will be returned. If the appeal is overruled, the fee will be retained by the organizer.*

## AWARDS



Awards are presented following each session. The viewing area in front of the awards stage is limited in size, so please enter the viewing area only when your athlete is receiving his/her award. Please follow instructions to help the awards sessions go more smoothly for all concerned.

### J.O. Championships (Levels 5-10)

#### Flight ribbons

#### Overall 1st – 8th Place

#### Participation certificates

- **The Superior Judge will present flight ribbons to each competitor, at the judge's table immediately following each flight.** (Note: From time to time, scores may change after the flight awards are given due to the appeals process or a numerical error. Results are not final until overall awards are presented; however, all flight awards are final.)
- **Overall awards will be presented to 1st – 8th place in each age group and level. If an age group was divided into two, overall awards will be presented to both ages.**
- **Overall awards for each session will be given immediately following the session. (Level 10 awards will be presented after finals.)**
- **If the session is running early, awards will be given early.**
- **Athletes who place in the top eight overall should be in the staging area immediately following the session.**
- **In order to have professional awards pictures, all athletes are required to wear competition attire (Girls: leo, bare feet or competitive footwear. Boys: step-in, competition shorts or pants, bare feet or competitive footwear) for all awards ceremonies. No warm-ups or street clothes allowed.**
- **Participation certificates are placed in the technical packet and given to the coach for distribution to the team beginning June 26.**

#### Awards Tie-Breaking System

##### TRAMPOLINE

Levels 5-7: Add the two highest execution scores to break the tie. If there is still a tie, then duplicate awards will be given for ties.

Levels 8-9, Level 10 Preliminaries: Use the highest total score in the second routine of preliminaries to break the tie. If still tied, then the two highest judge's execution scores in the second routine are used to break the tie. If still tied, then duplicate awards will be given for ties.

Level 10 Finals: Use the highest total score in the final routine to break the tie. If still tied, then the two highest judge's execution scores in the second routine are used to break the tie. If still tied, then duplicate awards will be given for ties.

##### DOUBLE MINI-TRAMPOLINE

Levels 5-7: Use the score of the second pass to break the tie. If there is still a tie, then duplicate awards will be given for ties.

Levels 8-9: Use the score for the second pass to break the tie. If still tied, then the two highest judge's execution scores in the second routine are used to break the tie. If still tied, then duplicate awards will be given for ties.

Level 10 Preliminaries: Use the score in the second pass of preliminaries to break the tie. If still tied, then the two highest judge's execution scores in the second routine are used to break the tie. If still tied, then duplicate awards will be given for ties.

Level 10 Finals: Use the score in the second pass of finals to break the tie. If still tied, then the two highest judge's execution scores in the second pass are used to break the tie. If still tied, then duplicate awards will be given for ties.

##### TUMBLING

Levels 5-7: Use the score of the second pass to break the tie. If there is still a tie, then duplicate awards will be given for ties.

Levels 8-9: Use the score for the second pass to break the tie. If still tied, then the two highest judge's execution scores in the second routine are used to break the tie. If still tied, then duplicate awards will be given for ties.

Level 10 Preliminaries: Use the score in the third pass of preliminaries to break the tie. If still tied, then the two highest judge's execution scores in the third routine are used to break the tie. If still tied, then duplicate awards will be given for ties.

Level 10 Finals: Use the score in the second pass of finals to break the tie. If still tied, then the two highest judge's execution scores in the second pass are used to break the tie. If still tied, then duplicate awards will be given for ties.

### **If a tie cannot be broken...**

Example: Two competitors are still tied for second place.

Distribution of awards: The athlete in 1st place receives a gold medal. The two athletes tied for second place receive silver medals. There is no 3<sup>rd</sup> place awarded. The 4<sup>th</sup> place athlete receives a ribbon, etc.

## **Regional All-Stars Awards**

**Grand Champion Team** – The region with the highest combined score at the end of competition is named the Grand Champion Team. Each all-star from that region will receive a trophy.

**1<sup>st</sup> Place Team each event** – Members of the first place team in each discipline will receive a plaque.

- ***Trophies and plaques for Regional All-Stars will be presented immediately following competition.***
- ***All competitors are asked to remain on the competition floor until all awards are given and pictures have been taken.***
- ***Regional All-Stars will wear the leo or warm-up provided by Elite Sportswear for all awards pictures.***

## **CAMERAS / VIDEO CAMERAS**

- In the interest of athlete safety, **absolutely NO flash photography will be allowed** during competition and training. Remember to turn off the flash each time the camera is used. Offenders will be removed from the competition by security staff.
- If you plan to videotape the event, please remember to charge your batteries. There are no electric outlets available for public use.
- **EVENT PHOTO POLICY: UNAUTHORIZED CAPTURE, USE, DISTRIBUTION**
- For considerations of liability, safety, and overall event enjoyment, parents are permitted to photograph their participant only from designated spectator seating areas so as to not interfere with nor disrupt (i) any portion of the event; (ii) event participants and their performance; (iii) the intended use of public areas; or (iv) the viewing ability of others. All photos taken during the event must be for personal use only. Unauthorized commercial use, sale, or third-party distribution is strictly prohibited without prior written consent from USA Gymnastics, the event administrator and photographer. Violators may be subject to immediate removal from the event by event administrators and potentially held liable for any damage, or perceived damage, associated with the violation.
- Prohibited Equipment: Monopod, Tripod, Telephoto Lens greater than 6 inches or 200mm, Camera Flash (events that prohibit the use of a flash)

## **CODE OF ETHICS**

The USA Gymnastics Code of Ethics is in effect for every athlete, coach and official. Please remember this and act accordingly. Parents and coaches are reminded that you are responsible for the actions of your athlete(s) and for any damages caused by them at the Convention Center or at the hotel. The Code of Ethics can be found at [http://www.usa-gymnastics.org/aboutus/pages/code\\_of\\_ethics.php](http://www.usa-gymnastics.org/aboutus/pages/code_of_ethics.php).

## **COMPETITION CARDS – LEVELS 8-10 ONLY**

- Competition cards are required for all events for Level 8, 9 and 10 competitors.
- Boxes with blank forms and boxes for completed forms are located in the Competition Office.

The following schedule shows when and where competition cards are due:

<b>Who</b>	<b>When</b>	<b>Where</b>
<i>Levels 8-10</i>	<i>Sun., June 27 – 2:15 pm</i>	<i>Box marked Completed Comp Cards - Competition Office</i>
<i>Regional All-Stars</i>	<i>Wed., June 30 – 5:00 pm</i>	<i>Box marked Completed Comp Cards - Competition Office</i>

## **ENTERING AND EXITING THE COMPETITION FLOOR**

- It is a safety hazard to allow uncontrolled access to the competition floor.
- Athletes are required to enter and exit the competition floor through staging.

- Athletes who are caught going under or over the railing and cutting across the floor for whatever reason (example: to get to staging or to talk to their coach) may be disqualified from the competition. Parents and coaches are cautioned to make sure that athletes obey this rule. Coaches, please set a good example.
- Following the presentation of flight awards, athletes will be escorted from the competition floor to staging. Coaches will carry belongings, as with the march-in.

### FINALS FOR LEVEL 10

Finals will be conducted for Level 10 according to the following rules:

- The competitors with the eight best scores from preliminaries will go forward to Level 10 finals.
- Starting order for finals will be in order of merit, with the competitor or pair with the lowest preliminary score going first. In the event of ties, the starting order will be decided by a draw.

### FLIGHT SHEETS (SEE START LISTS)

### GIFT SHOP (SEE VENDORS)

### GRAND MARCH

All athletes, coaches and judges are invited to participate in the Grand March at 6:00 PM on Wednesday, June 30. Athletes should go to Hall D promptly at 5:15 pm dressed in team warm-ups and gym shoes. **One member of each team must report to the Chaos Management Table (CMT ☺) in Hall D between 5:15 and 5:45 pm for further instructions.** Team banners may be carried, if desired. Only athletes participating in the Grand March will receive the traditional Grand March souvenir. Regional All-Stars competition will take place immediately following the Grand March.

### LOST AND FOUND

Lost and Found is located in the Competition Office.

### MARCHING IN (SESSIONS)

- Before the beginning of each session, the athletes in the first flights in that session will march in.
- Athletes should be in staging 30 minutes prior to the session.
- For the session march-in, athletes should be in competition attire only, and carrying nothing.
- Coaches should follow the flight of athletes, carrying the athlete's bag and other possessions, and go directly to the on-deck area.
- Athletes will present to the judges, receive instructions from the Superior Judge and begin warm-up.

NOTE: Athletes are required to enter and exit the competition floor through staging. Athletes who are caught ducking under the railing and cutting across the floor to get to staging or to talk to their coach, or whatever reason they may do so, may be disqualified from the competition, as it is a safety hazard to allow uncontrolled access to the competition floor. Parents and coaches are cautioned to make sure that athletes obey this rule.

### PARTIES

- Parties will feature snacks and a dance at the 17<sup>th</sup> Street Park on the boardwalk.
- Parents are welcome to attend the parties and are encouraged to attend with the younger athletes. Seating will be on the grass or on the beach, no chairs.
- USA Gymnastics will have members of the event staff at the party; however, **each team must have at least one adult representative present.**
- Attire is casual. Since we are on the beach some of you will want to wear swimsuits. Please remember that we are in a public place and that our athletes vary greatly in age. Be good representatives of USA Gymnastics. If you are in a swimsuit, please wear a cover-up when on the dance floor.
- The party for **LEVELS 8-10** J.O. Championships competitors will take place on Tuesday, June 29, from 8:00 -11:00 PM at the 17<sup>th</sup> Street park.
- The party for **LEVELS 5-7** J.O. Championships competitors will take place on Thursday, July 1, from 7:00 -10:00 PM at the 17<sup>th</sup> Street park.



### PHOTOGRAPHER



**Champion Images** is back again this year as our official photographer. Due to your continued support, they will be photographing all athletes this year so you will not need to register for photos as in year's past. This is an exciting change and opportunity for all of our athletes and their families to enjoy the great photos and custom posters from Champion Images. Be sure to visit their booth during nationals for take-home

souvenir prints, or find them on the web at [www.ChampionImage.com](http://www.ChampionImage.com). Please read and adhere to the following policy regarding photography.

### EVENT PHOTO POLICY: UNAUTHORIZED CAPTURE, USE, DISTRIBUTION

For considerations of liability, safety, and overall event enjoyment, parents are permitted to photograph their participant only from designated spectator seating areas so as to not interfere with nor disrupt (i) any portion of the event; (ii) event participants and their performance; (iii) the intended use of public areas; or (iv) the viewing ability of others. All photos taken during the event must be for personal use only. Unauthorized commercial use, sale, or third-party distribution is strictly prohibited without prior written consent from

USA Gymnastics, the event administrator and photographer. Violators may be subject to immediate removal from the event by event administrators and potentially held liable for any damage, or perceived damage, associated with the violation.

Prohibited Equipment: Monopod, Tripod, Telephoto Lens greater than 6 inches or 200mm, Camera Flash (events that prohibit the use of a flash).

## PROGRAMS

Don't forget to purchase your souvenir programs at the Northwest Designs booth! (*Note: The program does not include start lists/flight sheets, since these are available on the web site.*) The program is printed in full color.

## REGIONAL ALL-STARS COMPETITION

- The 8th Annual Regional All-Stars Competition will take place on Wednesday, June 30, from 7:00-8:00 pm immediately following the Grand March. Regional Teams, composed of Level 10 Regional Champions will compete for the title of **Grand Champion** (Best Overall Regional All-Star Team). In cases where a region did not have a Level 10 in an age group, the Level 9 Regional Champion will substitute. Plaques will be presented to members of the 1<sup>st</sup> place teams in each event. Trophies will be given to each member of the Grand Champion Team. Tickets are \$5.00 and may be purchased at the door. Spectators who have already purchased tickets for the earlier session on June 30 are not required to purchase additional tickets for the Grand March/Regional All-Stars.



*Regional All-Stars uniforms will be distributed by the Regional Chairs on June 29 at a time and place to be announced.*

*USA Gymnastics would like to thank GK/Elite Sportswear for providing the beautiful Regional All-Stars apparel.*

## RESULTS

Results will be posted in the Spectator Area as soon as possible following each session and on the web site as soon as possible after National Championships.

## SCORING ALERT

A black screen with **Flashing Red Flight Numbers** will alert the audience of any deviation from the normal path of competition (change of score, appeal in process, etc.). Final results may vary from the scores originally flashed by the judges. *Note: Even though results may change, all flight awards are final.*

## STAGING (LINEUP)

- All participants must enter the competition floor through Staging. Look for the signs.
- Coaches will be required to show their credential and athletes will be required to show their athlete pass to get into the staging area. Parents, you may want to accompany your athlete to the entrance so they can hand the pass back to you after showing it.
- Only individuals with official competition credentials will be allowed in Staging. No parents or spectators allowed.
- Only athletes who are preparing to compete are allowed in staging. Other athletes will be asked to leave.
- When your flight is called, please report to Staging IMMEDIATELY, dressed for competition.
- Last minute corrections to flights will be made at Staging.
- Plan to arrive at the Convention Center at least 30 minutes before your flight is scheduled. If the competition is running ahead of schedule, flights will be called early.**
- DO NOT LEAVE YOUR BELONGINGS IN STAGING. USA Gymnastics is not responsible for lost or stolen items.
- NO FOOD OR DRINKS** (except water) are allowed in Staging. The event staff may confiscate any food or beverage other than water.
- As an aid to athletes and coaches, the Staging area is color-coded:

**BLUE**

**Trampoline**

**RED**

**Tumbling**

**GREEN**

**Double Mini**

## START LISTS

Start lists are available in Adobe Acrobat format on the web site.

## TRAINERS

Trainers will be available on the competition floor to help all competing athletes. All treatment will be done at the venue.

## TRAINING SESSIONS

- The purpose of a training session is equipment familiarization. Due to the large number of competitors, athletes will have limited time on the equipment. Training times for each group are assigned by the Program Office and given to the Head Coach of each team.
- Teams should arrive 30 minutes prior to their assigned training time for stretching in the staging area.

- When your team is called to the floor for training, **take all personal items with you into training**. You will exit the competition area another way, since another group will be in the staging area waiting to take the floor for training.
- Athletes must enter the competition floor **with a coach** when their team name is called. Everyone involved must enter through Staging and depart through the appropriate exit.
- If a coach cannot attend the Training Session, it is his/her responsibility to notify the athlete(s) and to arrange for another coach, if the athlete(s) will be training. *No athletes are allowed on the floor without a coach*. There are no exceptions to this rule.
- Please note that during training an athlete is expected to wait his/her turn on all equipment. Excessive time on the trampoline, cutting in line and/or saving places in line will result in removal of the athlete from training. Training will be monitored. No tattletales are necessary.

### VENDORS

The vendor area will offer a wide variety of items for sale. Look for all of the National Championships merchandise at the Northwest Designs booth. They offer a large selection of apparel, hats and bags, all of which can be screen-printed to your specifications. Northwest Designs will also be selling National Championships lapel pins and the souvenir program. Elite Sportswear offers leotards and warm-ups from their great GK line of gymnastics apparel. Check out the Regional All-Stars uniforms from GK, sponsor of the Junior Olympic program. Busy Bodies and Marsha's, Inc. will return this year, offering a wide variety of apparel and gift items. Busy Bodies is also offering embroidery, laminating and medal engraving.

### VOLUNTEERS ("ANGELS")

T&T Angels are essential to the smooth operation of the event. Each volunteer will report to the Volunteer Coordinator, Craig Johnson, near the Competition Office to receive directions for their assignments, as well as their t-shirt and credential. Unless otherwise notified by the Volunteer Coordinator, T&T Angels should pay for entrance to the competition and give the ticket to the Volunteer Coordinator for a refund on the day(s) they serve. If a meal is served during the shift, the volunteers will be included.

If you did not sign up as an Angel prior to arriving in Virginia Beach and would like to volunteer, please see Craig in the Competition Office. Your offer of help is always appreciated!

**When you see a T&T Angel, please let them know how much their hard work is appreciated!**

