

- 2) Each session will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.
 - 3) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event.
 - 4) The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
- c. The Jr. Olympic National Championships will be a three (3) day event.
- 1) Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. A coaches' meeting is conducted the evening before the start of the event.
 - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
 - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
 - c) Medical personnel must be present for ALL training and competition.
 - 2) Day One - Optional Competition for the two younger Junior age divisions and the two younger Senior divisions.
 - 3) Day Two - Optional Competition for the two older Junior age divisions and the two older Senior age divisions.
 - 4) There is NO Individual Event Finals competition.
6. AWARDS (See Part Two, Section VI)
- a. Top 10 All-Around and Individual Event winners for each of the eight age divisions are determined by the Optional competition. No Individual Event Finals will be held.
 - b. Team Awards:
 - 1) All members of the top three (3) winning teams in each age division will receive an award. Team scores are determined by adding the top **four (4)** scores on each event.
 - 2) An overall Regional Team Champion will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:

1st place team	8 points	5th place	4 points
2nd place	7 points	6th place	3 points
3rd place	6 points	7th place	2 points
4th place	5 points	8th place	1 point
 - c. Jr. Olympic National Team: The top four AA gymnasts per age division will be designated as the Jr. Olympic National Team and will receive plaques and will be invited to attend a Jr. Olympic National Team Training Camp. In the case of a tie for fourth place, the tied athletes will qualify to the Jr. Olympic National Team.
 - If a non-citizen athlete places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US Jr. Olympic National Team.
 - In this instance, the next US citizen in rank order is placed on the JO National Team.
 - d. Jr. Olympic National Team Training Center banners will be sent to the clubs qualifying athletes to the Jr. Olympic National Team.
7. The Meet Director of the National Championships shall remain in close contact with the USA Gymnastics Women's Jr. Olympic Program Director for assistance and guidance.
- H. JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO-NIT) - LEVEL 10
1. GENERAL REGULATIONS
 - a. Is under the jurisdiction of the USA Gymnastics National Office and the National Jr. Olympic Committee. The Meet Director of the Jr. Olympic National Championships & JO -NIT shall contact the National Women's Jr. Olympic Program Director for specific information on:
 - 1) Schedule
 - 2) The Draw, Squads and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Is conducted annually in early to mid-May, the day following Jr. Olympic National Championships.
 - c. Individual competition only is conducted for the eight age divisions.
 2. QUALIFICATION TO JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT
 - a. ***Gymnasts placing 8th and 9th in each of the eight age divisions from each of the eight regions will qualify to the Jr. Olympic National Invitational Tournament, provided that they achieve a minimum of 34.00 AA at the Regional meet.***
 - Note: Any gymnasts who tie for **9th** place will also qualify to the Jr. Olympic NIT.
 - b. Gymnasts who did not qualify to the Jr. Olympic National Championships or NIT in the AA, but have won an event(s) at Regionals, will qualify in those event(s).