



**USA GYMNASTICS®**

**2019  
Acrobatic Gymnastics Program  
Rules and Policies**

**Governing Competitors and Competitions  
sanctioned by  
USA Gymnastics and  
the Acrobatic Gymnastics Program**

***Updated: March 18, 2019***

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**Changes from the 2018 version are highlighted in yellow**

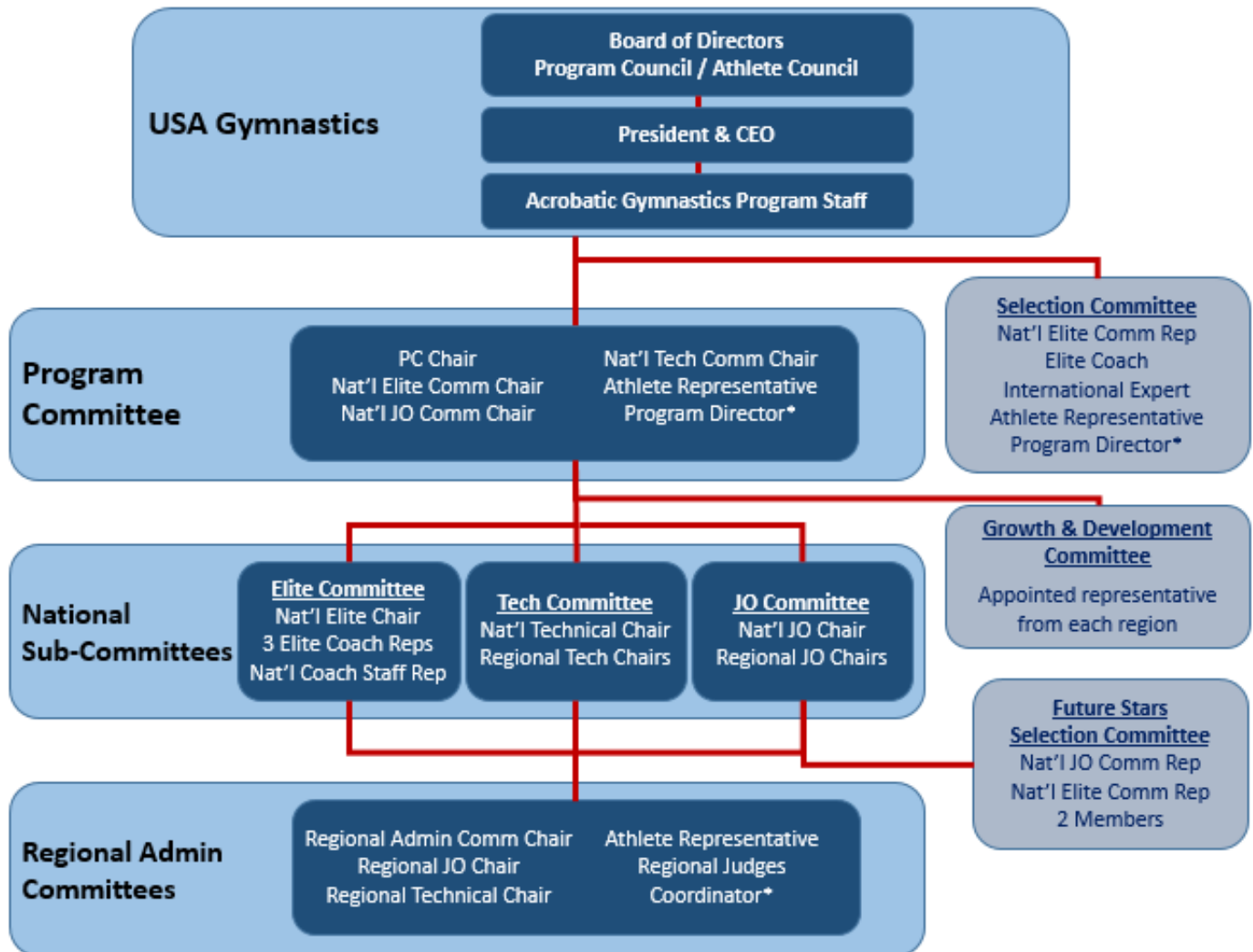
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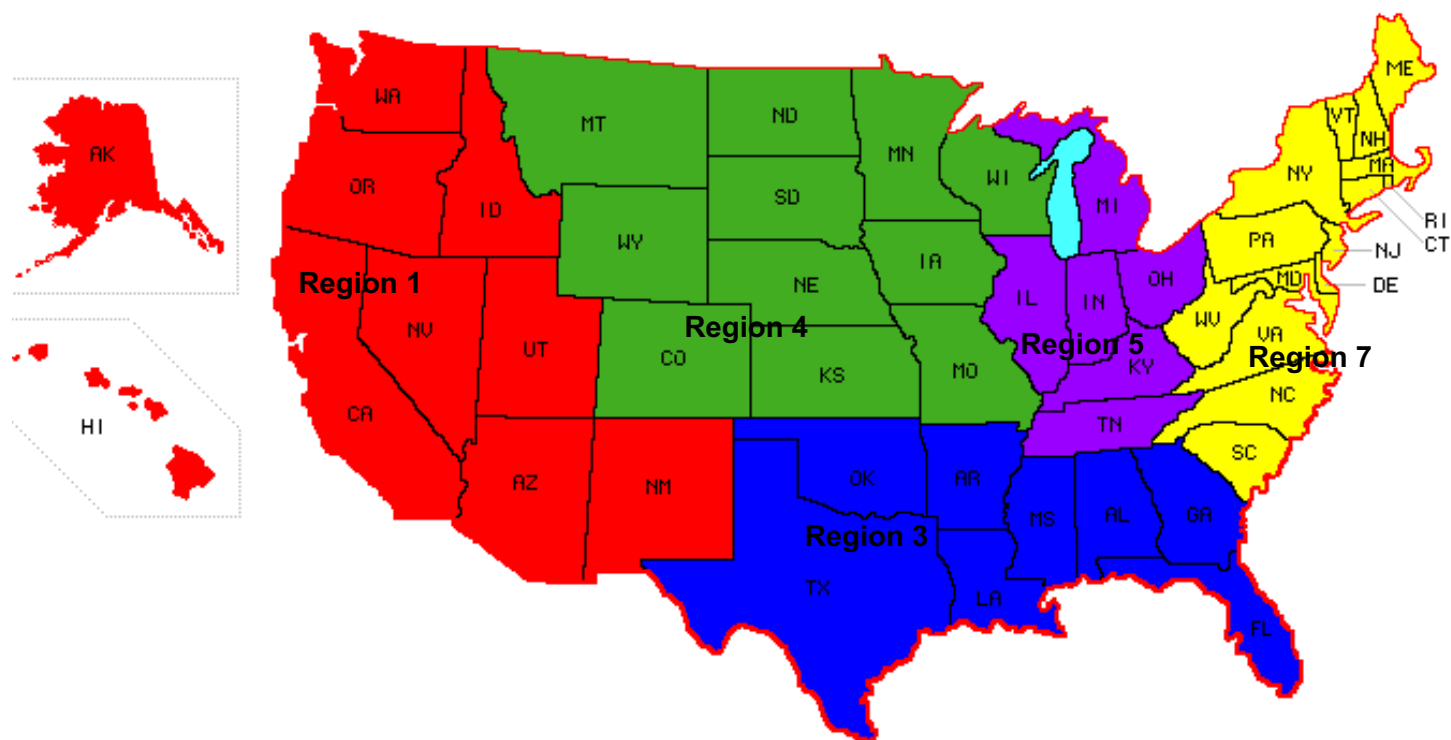
# ACROBATICS PROGRAM ORGANIZATIONAL STRUCTURE

Please refer to the Acrobatic Gymnastics Operating Code for complete information about the program’s organizational structure, roles, responsibilities, and duties. The Acrobatic Gymnastics Program is composed of the Acrobatic Gymnastics Program Committee and its sub-committees, regional committees, and special committees. The committees function as per the Operating Code and Duties & Responsibilities.



\*non-voting position / \*\*votes only in the case of a tie

## MAP OF ACROBATIC GYMNASTICS REGIONS



**Region 1:** Alaska, Arizona, California, Hawaii, Idaho, Nevada, New Mexico, Oregon, Utah, Washington

**Region 3:** Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, Oklahoma, Texas

**Region 4:** Colorado, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, North Dakota, South Dakota, Wisconsin, Wyoming

**Region 5:** Illinois, Indiana, Kentucky, Michigan, Ohio, Tennessee

**Region 7:** Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Vermont, Virginia, West Virginia

# **USA GYMNASTICS PURPOSE and MISSION**

## **USA Gymnastics Purpose:**

The purpose of USA Gymnastics, as set forth in Section 2 of the Bylaws, will be to serve as the National Governing Body for the sports of artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, and acrobatic gymnastics in the United States and to fulfill the other non-profit purposes stated in the Corporation's Certificate of Formation, as it may be amended or restated from time to time.

## **USA Gymnastics Mission:**

The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

## **ACROBATIC GYMNASTICS MISSION STATEMENT, GOALS, AND OBJECTIVES**

**Mission Statement:** Encourage participation and growth in all aspects of Acrobatic Gymnastics, support and encourage athletes in their pursuit of competitive excellence, and increase visibility of the sport.

**Vision Statement:** To become a premier discipline of USA Gymnastics.

**Values:** Trust, Commitment, Collaboration, Integrity, Dedication, Passion, and Discipline

## **INTRODUCTION**

The purpose of the Acrobatic Gymnastics Program of USA Gymnastics is to promote, serve, and administer the official Acrobatic Gymnastics program for athletes of all levels of ability throughout the United States.

This shall be done by:

1. Carrying out the purposes and objectives of USA Gymnastics.
2. Providing for the expansion and improvement of Acrobatic Gymnastics programs through the training and certification of judges and the education of qualified instructors to conduct appropriate Acrobatic Gymnastics programs.
3. Organizing competitions for Acrobatic Gymnastics athletes of all levels of ability at the local, state, regional, and national levels.
4. Providing for the technical organization and development of specific guidelines, rules and policies, and providing a network of communication necessary for the implementation of these objectives.

Interpretation of this publication is the expressed duty and responsibility of the Acrobatic Gymnastics Program Committee and the President of USA Gymnastics.

## SECTION ONE: USA GYMNASTICS MEMBERSHIP

100% of the athletes, coaches and judges participating in a USA Gymnastics Sanctioned Event must be pre-registered as an Athlete, Introductory Athlete, Professional, or Jr. Professional member of USA Gymnastics. Any athlete, coach or judge who is unable to be verified, as a current USA Gymnastics member will be ineligible to participate in any USA Gymnastics sanctioned event. In addition, any and all athletes who wish to compete USA Gymnastics sanctioned events must be affiliated with a current USA Gymnastics Member Club.

### 1. Athlete / Introductory Athlete Membership

Member Clubs must send a link to online registration to the parent/guardian of minors or directly to adult athletes to register and pay for membership online. Membership applications can also be submitted using a paper form mailed or faxed to the USA Gymnastics Membership Department.

- a. Athlete Membership is available for a fee of \$59 for competitors in the JO Program (Levels 5-10) and/or International Track (Age Group 11-16, Junior Elite, Senior Elite).
- b. Introductory Athlete Membership is available for a fee of \$27 for levels 1, 2, 3, 4 and/or any participant of the Xcel Blocks program. Introductory Athlete Membership may be upgraded to full Athlete Member (Level 5 and above) within the same competitive year by completing a regular Athlete Member registration form and paying the additional membership fee.
- c. Athlete Membership is effective once a USA Gymnastics Athlete Member number has been assigned to the competitive athlete. Athlete Member numbers are assigned only after:
  - i. Payment in full is received.
  - ii. The Athlete Membership Application form is received fully completed with all required information and signatures.
- d. Member benefits are paid out upon receipt of application; therefore, memberships are **nonrefundable** and nontransferable.
- e. The Athlete Membership is valid for one competitive year, from August 1 through the following July 31.
  - i. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
  - ii. All Athlete Memberships are automatically null and void each July 31.
- f. Membership forms are available online at [www.usagym.org/forms](http://www.usagym.org/forms). For more information regarding Athlete Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via e-mail at [membership@usagym.org](mailto:membership@usagym.org).
- g. In order for an athlete to compete he/she must be affiliated with a member club of USA Gymnastics.

### 2. Professional Membership

Professional Membership with USA Gymnastics is required for participation as an official, coach, judge, meet director or other professional capacity during any USA Gymnastics sanctioned event.

- a. Professional Membership is open to any coach, judge or gymnastics professional that is a minimum of 18 years of age.
- b. Completion of USA Gymnastics Safety/Risk Management Certification, designated annual safe sport course, and the NCSI Criminal Background Check are requirements for Professional Membership.
- c. Professional members that wish to coach on the floor of sanctioned competitions must also have the U100: Fundamentals of Gymnastics Instruction "Instructor Certification".

- d. The annual fee for Professional Membership in one discipline is \$91. Additional discipline \$15/discipline.
- e. USA Gymnastics Professional Member must hold a Professional Membership for each and every discipline in which he or she is participating.

### 3. Junior Professional Membership

- a. Junior Professional Membership is available only for coaches or judges who are 16-17 years of age and are coaching/judging USA Gymnastics' sanctioned events.
- b. Safety/Risk Management Certification is also a requirement for Junior Professional Membership.
- c. A Professional Member must accompany Jr. Professional members in order to be on the field of play (competition area) as a coach.
- d. Jr. Professional members who wish to coach on the floor of sanctioned competitions must also have the U100: Fundamentals of Gymnastics Instruction "Instructor Certification".
- e. The annual Jr. Professional Membership fee is \$91.
- f. Once the individual turns 18 years of age, he/she may apply for a Professional Membership.

Please note: Jr. Professional Members are no longer required to upgrade their membership to Professional membership upon the date of their 18th birthday, if the current Jr. Professional membership has not yet expired. They will be required to renew as a Professional Member once the Jr. Professional membership has expired; however, as long as they have a Jr. Professional Membership, they are required to be accompanied by a Professional Member.

### 4. Professional / Junior Professional Membership Responsibilities

- a. Membership forms are available online at [www.usagym.org/forms](http://www.usagym.org/forms). For more information regarding Professional Membership terms, conditions and registration, please contact Member Services at 800-345-4719 or via e-mail at [membership@usagym.org](mailto:membership@usagym.org).
- b. Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
- c. Membership is valid for one competitive year, from August 1 through the following July 31.
  - i. Members joining at any time during the year will receive benefits for the remainder of the competitive year.
  - ii. Memberships are automatically null and void each July 31.
- d. Professional Members coaching at sanctioned events must have a minimum certification level of instructor Certified in USA Gymnastics University. Instructor Certification can be achieved by completing the U100 Fundamentals of Gymnastics Instruction course.

### 5. Other USA Gymnastics Memberships and Educational Programs

For a complete and up-to-date list of other available memberships, various certifications, programs, and accreditations for professional members, please visit the USA Gymnastics [Member Services website](#).



## **SECTION TWO: RIGHTS AND OBLIGATIONS OF ATHLETES**

1. The athlete has the right to:
  - a. Compete in a meet if all requirements for eligibility have been met and the athlete has been properly entered. Local meets are considered invitational.
  - b. Enter any sanctioned meet when affiliated with a club. The athlete must also be accompanied by a USA Gymnastics Professional Member of Acrobatic Gymnastics who is properly certified.
  - c. Use the facilities and services of any person connected officially with the meet.
  - d. Expect courteous and respectful treatment from all participants and meet personnel.
  - e. Expect that the competition site and equipment provide a safe and adequate environment.
  - f. Repeat an exercise in total or from the point of interruption if equipment failure occurs. The decision to repeat must be made prior to the flashing of the score.
  
2. The athlete is obligated to:
  - a. Be a properly registered Athlete Member or Introductory Member with USA Gymnastics and be prepared to show his/her membership card.
  - b. Follow the USA Gymnastics Code of Ethical Conduct and Safe Sport Policy.
  - c. Be competent at the level at which he/she is competing.
  - d. Be familiar with the rules of the meet and schedule of competition. Be ready for competition on time. Those who miss their turn will not be allowed to compete.
  - e. Be present at the site of the meet for sufficient warm-up.
  - f. Remain in the area of competition designated for athletes, as competitors or observers.
  - g. Wear the proper attire for training, warm-ups and competition as well as opening and closing ceremonies and awards presentations. See Section 10 for specific information.
  - h. Refrain from wearing jewelry and other prohibited accessories.
  - i. Wear hair secured away from the face and according to the rules.
  - j. Perform to the best of his/her abilities.
  - k. Accept the received score without criticism or comment.
  - l. Be courteous, respectful, and polite to all meet officials and other participants. Turn off all cell phones (or set on vibrate mode) while in the "field of play" to avoid disturbing the competition.
  - m. Be aware that infringement of obligations could lead to deduction and/or expulsion by the Jury of Appeals or Meet Referee.
  - n. Athlete's Oath:

As a member of USA Gymnastics, I understand that USA Gymnastics is dedicated to the safe development of the Acrobatic Gymnastics discipline throughout the United States. I promise to abide by all rules and regulations of USA Gymnastics and the Acrobatic Gymnastics Program and to conduct myself in a safe and courteous manner at all times.

## **SECTION THREE: DUTIES AND RESPONSIBILITIES OF PROFESSIONAL MEMBERS**

### **1. COACHES**

All Coaches are obligated to:

- a. Maintain a USA Gymnastics Professional, Jr. Professional, or Introductory Coach Membership and visibly display or have readily available their USA Gymnastics membership card on their person at all sanctioned competitions.
- b. Maintain current Safety Certification, background check, Safe Sport and other required certifications.
- c. Follow the USA Gymnastics Code of Ethical Conduct and Safe Sport Policy.
- d. Be professional.
- e. Display good sportsmanship.
- f. Dress in appropriate attire that reflects the best image of Acrobatic Gymnastics. The coaches' dress code is as follows (dress code applies to all training, warm-up, and competition sessions at sanctioned events):
  - i. Athletic warm-up pants or "Docker style" pants either full length or capri length (NO jeans or shorts).
  - ii. Collared shirts, business casual shirts, polo-style shirt or T-shirts with gym logo are acceptable (NO spaghetti straps, low-cut tops or midriff revealing shirts). Warm-up jackets are optional.
  - iii. Closed toe athletic shoes or gym shoes (NO flip-flops).
  - iv. No hats or visors.
  - v. Clothes should be in good condition, without holes or tears.
  - vi. Judges, who are also coaches, may wear judging uniform to coaching during warm-up times. High-heeled shoes may need to be removed.
- g. Be mentally and physically prepared and rested in order to provide the safest environment for the athlete.
- h. Turn off cell phones (or set on vibrate mode) while in the "field of play" to avoid disturbing the competition.
- i. Attend all coaches' meetings and be familiar with the meet set-up and organization.
- j. Continually update coaching knowledge and experience on a planned regular basis by means of study, certification programs, participation in clinics, etc.
- k. Be respectful of and responsible for his/her athletes at all times during the travel to and from the competition, at the training prior to competition, during the off hours, and during the competition itself.
- l. Treat all competitions the same regardless of skill level.
- m. No coach has the right to demand a last minute change in the course of the meet or jeopardize the athlete/competition in any way unless there has been a violation of the Rules and Policies.
- n. Follow all guidelines for the competition and the USA Gymnastics Rules and Policies for Acrobatic Gymnastics, including entry regulations.
- o. Submit legible and complete electronic tariff sheets for each exercise by the designated deadline through the Online Tariff Sheet Submission Process. Coaches are responsible for the accuracy of tariff sheets.
- p. Provide music for each exercise, correctly marked. They must be turned in 30 minutes prior to the beginning of competition for that session.
- q. Set an example for the athletes by displaying a positive attitude and exemplary conduct. Constant criticism of officials gives the athletes a negative perspective of the sport.
- r. Show respect for all athletes, coaches, judges, and meet personnel. If a coach acts

- inappropriately, he/she may receive a written warning from the Meet Referee(s) or the Jury of Appeals. On any subsequent violation, the coach may be removed from the competition.
- s. Show respect for all officials, participants, and committee members. If a coach acts inappropriately, he/she may receive a written warning from the Meet Referee (which is also documented on the Meet Referee Report Form). On any subsequent violations, the appropriate disciplinary actions will be taken by the Program Committee, following USA Gymnastics guidelines.
  - t. Coach only their own athletes unless another coach asks for assistance.
  - u. Refrain from approaching a judge directly. Direct judging inquiries through the proper channels, generally through the Meet Referee.
  - v. Instruct gymnasts and parents to discuss any concerns they may have directly with the coach.
  - w. Inform athletes and their parents of all competitive requirements as well as their rights and obligations.
  - x. 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.
  - y. Show respect for the flag and the National Anthem. Remember that we teach young people by example.

## 2. JUDGES

All Judges are obligated to:

- a. Maintain their USA Gymnastics Professional Membership and visibly display or have readily available their USA Gymnastics membership card on their person at all sanctioned competitions.
- b. Maintain current Safety Certification and background check.
- c. Maintain Judges' Certification ratings and active status requirements.
- d. Follow the USA Gymnastics Code of Ethical Conduct and Safe Sport Policy.
- e. Be professional in conduct and attire:
  - i. Dress appropriately in the required uniform (see Section 13), including USA Gymnastics Officials patch, regardless of the level or type of competition.
  - ii. Be mentally and physically prepared and rested in order that the evaluations be as accurate as possible for all gymnasts.
  - iii. Be quick, cooperative and efficient in resolving differences during a conference.
- f. Turn off and put away cell phone while in the "field of play" to avoid disturbing competition.
- g. Be familiar with the competition set-up and organization. No judge has the right to demand a last minute change in the course of the meet or jeopardize the athlete/competition in any way unless there has been a violation of the Rules and Policies.
- h. Continually update judging knowledge and experience on a planned, regular basis by means of study, judging as much as possible, practice judging, participating in clinics, etc.
- i. Fulfill all assignments. Only dire circumstances should prohibit a judge from fulfilling an assignment. If a judge must cancel an assignment, he/she must notify the appropriate officials at the earliest possible moment.
- j. Be confidential about meet matters; own scores, or other judges' scores or opinions. Refrain from conversation with other judges, coaches, parents, or others during the competition.
- k. Treat all competitions with the same regard, not affected by skill level.
- l. Set an example for the athletes by displaying a positive attitude and exemplary conduct.
- m. Show respect for all athletes, coaches, other judges, and meet personnel.

- n. Show respect for all officials, participants, and committee members. If a judge acts inappropriately, he/she may receive a written warning from the Meet Referee (which is also documented on the Meet Referee Report Form). On any subsequent violations, the appropriate disciplinary actions will be taken by the Program Committee, following USA Gymnastics guidelines.
- o. Any conversation or comments with the athlete should be made only if requested by the coach.
- p. Show respect for the flag and the National Anthem. Remember we teach young people by example.
- q. Judge's Oath:  
I swear on my honor that while judging I shall proceed and act with sportsmanlike behavior and dignity and commit myself to evaluate honestly the exercises performed, regardless of the personality and affiliation of the performer.

## **SECTION FOUR: USA GYMNASTICS GOVERNANCE DOCUMENTS**

### **CODE OF ETHICAL CONDUCT**

*(updated: July 2018)*

#### **Introduction**

Members of USA Gymnastics have an ongoing, affirmative duty to promote a culture that empowers and supports athletes and focuses on USA Gymnastics' highest priority: the safety and well-being of our athletes. Every member of USA Gymnastics is responsible for ensuring an environment that makes participation in the sport a positive and rewarding experience. The USA Gymnastics Code of Ethical Conduct (the "Code") is intended to work in conjunction with the USA Gymnastics Safe Sport Policy, and as such sets forth USA Gymnastics and its members' commitment to act ethically in all instances. Further the Code is intended to provide guidance in situations that have potential or actual ethical implications. The effectiveness of the Code depends on a personal commitment from every member of the gymnastics community. It is expected that all Members of USA Gymnastics will implement and adhere to the Code.

This Code is divided into two sections: (1) Ethical Obligations; and (2) Resolution of Ethical Issues. The Code does not address misconduct or abusive behaviors. Instead, the USA Gymnastics Safe Sport Policy provides the definitions and mandatory reporting requirements for misconduct and abuse.

#### **1. Ethical Obligations**

##### **A. Promotion of a Safe, Positive and Healthy Environment.**

Members have an ongoing obligation and commitment to ensure a safe and healthy environment for all gymnastics participants. Consistent with this obligation, members must:

- Make decisions in the best interest of athletes.
- Maintain a safe training and competing environment.
- Promote a culture of trust and empowerment.
- Respect the fundamental rights, dignity, and worth of all participants.
- Encourage a healthy lifestyle and support nutritional well-being.
- Promote and respect all Safe Sport principles.

##### **B. Commitment to Integrity**

Members have a responsibility to uphold the integrity of the sport and to act honestly, openly, fairly, and competently. Members must:

- Be knowledgeable of, understand, and follow USA Gymnastics rules and policies, and refrain from knowingly misrepresenting or misinterpreting such.
- Promote fair play.
- Maintain respect on the floor and refrain from intimidating, embarrassing or improperly influencing any individual responsible for participating in, judging, or administering a competition.
- Follow the established procedures for challenging a competitive result.
- Make honest certifications regarding compliance with USA Gymnastics' policies, procedures or membership requirements.
- Avoid engaging in business practices directed toward another Member that are known to be or are determined by a court or similar adjudicatory body to be, unethical, illegal or a breach of contract.

##### **C. Participation and Inclusion**

Members have the right to participate in any USA Gymnastics activity or event for which the Member is properly qualified under the rules of that activity or event and may participate to the best of his/her abilities at his/her discretion:

- Members may not knowingly participate in, or cause others to participate in, any activity or event where that individual is inadequately prepared or unable to participate safely.
- Members must promote positive participation and avoid behavior that is likely to interfere with the orderly conduct of the activity or other Members' participation in, or enjoyment of, an activity or event.
- Members must respect the rights and opinions of others.
- Members must facilitate cooperation in order to serve athletes and other participants effectively and appropriately.
- Members must promote inclusion and an environment free of discrimination. Members may not:
  - Restrict the ability of a Member to qualify for or participate in competition because of the Member's association with a particular organization or individual or because of that Member's race, sex, creed, sexual orientation, age, national origin, mental or physical disability, or any other basis proscribed by law.
  - Discriminate in the allocation of resources or opportunities to any Member or prospective Member on the basis of race, sex, creed, sexual orientation, age, national origin, mental or physical disability, or any other basis proscribed by law.

#### D. Communication

Members of USA Gymnastics have a duty to communicate honestly and openly and must:

- Strive to promote the sport and athletes in a positive manner.
- Provide all information and resources necessary to enhance a gymnast's enjoyment of the sport or reduce their risk of injury or illness.
- Refrain from unsportsmanlike comments or behavior.
- Address differences in a calm and respectful manner.
- Clearly communicate roles, responsibilities and expectations.
- Avoid making false or misleading claims; or, falsify, or omit any information, record or document or other evidence for any purpose.
- Accurately represent competitive achievements, professional qualifications, education, experience, eligibility, criminal record and other misconduct, and/or affiliations.

#### E. Concern for the Welfare of Others

Members shall seek to contribute to the welfare of gymnastics participants and must:

- Promote a culture of empowerment with a focus on athlete health and safety.
- Comply with mandatory reporting requirements established by federal law, the U.S. Center for SafeSport and USA Gymnastics Safe Sport Policy.
- Proactively address potentially harmful behavior or an unsafe environment.
- Be sensitive to any imbalance of power.
- Resolve conflicts in a professional manner.

#### F. Professional Responsibility

Members have the responsibility to aspire to the highest possible standards of conduct and must:

- Prioritize athlete welfare.
- Faithfully complete USA Gymnastics membership requirements.
- Strive to maintain high standards and excellence.
- Seek to increase proficiency levels through continuing education and in consultation with

- other professionals.
- Participation only at a level of the sport in which an individual is qualified and prepared for.
- Accept appropriate responsibility for one's own behavior and report any unlawful or other inappropriate conduct of others in accordance with Section II below.

#### G. Alcohol and Drug Free Environment.

Members of USA Gymnastics must ensure that the sport is conducted in an environment free of drug or alcohol abuse. Members may not:

- Use or provide to a third party any illegal (scheduled) drug pursuant to applicable federal, state or municipal law.
- Assist or condone any competing athlete's use of a drug banned by any applicable governing body, or, in the case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by any governing body.
- Provide alcohol to or condone the use of alcohol by minors; consume alcohol while engaging in USA Gymnastics activities, including coaching and/or training and/or competing; consume excessive alcohol in the presence of athletes or at USA Gymnastics' events; or consume alcoholic beverages while a minor.

## 2. Resolving Ethical Issues

Members of USA Gymnastics have an obligation to be familiar with the principles outlined within this Code. The methods for reporting and resolution of possible ethical violations is outlined below. Members must cooperate fully with any and all undertakings in the review and resolution of a potential ethical violation.

#### A. Informal Resolution of Ethical Violations.

When a Member believes that another Member has committed an ethical violation, they may attempt to resolve the issue by bringing it to the attention of that individual if an informal resolution appears appropriate and when intervention does not violate any athlete rights that may be involved. If such information resolution does not resolve matters, the Member should report such ethical violation in accordance with the below.

#### B. Reporting Possible Ethical Violations

1. If an apparent ethical violation is not appropriate for informal resolution or is not resolved properly in that fashion, a Member may file a complaint with USA Gymnastics via any of USA Gymnastics' reporting avenues, including:
  - Email: [safesport@usagym.org](mailto:safesport@usagym.org)
  - Hotline: (833) 844-SAFE
  - Online
2. Complaints must describe the nature of the alleged ethical violation, identify the aggrieved party and the individual(s) believed to be responsible for the violation, and the desired resolution. While confidentiality will be maintained where possible, in no case will confidentiality preclude the reporting of a violation as required by state or federal law.
3. Parents, on behalf of their minor child, are encouraged to file reports on behalf of their son or daughter, in situations where they believe a Member of USA Gymnastics has committed an ethical violation.

#### C. Resolution of Complaints.

##### 1. Review.

Upon timely review and consideration of a complaint alleging an ethical violation, USA Gymnastics may:

- a. Determine that the complaint does not merit further action after review of all material facts and opportunity for informal inquiry.
- b. Refer the complaint for an alternate resolution path:
  - *U.S. Center for SafeSport*. If the review of a complaint gives rise to facts and circumstances that are within the exclusive jurisdiction of the U.S. Center for SafeSport, USA Gymnastics will notify the Center, and transfer the matter to the Center for resolution.
  - *Articles 9 and 10 of USA Gymnastics Bylaws*. If the review of a complaint gives rise to facts and circumstances that are more appropriate for investigation and adjudication by the process described in Articles 9 and 10 of its Bylaws, USA Gymnastics will process the complaint pursuant to those procedures.
  - *Other referrals*. If the review of a complaint gives rise to facts and circumstances that are more appropriate for resolution elsewhere, USA Gymnastics will refer the complaint, as appropriate, to a state or regional chair, committee or affiliated organization.
- c. If the complaint has not been dismissed or otherwise referred, then:
  - Notice will be provided to both parties who will be given an opportunity to respond and/or provide supporting information, and
  - Where appropriate, additional discussions with the parties or other individuals who may have relevant information will take place, and
  - If necessary, additional due diligence will be conducted which may include additional research or collection of documents, review of a member record, or any other actions that can be reasonably undertaken to assess the situation.

## 2. Resolution

- a. USA Gymnastics' standard of proof in determining whether an ethical violation has occurred is "more likely to have occurred than not". Based upon careful review of all the available information, an individual will be found responsible for an ethical violation if it can be reasonably concluded that the violation more likely than not occurred.
- b. USA Gymnastics will err on the side of protecting the safety and well-being of gymnasts.
- c. Lack of awareness or misunderstanding of an ethical standard is not itself a defense to an allegation of unethical conduct.
- d. Based on a careful review of the complaint and information obtained during the review process, USA Gymnastics may:
  - Inform the parties that based upon the review there was no finding of an ethical violation, or
  - Inform the parties that based upon the review there is a finding of an ethical violation; and counsel the members, as appropriate, or impose an appropriate sanction or an appropriate relief.
  - Report to law enforcement where required by state or federal law.
- e. *Sanction Guidelines*. Sanctions for ethical violations shall apply equally to all members based on an evaluation of the violation regardless of gender, competitive/coaching/judging level, achievements within the sport, or other factors not directly related to the violation. Sanctions will be reasonable and proportionate to the violation and surrounding circumstances, consistent with sanctions issued for similar violations and designed to promote participant welfare. General considerations when imposing sanctions include:
  - Nature and severity of the violation



- Ages of the individuals involved
  - Member record and pattern of behavior
  - Voluntary disclosure of the violation, cooperation, or demonstration of remorse
  - Disposition by law enforcement
  - Perceived or real impact on the concerned parties
  - Likelihood of rehabilitation
  - Ability to affect positive change
- f. *Types of Sanctions.* Disciplinary sanctions include a wide range of options that range in severity (note: this is not an all-inclusive list, but rather, common forms of sanctions).
- *Warning.* A warning letter - either public or private - will detail the specific violation and/or action or inaction that led to the finding of the misconduct or violation, as well as the future behavior expectations.
  - *Removal from sanctioned activity.* Either for a specific event, series of events, or period of time.
  - *Warning with recommendation.* i.e., a mandate to review or implement a specific policy or behavior.
  - *Educational remedy.* Mandate to take an educational course or demonstrate compliance with USA Gymnastics' or a Member Club's policy.
  - *Interim Measures.* Imposing restrictions or requirements such as amended training schedules, supervised interactions, contact limitations, and may also include Probation or Suspension.
  - *Probation.* A period of time whereby the individual's behavior will be monitored, and generally includes restrictions on membership privileges.
  - *Suspension.* A period of time whereby the individual does not have any of the rights and privileges associated with membership, including the right to be involved in a Member Club's activities or participate in USA Gymnastics' sanctioned activities. The suspension notification will detail the criteria by which the suspension will be reviewed, lifted, or converted to an alternate sanction.
  - *Revocation of Member Club Status.* A club whose membership in USA Gymnastics has been terminated and therefore may no longer host USA Gymnastics sanctioned events or register/compete a team of athletes in USA Gymnastics sanctioned competitions.
  - *Permanently Ineligible for Membership.* An individual whose membership in USA Gymnastics has been terminated for life and who may no longer be affiliated with a USA Gymnastics Member Club or participate in USA Gymnastics' sanctioned activities.
  - *Membership Ineligibility.* An individual deemed ineligible to obtain membership in USA Gymnastics, such as an individual involved in the sport who has never been a member of USA Gymnastics or a Covered Individual, nor applied for membership.
  - *Other Relief.* Relief deemed appropriate to the violations and/or circumstances of the matter, for example, an apology or restitution.

## **USA GYMNASTICS SAFE SPORT POLICY**

*(f/k/a Participant Welfare Policy)  
Updated January 2019*

*The Safe Sport Policy, formerly known as the Participant Welfare Policy, is part of USA Gymnastics' safe sport initiatives and incorporates the authority and jurisdiction of the U.S. Center for Safe Sport. USA Gymnastics policies and procedures related to misconduct are presently under review, and updates to this policy may be necessary in the near future. Available online at [usagym.org/SafeSport](http://usagym.org/SafeSport), changes are effective immediately unless otherwise noted in the policy.*

Consistent with the mission of USA Gymnastics,<sup>1</sup> the welfare of gymnastics participants, especially minors, is of paramount concern. When any member - gymnast, participant, coach, official, volunteer or staff member - is subjected to or engages in abuse or misconduct, it undermines the mission of USA Gymnastics and is inconsistent with the best interests of the sport of gymnastics and of the gymnasts USA Gymnastics serves.

**USA Gymnastics is committed to promoting a safe environment for its members, gymnasts, participants, coaches, officials, volunteers and staff in all gymnastics disciplines.** USA Gymnastics has developed and adopted this policy to set forth the efforts it will undertake to promote a safe gymnastics environment, both solely and in partnership with other necessary parties, including member clubs, parents, gymnasts, the gymnastics community, and the U.S. Center for SafeSport ('Center').

**Gymnastics participants must promote a safe, misconduct-free environment for members, gymnasts, participants, coaches, officials, volunteers and staff in all gymnastics disciplines.** As such, a "Covered Individual" (as defined below) in accordance with the requirements of the U.S. Center for SafeSport:

- a. is responsible for knowing the information, policies and procedures outlined in:
  - the Center's *SafeSport Code for the U.S. Olympic and Paralympic Movement* ('Code' or 'SafeSport Code') and its related policies;
  - USA Gymnastics' rules, policies, Bylaws, and Code of Ethical Conduct;
- b. shall refrain from engaging in or willfully tolerating any of the forms of Misconduct and Prohibited Conduct described in the Center's SafeSport Code and USA Gymnastics Safe Sport Policy;
- c. is subject to the Center's jurisdiction and must comply with the Center's policies, procedures, and SafeSport Code, including with respect to reporting suspected Misconduct and violations of Proactive Policies (as defined below); and
- d. is subject to USA Gymnastics' jurisdiction and must comply with USA Gymnastics' rules, policies, Bylaws, and Code of Ethical Conduct, including with respect to reporting suspected misconduct and violations of Proactive Policies.

A "Covered Individual" is:

- a. Any individual who currently is, or was at the time of a possible SafeSport Code Violation, within the governance or disciplinary jurisdiction of USA Gymnastics or who is seeking to be within the governance or disciplinary jurisdiction of USA Gymnastics (e.g., through application for membership), including:
  - Current members (professional, jr. professional, instructor, athlete, introductory athlete)
  - Applicants for membership
  - Individuals who were members of USA Gymnastics at the time of any suspected Misconduct or Prohibited Conduct described in the Center's SafeSport Code or USA Gymnastics Safe Sport Policy
  - USA Gymnastics staff and Board members

- b. Any individual who is an Athlete or Non-Athlete Participant that USA Gymnastics formally authorizes, approves or appoints to a position of authority over Athletes or to have frequent contact with Athletes, such as persons compensated and/or appointed by USA Gymnastics to perform services at sanctioned activities run by USA Gymnastics National Office or its State and Regional Committees, such as camps, competitions, and educational events, including for example:
- Events staff - Individuals with access to the field of play
  - Medical personnel
  - Chaperones
  - National Team Training Center support staff
  - Any other contracted individual working with or around athletes

A “Covered Adult” is a Covered Individual who is 18 years of age or older.

An “unrelated Covered Adult” is a Covered Individual who is not an immediate family member of the gymnast.

A “Covered Minor” is a Covered Individual who is under the age of 18.

An “Athlete” is an athlete member of USA Gymnastics.

A “Non-Athlete Participant” is any of the following members of USA Gymnastics: coach, team staff, medical or paramedical personnel, administrator, official, or other athlete-support personnel, employee, or volunteer who participates in amateur sports programs offered or sanctioned by USA Gymnastics or the U.S. Olympic Committee.

## **Part I. Misconduct and Prohibited Conduct.**

USA Gymnastics has agreed to comply with the safe sport policies of the U.S. Center for SafeSport (“Center”) and has incorporated into this Safe Sport Policy the provisions of the *SafeSport Code for the U.S. Olympic and Paralympic Movement* (“Code” or “SafeSport Code”) by reference. The Center may update its policies at any time and the changes are effective when published. For the most current safe sport rules, policies and procedures, go to [www.safesport.org](http://www.safesport.org).

USA Gymnastics has adopted the definitions of misconduct and prohibited conduct from the Center’s SafeSport Code as follows.

### **A. Sexual Misconduct.**

*Sexual Misconduct is within the exclusive authority of the Center.*

A Covered Individual shall not engage in Sexual Misconduct as defined in the SafeSport Code.

### **B. Other Safe Sport Misconduct.**

*Other Safe Sport Misconduct – Physical Misconduct, Bullying, Hazing, Harassment, or Emotional/Verbal Misconduct - is within the authority of USA Gymnastics. Upon USA Gymnastics’ request, the Center may, at its discretion, accept a matter involving Other Safe Sport Misconduct.*

A Covered Individual shall not engage in Prohibited Conduct, including Physical Misconduct, Bullying, Hazing, Harassment or Emotional/Verbal Misconduct as defined in the SafeSport Code. USA Gymnastics recognizes the process for training and motivating gymnasts varies with each coach and each gymnast. Nevertheless, it is incumbent on everyone involved in the sport to support the development and use of motivational training methods that avoid conduct that is, or is likely to be

perceived, as being abusive.

**C. Misconduct Related to the Resolution Process.**

*Misconduct related to the resolution process is within the authority of USA Gymnastics and/or the Center.*

The following behavior by a Covered Individual may be considered misconduct as defined in the SafeSport Code: Abuse of Process, Failure to Report, Intentionally Making a False Report, or Retaliation. Any such conduct, including after the resolution of a matter is final, is a violation of this policy and/or the Center's SafeSport Code.

**D. Proactive Policies Protecting Against Sexual Misconduct.**

*Except as set forth in Part II, violations of the Proactive Policies described herein are within the authority of Member Clubs.*

USA Gymnastics has adopted the recommendation of the Center to establish Proactive Policies Protecting Against Sexual Misconduct ('Proactive Policies') tailored specifically to the sport of gymnastics that (i) set standards for professional boundaries, (ii) minimize the appearance of impropriety and have the effect of preventing boundary violations and (iii) prohibit grooming tactics.

USA Gymnastics Member Clubs must adopt USA Gymnastics' Proactive Policies outlined below. In addition, Member Clubs are strongly encouraged to adopt more comprehensive Proactive Policies tailored specifically to their club.

**1. One-on-one interactions.**

- An unrelated Covered Adult shall not be alone with a Minor (a) in a private setting, and (b) in any place that is inappropriate to the professional relationship (i.e., a social setting outside the training or competitive environment). A gymnastics activity conducted within the view and/or earshot of another adult is not considered a one-on-one interaction if it presents a meaningful opportunity for interruption.
- Gymnasts may not reside with an unrelated Covered Adult, nor may a Covered Adult reside with a gymnast's family.

**2. Travel.**

- When traveling, an unrelated Covered Adult shall not be alone with a Minor.
- For overnight travel, assign gymnasts to hotel rooms with age-appropriate, same-sex teammates.
- Do not allow an unrelated adult to share or be alone in a sleeping room with gymnasts.

**3. Social Media and Electronic Communications.**

- All e-mails, texts, and posts must be transparent, professional and related solely to gymnastics activities or events. Covered Adults may not have out-of-program contact with gymnasts on social media. (For example, general communication regarding a gymnastics activity or event via a club's social media account is acceptable, but private communication via a coach's and/or an athlete's personal social media account is not acceptable.)
- Covered Adults must distribute electronic and mobile communications to minor gymnasts openly and publicly; for example, with a copy to the parent(s)/guardian(s) and/or to the entire team transmitted simultaneously.
- Parents and guardians have the right to request that (a) their child not be contacted in any form of electronic communications, or (b) certain information about their child that they

designate not be distributed in any form of electronic communications. All such requests will be honored.

#### **4. Photography/Videography.**

- Photographs or videos may only be taken (a) in public view; (b) if they observe generally accepted standards of decency; and (c) are both appropriate for and in the best interest of the gymnast.
- Examples of photos that should be edited or deleted:
  - Open straddle positions
  - Any image where the genital area is prominent
  - Images with misplaced apparel or where undergarments are showing
  - Suggestive or provocative poses
- Without a parent's (or legal guardian's) consent in the case of a Minor gymnast, or a gymnast's consent in the case of an adult gymnast (a) gymnasts may not be photographed or filmed; and (b) no images of gymnasts may be posted publicly or privately. If consent is given, it may be revoked at any time.

#### **5. Locker Rooms/Changing Areas.**

- Interactions between Covered Adults and gymnasts should not occur in any room where there is a reasonable expectation of privacy such as the locker room, restroom or changing area. A second adult should be present for any necessary interaction between an adult and a gymnast in any such room.
- The use of recording devices of any kind in any such room is strictly prohibited.

#### **6. Gifting.**

Gift-giving or providing special favors or privileges to individual gymnasts is prohibited.

#### **7. Massage/Icing/Taping.**

- Any rubdown or massage performed on a gymnast by any unrelated Covered Adult must be conducted in open/public locations and must never be done with only a gymnast and unrelated Covered Adult in the room.
- Icing and taping must be conducted in open/public locations and must never be done with only a gymnast and unrelated Covered Adult in the room.
- Icing and taping near the intimate areas of the body is not permitted by any unrelated Covered Adult - unless it is done by a licensed medical professional – and must never be done with only a gymnast and unrelated Covered Adult in the room.

#### **8. Stretching and Other Physical Contact.**

Covered Adults should take care to prevent any compromising positions while stretching or closely interacting with gymnasts and must avoid:

- Laying or sitting on top of the gymnast
- Facing the gymnast while he/she is in a static straddle position
- Lap sitting
- Pats on the bottom

Physical contact that is reasonably intended to coach, teach or demonstrate a gymnastics skill or to prevent or lessen injury (e.g., spotting, catching) is permissible. Infrequent, non-intentional physical contact, particularly contact that arises out of an error or a misjudgment on the part of the gymnast, participant or coach, does not violate this policy.

## **Part II. Reporting, Jurisdiction and Processing Complaints.**

### **A. Reporting Suspected Abuse to Legal Authorities.**

1. USA Gymnastics will report suspected child abuse or neglect (including Sexual Misconduct) to the proper authorities in all instances and without exception, unless it is aware that authorities have already been notified.
2. Covered Adults must report suspected child abuse or neglect (including Sexual Misconduct) to the appropriate legal authorities, which is separate from notification to the Center, USA Gymnastics, or a Member Club as outlined below. For state-by-state reporting information, see [www.childwelfare.gov](http://www.childwelfare.gov).

### **B. Reporting Sexual Misconduct.**

Covered Adults are required to provide notification of conduct of which they become aware that could constitute (a) Sexual Misconduct, (b) misconduct that is reasonably related to the underlying allegation of Sexual Misconduct, and (c) retaliation related to an allegation of Sexual Misconduct as set forth in the Code:

1. Directly to the Center.
2. In the event the disclosure is initially made to USA Gymnastics, USA Gymnastics will forward the information to the Center.
3. Notification to the Center and/or USA Gymnastics DOES NOT satisfy any legal reporting requirements under state or federal law. Covered Adults are required to report suspected sexual misconduct to legal authorities prior to notifying the Center.

### **C. Reporting Other Safe Sport Misconduct.**

Members of USA Gymnastics are required to provide notification of conduct by a Covered Individual that could constitute Other Safe Sport Misconduct:

1. Directly to USA Gymnastics.
2. Notification to USA Gymnastics DOES NOT satisfy any legal reporting requirements under state or federal law. If the suspected conduct may also be criminal, persons are required to report to legal authorities prior to notifying USA Gymnastics.

### **D. Reporting Misconduct Related to the Resolution Process.**

Covered Adults must provide notification of suspected Misconduct Related to the Resolution Process:

1. Directly to the Center, if the Center was the entity that had jurisdiction over the original allegation.
2. Directly to USA Gymnastics, if USA Gymnastics was the entity that had jurisdiction over the original allegation.

### **E. Reporting Violations of Proactive Policies**

Members of USA Gymnastics must provide notification of conduct by a Covered Individual that may constitute a violation of Proactive Policies.

1. Directly to the Member Club.
2. Member Clubs are required to inform USA Gymnastics when they receive notification of suspected violations of Proactive Policies by Covered Individuals in their clubs, and the resolution of the matter. USA Gymnastics will also notify the Center of any such notification and its resolution.
3. If reporting a suspected violation by a Covered Individual to the Member Club does not result in a satisfactory resolution, the reporting individual may request that USA Gymnastics review the matter. USA Gymnastics will also notify the Center of any such matter and its resolution.
4. Notification to USA Gymnastics DOES NOT satisfy any legal reporting requirements under state or federal law. If the suspected conduct may also be criminal, Covered Adults are required to report to legal authorities.

#### **F. Jurisdiction.**

1. *Sexual Misconduct.* The Center has the exclusive authority to investigate and resolve conduct involving Sexual Misconduct, as well as prohibited conduct under the Code that is reasonably related to the underlying allegation of Sexual Misconduct.
2. *Other Safe Sport Misconduct.* Other Safe Sport Misconduct is within the authority of USA Gymnastics and within the discretionary authority of the Center. Upon the written request of USA Gymnastics, the Center may, in its discretion, accept jurisdiction over alleged violations of Other Safe Sport Misconduct.
3. *Related Violations.* Alleged violations of Misconduct Related to the Resolution Process will be resolved by either the Center or USA Gymnastics, depending on which entity has/had jurisdiction over the original allegation.
4. *Proactive Policies.* Violations of Proactive Policies are within the authority of the Member Clubs. However, if reporting the suspected violation to the Member Club does not result in a satisfactory resolution, an individual may request that USA Gymnastics review the matter. Additionally, upon the written request of USA Gymnastics, the Center may, in its discretion, accept jurisdiction over alleged violations of Protective Policies.

#### **G. Telephone Inquiries.**

At least two USA Gymnastics staff members, one of each gender, shall be trained to receive telephone inquiries regarding misconduct. The staff members shall:

1. Advise the caller that they, as well as USA Gymnastics has an obligation to report suspected child abuse or neglect to the proper authorities, unless it is aware that the authorities have already been notified.
2. Inform the caller that allegations of Sexual Misconduct must be reported to the Center and provide the caller with the information necessary to notify the Center and/or forward the information the caller has provided directly to the Center on their behalf.
3. Inform the caller that if the matter has not been referred to the Center, a written and signed complaint must be received for a USA Gymnastics member to initiate a grievance against another member of USA Gymnastics pursuant to its Code of Ethical Conduct and/or Articles 9 and/or 10 of USA Gymnastics Bylaws, and offer to provide a copy of the relevant documents to the caller.
4. Encourage that the victim(s) seek professional help, if appropriate.
5. Written summaries detailing the call will be indexed by the alleged perpetrator and will become a part of any applicable file to use as part of the resolution process.

#### **H. Implementation of USA Gymnastics' Misconduct/Grievance Procedures.**

At least two USA Gymnastics staff members, one of each gender, shall be trained in the proper implementation of the member misconduct and grievance procedures contained in the Center's SafeSport Code, USA Gymnastics Code of Ethical Conduct, and/or USA Gymnastics Bylaws.

1. A trained staff member will be designated to implement the procedures for each complaint.
2. The designated staff member will determine whether or not the accused is a Covered Individual.
  - a. If the accused is a Covered Individual, the matter will proceed in accordance with the existing applicable policy.
  - b. If the accused is not a Covered Individual, the staff member will notify the complaining party, as a courtesy, that USA Gymnastics is unable to pursue the matter internally.
3. The designated staff member will "shepherd" the complaint through the process set forth in the USA Gymnastics Code of Ethical Conduct or its Bylaws.

#### **I. Referral to the Center.**

1. One staff member will be designated as USA Gymnastics' safe sport liaison to the Center.
2. The designated staff member will:
  - a. If the matter involves possible Sexual Misconduct, report that matter to the Center.
  - b. As appropriate, make requests for the Center to resolve a complaint that is within the

Center's discretionary authority.

- c. Notify the Center of suspected violations of Proactive Policies by any Covered Individual and resolution thereof.

**J. Confidentiality and Privacy.**

1. Due to reporting requirements, and in consideration of any potential or ongoing safety risk, USA Gymnastics cannot guarantee confidentiality in safe sport matters. However, USA Gymnastics will treat such matters with as much confidentiality as is possible under the circumstances and with the sensitivity they deserve.
2. Information will only be shared on an as-needed basis with the concerned parties.
3. Parents/guardians of gymnasts may be notified, as necessary, of any possible health or safety risk.

**Part III. USA Gymnastics' Additional Safe Sport Measures.**

**A. Criminal Background Screening of Individual Members.**

As a condition to being granted the privilege of membership in USA Gymnastics, individuals applying for professional membership must submit to criminal background screening pursuant to USA Gymnastics' Criminal Background Screening Policy. Individuals given a "Green Light" or "meets the screening criteria" consistent with that policy fulfill the background-screening requirement for membership in USA Gymnastics. Individuals given a "Red Light" consistent with that policy means criminal history has been sourced that "does not meet the screening criteria."

USA Gymnastics will continually monitor and review the individuals who are subject to criminal background searches, with the primary goal of safeguarding gymnasts and other participants through proactive measures while conforming to legal norms and industry best practices.

**B. Permanently Ineligible for Membership List.**

USA Gymnastics maintains a list of individuals and clubs who are permanently ineligible for membership, available at [usagym.org/ineligible](http://usagym.org/ineligible). Persons and clubs who are sanctioned with a lifetime ban are restricted from involvement or association with USA Gymnastics and Member Club activities.

**C. Code of Ethical Conduct.**

The Code provides guidance and affirms the commitment of all members to safeguard the best interests of the sport and its athletes by acting ethically at all times.

**D. Athlete Member Advisement.**

Upon obtaining membership in USA Gymnastics, an enclosure is mailed with the Athlete Membership Card advising Athletes of the organization's initiatives to promote a safe environment including awareness of this Safe Sport Policy, his/her role in maintaining the Athlete's own safety, and available safe sport resources.

**E. Professional Member Advisement.**

Upon obtaining membership in USA Gymnastics, an enclosure is mailed with the Professional Membership Card advising the member of the organization's initiatives to promote a safe environment for gymnasts and other participants including awareness of this Safe Sport Policy, the member's obligation's in maintaining a safe environment, and available safe sport resources.

**F. Member Clubs.**

As a condition for the privilege of membership in USA Gymnastics as a Member Club, a club must agree to and comply with the following requirements for the entirety of the club's membership period, and a



certification of compliance must be made annually.

1. Have a policy consistent with USA Gymnastics' Safe Sport Policy that affirms the club's commitment to the welfare of gymnastics participants in its club and includes, at minimum, a description of conduct that will not be tolerated, standards of behavior that promote participant welfare, and a process for receiving and handling complaints regarding conduct that violates its policy.
2. Must adopt USA Gymnastics "Proactive Policies" into the club's policies and be able to provide written documentation of compliance no later than January 1, 2018.
3. Certify that no persons permanently ineligible for USA Gymnastics membership and no persons listed on a federal or state sex-offender registry are or will be associated with the club or its activities in any way.
4. Maintain current commercial general liability insurance that includes at a minimum, participant liability and participant accident medical insurances.
5. Maintain a current Professional membership for the owner of a private gymnastics facility and/or the managing director of a public/non-profit facility.
6. Have a mission statement consistent with USA Gymnastics' mission to encourage participation and the pursuit of excellence in all aspects of gymnastics.

#### **G. Recommendations to Member Clubs.**

USA Gymnastics strongly encourages local clubs to join with USA Gymnastics in taking affirmative steps beyond those described in Section F to promote a safe environment for all gymnastics participants by:

1. Adopting additional "Proactive Policies" to foster a safe gymnastics environment and to prevent abusive situations, and by training staff and volunteers to implement such policies;
2. Implementing a thorough hiring process including, for example, reference and criminal background checks;
3. Encouraging parents/guardians to become as active as reasonably possible in his/her child's gymnastics activities; and
4. Otherwise implementing policies and procedures to lessen the likelihood that an abusive situation could develop.

#### **H. Event Sanctions.**

As a condition for being granted a USA Gymnastics sanction for an event, the applicant must certify that no persons permanently ineligible for USA Gymnastics membership, and no persons listed on a federal or state sex-offender registry, will be associated with the event in any capacity, including, but not limited to, volunteers and meet support personnel. Sanctioned events may only be hosted by Member Clubs.

#### **I. Advertising/Trade Shows.**

As a condition to place advertising in USA Gymnastics publications, on its web site or through other USA Gymnastics media platforms/publications, or to participate in USA Gymnastics Congress Regional/National Trade Shows, advertisers, vendors and exhibitors must certify that no persons permanently ineligible for USA Gymnastics membership are or will be associated with the advertiser's gymnastics-related activities, the position, activity, or event it intends to publicize; or the vendor or exhibitor's on-site activities.

#### **J. Hiring/Training of USA Gymnastics Staff/Volunteers.**

1. USA Gymnastics staff members must complete criminal background screening consistent with USA Gymnastics' "Background Screening Policy." Individuals not given a "Green Light" consistent with that policy prior to their employment may not be hired. Individuals not given a "Green Light" on any subsequent criminal background screening may be subject to dismissal.
2. USA Gymnastics shall also check at least two (2) references for each applicant.
3. All USA Gymnastics staff members will be informed about the Safe Sport Policy, which is included as an appendix in the Employee Policies & Procedures Handbook, and made aware of its

importance to our members and our organization.

4. The members of the USA Gymnastics Board of Directors must submit to criminal background screening consistent with the Criminal Background Screening Policy. Individuals not given a “Green Light” consistent with that policy may be subject to removal.

**K. Education of the Gymnastics Community.**

USA Gymnastics will provide education for members of the gymnastics community geared toward promoting a safe gymnastics environment by:

1. Requiring members to complete a designated safe sport course every two years.
2. Designating a section of its website, [usagym.org/SafeSport](http://usagym.org/SafeSport), with educational and safe sport content that is updated as necessary;
3. Featuring articles on athlete safety online and in its magazines;
4. Conducting a live presentation at each National and Regional Congress;
5. Providing online or electronic access through the Safety/Risk Management Certification or other USA Gymnastics University courses;
6. Providing brochures and/or posters to members and Member Clubs;
7. Addressing the topic at minimum annually in designated Athlete meetings, with designated Athletes’ parents, and with USA Gymnastics’ staff members.
8. Including information in its publications, where appropriate, including the *Safety/Risk Management Handbook* and each discipline’s Rules and Policies.

**L. Professional Development.**

Professional and Instructor members of USA Gymnastics should strive to increase their level of proficiency and skill by remaining current on safety, health and training developments relevant to the sport and by seeking advice and counsel of colleagues and experts whenever such consultation is in the best interests of the gymnast.

**M. Communication.**

USA Gymnastics will consistently communicate:

1. Its mission and that misconduct is inconsistent with its mission and the best interest of its participants and the sport of gymnastics.
2. Its commitment to, and working toward, a safe environment for all gymnastics participants.

**N. Document Retention.**

USA Gymnastics will permanently retain misconduct / grievance files and materials.

**O. Policy Review.**

Safe Sport policies will be reviewed at least annually and updated as necessary.

## **SECTION FIVE: SANCTIONING PROCEDURES**

Sanctions: In order to host a USA Gymnastics women's sanctioned competition, all Meet Directors MUST be a current USA Gymnastics Professional member with a current safety/risk management certification, U110 SafeSport Certification, and criminal background check, as well as meet director certification. In addition, the Meet Director must be affiliated with a current Member Club. Meet Director Exam is available online at [usagymnasticsuniversity.org](http://usagymnasticsuniversity.org). An unaffiliated athlete will not be permitted to participate in the event.

### 1. Sanctioning a Domestic USA Gymnastics Event

- a. USA Gymnastics, as the national governing body for the sport, is responsible for the granting of sanctions.
- b. Sanctions are required for all USA Gymnastics competitions. See Chapters 6 and 8 for competition guidelines.
- c. Sanctions may also be obtained for clinics, workshops, educational events, tours and exhibitions.
- d. Only a current USA Gymnastics Member Club may register athletes into a sanctioned event.  
E. A USA Gymnastics sanctioned event CANNOT be run concurrently in the same session with non-USA Gymnastics sanctioned event.

### 2. Procedures for Requesting a Domestic Sanction

- a. Request for sanctions may be obtained either online or by faxing/mailing the sanction request form to the Member Services Department.
- b. To apply for a sanction online or to access forms visit [www.usagym.org/member\\_services](http://www.usagym.org/member_services).
- c. Only domestic sanctioned events may be applied for online.
- d. When requesting a sanction, equipment/venue set-up/ take down and training days must be included, as well as competition days.
- e. Only one discipline per sanction.
- f. Events conducted in more than one location must have a separate sanction for each location.
- g. Once a sanction has been granted, the USA Gymnastics Acrobatic Gymnastics Rules and Policies MUST be followed.
- h. Domestic Sanction Fee
  - The fee is **\$140** for ALL domestic sanctioned events. Sanction fees (and any late fees) are not refundable, regardless of the reason for canceling a meet.
- i. Foreign Sanctions
  - For events in which foreign athletes and coaches participate, a foreign sanction request form and fee of \$300 must be sent via mail/fax/e-mail to the Member Services department for processing.
- j. Online sanction applications are available immediately. Applications that are faxed/mailed/emailed less than 30 days prior to the event will incur a \$25 late fee.

### 3. Sanction Violations and Penalties

**SANCTION VIOLATIONS MAY RESULT IN A FINE, VOIDING OF A COMPETITION AND ITS RESULTS, AND/OR LOSS OF SANCTIONING PRIVILEGES.**

- a. Sanction Violations: When a Meet Director and/or Professional/Jr. Professional member(s) participating in the event fails to follow the USA Gymnastics Acrobatic Gymnastics Rules and

Policies, actions can be taken against the Meet Director, hosting institution and/or the individual offenders by the USA Gymnastics National Office.

- b. Violations on the part of the Meet Director include:
  - i. Allowing coaches, judges and/or athletes on the floor without current, valid memberships and/or educational/background check certifications. This includes Professional members, Junior Professional members, Athletes and Introductory Athlete members.
  - ii. Violations of any regulation within the Rules and Policies.
  - iii. Failure to return required sanction forms and athlete fees by the designated deadline.
  - iv. Altering USA Gymnastics language on sanction report form.
  - v. Failure to obtain signatures/initials of officials/coaches on the sanction report form sign-in sheet(s).
- c. Violations on the part of a competitor: If an individual gymnast is in violation of the regulations, she will be disqualified and all awards returned. (Example: Wrong Level, wrong age division)
- d. Violations on the part of a coach/judge: Individuals who do not have the appropriate current Professional, Jr. Professional Membership and/or educational or background check certifications, or falsifies one of the above mentioned memberships and attempts to participate on the field at a USA Gymnastics sanctioned competition.
- e. Meet Director Penalties for Violations:
  - i. A meet director may receive the following penalties for violating any of the above stated violations.
    - 1) A first time violation results in a fine of \$100 for one violation plus \$100 for each additional violation associated with the same sanction.
    - 2) A second time violation results in a fine of \$500 for one violation plus \$500 for each additional violation associated with the same sanction.
    - 3) A third time violation results in a fine of \$1000 for one violation plus \$500 for each additional violation associated with the same sanction, and a one-year suspension of sanctioning privileges.
  - ii. Fines apply only to the individual and/or the Meet Director.
  - iii. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
  - iv. The State Administrative Committee Chairman and/or Regional Administrative Committee Chairman will be notified of any violations by e-mail.
  - v. If a fine is assessed to a Meet Director, but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
  - vi. If the violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
  - vii. If a fine is assessed but not satisfied by the deadline indicated, the Meet Director's membership may be placed in a pending status.
  - viii. Escalating penalties accrue during the current competitive season (August 1-July 31).
  - ix. If a Meet Director incurs three sanction violations in one competitive season, he/she will be placed in pending status. He/she must re-take and pass the Meet Director Exam before being placed in active status.
- f. Professional Member Penalties for Violations:

- i. A professional member may receive the following penalties for violating any of the above stated violations.
    - 1) A first time violation results in a fine of \$100.
    - 2) A second time violation results in a fine of \$500.
    - 3) A third time violation results in a fine of \$1000 and possibly suspension of membership.
  - ii. Fines apply only to the individual and/or the Meet Director.
  - iii. The State Administrative Committee Chairman and/or Regional Administrative Committee Chairman will be notified of any violations by e-mail.
  - iv. If a fine is assessed to a Professional Member but not paid by the deadline indicated, their membership will go into a pending status until all balances are paid.
  - v. Escalating penalties accrue during the current competitive season (August 1st-July 31st)
- g. Sanction Report Forms
- i. An official USA Gymnastics Sanction Report Form is available online. To access the report forms, visit [usagym.org/pages/membership](http://usagym.org/pages/membership), 'My Sanctions'.
  - ii. Keep a copy of the report form, then e-mail, fax or mail pages 1-6 of the Sanction Report form plus all of the officials and coaches' sign-in sheet(s) to the USA Gymnastics Member Services department within 72 hours.
    - E-mail: [sanctions@usagym.org](mailto:sanctions@usagym.org)
    - Fax: 317-692-5212
    - Mail to: USA Gymnastics Member Services Department, 130 E. Washington St., Suite 700, Indianapolis, IN. 46204.
  - iii. Make copies of the Sanction Report Form and send them to the State Administrative Committee Chairman with the State competition fee (if applicable) within 72 hours.
  - iv. Applicable competition fees/athlete head tax must be sent to the State/Regional Administrative Committee Chairman of the host state (based on physical location of the meet).
  - v. If an event is canceled, written notification must be submitted to USA Gymnastics Member Services prior to the start date of the event. E-mail: [sanctions@usagym.org](mailto:sanctions@usagym.org)  
Fax: 317-692-5212.

#### 4. Sanctioned Events with Foreign Athlete Participation

With the increased activity of foreign athletes' participation in this country, USA Gymnastics has the responsibility to inform our Professional Members of the FIG regulations governing these activities. The FIG and its member federations have jurisdiction over international events (events involving more than one country's athletes). Violations of the FIG regulations can result in restrictions of the member federation and/or its athletes. While USA Gymnastics realizes the cultural enrichment that these types of events provide to our members, strict compliance to the FIG Regulations MUST be followed. CONTACT THE USA GYMNASTICS MEMBER SERVICES DEPARTMENT FOR ASSISTANCE AND DIRECTION. DO NOT directly contact any foreign federation, club, athlete, coach, or judge.

- a. Statutes of the Federation International de Gymnastique (FIG):
    - i. Relationships between Federations, Unions, Groups and the FIG:
      - 34.3 Inter-Federation Events and responsibilities of Federations
- Federations may organize events among themselves in accordance with the Statutes and Regulations of the FIG. It is, however, forbidden for gymnasts or judges of a federation to participate in competitions or demonstrations in the sphere of activity of another federation without the prior consent of the federations involved. Likewise, the participation of gymnasts or judges of a federation in an event organized by a body

other than a federation must be subject to the prior consent of any federations involved. Federations are also responsible to FIG for the behavior of their gymnasts, coaches, judges and other officials and they act as guarantors to the FIG in respect of these responsibilities.

ii. Article 28 Code of Discipline

The sanctions which may be imposed upon a federation or an individual for an act of misconduct are: a warning, possibly with publication in the FIG Bulletin

- 1) A suspension of the federation, or of a person, from participation in any official event of the FIG or from several such events
- 2) Exclusion from any future participation in the activities of the FIG
- 3) Refusal of admittance to any events of the FIG
- 4) A financial imposition
- 5) Exclusion of a federation, following resolution of the Congress
- 6) Suspension from office of any elected member and possible exclusion of office following resolution of the Congress.
- 7) In the event that any of the above actions are imposed, the Program Committee for USA Acrobatic Gymnastics must be notified immediately by the professional member directly involved in receiving such a sanction.

iii. Invitations for Foreign Athletes (Competitions/Exhibitions/Training)

- 1) Submit a completed Request for Foreign Sanction form, with the appropriate fee no later than 120 days prior to the event date to USA Gymnastics Member Services, Attention: FOREIGN SANCTIONS.
- 2) If received in less than 120 days, an additional \$100.00 late fee is due.
- 3) If the activity is a competition or exhibition, a USA Gymnastics Sanction is REQUIRED. If the exchange is for training only, only a letter of invitation with the specific information is required.
- 4) Sanction fee will be determined based upon the particulars of the event (up to \$250,000.00).
- 5) Do not send any invitations (foreign or domestic) until the USA Gymnastics Member Services Department has notified you that approval has been granted.

iv. Other Considerations

- 1) Use of the word "INTERNATIONAL" is strictly FORBIDDEN.
- 2) Promotion or advertising depicting the event as a competition between two or more countries is forbidden (i.e. USA vs. Canada).
- 3) Athletes from a foreign country competing in the United States represent only their club at the exchange; they are NOT representing their country as a national team member.

5. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.

6. FIG has a 5% tax on prize money awarded at an event.

- a. If your club is planning on traveling to another country, it is REQUIRED that notice be given to the USA Gymnastics Office in order to gain written permission from both federations.
- b. All exhibitions, competitions, and training events between countries (i.e. USA vs. Foreign Country) are under the jurisdiction of USA Gymnastics.
- c. In order for a foreign judge to officiate a USA Gymnastics Sanctioned competition, their federation MUST grant permission for them to do so.

7. Sanctioning Requirements for Foreign Exchanges

the following categories have been defined for participation of foreign athletes in this country and for participants of USA club athletes in a club exchange in a foreign country. All exchanges involving foreign athletes are under the jurisdiction of the FIG and the host Federation. Every procedure MUST be followed to protect the athletes and the federations.

a. Competitions/Exhibitions

i. Requirements if competition or exhibition takes place in the United States:

- 1) Prior approval of Foreign Federation must be secured through request made by USA Gymnastics.
- 2) All foreign athletes/coaches/judges must register with USA Gymnastics - (\$25 registration fee per person)
- 3) Sanction Application Fee - \$300 for a competition.
- 4) Meet Directors may invite an unlimited number of countries, as long as they are all documented at the same time with original sanction request.
- 5) An additional request for adding countries after the original request has been processed will result in an additional fee of \$25 per country.
- 6) A request for adding countries must be received a minimum of 11 business days before the event.
- 7) The birth date and age of the athletes will be required, but the age of the foreign coaches and judges will not be required.
- 8) All aspects of the event MUST be approved by USA Gymnastics. This includes but is not limited to:
  - a) sponsorships
  - b) marketing/property rights
  - c) equipment/format
  - d) television
  - e) all promotional, marketing, and advertising materials

ii. Requirements if competition or exhibition takes place in another country:

- 1) Prior approval of foreign Federation must be secured through request made by USA Gymnastics.
- 2) Prior notification to USA participants that USA Gymnastics insurance does not cover their participation in an event sponsored by and held in a foreign country.
- 3) Prior notification to USA participants that they represent only their club at this exchange and they are not there as official USA representatives.
- 4) Copies of valid passports must be turned into the National Office.

iii. Training Exchanges

1) Requirements if training takes place in United States:

- 2) Prior approval of foreign Federation must be secured through a request made by USA Gymnastics.
- 3) Proof of Insurance coverage:
  - a) It is the sole responsibility of the event host to secure proper insurance for the event. (Be aware that some insurance packages do not cover foreign athletes or coaches.)
  - b) Training exchanges may not be "USA Gymnastics-sanctioned"; therefore, the USA Gymnastics Athlete Member insurance is not in effect.

4) Prior notification to USA participants that they represent only their club at this exchange and they are not participating as official USA representatives.

5) Requirements if training only takes place in another country:

- a) Prior approval of foreign Federation secured through request made by USA Gymnastics.
- b) Prior notification to USA participants that USA Gymnastics insurance does not cover their participation in an event sponsored by and held in a foreign country.
- c) Prior notification to USA participants that they represent only their club at this exchange and they are not there as official USA

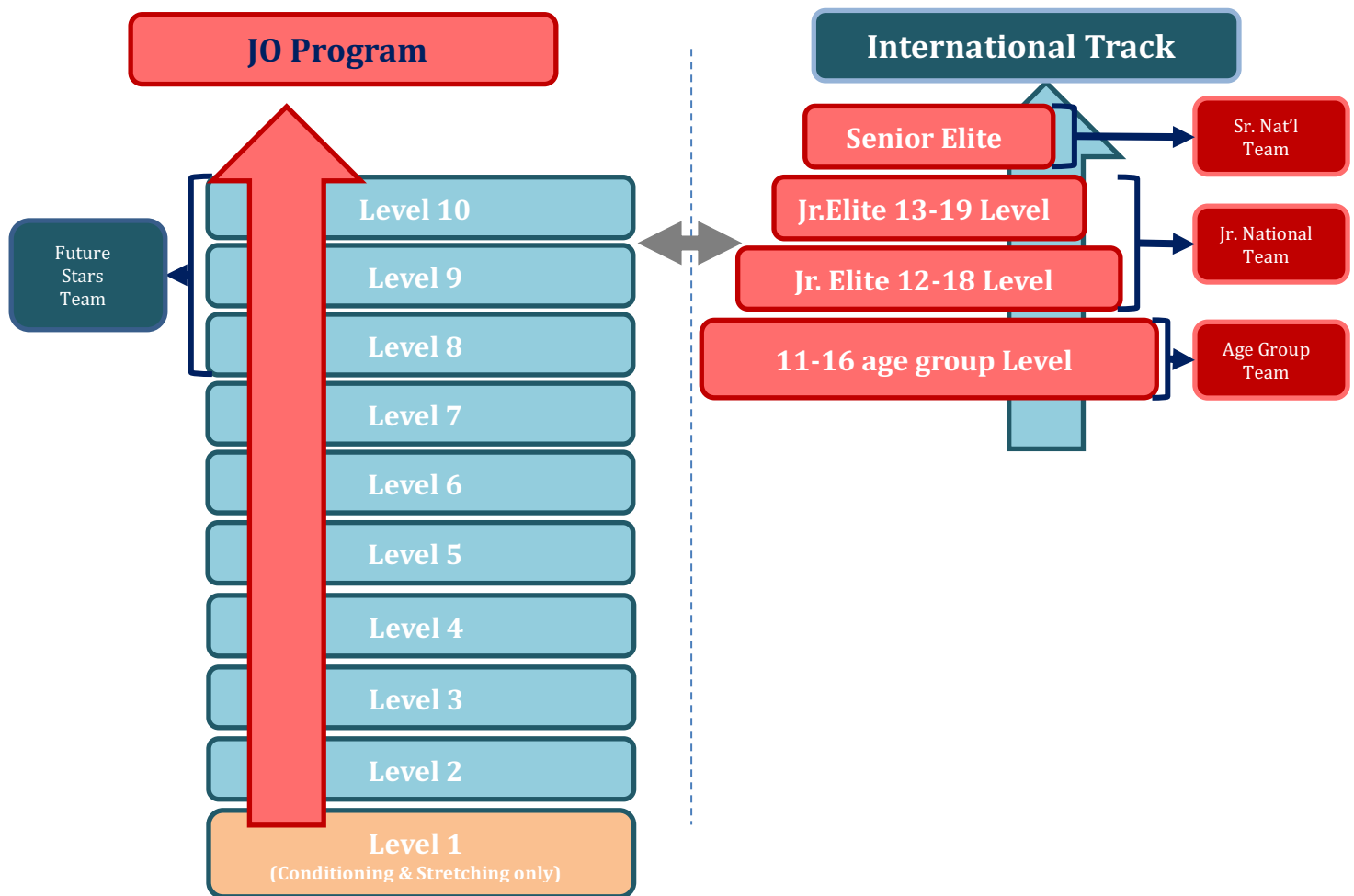
representatives.



## SECTION SIX: ACROBATICS COMPETITIVE PROGRAM

### Junior Olympic and International Track Overview

The Acrobatic Gymnastics Program is a coordinated program that encourages participation and prepares athletes for the highest level of competition. Within the Acrobatic Gymnastics Program, there are two competitive tracks, the Junior Olympic program and the International Track. The Junior Olympic (JO) program is designed to build fundamental skills, provide progressions and advancement opportunities to higher levels, including elite, and be inclusive, yet competitive. The International Track, including junior and senior elite levels, are solely based on FIG rules, and designed to develop athletes for international competition, especially World Championships.



The Junior Olympic program, which includes Levels 1-10, was developed with the goal of all athletes having a solid foundation of basic skills in order to advance to higher levels safely and proficiently. Its levels are carefully progressive in nature and include fundamental principles from the FIG rules. The Junior Olympic Program begins with **Level 1 as a stretching and conditioning program and introduction to partner skills.** **Levels 2-4** offer training in beginning skills, provide entry level competition opportunities, and prepare participants for competition at higher levels. **Please refer to the Junior Olympic Levels 1-4 Rules for complete information.**

The JO competitive program continues with Level 5, which can be mastered by athletes with no previous exposure to competitive acrobatics. As with Levels 2-4, Level 5 exercises are compulsory and fully choreographed, including music. Level 6 also has compulsory skills, but music and choreography are chosen by the coach and athletes. Choreography is optional at Level 6, allowing athletes to practice artistry and choreography skills without being penalized. Level 7 allows athletes to choose different elements from each row for balance, dynamic, and individual categories. These elements are included in an exercise along with choreography and music, of the athletes' and coaches' choosing.

Levels 8-10 comprise the optional levels. Choreography and music are required but may be determined by the athletes/coach. At the optional levels two exercises, balance and dynamic, are performed. At Level 8, the choice of elements is from compulsory elements provided in the Junior Olympic Code of Points. Levels 9-10 have the choice of elements coming from the FIG Tables of Difficulty. Minimum and maximum difficulty are defined, as well as special requirements and restrictions at each of these levels. Pair/groups competing at USA Gymnastics Championships at Level 8, 9, or 10 may be considered for the Future Stars Team, a developmental national team with the goal of educating and motivating coaches and gymnasts to move to the International Track.

For all Junior Olympic levels 5-10, please refer to the [JO Code of Points and Erratum](#) for all exercise specifications.

The International Track includes the following levels: 11-16 Age Group, Junior Elite 12-18, Junior Elite 13-19, and Senior Elite. Rules, exercise specifications, and judging criteria for these levels is by the [FIG rules](#), which include:

- FIG Acrobatic Gymnastics Code of Points,
- FIG Acro World Age Group Rules, and
- FIG Tables of Difficulty.

Only pair/groups participating within the International Track can be considered for 11-16 Age Group Team, Junior National Team, and/or Senior National Team. Additionally, only pair/groups currently training and/or competing on the international track may make a request to attend an international event with their club team.

Updates, clarifications and corrections to the USA Gymnastics Acrobatic Gymnastics Rules and Policies, JO Code of Points, and other program rules are published and distributed via the [Acrobatics website](#), in the form of a *Technical Update*. Updates and clarifications to the FIG Acro rules are included in newsletters published by the FIG Acro-Technical Committee and available via the [FIG website](#). Unless otherwise specified, updates and clarifications to program rules are effective immediately upon publication.

### **Xcel Competitive Blocks Program**

In addition to these two competitive tracks, an [Xcel](#) Blocks Program is available through the Acrobatic Gymnastics Program and offers a third competitive option. The [Xcel](#) Blocks Program involves a routine of balance skills and holds performed on blocks, also known as stilts or pedestals. The [Xcel](#) Blocks Program is open to athletes participating in the JO program, International Track, or even those not currently competing in acrobatics. This program provides additional and unique competitive opportunities for athletes, especially those without a partner; supplemental training opportunities; and competitive access for beginners in acrobatics. Please refer to the [Xcel Blocks Program Code of Points](#) for complete program information.

## **SECTION SEVEN: COMPETITIVE STRUCTURE**

1. General Competition Regulations
  - a. All Acrobatic Gymnastics competitions must be sanctioned through USA Gymnastics.
  - b. Each state and region determine the competition schedule at the start of the competitive season.
    - i. Because of geographic distance or special circumstances, a state can petition to have two state meets. Petitions should be made at the beginning of the competitive season to the Acrobatics Program Committee.
    - ii. Because of size or other special circumstances, a state may choose to combine their State Championships with another state in their region.
    - iii. Because of size or other special circumstances, a region may choose to combine their Regional Championships with another region.
  - c. Regional Championships must be held at least four weeks prior to USA Gymnastics Championships. The National Office may determine and publish further requirements for the timing of Regional Championships based on registration and scheduling deadlines for the USA Gymnastics Championships. Deviations from this requirement must be approved through the Acrobatic Gymnastics Program Director.
  - d. Judging assignments:
    - i. The Regional Judges Coordinator, in consultation with the Regional Technical Chair, makes assignments for local, state, and regional competitions.
    - ii. At USA Gymnastics Championships and other national-level competitions, the National Technical Committee will determine assignments, with approval from the Acrobatics Program Committee.
    - iii. For national-level and international invitationals not organized by USA Gymnastics, the meet director must contact the National Technical Committee Chair for judging assignments. The Regional Technical Chair and Regional Judges Coordinator of the respective region where the competition is held may also be involved in the assignment process.
  - e. Refund policy:
    - i. Entry fee refunds for locals and state championships are the host club's decision. Intent to allow refunds or not should be posted in their invitation.
    - ii. Entry fees for Regional Championships are not refundable within ten days' notice prior to the meet. For refunds prior to the deadlines, the request must meet one of the following criteria: injury, illness, family emergency, or qualifying scores not earned and include proper documentation.
    - iii. The refund policy for national-level competitions is set forth in the competition directives.
2. Events
  - a. The following events are contested in Acrobatic Gymnastics: Women's Pairs, Men's Pairs, Mixed Pairs, Women's Group, and Men's Group.
  - b. In Mixed Pairs, the base must be male and the top female. (Exception: Level 5, age 13 and under.)
  - c. For Levels 2-4, competition is divided into pairs or groups.
    - i. Pairs: May be composed of both male and female athletes, in a partnership of the coach's discretion (ie.: a female base and a male top, all male, all female, etc.)
    - ii. Groups: May be composed of both male and female athletes in a partnership of the coach's discretion (ie: 2 female bases and a male top, all males, all females, etc.)

### 3. Types of Competition

- a. Competitions may be for individual pair/groups, for teams, or for individual pair/groups and teams.
- b. The following competitions must be held throughout the competition season: local meets, state championships meet, regional championships meet, and USA Gymnastics Championships (for Levels 7 and above).
- c. Special Meets: Invitational, open, dual, conference, qualification/selection meets, and international meets may be organized but are not involved in the process to qualify to higher level meets, unless specifically designated by the Acrobatic Gymnastics Program Committee. These special meets are to be guided by the rules contained in this document and the JO Code of Points.

### 4. Participation and Qualification Requirements of Competitions

- a. Pre-Team Level 1 is a pre-competition training level. Competition is not available at this level.
- b. Levels 2 - 6 may be contested at the local, state, and regional levels. Each region's Administrative Committee can decide whether to include Levels 2-4 in Regional Championships.
- c. Levels 7-10, AG 11-16, JE 12-18/13-19 and senior elite may be contested at the local, state, regional, and national levels.
- d. Participation and qualification is by pair/group, not individual athlete. Each athlete in a pair/group must have a valid USA Gymnastics athlete membership. The pair/group must also be registered through the Online Registration System and receive a pair/group ID number. This ID number is specific to the pair/group, and if a partner changes during the season a new pair/group ID number must be requested.
- e. Local Meets
  - i. Any properly registered pair/group in good standing may enter a sanctioned local meet. However, local meets may be invitational in nature.
  - ii. To advance to State Championships:
    - a. All level pair/groups are required to fully participate in a minimum of two sanctioned local competitions, AND
    - b. Levels 3-7: must earn the State Championships qualification score at a minimum of one of these competitions.
    - c. Levels 8-10 and International Track: must earn the State Championships qualification score at a minimum of two of these competitions.
- f. State Championships
  - i. Any pair/group who has fully competed at the local level two or more times and earned qualifying score(s) may enter the State Championships.
  - ii. A pair/group must compete at State Championships in their state in order to advance to the Regional Championships. The pair/group may compete in additional State Championships as desired or as needed to earn a qualifying score.
  - iii. Pair/groups may earn qualifying scores at any State Championships for advancement to Regional Championships and/or USA Gymnastics Championships.
  - iv. Pair/groups must compete at the State Championships with the same partner(s) as in their qualifying competitions.
- g. Regional Championships
  - i. A pair/group who has successfully competed at the state level may advance to Regional Championships.
  - ii. A pair/group must compete at Regional Championships in their region in order to advance to USA Gymnastics Championships. The pair/group may compete in additional Regional Championships as desired or needed to earn a qualifying score.

- iii. Athletes may earn a qualifying score at any Regional Championships for advancement to USA Gymnastics Championships.
- iv. Pair/groups must compete at Regional Championships with the same partner(s) as in their qualifying competition.
- h. **International Track Exception:** AG 11-16, JE 12-18, JE 13-19 and Senior Elite pair/groups are not required to attend both State and Regional Championships, but must attend at least one of the two events (either State or Regional Championships). A qualifying score for USA Gymnastics Championships must be earned at the attended event in order to advance to USA Gymnastics Championships.
- i. USA Gymnastics Championships (Levels 7-10)
  - i. L7-10 pair/groups must attend both the State and Regional Championships and earn a qualifying score to compete at USA Gymnastics Championships. It is acceptable to earn a qualifying score to USA Gymnastics Championships at State or Regional Championships.
  - ii. Pair/groups must compete at USA Gymnastics Championships at the level at which they qualified.
  - iii. Pair/groups must compete at USA Gymnastics Championships with the same partner(s) as in their qualifying meet.

5. Qualifying Scores

- a. Levels 2-5 have no qualifying scores for state or regional competitions, other than the requirement to fully participate in the respective competitions as stated above in bullet #4.
- b. Levels 6-7, the qualification is the score from one combined exercise.
- c. Levels 8-10 and AG 11-16 – Pair/groups must compete a balance and dynamic exercise. Qualification score is the sum of both routines.
- d. JE 12-18, JE 13-19 & Senior Elite – Pair/groups must compete a balance, dynamic, and combined exercise. Qualification score is the sum of score from all three routines.
- e. **Qualifying scores are listed in the table below.**

	State Champs	Regional Champs	USA Gym Champs
<b>Level 2</b>	-	-	
<b>Level 3</b>	-	-	
<b>Level 4</b>	-	-	
<b>Level 5</b>	-	-	
<b>Level 6</b>	22.00	23.00	
<b>Level 7</b>	28.00	29.50	30.50
<b>Level 8</b>	56.00	59.00	62.00
<b>Level 9</b>	56.00	59.00	62.00
<b>Level 10</b>	56.00	59.00	62.00
<b>AG 11-16</b>	40.00	43.00	46.00
<b>JE 12-18</b>	60.00	64.50	69.00
<b>JE 13-19</b>	60.60	65.10	69.60
<b>Senior Elite</b>	61.50	66.00	70.50

- f. A pair/group travelling internationally (as part of Team USA or as ICT) within 10 days before or after a local, state, or regional competition may use the scores from the international competition in lieu of competing at the local, state, or regional meet for qualification purposes. For the qualification requirement to be met, the coach must notify the Regional Administrative Committee Chair with the intent to use international meet results AND provide the official competition results for the international competition.

## 6. Character of Competitions

- a. Levels 2-7 compete one combined exercise. The final score from the exercise determines the winners in each level/age group.
- b. Levels 8-10 and AG 11-16 compete a balance and dynamic exercise. The all-around score, which is the sum of the final scores from both exercises, is used to determine the winners in each level/age group.
- c. JE 12-18, JE 13-19, and Senior Elite compete a balance, dynamic, and combined exercise. The all-around score, which is the sum of the final scores from the three exercises, is used to determine the winners in each level.
- d. Competition format, which includes qualifications and finals competition, will only be used for national-level competitions and large invitationals if specified in the competition directives.

## 7. Competition Organization

- a. All competitors are to be organized into groups according to competitive level and age group. The competition order is determined by random draw within each group. A separate draw should be done for each exercise performed (e.g.; balance, dynamic, combined). All competitors within a particular group must compete in succession with the same panel of judges. If at all possible, competitors performing more than one exercise during the competition should be given time between competition routines (i.e.; at least one rotation between routines).
- b. Athletes who compete outside of their assigned order for any reason lose the chance to win an award at the competition. However, scores may be used for qualification.
- c. Large meets must be divided into multiple sessions.
  - i. A session includes one general warm-up period and multiple competition rotations (up to 120 minutes of competition time).
  - ii. A rotation includes one touch-warm period and up to eight (8) competitors (one exercise per competitor).
- d. There may be a tariff sheet review session with the Meet Referee, CJP, and DJ prior to competition. During this time, coaches may review judges' comments regarding tariff sheets from their own club only.
- e. Finals competition regulations:
  - i. Finals is used only for International Track levels when determined necessary for the competition (i.e.; selection competition, invitational, international meet, etc.) and will be specified in the competition directives.
  - ii. The format for finals competition will follow that defined in the FIG Code of Points and Technical Regulations for senior elite, and in the World Age Group Rules for AG 11-16, JE 12-18, and JE 13-19.

## 8. Warm-up Procedures

- a. General warm-up:
  - i. A period of minimum 30 minutes and maximum 60 minutes must be provided to competitors immediately prior to the beginning of competition.
  - ii. Will be held on the competition floor unless a similar floor (similar in type, size and quality of apparatus, ceiling height, and lighting) is also available in the same or adjacent building.
  - iii. Each session of competition must have its own general warm-up period. Generally, it is acceptable to have a 30-minute general warm-up period for each 90 to 120 minutes of competition time.
- b. Touch warm-up:
  - i. An additional 3-5-minute warm-up on the competition floor may be provided before each rotation. This is considered a "touch" warm-up.

- ii. If general warm-up sessions take place on a second floor, which is equivalent to the competition floor, the touch warm-up may be used, but is not required because athletes have access to a warm-up area until their assigned competition time.
- iii. A touch warm-up must be provided to athletes competing 60 minutes or more after the conclusion of the general warm-up period, if a second, similar floor (see description in 8.a.ii above) is not available for continuous warm-up in the same or adjacent building.
- iv. A maximum of eight (8) pair/groups, which constitutes one rotation, can be on the floor during the touch warm-up period.
- c. National-level competitions will make all attempts to provide a separate warm-up area equivalent to the competition floor, which will be used for all warm-up sessions. In this case, a touch warm-up will not be given on the competition floor.

## 9. Competition Petitioning Process

- a. Any pair/group who has not fully participated in the qualifying process may submit a petition for consideration to enter the next stage of competition. General procedures for petitions for all Acrobatic Gymnastics competitions are stated below.
- b. Petitions may be considered for the following reasons:
  - i. Injury
  - ii. Illness
  - iii. Family emergency (i.e.; death, serious illness, natural disaster, requirements of business or employer).
  - iv. No qualifying meet available
- c. Petitions are submitted on the specified form by the pair/group's coach. (See Petition Form in R&P Appendix A-12). Petitions must be communicated within one week following the last qualifying event. (i.e.; a petition to enter Regional Championships, petitions must be submitted to the Regional Administrative Committee Chair within one week following the last State Championships competition.) Petitions submitted after the deadline will not be accepted.
- d. Petitions must be accompanied by all relevant documentation which includes:
  - i. Evidence of pair/group's qualification to compete at the next stage of competition (including any of the following)
    - 4) Copies of original score sheets for score verification
    - 5) Video of pair/group in competition situation
    - 6) Complete tariff sheets documenting the pair/group skills
  - ii. Physician's statement
    - 1) Must be written by a licensed physician
    - 2) Must contain a date of injury or illness
    - 3) Must contain a diagnosis of injury or illness
    - 4) Must contain a date for clearance to return to acrobatic gymnastics participation
    - 5) All medical documentation must be submitted on official letterhead of the treating physician
    - 6) Medical documentation is subject to verification by USA Gymnastics Medical Staff
- e. Petitions to compete at State Championships and Regional Championships
  - i. Must be submitted to the Regional Administrative Committee Chair for decision by the Regional Administrative Committee.
  - ii. Written notification of decision will be given to the coach within two weeks of petition receipt.
  - iii. Petition appeals can be made to the Acrobatics Program Committee. Copies of the



- original petition and corresponding documentation, as well as the written decision from the Regional Administrative Member, must be submitted.
- f. Petitions to compete at USA Gymnastics Championships
    - i. Must be submitted to the Acrobatic Gymnastics Program Director for decision by the Acrobatic Program Committee.
    - ii. Written notification of decision will be given to the coach within two weeks of petition receipt.
    - iii. For the petition to be considered, the pair/group must have fully competed at either a State or Regional Championships with the same partners and must have met qualification scores for USA Gymnastics Championships at the respective meet.
  - g. For petitions onto a national team, training squad, or international competition assignment, the criteria and petition process are specified as part of the respective selection procedures.

## 10. Scoring

- a. Each exercise performed in competition is judged for its technical execution of skills and choreography performed, difficulty of elements performed, and artistic merit (artistry is for Levels 7 and above).
  - i. The Difficulty Judge determines the difficulty value of the exercise by comparing what was performed in competition against the declared elements on the tariff sheet. The difficulty value is converted to a D-Score.
    - 1) Levels 2-8: if all compulsory and/or required pair/group and individual elements are performed, the D-score = 10.00
    - 2) Levels 9-10: The difficulty value of the optional pair/group and individual elements are added, and the value is converted to a D-score using the conversion chart in the JO Code of Points.
    - 3) Age Group 11-16: the difficulty value of the compulsory elements only is added to get the D-score (maximum 0.5).
    - 4) JE 12-18/13-19 and Senior Elite: the difficulty value of performed pair/group and individual elements are added. The total is divided by 100 to get the D-score.
  - ii. Execution Judges evaluate the technical merit of the performed exercise. Deductions, calculated to the nearest 0.1, are subtracted from a 10.00 to determine an E-score.
    - 1) When there are two or three execution scores, all scores are averaged.
    - 2) When there are four execution scores, the high and low scores are dropped, and the two middle scores are averaged.
    - 3) To place importance on the execution aspect of the exercise, the execution average is doubled in the total score calculation. This is done during the calculation of the final score, not by the individual judges.
  - iii. Artistic Judges evaluate the artistic merit of the performed exercise. (Levels 5-6 do not receive an artistry score.) The score starts at a 5.0 and judges reward pair/groups (in 0.1 increments) for positive performance and exceeding criteria in their exercises to determine the A-score.
    - 1) When there are two or three artistry scores, all scores are averaged.
    - 2) When there are four artistry scores, the high and low scores are dropped, and the two middle scores are averaged.
- b. The total score is the score before any penalties by the CJP and/or Difficulty Judges are made, and is shown by the formula:  $\text{Total Score} = \text{D-score} + (\text{E-score} \times 2) + \text{A-score}$
- c. The final score for the exercise subtracts the totaled CJP and DJ penalties from the Total Score. This is shown by the formula:  $\text{Final Score} = \text{Total Score} - \text{Penalties}$
- d. A pair/group's All-Around Score is the sum of the Final Scores for each exercise they



perform (Levels 5-7 have one exercise; Levels 8-10 & AG 11-16 have two exercises; JE 12-18, JE 13-19, and Senior Elite have three exercises).

- e. The difference in the marks of the execution judges or the artistry judges, called the range of scores or tolerance, may not exceed:
  - i. 0.5 if the average is below 9.0
  - ii. 0.3 if the average is 9.0 or above.
  - iii. If the range of scores is exceeded, it is the CJP's responsibility to resolve the situation with the panel. If the CJP cannot persuade the panel to come to an agreement, he/she shall turn to the Meet Referee and/or the Jury of Appeals to decide the final mark.
- f. The average E and A-scores, total score, and final score for the exercise is displayed to the nearest 0.001 without rounding.
- g. The D-score, (E-score x 2), A-score, Penalties (total of CJP and DJ penalties) and Final Score are displayed to the public and included in the final results book. Individual judges scores should be recorded, but not displayed on the score display or final results books.
- h. The public score display should happen as soon as possible following the conclusion of the exercise and submittal of the judges scores.

## 11. Appeals Procedure

- a. The objective of the appeals procedure is to ensure obvious errors in the difficulty score are corrected without causing significant delays in the competition.
- b. If a coach has a question about a difficulty score and/or CJP/DJ penalties, he/she may view the difficulty slip, which is completed by the CJP and DJ and shows skills given/not given credit, missing special requirements, time faults and other penalties. The difficulty slips should be available in a designated area after judges' scores are entered and posted. There is no fee for this request and can be done without filing an appeal. A coach may request to review a difficulty slip for members of his/her own team only.
- c. After reviewing the difficulty slip, a coach may file an appeal if he/she feels an error was made in an area that is eligible for appeal (see below).
- d. Appeals must meet the following requirements:
  - i. The coach must submit an appeal in writing (in English) to the Meet Director using the Appeals Form (see Appendix A-11).
  - ii. The appeal must be filed within 5 minutes of the posting of the score for the exercise in question.
  - iii. A coach may file an appeal concerning members of his/her own team or other teams. However, a coach may not view the difficulty slip for another team.
  - iv. Appeals may be made based on the difficulty score, special requirements, equipment failure, and/or mathematical error only. Other deductions (i.e.; overtime, time faults in balance skills, fading of music, out of bounds, tariff sheet penalties, height deductions, elements out of order, or forbidden elements) may not be appealed. Execution and artistry scores cannot be appealed.
  - v. The appeal must clearly detail the elements or values that are in question.
  - vi. The coach of the athletes having an appeal lodged against them must be notified of the appeal.
  - vii. A fee will be charged for an appeal. The amount of the fee for local and state meets is \$20. The amount of the fee for regional and national-level competitions is \$40.
  - viii. A coach may withdraw the appeal prior to the Jury of Appeals' consideration (for instance, if the coach's concern is clarified by review of the difficulty slip). In this case no fee is charged.
- e. Resolution of an Appeal
  - i. The appeal is given to the Meet Referee, who convenes the Jury of Appeals. The

- Jury of Appeals makes every effort to resolve the appeal immediately but may need to wait until a break in competition (i.e.; the end of the rotation or session).
- ii. The Jury of Appeals will review the appeal and decide about changing the original score. To resolve the appeal, the Jury may:
    - 1) Consult the judging panel
    - 2) Use video review
  - iii. There must be clear and conclusive evidence in the appeal or on the video to overturn the original decision of the panel.
  - iv. CJP and/or DJ penalties may be reconsidered (positively or negatively) if there is a change in the difficulty score after an appeal. The execution and/or artistry scores given by the panel cannot be changed based on an appeal.
  - v. Should an appeal be sustained,
    - 1) an adjustment of the score will be made by the CJP,
    - 2) The Meet Director will inform the coach,
    - 3) the adjusted score is entered on the official score sheets and displayed to the public, and
    - 4) the fee of the appeal is returned to the coach.
  - vi. If the appeal is denied
    - 1) the Meet Director will notify the coach,
    - 2) The Meet Director retains the full fee of the appeal, and
    - 3) there is no change to any score.
  - vii. The decision of the Jury of Appeals is final.

## SECTION EIGHT: COMPETITION REGULATIONS

### 1. Competition Year

The competitive year is defined as the period from August 1 through July 31.

### 2. Age Determination and Requirements

- a. Age is determined by the competitor's age as of December 31 of the year in which the competition occurs.
- b. For levels 2-10 in the JO Program:
  - i. There is no minimum age requirement.
  - ii. The maximum age is 30.
  - iii. The maximum age difference between partners is 15 years for women's pair, men's pair, mixed pair, and women's group and 17 years for men's group. The age difference is calculated from the youngest athlete to the oldest athlete.
- c. For the International Track: The age requirements listed below are for local, state, regional, national, and invitational competitions sanctioned by USA Gymnastics. For international competitions, selection competitions, etc., age requirements specified in the FIG rules, event directives, and/or selection procedures take precedence.
  - i. For all International Track levels, there is no restriction on maximum age or age difference.
  - ii. 11-16 Age Group - there is no minimum age requirement.
  - iii. Junior Elite 12-18 - athletes must be a minimum of 11 years old. Exception: a 10-year-old who has had one full season of Level 10 competition experience in acrobatic gymnastics or in similar optional gymnastics may petition to the Acrobatic Gymnastics Program Committee, via the National Office, to be allowed to compete as JE 12-18.
  - iv. Junior Elite 13-19 - athletes must be a minimum of 12 years old. Exception: an 11-year-old who has had one full season of Level 10 competition experience in acrobatic gymnastics or in similar optional gymnastics may petition to the Acrobatic Gymnastics Program Committee, via the National Office, to be allowed to compete as JE 13-19.
  - v. Senior Elite - athletes must be a minimum of 13 years old. Exception: a 12-year-old who has had one full season of Level 10 competition experience in acrobatic gymnastics or similar optional gymnastics competition may compete Senior Elite.  
*Please note: Senior World Championships requires athletes to be 15 years of age or older.*

### 3. Age Groups

Participants at competitions will be divided into the following age groups for awards:

- a. At USA Gymnastics Championships, there are no stated age divisions, meaning all competitors in a given level and event compete head-to-head. If required by the number of competition entries, divisions will be utilized for competition at levels 7-10.
  - a. Categories exceeding 20 entries will be divided into smaller competition groups. (i.e.; if Level 7 WP has 25 entries, it will be divided into two, approximately equal competition divisions.)
  - b. Competition groups are determined by the age of the oldest partner.
  - c. Competition divisions are based on the number of entries the day of the entry deadline. Later "scratches" will not affect the previously announced groups or number of competitors in each group.
- b. At Regional Championships, the following age groups must be used:

- i. Levels 2-4: 2 age groups – 10 and under; 11 and over
  - ii. Levels 5-8: 2 age groups – 13 and under; 14 and over
  - iii. Levels 9-10: no age groups
  - iv. International track: no age groups
- c. For State Championships and local meets, the Regions and/or Meet Directors for those events can determine the age groups to be used.
- i. For Levels 2-4, age groups must be used if more than 8 pair/groups in a respective level. Division of age groups should be approximately equal in number and contain no more than 8 competitors. Multiple age groups can be used as needed and must be communicated to participants once determined.
  - ii. For Levels 5-8, there must be a minimum of two age groups, but additional age groups may be used. Suggested age group options include (13U, 14+) or (11U, 12-14, 15+) or (11U, 12-13, 14-15, 16+).
  - iii. For Levels 9-10 and international track, no age group divisions are required, but the competitive groups could be divided if warranted by participation numbers. All age groups used at a state or local meet MUST be clearly communicated in the pre-meet information.
- d. Meet directors at locals, state, and regional competitions can award as many places as they wish in each age group/level.
- e. The age of the eldest member of a pair/group determines the age group in which the pair/group competes.

#### 4. Penalties for Falsification of Documentation Concerning Age

- a. Loss of award for self and partner(s).
- b. Public announcement of any changes in placement of awards.
- c. Score not to be used for team score.
- d. Athlete and partner(s) not allowed to compete the remainder of that competitive year.

#### 5. Pair/Group and Event Restrictions

- a. Athletes who compete at a level three times AND receive qualifying scores in the present and/or previous season, may NOT compete subsequently at a lower level with the same partner(s) in the same event. Declaration of level is made by submitting a completed Competition Entry Form. If a group does not receive a qualifying score, it does not count towards the number of meets competed at that level.
- b. An athlete may compete in more than one pair/group; however, restrictions apply as indicated below.
  - i. At local, state, and regional competitions:
    - 1) An athlete CANNOT compete on both the international track and JO track at the same time.
    - 2) On the International Track, an athlete may compete in more than one pair/groups if they are different events (e.g.; WP, MP, MXP, WG, MG).
    - 3) No other restrictions apply; however, good judgment should be used in placing athletes at appropriate levels to create fair competition for all involved.
  - ii. At national-level competitions (e.g.; USA Gymnastics Championships):
    - 1) An athlete may compete in any event (e.g.; WP, MP, MXP, WG, MG) only once in any competition.
    - 2) An athlete may participate in additional pair/group(s) that is a maximum of 1 level below their first pair/group.
    - 3) An athlete may participate in additional pair/group(s) that is a maximum of 2 levels below their first pair/group ONLY if the athlete is switching positions

(i.e.; from top to middle/base or vice versa). Middle and base are the same position.

- 4) CANNOT compete on both the international track and JO track at the same time.
- c. An athlete can qualify to a National Team in only one event (i.e.; WP or WG) and at only one level (i.e.; AG 11-16, JE 12-18, ICT, etc.), even if he/she is in multiple pair/groups. Therefore, coaches can designate a specific pair/group for national team consideration prior to the selection competition (this is done by turning in the appropriate paperwork for the designated pair/group only). If the coach does not make a designation, the Athlete Selection Committee may consider all pair/groups with a shared partner for national teams but can only select one pair/group.

## 6. State and Region Determinations

- a. For competitive and qualification purposes, a pair/group's state is determined by the location of the club for which the pair/group competes.
- b. For competitive and qualification purposes, a pair/group's region is determined by the location of the club for which the pair/group competes.

## 7. Club Affiliation and Mobility

- a. Although an athlete may change clubs at will, competing for team score is controlled. If he/she has competed for one club in the competitive season and then changes club affiliation, he/she may not compete for team score for any club for the rest of the competitive season.
- b. At the JE 12-18/13-19 and senior elite levels, if partners comprising a pair/group come from multiple clubs, at the coaches' request, both clubs (and respective coaches) may be listed as the pair/group's affiliation.
  - i. The pair/group's scores may count towards only one team score. The club must be designated prior to the start of the competition season.
  - ii. The pair/group must designate a home state and region at which they will participate in events and earn qualification scores toward USA Gymnastics Championships. This should follow the club where most of training takes place. This designation should be made in writing to the respective Regional Administrative Committee Chairs and the Acrobatic Gymnastics Program Director before the start of the competition season.

## 8. Developmental Programs and National Teams

- a. **Future Stars** – The Future Stars program is intended to identify talented athletes exhibiting a strong caliber and quality participating at Levels 8, 9, & 10 on the JO Track and encourage their continuation and growth in Acrobatic Gymnastics through training opportunities. Evaluation will occur annually at USA Gymnastics Championships. A Future Stars Committee will evaluate athletes competing at USA Gymnastics Championships. Benefits include invitations to annual training camp, which takes place in the fall. Full details and selection process are identified in the Future Stars Selection Procedures.
- b. National Team Program: The purpose of the Acrobatic Gymnastics National Team Program is to (1) assign pair/groups to represent the USA in international competitions; (2) identify, retain, and develop talented pair/groups along the elite pipeline, with the goal of reaching senior elite; and (3) recognize and reward the top pair/groups in the country. Pair/groups are selected for the various National Team by the Athlete Selection Committee at designated events. Full details of the teams and the selection process are identified in the respective

selection procedures published on the USA Gymnastics website. The Acrobatic Gymnastics National Team Program includes the following teams:

- i. Age Group Team 11-16 (AGT) – The AGT 11-16 serves as the foundational level of our national team structure. Pair/groups selected to AGT 11-16 are being recognized for performance excellence and identified talent and proficiency in looking forward to elite level participation. Benefits for AGT 11-16 include 1-2 national team training camps per year and international competition assignments for Team USA.
- ii. Junior (12-18 & 13-19) National Teams – The Junior National Team identifies top performing pair/groups in the Junior Elite age categories of 12-18 and 13-19. These strong pair/groups are provided further training and development opportunities to be as strong as possible for international competitions and to prepare for the senior level of competition. Benefits of selection to the Junior National Team are focused training and development opportunities and invitations to international competitions representing Team USA.
- iii. Senior National Team - The Senior National Team is the culmination of excellence in acrobatic gymnastics. The main goal is to best prepare pair/groups for success at international competitions including World Championships. Benefits of the Senior National Team are focused training and development opportunities and invitations to international competitions representing Team USA, as well as, financial funding and performance rewards may be available.

## 9. International Assignments

The Acrobatics program restricts participation in events (i.e.; competition, training, exhibitions, etc.) outside the U.S. to those national team members assigned as part of Team USA and/or pair/groups approved through the international club competition request program.

- a. National Team Assignments - Members of the Senior National Team, Junior National Team, and Age Group Team, may be assigned to international competition as part of Team USA throughout their tenure on the team. Selection and assignment is the responsibility of the Athlete Selection Committee and Acrobatics Program Committee, as defined in the selection procedures. National Team members not assigned to international competition, because of age restrictions or lack of available of meets, may apply for international competition opportunities through the international club competition request program, see Section 9.b. If a national team member participates in an international competition approved through the international club competition program, they are representing their club, not the USA.
- b. International Club Competition Request Program – This program provides flexibility and accessibility to international competition opportunities for pair/groups currently training and/or competing on the international competition track.
  - i. Coaches MUST submit a written request to attend international competitions, using the International Competition Request Form (Appendix A-5). Parents CANNOT make requests. Approval is not guaranteed. Request are reviewed by the Acrobatics Program Committee and responses given in approximately two weeks. Requests must be made BEFORE event registrations or travel plans are made/confirmed.
  - ii. We encourage coaches to work together to arrange trips with multiple pair/groups and clubs represented.
  - iii. Judges may be required to attend international competitions with US pair/groups.
  - iv. International competitions available to club teams are those that are non-FIG sanctioned events. A club teams may NOT attend any international competition that Team USA athletes are participating in.
  - v. An updated list of available international competitions can be found on the

SportsAcrobaticsInfo website. Check back often as competitions are added throughout the year.

- vi. To be eligible to request permission to attend an international competition, each pair/group must meet the following criteria:
  - 1) Must currently be training or have competed on the International – Age Group 11-16, Junior Elite 12-18, Junior Elite 13-19, and/or Senior Elite (JO levels are not permitted).
  - 2) Pair/groups must meet the age requirements specified in the international competition directives/invitation for their respective level.
  - 3) All members of the pair/group must be citizens of the USA.
- vii. Benchmark Scores (sum of all exercises) - these scores will help coaches understand whether athletes are prepared to compete internationally.
  - 11-16: 51.00
  - 12-18: 76.50
  - 13-19: 77.00
  - Senior: 77.50
- viii. If athletes are in a new partnership, have not competed at the respective level yet, or for other circumstances, videos will be requested and should be submitted with the request form. The Program Committee reserves the right to request additional information as needed.
- ix. If a request is approved, pair/groups compete representing their club team. No USA or national team apparel can be worn.

#### 10. Resident Foreign Athlete Regulations

- a. Resident foreign athlete is defined as an athlete without United States citizenship, residing in and training at a club in the US, and holding a current USA Gymnastics athlete membership.
- b. USA Gymnastics recognizes the positive benefits of having foreign athletes who are residing in the United States participating in its sanctioned competitive events. However, USA Gymnastics has an obligation to observe all rules and regulations regarding the participation of foreign athletes as set forth by the International Gymnastics Federation (FIG) and the Sports Act of 1978.
- c. FIG regulations require a resident foreign athlete to acquire written approval from the gymnastics federation from his/her respective native country (for which he/she holds a passport) before he/she may compete in competitions held in the United States. If a gymnast who is not a U.S. citizen competes without the written permission from his/her national federation, it is a violation of the International Gymnastics Federation's (FIG) regulations. Getting approval from the athlete's native federation is the responsibility of the athlete, and this rule applies to all levels of competition in all five programs (men's and women's artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, and acrobatic gymnastics). To fulfill the FIG requirements foreign athletes must:
  - i. Submit a letter to their native federation requesting permission to compete in USA Gymnastics sanctioned events in the United States. A sample letter can be found in Appendix A-13.
  - ii. The FIG's directory of national gymnastics federations can be found on the FIG website under directory.
  - iii. A copy of the letter of approval from the athlete's native federation must be provided to the athlete's club and to the Acrobatic Gymnastics Program Director.
- d. For JO Level competition (Levels 5-10), resident foreign athletes are eligible to compete/participate in USA Gymnastics sanctioned events with full privilege and receive awards at all competitions, including Regional Championships and USA Gymnastics Championships. Duplicate awards are not necessary.

- e. For International Track competition, resident foreign athletes are eligible to compete/participate in USA Gymnastics sanctioned events at the local, state, regional and invitational level with full privilege and receive awards. Resident foreign athletes may participate at “Pre-Qualifying events” (e.g.; USA Gymnastics Championships) with full privilege and receive awards, provided the following stipulations are met:
  - i. Must be a current USA Gymnastics athlete member.
  - ii. Event registration is open; i.e., not restricted to current national team members or other defined group of participants, and/or does not have a set number of participants.
  - iii. Participation does not displace a spot that would otherwise have been allocated to a U.S. athlete.
  - iv. The event does not serve as a ranking/re-ranking event for the national team, and is not a selection event for international assignments.
  - v. Participation is approved in writing by the Acrobatic Gymnastics Program Director prior to the close of the meet’s entry deadline.
  - vi. If granted, the participating athlete is not eligible to qualify to the next level of Qualification/Selection event pursuant to Section 9.f., below.
- f. Only athletes eligible to represent the United States in international competition are permitted to compete in Qualifying or Selection events for the respective international competition (i.e.; WAGC, WCH, World Cup, World Games). Athletes must be declared eligible based on USA Gymnastics and FIG regulations prior to any Qualifying events. Specifically, athletes who have represented another country in international competition, regardless of citizenship (Foreign Athletes), who are ineligible to represent the United States in international competition may not compete in Qualifying or Selection events for the team. Qualification events for specific National Teams and international competitions are listed in the respective selection procedures.
  - a. A resident foreign athlete’s scores may be included in a club/team score at all levels of competition.
  - b. A resident foreign athlete may participate as a member of a training squad or camp, including JO Development Team.
  - c. A foreign athlete, regardless of residency, may NOT participate as a member of a national team or represent the United States in international competition. Therefore, foreign athletes are not allowed to be members of the International Club Team, 11-16 AGT, Junior National Team, Senior National Team, World Age Group Competition Team, World Championships Team, or other international delegations. USA Gymnastics will verify citizenship before naming a team.

## 11. Level Mobility

- a. Level Mobility is the general term used for pair/groups to progressively move to higher levels of competition. The Acrobatics Program Committee may set specific requirements to qualify into junior and senior elite levels of competition, which would be defined in this section of the R&P.
- b. It is possible to move up one or more levels during a season. Pair/groups may move up at any point in the season or off-season with the exception that they must compete at USA Gymnastics Championships at the level at which they qualified from state or regionals.
- c. Level 1-10 and AG 11-16 Advancement: The coach of Level 1-10 athletes determines when they will move to higher levels. Lower level skills should be successfully performed before advancement.
- d. Junior Elite 12-18 and 13-19, and Senior Elite Advancement: Advancement to the junior and senior elite levels is at the coach’s discretion. Athletes should be experienced in acrobatic gymnastics and have mastered fundamental skills at the JO level before advancing to elite.



It is the coach's responsibility to make safe and prudent decisions concerning the advancement of athletes to these higher levels.

- i. Please note, although skills testing or other pre-requisites are not required prior to competing at the junior or senior elite level, minimum difficulty requirements and associated penalties are in effect (see the January 2017 [Technical Update](#)).
- ii. The pair/group MUST meet the minimum age requirements for the level they wish to compete.

## **SECTION NINE: COMPETITION OFFICIALS, DUTIES, AND RESPONSIBILITIES**

1. Meet Officials – Qualifications, duties, and responsibilities
  - a. Meet Director - is responsible for the organization and conduct of the competition.
    - i. There is one meet director per competition, as required by the USA Gymnastics sanctioning procedures. However, additional volunteers/staff can assist with the organization and conduct of an acrobatics meet.
    - ii. Must be a USA Gymnastics Acrobatics certified Meet Director by taking and passing the Acrobatic Gymnastics Meet Director Exam and hold a current USA Gymnastics Professional Membership.
    - iii. The Meet Director should have no other responsibilities during the competition except overseeing the meet.
    - iv. Give advance notice of the meet to eligible clubs: not less than one month prior to the event for local and state meets and three months prior to the event for Regional Championships.
    - v. Plan the competition, obtain a sanction, ensure the safety of the competition equipment and site, and communicate with coaches.
    - vi. Determine the schedule of competition and rotation schedule/starting order and notify all coaches.
    - vii. Work with the Regional Judges Coordinator to contract judges for the meet. Coordinate with assigned judges regarding travel needs for the competition.
    - viii. Publish meet directives which include the date, time, location, directions, general schedule, tariff sheet deadlines, age groups, awards information/places, specific music requirements, etc. Meet directives should be communicated to all coaches and judges.
    - ix. Check that all participating athletes, coaches, and officials are members in good standing with USA Gymnastics - Acrobatic Gymnastics and that they comply with the rules.
    - x. Provide the tools, space and time in the schedule for the athlete height measurements prior to competition.
    - xi. Assist with the printing and organizing of tariff sheets along with the meet referee, DJ and CJP prior to competition.
    - xii. Assist in the channeling of inquiries and appeals between the coaches and the Meet Referee.
    - xiii. Provide judges slips, a means to record scores, and display scores to the participants and public.
    - xiv. Ensure that scores are correctly recorded, and awards are correctly distributed.
    - xv. Send to the Regional Administrative Committee and the Acrobatic Gymnastics National Office properly prepared Competition Report Forms (see Appendix A-3) by the designated deadlines. A head tax per athlete entered in the competition must accompany the report form that is sent to the National Office.
    - xvi. Send meet results to the Regional Administrative Committee Chair, all participating clubs/coaches, and others as needed.
  - b. Jury of Appeals - is the ultimate decision-making body of the competition. Its decisions are final.
    - i. The Jury acts on appeals and other competition controversies not resolved at lower levels.
    - ii. The Jury may remove any judge for committing flagrant errors in judging and/or bias.

- iii. Composition of the Jury of Appeals for local, state, and regional competitions:
  - 1) All Juries must have an odd number of members, with a minimum of three.
  - 2) The Meet Referee, who chairs the jury
  - 3) The CJP of the panel to which an appeal has been issued
  - 4) The Meet Director and Meet Referee together may appoint additional members from qualified judges, coaches, or administrators as needed.
- iv. Composition of the Jury of Appeals for national-level competitions:
  - 1) All Juries must have an odd number of members, with a minimum of five.
  - 2) Meet Referee, who chairs the jury
  - 3) The CJP of the panel to which an appeal has been issued
  - 4) Acrobatic Gymnastics Program Director
  - 5) Additional members are appointed as needed by the Acrobatics Program Committee and can be a current member of the Program Committee, national subcommittee, and/or Assistant Meet Referee for the respective competition.
- v. The composition of the Jury of Appeals must be announced before competition begins.
- c. Meet Referee – is the overall superior judge of the competition.
  - i. One Meet Referee is assigned per competition. At USA Gymnastics Championships an Assistant Meet Referee(s) may also be assigned.
  - ii. Should **not have any conflict of interest with participating teams**, whenever possible.
  - iii. Should not serve as CJP for a panel unless necessary.
  - iv. Must be a National Superior Judge or higher for national-level competition, must be a National Judge or higher for regional competition, must be a Regional Judge or higher for state competition, and must be a State Judge or higher for local competition.
  - v. Review and evaluate tariff sheets submitted by coaches through the Online Tariff Sheet Manager (OTSM) prior to a competition. Oversee the CJP and the Difficulty Judge as they evaluate the tariff sheets prior to the competition.
  - vi. Verify the submission date of tariff sheets against deadlines and verify all updates posted to the OTSM. Communicate any due fees and/or late tariff sheet penalties to coaches/clubs. The Meet Referee retains late tariff sheet fees.
  - vii. Collect information regarding deficiencies with tariff sheets and immediately inform the coach and the other judges concerned (i.e.; CJP and/or DJ). However, correct tariff sheets are ultimately the responsibility of the coach.
  - viii. Be responsible for the conduct of the judges on the panel(s).
  - ix. Settle controversies regarding the rules.
    - x. Oversee the athlete height measurement process per Appendix A-1 and the JO and FIG Code of Points. Record measurements and communicate applicable deductions to the CJP to apply during competition.
    - xi. With the assistance of the Meet Director, receive appeals from coaches and deal directly with the judging panels concerning those appeals. Request video review by the Jury of Appeals, if deemed necessary.
    - xii. Act as a member of the Jury of Appeals.
    - xiii. Determine a control execution score and artistry score for each exercise. Records own scores before reviewing the scores from the panel judges.
    - xiv. Meet Referee reserves the right to change data entry or mathematical error and post the correct score outside of the appeals window.
    - xv. File a Meet Referee Report within ten days of the meet with the specified individuals. If judges from other regions participate as active judges at the competition, a copy of

- the Meet Referee Report must also be sent to the designated individuals in the respective region(s).
- d. Chair of Judges Panel (CJP) - Is the superior judge of the panel and responsible for the organization and activity of the judges on the panel, giving both an execution and artistry score for each exercise, and determining CJP penalties.
    - i. There is one CJP per judging panel.
    - ii. Should **not have any conflict of interest with participating teams**, whenever possible.
    - iii. whenever possible.
    - iv. Must be a National Judge or higher for national-level competition, must be a Regional Judge or higher for regional competition, or must be a State Judge or higher for local and state competitions.
    - v. Review and evaluate tariff sheets submitted by coaches through the Online Tariff Sheet Manager (OTSM) prior to a competition. Immediately inform the Meet Referee of any deficiencies found in the tariff sheets.
    - vi. Act as the superior judge of the panel.
    - vii. Be responsible for the organization and activity of the judges on the panel during competition, including their entry and exit from competition.
    - viii. Signal the start of the exercise and takes part in its evaluation.
    - ix. Be responsible for the timing of the music/exercise. May ask for assistance from a volunteer timekeeper.
    - x. Determine an execution score and artistry score for each exercise. Records own scores (on judging slips or electronic entry) before receiving scores from the panel judges.
    - xi. Work with the DJ to complete the Difficulty Slip (Appendices A-9 & A-10).
    - xii. Check differences between the judges' marks to be sure they are within tolerance.
    - xiii. Watches for discrepancies in the judges' evaluations and calls the judges together, if necessary, to resolve problems.
    - xiv. Take appropriate CJP deductions from the total score.
    - xv. Be responsible for the calculation and display of the final score at the panel.
    - xvi. Sign the master score sheet to verify that individual judges' marks are accurately entered.
  - e. Difficulty Judge (DJ) - Determines what elements are performed in competition and calculates the difficulty value of the exercise.
    - i. There is one DJ per judging panel.
    - ii. Must be a National Judge or higher for national-level competition, must be a Regional Judge or higher for regional competition, or must be a State Judge or higher for local and state competitions.
    - iii. Review and evaluate tariff sheets submitted by coaches through the Online Tariff Sheet Manager (OTSM) prior to a competition. Immediately inform the Meet Referee of any deficiencies found in the tariff sheets.
    - iv. Based on the performed exercises, determines the difficulty value and D-score of the exercise.
    - v. Determines short hold penalties and all other DJ penalties per the Code of Points.
    - vi. Works with the CJP to complete the Difficulty Slip (see Appendices A-9 & A-10) used in the score keeping and appeals process.
  - f. Panel Judges
    - i. Must have a current Acrobatic Gymnastics judge certification at any level (local, state, regional, national, national-superior, or international) to judge at a sanctioned competition.
    - ii. Attend all meetings of judges, prior, during or after competition.

- iii. Follow all instructions given by the CJP and/or Meet Referee, including instructions given during judges meeting.
  - iv. Help evaluate exercise tariff sheets if requested to do so by the CJP.
  - v. Evaluate the performed exercise in strict accordance with the rules.
    - 1) Artistry judges evaluate the choreographic structure and design, variety, relationship between partners, and musicality of the exercise.
    - 2) Execution judges evaluate the quality of the technical performance of the exercise.
  - vi. Keep written record, including shorthand notation, of how each exercise was evaluated, using the respective artistry and execution judging forms (Appendices A-14 & A-15). Submit forms to the CJP at the end of the competition.
  - vii. Has the right to appeal, in writing, to the Jury of Appeals against unjust actions of the CJP.
- g. Regional Judges Coordinator
- i. Communicate with meet directors about meet specifics and judging needs.
  - ii. Assign meet panels per the Acrobatic Gymnastics Operating Code for local, state, and regional competitions.
    - 1) Judges should be assigned as early as possible before the competition to allow for travel arrangements, tariff sheet evaluation, check of professional memberships, etc.
    - 2) Judging assignments and specific panel roles must be communicated to the involved judges and the meet director.
  - iii. Considerations for judging assignments include: judge rating, experience, past performance, requirements needed to maintain and advance ratings, availability, **conflict of interest**, travel/proximity to competition, etc.
- h. Technical Personnel (volunteers or staff)
- i. Timekeeper - works near the CJP and times the duration of the exercises and reports this information to the CJP. Minimum age is 16.
  - ii. Line Judge - sit at opposite corners of the competition floor and signals, by raising a hand, if there is a boundary fault. There can be one or two line judges.
  - iii. Runner - takes the marked score sheets from the panel judges to the CJP and then to the Scorekeeper.
  - iv. Scorekeeper - accepts the judges' score sheets, records them, and determines the final score, which is posted/saved, then displayed immediately to the participants and audience. The Head Scorekeeper may be assisted by a staff and may use computers for the score entry and recoding. There must be a backup to any computer scoring. The Head Scorekeeper obtains the CJP's signature on the official master score sheet at the end of the competition. Minimum age is 16.
  - i. Medical personnel - are responsible for first aid for injuries, follow-up on further aid if needed, and written records of the injury. They must comply with the guidelines set up by the Acrobatic Gymnastics Program Committee and USA Gymnastics.

## 2. Judging Panel

- a. One judging panel consists of (1) CJP, (1) DJ, (1-4) Artistry judges, (1-4) Execution judges.
- b. A competition may utilize one or two judging panels, dependent on the number of participants and Meet Director's schedule. If two judging panels are used, routines should alternate between the panels and the schedule must be set accordingly.
- c. Organization of a Judging Panel:
  - i. Minimum for Local Meets: 1 CJP (also throws an execution and an artistry score), 1 Difficulty Judge, 1 Execution Judge, 1 Artistry Judge. For local meets in developing areas with few available judges, an exception may be made up to one time per

season to run a judges' panel with fewer than four judges. In this case, the Meet Director must submit a petition to the Regional Technical Committee for consideration. If approved, the Regional Technical Chair and Regional Judges Coordinator will determine panel assignments and judging responsibilities to ensure an efficient competition.

- ii. Minimum for State and Regional Meets: 1 CJP (also throws an execution and an artistry score), 1 Difficulty Judge, 2 Execution Judges, 2 Artistry Judges
  - iii. Minimum for USA Gymnastics Championships: 1 CJP (also throws an execution and an artistry score), 1 Difficulty Judge, 2 Execution Judges, and 2 Artistry Judges
  - iv. For other national-level competitions, the National Technical Committee, in conjunction with the Acrobatics Program Committee, will determine the number of judges and judging panels.
- d. Procedures of the Judges' Panel
- i. Judges must be seated no less than 1.5 meters (5 feet) apart. Judging positions should alternate, execution then artistry, etc. on the panel.
  - ii. A panel of judges must all be seated along one side of the floor. It is possible to place two panels along the same side of the floor.
  - iii. The height of the competition podium must ensure that the judges, when seated, can clearly see the front and back line marking of the floor area.
  - iv. Judges should indicate total deductions and score on judging slips. All slips must be signed.
  - v. A judge may not change his/her mark once it has been submitted unless the CJP and/or the Jury of Appeals request the judge to reconsider. If a judge realizes a mathematical mistake or entry error after submitting the score, he/she must immediately notify the CJP and ask to make the correction.

### 3. Conflict of Interest of Officials

- a. Conflict of interest refers to an association between a meet official and a particular team(s).
- b. Conflict of interest is determined each competitive season. An official is considered to have a conflict of interest with a team if there is a current association, as defined below, or has been associated within the previous year (i.e.; conflict of interest remains for one year following the termination of the association). For example, a judge has a child who competes for "Gym USA" during the 2016-2017 season, but quits at the end of the season in 2017. This judge is considered to have a conflict of interest with "Gym USA" for the 2016-2017 and 2017-2018 seasons, then is considered without a conflict of interest in subsequent seasons.) Therefore, it is possible for an official to have a conflict of interest with more than one team, either because there are two current associations or not more than one year removed from past association and on current association.
- c. An official is considered to have a conflict of interest with a team/club if he/she meets any one or more of the conditions listed below:
  - i. An immediate family member of an athlete
  - ii. An owner or paid employee of the athlete's club
  - iii. A team member
  - iv. Coach of the athlete
  - v. An athlete or the immediate family of an athlete in a different sport at a club is not considered affiliated with the acrobatic gymnastics team.
- d. A judge with a conflict of interest may be assigned as a panel judge or DJ, but not as CJP.
  - i. No more than one judge with a conflict to the same club may be assigned per panel, whenever possible.
  - ii. These restrictions shall apply to all competitions but local meets.

- iii. If the above restrictions cannot be met, the Regional Judges Coordinator and Meet Director for the competition must petition for a waiver to the National Technical Chair (with copy to the Regional Technical Committee Chair).
- iv. At USA Gymnastics Championships (levels where national team selections occur) and national-level selection competitions, (i.e., for National Team, World Team, etc.), conflict of interest is not allowed on the judges' panel in any role.
  - a. Judges on panel may change between sessions/events to provide experience for judges at national events, provide a conflict of interest free environment for the athletes, and maintain a competition of the highest quality.
  - b. The National Technical Committee Chair and Acrobatics Program Committee will consider conflict of interest along with judging experience, rating, and past performance when assigning judges to these competitions.

## **SECTION TEN: REGULATIONS AFFECTING ATHLETES**

1. Competitive Attire
  - a. All competitors must be neat and clean in appearance.
  - b. Competition attire must be gymnastics in character and design. Attire must be elegant and complement the artistry of an exercise. It should not divert attention from the performance of the athletes nor require adjustments during an exercise.
  - c. Partners must wear identical or complementary attire.
  - d. Competitive attire should respect the gender of the gymnast in design.
  - e. Women and girls perform in leotards or one-piece, unitards or leotards with skirts.
    - i. Flesh-colored tights are allowed.
    - ii. Leotards may be with or without sleeves, but dance style leotards with narrow straps are not allowed.
    - iii. Female athletes may NOT wear shorts of any kind.
    - iv. Skirts must cover, but not fall further than the pelvic area of the leotard, tights, or unitard.
      - 1) The style of the skirt (cut and decoration) is free, but the skirt must always fall back on the hips of the gymnast.
      - 2) Ideal skirts are fitted close to the body, do not have several layers that separate, follow the line of the leg and cut of leotard, be attached at the sides, include a design on the leotard underneath.
      - 3) The look of "ballet tutu", "island grass skirt" and "dress style" is forbidden.
      - 4) The skirt must be integrated into the leotard (it cannot be removeable).
  - f. Men and boys may compete in leotards or pullover shirts with gymnastics shorts or long gymnastics trousers. One-piece suits/unitards are also allowed.
  - g. Dark colored (i.e.; black, navy blue, dark brown, dark red, dark green, dark purple) legs of trousers, unitards or tights are allowed only if the color on the leg is broken the whole length of leg, from the hip to the ankle with a light-colored decoration or pattern. The breaking must be simple and not overdone. The length and type of the fabric covering the legs must be identical on both legs. Only the decoration may be different,
  - h. For safety reasons, loose clothing, raised attachments, and accessories are not allowed. All attire for men and women must be close fitting to allow the judges to properly evaluate body lines.
  - i. All attire must be modest including the use of proper undergarments. The cut of the leg of the leotard must not go above the iliac crest (hipbone) during any point of the exercise. The back of the leotard must not go below the scapulae (shoulder blades) or the neckline no further than half sternum in the front. Lace and transparent material on the torso must be fully lined.
  - j. Provocative, swimsuit, character outfits, and photographs in the design are forbidden.
  - k. Competitors may perform with or without footwear such as gymnastic slippers, acrobatic shoes, or socks. Footwear must be flesh colored or white, clean and in good repair. For men, footwear must be worn with pants. However, it is optional to wear footwear with shorts. Partners' footwear need not be the same.
  - l. The following items are forbidden for competition attire and may incur a -0.5 penalty:
    - i. Provocative attire
    - ii. Cabaret, bikini, swimsuit styles
    - iii. Immodest designs or coverage, design or transparency of attire must not allow exposure of undergarments, trunk, navel, or private body parts
    - iv. Midriffs are not permitted



- v. Pictures or photographs in the design
- vi. Character outfits (i.e.; waiter, sailor, folk, religious)
- vii. Spaghetti straps or the appearance of spaghetti straps or dance-style leotards
- m. The following attire are not permitted, and infringements may incur -0.3 penalty:
  - i. Loose-fitting clothing
  - ii. Raised attachments or accessories
  - iii. Skirt infringements, including length, curly layers, etc.
  - iv. Colored tights and/or designs or beading on flesh-colored tights
  - v. Unbroken, dark colored legs of pants
  - vi. Dress-style skirted leotards
  - vii. Footwear infringements
  - viii. Accessory and aid infringements
- n. Advertising on competitive attire must be confined to the manufacturer's name or logo and must conform to USA Gymnastics and FIG standards. For competitions within the USA Program (not international competitions), a team/club name or abbreviation leotards may be included in the design. It must be reasonably sized, and placement must be in good taste. The athlete's name may not be included on the leotard.
- o. For International competitions, the identification of the athlete's federation must be clearly visible on competitive attire. Identification can be in the form of a badge, sewn on, or also the name of their country or federation written out or abbreviated, or in the form of a crest in their national colors on the leotard. The minimum size of the emblem is 30 sq. cm.

## 2. Attire for warm-up and training sessions

- a. Competition-like attire must be worn during warm-up and training sessions at all meets.
  - i. For girls: long sleeve or sleeveless leotard. Bike shorts or leggings (full-length or capri) may be worn. No baggy shorts or t-shirts/tank tops allowed. Girls should make all efforts to NOT have exposed undergarments or straps. It is acceptable for the strap of a black, dark colored, or a color matching the leotard t-back sports bra to be visible. Girls must wear a leotard over the sports bra.
  - ii. For boys: shorts and t-shirt or competition leotard/unitard are acceptable. Boys must wear a shirt at all times.
- b. The rules regarding accessories and aids (below) should also be followed for training and warm-up sessions. Exception: equipment and/or colored braces/taping may be used during training and warm-up times.
- c. All attire must be appropriate and in good repair.

## 3. Attire for Opening/Closing Ceremonies and Awards Ceremonies

- a. Athletes should present for awards in competition attire/leotard (not warm-up).
- b. All athletes should wear a club warm-up, including jacket and pants, for opening and closing ceremonies, unless otherwise specified by the Meet Director. Athletic shoes, socks, or bare feet are acceptable. (No boots or flip-flops.)

## 4. Accessories and Aids

- a. Jewelry, including but not limited to, earrings and studs, watches, bracelets (except medic-alert bracelets), anklets, necklaces, broaches, rings (including wedding bands), nose and navel rings and studs, is not allowed.
- b. Sequins, stones, cummerbunds, and lace must be either integrated into the fabric of the attire or attached securely, but any injury occurring consequently is the responsibility of the coach and athlete.

- c. Hair clips, slides, bands, barrettes, ribbons, scrunchies and bun nets, if worn, must be secure.
- d. Character hair accessories (i.e. tiaras, feathers, flowers) and scrunchies or hair clips with loose pieces are not allowed.
- e. Face painting is not allowed. Make-up must be modest and not portray a theatrical character (i.e. animal or human).
- f. Tattoos must be covered.
- g. Equipment such as belts or head-rolls, to aid execution of elements, is not allowed. Taping and support bandages must be of neutral color. Any exceptional support, such as a knee brace that is not a neutral color, may be worn without penalty if the coach gains approval from the National Technical Committee Chair prior to the competition.

## 5. Music

- a. All exercises are performed to music. Music should be appropriate for competition, as well as the age and ability of the pair/group.
- b. Music reproduction must be of high quality.
- c. Levels 2-5 exercises use compulsory music, which can be found on the [Acrobatic Gymnastics website](#).
- d. At Levels 6 and above, the music selection is of the coaches' and athletes' choosing.
- e. Instrumental music with one or more instruments including special effects and synthesizers is permitted. Voices may be used as an instrument and meaningless words are allowed.
- f. Music with lyrics (words) may be used in one exercise at Levels 8 and above.
  - i. Inappropriate (i.e.; offensive, sexual, aggressive, violent, contain swear words, etc.) lyrics are forbidden.
  - ii. The coach must indicate on the tariff sheet for the exercise if the music contains lyrics.
  - iii. A pair/group may only use music with lyrics in one exercise.
- g. Music infringement penalties:
  - i. Penalties are defined in the JO and FIG Code of Points.
  - ii. At local, state, and regional meets, if a first-offense music infringement occurs, the CJP will give written warning to the coach, defining the objectionable lyrics. A copy of the warning should also be included with the Meet Referee's report form. A second offense at a subsequent meet (local, state, or regional) will incur the respective penalty.
  - iii. At USA Gymnastics Championships or other national-level competitions, all music infringement penalties apply.
- h. Music must be submitted prior to competition per the Meet Director's request (MP3 files and/or CDs). The music files or CDs should be clearly marked with the competitors' names, club, and the event (balance, dynamic, or combined). Tape cassettes are not allowed.
- i. Competitors are advised to have duplicate CD's with them in case of loss, damage, or other problems with originals.
- j. For all levels, manually turning off or fading the music before the music ends will result in a 1.0 penalty taken by the CJP. If athletes finish their exercise and leave the floor while the music is still playing, the music may then be turned off (however, the penalty for finishing before the music may apply).

## 6. Continuation and Repeating of Exercises

- a. If there is a technical failure causing the music to stop, competitors should continue the exercise unless stopped by the CJP. In this case, there will be no penalty for performing without music and the timing of the music will stop.

- b. If competitors do not start or stop their exercise because the music is incorrect, there is a technical failure, or the exercise was interrupted for a reason beyond the control of the athletes and coach, the Meet Referee and/or CJP may allow athletes to re-start or repeat an exercise without penalty. If the problem cannot be immediately rectified, the exercise may be rescheduled for the end of the rotation/session.
- c. If the athletes do not start or stop their exercises because of poor quality or incorrect music, which relates to the responsibility of the athlete or coach, re-start will be at the discretion of the Meet Referee and/or CJP and will incur a 0.3 penalty, which is deducted by the CJP.
- d. The Meet Referee and CJP will direct the coach if and when the repeat may be done.
- e. It is a requirement to perform the same elements in the repeated exercise as performed on the first attempt or intended to be performed in the original exercise. Otherwise, the repeated exercise will not be scored.
- f. An exercise cannot be repeated once completed with or without music.
- g. There is no other repeating of exercises.

## 7. Length of Exercises

- a. Exercises have no minimum time limit.
- b. Maximum length of exercises is defined for each level below (maximum time of music).
  - i. Levels 5-7 maximum time is 2:45
  - ii. Levels 8 and AG 11-16 maximum time for balance and dynamic is 2:00
  - iii. Levels 9-10, JE 12-18/13-19 and Senior Elite maximum time is 2:30 for balance and combined and 2:00 for dynamic
  - iv. Note, timing of Levels 2-4 exercises is not necessary since compulsory music is used.
- c. The timing of the music starts at the first note of music and goes through the final note of music.
- d. There is a 2 second tolerance before the overtime of music penalty is applied (i.e.; A Level 8 exercise that is timed at 2:01 or 2:02 does not receive a penalty.) Overtime penalties are defined in the JO and FIG Code of Points.
- e. Athletes may come to the floor to take their start position or exit the floor with artistry, but without music or choreography. Athletes should make all attempts to enter the floor area and take their starting position as efficiently as possible. The start position cannot include the building phase of an element
- f. The first move made by one or more competitors from the start position is considered as the start of the exercise. The end of the exercise is the final static position of all partners, which must coincide with the music. Penalties for starting before the music and finishing before or after the music are defined in the JO and FIG Code of Points.

## **SECTION ELEVEN: AWARDS**

1. General Regulations
  - a. Awards for State Championships, Regional Championships, and USA Gymnastics Championships must be ordered from the [Official Awards Supplier of USA Gymnastics](#). Exceptions must be approved by the Acrobatic Gymnastics Program Director and may be made only if awards are donated by state governments, sponsors, etc.
  - b. Awards are given per level, event, and age group.
  - c. The minimum number of places awarded in each category can be set by the Regional Administrative Committees.
  - d. At USA Gymnastics Championships, in each category medals will be awarded for first through third places. Awards (i.e.; ribbons) for fourth through sixth places are also required.
  - e. If an award is given in error, the athlete may keep the award. The correct award and title will be given to the correct athlete(s).
  - f. Ties are not broken. In case of a tie, duplicate awards will be given, and the next place(s) will be skipped.
  - g. Awards are determined by the sum of all exercises performed at that level.
    - i. Levels 5-7, one combined exercise
    - ii. Levels 8-10 and AG 11-16, all-around (sum of balance & dynamic)
    - iii. JE 12-18, JE 13-19 and Senior Elite, all-around (sum of balance, dynamic, and combined)
  - h. The awarding of individual exercise (Balance and Dynamic) places is not required, but may be done at the discretion of the Meet Director.
2. Team Awards
  - a. Team Awards may be given at State Championships, Regional Championships, and USA Gymnastics Championships. Team awards are not given at local and invitational competitions.
  - b. Team awards are given per JO level of competition. Team awards are not given for International track levels.
  - c. There is no entry fee required to be eligible for team awards.
  - d. At USA Gymnastics Championships, team award criteria are as follows:
    - i. To be eligible for a team award, a club must have at least three (3) pair/groups competing at the respective level. Of the three pair/groups, there must be at least one pair (i.e.; WP, MP, MXP) and at least one group (i.e.; WG, MG).
    - ii. Top three (all-around) scores (including the highest scoring pair, the highest scoring group, and a third pair or group) are added together to determine places (highest total score is 1st place, and so on).
    - iii. First place team at each level will receive an award (i.e.; banner, plaque, trophy). Second and third place should also be recognized (i.e.; announcement, certificate, etc.).
  - e. Each Regional Administrative Committee, determines if team awards are to be given at State and Regional Championships. If so, the Regional Administrative Committee may determine the criteria used. The criteria may follow that for USA Gymnastics Championships or may be different, but must be clearly defined and published to all clubs in the region.
3. Achievement Awards
  - a. Achievement awards are given annually at USA Gymnastics Championships, honoring top

athletes and coaches in our sport.

<b>Award</b>	<b>Award Description</b>	<b>Eligibility</b>	<b>Selection Procedures</b>
Glenn Sundby Award for Outstanding Pair/Group Performance (JO & International Track)	Outstanding overall performance (including skills, artistry, presence on floor, etc.) at USA Gymnastics Championships	<p>Pair/groups participating at USA Gymnastics Championships.</p> <p>One award is given to a pair/group competing at the JO Levels 6-10</p> <p>One award given to a pair/group competing on the International Track at AG 11-16, JE 12-18 or JE 13-19</p>	Selected by the Meet Referee
Pair/Group of the Year	Awarded for the highest achievement in athletic endeavors throughout the season (national and international competition). Based on competitive results, with emphasis placed on international success at World Championships, World Games, World Cups, Pan American Championships, etc.	All senior elite athletes who have competed in the current competitive season are eligible for this award	Selected by Acrobatic Gymnastics Program Director, in consultation with the Acrobatics Program Committee
Sportsperson of the Year	Given to the athlete whose performance that year most embodies the spirit of sportsmanship and achievement. An athlete exhibiting the strongest positive voice of the discipline.	All senior athletes qualified to USA Gymnastics Championships	Selected by a vote of all 12-18, 13-19 and senior elite athletes competing at USA Gymnastics Championships
JO Coach of the Year	<p>Awarded for the highest achievement in JO coaching endeavors.</p> <p>Based on performance of his/her athletes throughout the respective competitive season at local, regional, national, and invitational competitions (including USA Gymnastics Championships)</p>	<p>JO Coaches nominated prior to USA Gymnastics Championships, including Regional JO Coach of the Year honorees.</p> <p>Limit one coach per club.</p>	<p>Selected by a vote of JO Coaches (Levels 6-10) at the USA Gymnastics Championships.</p> <p>Limit one ballot per club.</p>

<b>Award</b>	<b>Award Description</b>	<b>Eligibility</b>	<b>Selection Procedures</b>
Coach of the Year	<p>Awarded to the coach with the athlete(s) having the highest competitive achievement throughout the respective season.</p> <p>Based on competitive results, with emphasis placed on international medals at World Championships, World Games, World Cups Pan American Championships, etc.</p>	<p>All coaches who have a 13-19 or senior elite pair or group competing at USA Gymnastics Championships are eligible for this award.</p> <p>Limit one coach per club.</p> <p>All coaches meeting the eligibility will be listed on the ballot. A club may decide which coach to list on the ballot.</p>	<p>Selected by a vote of the 12-18, 13-19 and Senior elite coaches at USA Gymnastics Championships.</p> <p>Limit one vote per club.</p>

- b. The following volunteer awards may be presented annually at USA Gymnastics Championships.

<b>Award</b>	<b>Award Description</b>	<b>Eligibility</b>	<b>Selection Procedures</b>
Star Service Award	Given for outstanding volunteer service and dedication to the Acrobatic Gymnastics Program	All members, volunteers, or others involved with the Acrobatic Gymnastics Program	Selected by the Acrobatic Gymnastics Program Committee
Janet VonBargen Award	Given for outstanding volunteer service and dedication to the Acrobatic Gymnastics Program as a judge	Any judge for the Acrobatic Gymnastics Program	Selected by the National Technical Committee

- c. Additional awards may be added by the Acrobatics Program Committee in a given year. If an additional award is given, the award description, eligibility, and selection process will be published in advance to the Acrobatic Gymnastics community.
- d. If voting for any of the achievement awards results in a tie, the Acrobatic Gymnastics Program Director break ties.
- e. Each region may determine if these and/or other (i.e.; Rookie Coach of the Year, etc.) awards are given at Regional Championships.

## SECTION TWELVE: EQUIPMENT AND ARENA

1. Floor
  - a. Athlete safety guidelines, as listed in the *USA Gymnastics Safety Handbook*, should always be considered.
  - b. Exercises are performed on a level mat area that is 12 meters by 12 meters square (39'4" by 39'4").
  - c. A 1 ¼ inch thick foam pad is the minimum requirement for padding.
  - d. A 4" spring or 4" foam cube block floor is required for all state, regional, and national competitions. If local competitions involve only Level 6 and lower levels, the host may petition their Regional Administrative Committee for a waiver of this requirement.
  - e. The competition surface must be covered with a floor exercise mat or carpet.
    - i. The carpet pile must not be higher than 1 cm. (.4 in.).
    - ii. The color must be plain (no pattern), but choice of color is left to the manufacturer's discretion. Dark colors are not allowed.
    - iii. The boundary shall have a clear contrast to the performance area.
  - f. The borderlines of 5 cm. (2 in.) width are considered inside the performance area.
  - g. For the safety of the athletes, no additional tape may be placed on the surface to mark places for competitors to stand or perform. No markings of any kind to assist performance including chalk may be made on the floor.
  - h. Any obstacles such as walls or posts within six feet of the competition floor must be covered with matting during the competition and should be noted in the competition invitation.
  - i. The unobstructed ceiling height must be 18 feet above the competition floor for Levels 5-9 and AG 11-16, 20 feet for Levels 10, Junior Elite, and Elite. Women's Groups and Men's Groups may require additional height. If such is the case, the minimum standard of 25 feet must be used. State and above competition sites must meet these standards. Petitions for exceptions must be sent to the appropriate Regional Administrative Committee for state competitions and to the Acrobatics Program Committee for regional competitions.
  - j. Deviations from normal standards, if permitted above (i.e. obstacles such as walls or posts or lower ceiling height for local competition), must be noted in the competition invitation. Colored carpet should be noted if not a standard color.
  - k. For the safety of the athlete, an air-conditioned unit is, if possible, to be used for State and Regional Championships. Competitions must indicate, in advance, if venue is not air-conditioned.
  
2. Landing Mat
  - a. A landing mat is allowed for Levels 9, 10, Junior Elite 12-18/13-19, and Senior Elite Men's Group balance and combined exercises only.
  - b. The landing mat may be 20-50 cm. thick.
  - c. Landing mat must be placed in contact with the perimeter of the floor. It must remain in place for the entire exercise. The coach is responsible for the placement of the mat prior to the exercise and for removal of the mat immediately following the exercise.
  - d. Use of a mat for any other levels or exercises is not allowed and if used is penalized according to the JO Code of Points.

## **SECTION THIRTEEN: JUDGING POLICIES AND PROCEDURES**

1. Judging Certification
  - a. Current acrobatic gymnastics judging certification is required to officiate at sanctioned competitions.
  - b. The minimum age to officiate is 18 years. An individual may attend a judges' course and take the exam prior to turning 18, but may not actively judge (or take a practical exam during a live competition) until he/she turns 18-years-old.
  - c. To become a certified judge in Acrobatic Gymnastics an individual must take a judging certification course and pass an exam (see below for details). Before judging at a sanctioned event, a USA Gymnastics Professional Membership is required.
  - d. Once certification is achieved, annual requirements of continuing education, attendance at judges' clinics, passing exam results, and judging experience are required as detailed below to maintain certification.
  - e. The following judge certification levels are available within the Acrobatic Gymnastics program and progress in the order listed.
    - i. Local
    - ii. State
    - iii. Regional
    - iv. National
    - v. National Superior
    - vi. International
  - f. Judges who come to the United States with an international rating in acrobatic gymnastics and wish to judge in USA Gymnastics sanctioned competitions must take a certification course and pass an exam for the level at which they wish to judge, the highest initial level is National rating. The test may be given orally or in written form as needed to accommodate language.
  - g. The Acrobatic Program Committee reserves the right to expedite judging certifications based on previous experience as a coach, judge and/or athlete or other special circumstances.
  - h. Each Regional Technical Committee Chair must keep accurate records of judge's ratings, certifications, assignments throughout the season, and performance notes. A regional judging report is due to the National Technical Committee Chair within 14 days following the conclusion of Regional Championships. Artistry and execution judging notes and meet results from State and Regional Championships should also be submitted along with the report.
  
2. Judging Clinic and Testing Procedures
  - a. Judge's education and exams are administered annually at
    - i. National Judges Clinic
      - 1) One national course held annually
      - 2) 2 to 2.5-day course (approx. 8 hours/day)
      - 3) Open to judges holding state or higher ratings
      - 4) Only time the National and National-Superior level upgrade exams are offered
      - 5) Attendance is required for all national and higher rated judges in the first year of the new quadrennial
    - ii. Regional Judges Clinics
      - 1) One or more regional clinics held annually in each region



- 2) 1.5 to 2-day course (approx. 8 hours/day)
- 3) Open to all level judges for recertification and upgrades to state or regional levels
- iii. New Judges Clinics
  - 1) Held as needed in each region, but opportunities should be offered annually.
  - 2) One-day course (approx. 8 hours)
  - 3) Specifically designed for new local-level judges learning acrobatic gymnastic rules and regulations for the first time. Exceptions are only for judges that have worked previously, but have been removed from judging for at least 2 seasons and are starting over with the judging progression policies. Or, any judge that does not pass their recertification course and must start over at the local level, attending a clinic for the first time.
  - 4) It is best if this course is held independently of the regional judges' course, but may be combined based on participation numbers. The National Technical Committee Chair's approval is required to combine the regional and new judges' courses.
- b. The National Technical Committee Chair, per the Operating Code, sets the date and agenda for the National Judges Clinic and approves the clinicians and dates of regional and local judging clinics. All clinic dates should also be communicated to the Acrobatics Gymnastics Program Director.
- c. Clinic content and materials, minimum time requirements of clinics, and exams will be reviewed and revised annually by the National Technical Committee. The National Technical Committee Chair will communicate this information with approved clinicians.
- d. The National Technical Committee maintains a list of approved clinicians who may conduct regional judges' clinics and/or new judges' clinics. Regional Technical Committee Chairs are approved to conduct the new local judges course.
- e. Judging clinics involving athletes (training, demonstrators, etc.) must be sanctioned through USA Gymnastics.
- f. Approved clinicians may administer exams, but grading is done by the National Technical Committee Chair or designated representative. The National Technical Committee Chair makes determinations on judges' rating based on annual clinic participation/continuing education requirements, exam results, and experience requirements.
- g. Participants are to be notified of exam results within 30 days.
- h. The National Technical Committee Chair or designated representative is the only person that may give the exams for upgrades to the National and National Superior levels.

### 3. Judging Progression Policies

- a. Local judge
  - i. Fully participate in a new/introductory judges course or Regional Judges course.
  - ii. Pass the local level written test at 80% (open book).
  - iii. Pass a practical evaluation in a competition setting at 80% or higher.
- b. State judge
  - i. Judge two competitive seasons as a local-rated judge.
  - ii. Judge a minimum of four competitions, of which two are execution assignments and two are artistry assignments.
  - iii. Pass approved state level written test at 70% minimum (closed book). Exam may also include evaluation of tariff sheets and video judging portions.
- c. Regional judge
  - i. Judge two competitive seasons as a state-rated judge.
  - ii. Judge at a minimum of two state and one regional championships.

- iii. Serve a minimum of one time as CJP and one time as DJ at a competition with optional exercises and at least two hours of competition.
  - iv. Pass approved regional level written test at 70% minimum (closed book). Exam may also include evaluation of tariff sheets using the FIG Tables of Difficulty and video judging portions.
- d. National judge
- i. Judge two competitive seasons as a regional-rated judge.
  - ii. Judge at a minimum of one state or regional championship in each of the two seasons as a regional-rated judge.
  - iii. Judge at or attend one approved national-level event (see list below).
  - iv. Serve a minimum of one time as CJP and one time as DJ at a competition with optional exercises and at least two hours of competition.
  - v. Serve as Meet Referee at least twice.
  - vi. Pass approved national level written test at 70% minimum (closed book). Exam may also include evaluation of tariff sheets using the FIG Tables of Difficulty and video judging portions. Exam is only given at the National Judges Course, once annually.
- e. National Superior judge
- i. National Superior is the highest rating a judge can achieve in the USA.
  - ii. Judges interested in earning a National Superior rating must submit a letter of interest to the National Technical Committee Chair in the year prior to eligibility. Judges must be willing to attend national-level events and/or education in order to qualify. The National Technical Committee Chair will approve applicants to sit for the National Superior exam based on completed qualifications, performance at national-level competitions and conduct as a judge.
  - iii. Judge two competitive seasons as a national-rated judge.
  - iv. Judge at a minimum of one state or regional championship in each of the two seasons as a regional-rated judge.
  - v. Judge at or attend one approved national-level event (see list below).
  - vi. Serve a minimum of one time as CJP and one time as DJ at a competition with optional exercises and at least two hours of competition in each of the two seasons as a National level judge.
  - vii. Serve as Meet Referee at least once.
  - viii. Pass approved national superior level written test at 70% minimum (closed book). Exam may also include evaluation of tariff sheets using the FIG Tables of Difficulty and video judging portions. Exam is only given at the National Judges Course, once annually.
- f. International judge
- i. The Acrobatics Program Committee invites qualified judges to participate in FIG International and/or Intercontinental Judges Courses. If the course is successfully passed, the FIG will assign a judging brevet category rating, good for a four-year cycle.
    - 1) Consideration for invitations to an international judges' course includes, but is not limited to, minimum national superior judges' rating, judging performance history, conduct as a judge, experience level, professionalism, and international experience. Candidates who have other extraordinary circumstances may also be considered. The FIG also lists minimum qualification standards that must be observed.
    - 2) Judges will first be invited to take an international judges' course hosted in the USA. Only those judges who have taken and passed an international course within this country will be recommended to take a FIG Brevet course given elsewhere in the world.
    - 3) Participants must take and pass a course given by FIG Technical

Committee members. Course expectations and exam requirements can be found in the FIG Acro Specific Judges Rules.

- ii. Judges with current FIG Judging Brevets are eligible to judge at FIG-sanctioned international competitions, as well as friendly international meets.
  - 1) The National Technical Committee Chair, in conjunction with the Acrobatics Program Committee, determines international judging assignments.
  - 2) Not all judges holding a current FIG judging brevet may receive an assignment annually.
  - 3) Criteria for assignments include FIG rating level, experience, competition requirements, availability, etc.
- iii. Judges who currently hold or previously held an FIG judging brevet will receive the pay scale for International level at USA Gymnastics-sanctioned competitions.

**g. Judging fast-track certification process**

- i. This expedited certification process is available to former acrobatics gymnastics athletes, who have competed as a senior elite athlete at a national-level event (i.e.; USA Gymnastics Championships, World Team Trials, Acro Cup, etc.).
- ii. Qualified individuals may choose to start certification at the state or regional level by taking the judging course and full examination for the respective level.
- iii. If passed, the individual can judge at the qualified level and progress up to higher levels of judging in one-year increments, with the cap of the Fast-Track program being national level. From the national level, progressions will be the same for all judges, as currently defined in the Rules & Policies. Note: to progress to the next judging level after one year of experience, all progression criteria must be met.

**4. Requirements to Maintain Judging Certifications**

- a. To maintain status, all judges must complete all the following requirements annually:
  - i. Judge at least one sanctioned meet; and
  - ii. Attend a sanctioned refresher course (Regional or National Judges Course) and pass a closed book recertification exam at 80% or higher.
- b. National, National Superior, and International level judges have additional requirements to meet annually to maintain status.
  - i. National level judges must:
    - 1) Judge one State or Regional competition per season;
    - 2) Judge or attend one national-level event every two seasons;
    - 3) Serve as Meet Referee once within two years; and
    - 4) Serve as CJP or DJ a minimum of one time per season.
    - 5) Must attend the National Judges Course on the year starting a new quadrennial.
  - ii. National Superior and International level judges must:
    - 1) Judge one State or Regional competition per season;
    - 2) Judge or attend one national-level event every two seasons;
    - 3) Serve as Meet Referee once per season; and
    - 4) Serve as CJP or DJ a minimum of one time per season.
    - 5) Must attend the National Judges Course at least once every two years, including the year starting a new quadrennial.
- c. If a judge is unable to attend the NJC at the start of the new cycle, a petition may be submitted to the National Technical Committee Chair for review by Program Committee. A decision will be given within two (2) weeks of the submitted petition. Petitions must be accompanied by all relevant documentation regarding the circumstance preventing attendance.
- d. If a judge fails to meet all requirements to maintain status, the judge must retake the

certification course and pass the exam at the rating last held or at a lower level. If the judge chooses to take a lower certification level test, he/she must follow the above requirements for progression from that point.

- e. Re-certifying as a judge after a hiatus:
  - i. Following a one-year or less hiatus from judging, a judge may re-enter at the same level by taking the certification course and “re-cert” examination.
  - ii. Following a hiatus of more than one year, a previously certified judge may choose to re-enter the judging ranks at the last held level or a lower level. To do so, the judge must take a certification course and pass the respective certification exam. Judging progressions start anew from that point.
- f. National, National Superior, and International judges should make all efforts to attend the National Judges Course annually, although this is not required.
- g. The following are considered national-level events for judging certification and maintenance requirements: USA Gymnastics Championships, World Team Trials, Acro Cup, National Team Qualifier, National Judges Course, other national-level judge’s education, national team training camps and national developmental camps. The Program Committee may designate additional events as “national-level”, and therefore fulfilling stated requirements.
- h. National-level events and international judging assignments can be used in lieu of a regional or state competition requirements.
- i. Definition of “every two years” is a rolling two-year period. Meaning that a judge may not go two consecutive years without completing the requirements.

## 5. Judges’ Uniforms

- a. Judges must wear the correct uniform for all competitions.
- b. Women:
  - i. Black blazer (must be worn during march-in and athlete presentation at minimum)
  - ii. Black skirt/slacks/split skirt (skort). The hemline is to be no shorter than 3” above the knee. No capris or shorts allowed.
  - iii. White blouse
  - iv. Black closed toe or peep toe shoe (no flip-flops, or sandals)
- c. Men:
  - i. Black blazer and slacks
  - ii. White shirt
  - iii. Red tie
  - iv. Black shoes
- d. An official USA Gymnastics judges’ patch is required to identify officials.
- e. Turn off cell phone (or set at vibrate mode) while in the “field of play” to avoid disturbing the competition. Phones should not be sitting on the table.

## 6. Judges’ Compensation

- a. At local, state, regional, and invitational competitions, judges are paid an hourly fee, which is based on current rating.
  - i. Local - \$14.00
  - ii. State - \$16.00
  - iii. Regional - \$18.00
  - iv. National - \$25.00
  - v. National Superior - \$27.00
  - vi. International - \$30.00
  - vii. Judges may serve as a time or line judge in a volunteer capacity.

- b. Additional Compensation for local, state, regional, and invitational competitions.
  - i. Meet Referee receives \$75.00 per meet day in addition to their hourly fees.
  - ii. CJP and DJ receive an additional \$25.00 per meet day in addition to their hourly fees for judging Level 7 and below, \$50.00 per day for judging Level 8 and above.
  - iii. If a judge holds two positions (i.e.; Meet Referee and CJP), the higher compensation is paid, not both.
- c. There is a two-hour minimum guarantee for each competition day.
- d. All judges are paid for all hours they are required to be at the meet site, which may include meetings, height measurement, warm-up time, competition time, lunch break, and appeals resolutions. For local, state, and regional competitions, judges are required to report 30 minutes prior to the start of the competition and remain on the clock until at least 5 minutes following the end of the competition.
- e. Judging time is determined to the quarter hour, rounding up.
- f. Policies for reimbursement of judges' travel expenses is set by the region.
- g. Judges should be paid at the conclusion of the competition, except for national-level competition.
- h. For USA Gymnastics Championships and other national-level events, judges may be paid hourly fees as listed above or may be paid a daily rate. Compensation and travel reimbursements will be disclosed to judges in their invitations for the respective event.
- i. For international competition, it is typical that no judging fees/honorariums are paid.
- j. Clinician Fees: Regional and National Judges' Course Clinicians will receive \$175 per clinic day plus reimbursement of all travel and course expenses. Local Judges' Courses Clinicians will receive \$150 per day plus reimbursement of any travel and course expenses.