2013 Men’s National Qualifier and U.S. Championships Information
MPC approved 4/1/13

National Qualifier Information

Date: July 11 – 14, 2013
Site: U.S. Olympic Training Center
Colorado Springs, CO

Entry Fee: $125.00

Location: U.S. Olympic Training Center
1 Olympic Plaza
Colorado Springs, CO 80909

Due Date: Friday June 14, 2013
Tickets: Available day of competition

Host: USA Gymnastics Men's Program
132 E. Washington St, Suite 700
Indianapolis, IN 46204
317/237-5050 or visit us at www.usagym.org

Host Hotel: Embassy Suites
7290 Commerce Center Dr.
Colorado Springs, CO 80919
Reservations must be made through National Travel Systems by June 26 at:
888/603-8747 or www.ntssportstravel.com.

Reservations: $105 plus tax (single or double)
Includes full hot breakfast & free parking

Tentative Schedule (Subject to change)

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thur. Jul 11</td>
<td>Training</td>
<td>4:00 PM – 7:00 PM</td>
</tr>
<tr>
<td>Fri. Jul 12</td>
<td>Training</td>
<td>10:00 AM – 12:30 PM</td>
</tr>
<tr>
<td>Sat. Jul 13</td>
<td>Junior and Senior Division Optional Competition</td>
<td>Session I: 12:30 PM Session II: 6:00 PM</td>
</tr>
<tr>
<td>Sun. Jul 14</td>
<td>Junior Division Technical Sequence</td>
<td>11:00 AM – 1:00 PM</td>
</tr>
</tbody>
</table>

Special Note

All athletes and coaches MUST fill out USOTC forms to participate. The forms must include all required signatures, last 4 numbers of social security number, medical forms, and emergency contact information.

On-line Entries and USOTC Forms are due by June 14. See Registration Process attached to this document. Mail, fax or email USOTC forms to:

USA Gymnastics
Lisa Mendel, Men's Program Manager
132 E. Washington St., Suite 700
Indianapolis, IN 46204

Fax: 317 / 237-5069
Email to lmendel@usa-gymnastics.org
Eligibility to Enter the National Qualifier competition

To be eligible to enter the National Qualifier, an athlete must meet the following criteria:

- Entry forms for the National Qualifier are due with a $125 entry fee to the USA Gymnastics Men’s Program Director by Friday June 14, 2013. Any approved entries received at USA Gymnastics after June 14, will require a $50 late fee to validate the entry. Approval for entries received after June 14 is not automatic.

- Any USA Gymnastics athlete member 18 years of age or older (must be 18 in 2013) may enter the National Qualifier with the intent of qualifying to the Senior Division at the U.S. Championships.

- Junior Division athletes will compete in two age divisions, 15 to 16 and 17 to 18, based on the athlete’s age as of September 1, 2012. All junior division athletes must compete both optional and technical sequence routines to be eligible for the Junior Division at the U.S. Championships.

- Junior athletes who participated at the 2013 Junior Olympic National Championships must have competed in the Junior Elite Division in order to be eligible to enter the National Qualifier.

- Special Note: An athlete who turns 15 in the year of the U.S. Championships may participate at the National Qualifier in the 15 to 16 year old age group for qualification to the U.S. Championships. (MPC 2-8-13)

2013 National Qualifier Competition Format

A. The 2013 National Qualifier is being held to determine qualifiers to the U.S. Championships in both the Senior and Junior Divisions.

B. There will be two sessions of optional routine competition on Saturday July 13, and one session of Technical Sequence competition on Sunday July 14. Final competition times are to be determined.

C. Make up of the competitive groups within the session
- Programs with athletes who are attempting to qualify for the Junior Division at the U.S. Championships will have all of their athletes placed into the first session on Saturday July 13.
- Athletes from the same program will be placed into the same competition group.
- Random draw of all programs/competitors for starting event and for the session with the exception noted above.

D. This will be an FIG rules event with the exceptions noted here.

The following documents will be used:
- FIG Code of Points –the current version which can be found at http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html
- Current version of the USA/NGJA Rules Interpretations which can be found at http://www.ngja.org/
- 2013 USA Gymnastics Special Bonus – Attachment A

E. A 30 second (50 seconds for PB) one-touch warm-up will be used. A one-touch warm-up will be provided at the beginning of each rotation followed by competition on that event.

F. Warm-ups will be open with the exception of Parallel Bars which will have assigned time blocks with the rotation based on starting event (i.e. – the group which starts on PB will have the last warm-up block time at PB)

G. Matting -- for the National Qualifier the following mat exceptions will be allowed:
- FIG matting at all events with the exception of Horizontal Bar
- At HB, athletes will be allowed the use of up to 8 inches of additional matting for release moves only (not allowed for dismounts)
2013 U.S. Championships Information

Site: Hartford, Connecticut
Date: August 14 - 18

Qualification to the 2013 U.S. Championships

Senior Division (approximately 36 athletes)
- Senior National Team members following the 2013 Winter Cup Challenge.
- A minimum of 14 athletes will qualify to the 2013 U.S. Championships based on the National Points Ranking System from the 2013 National Qualifier.
- From the 2013 NCAA Championships:
  a. The top two (2) rank order all-around (U.S. citizens), not including any pre-qualified athletes to the 2013 U.S. Championships, and provided they finish top eight (8) in the all-around.
  b. Top two (2) ranked athletes (U.S. citizens) on floor exercise, pommel horse, still rings, parallel bars and horizontal bar, which may include pre-qualified athletes to the 2013 U.S. Championships.
- Approved petitions.

Junior Division (approximately 42 athletes in two age divisions)
- Top 18, rank order finish, from the 15 to 16 age division from the All-Around Finals at the 2013 Junior Olympic National Championships.
- Top 18, rank order finish, from the 17 to 18 age division from the All-Around Finals at the 2013 Junior Olympic National Championships.
- Top 6 age eligible juniors from the Junior Division at the 2013 National Qualifier will qualify using the rank order all around results with 15 to 16 and 17 to 18 age divisions combined.
- Any open positions due to withdrawal of any participant in the Junior Division will be filled from rank order Junior Division results noted above from the National Qualifier.
- Approved petitions.

Note: No athletes who withdraw will be replaced unless the participant numbers fall below 36 for the Senior Division or 42 for the Junior Division. No athletes who withdraw from the U.S. Championships will be replaced after August 7, 2013.

2013 U.S. Championships Entry Deadline

Senior Division
- All Senior National Team athletes who automatically qualify to the U.S. Championships and who do not attend the National Qualifier, will be emailed entry information that must be submitted no later than Friday June 14, 2013. Any approved entries received at USA Gymnastics after June 14, will require a $25 late fee to validate the entry. Approval for entries received after June 14, is not automatic.
- NCAA athletes who automatically qualify to the U.S. Championships and who do not attend the National Qualifier, will be emailed entry information that must be submitted no later than Friday June 14, 2013. Any approved entries received at USA Gymnastics after June 14, will require a $25 late fee to validate the entry. Approval for entries received after June 14, is not automatic.
- For U.S. Championships Qualifiers from the National Qualifier – the on-line entry for the National Qualifier will serve as the U.S. Championships entry.

Junior Division
- For those athletes who qualify to the U.S. Championships at the J.O. National Championships, the U.S. Championships entry form must be completed and turned in at the 2013 Junior Olympic National Championships.
2013 U.S. Championships Competition Format

A. Junior Division and Senior Division athletes will compete in two days of optional competition.

B. Preliminary Competition – Friday August 16:
   - Session I: Junior Elite Division
   - Session II: Senior Division

C. Finals Competition: Sunday August 18:
   - Session I: Senior Division - see note
   - Session II: Junior Elite Division

Note: The Senior Division competition on Sunday will be made up of 36 to 42 athletes based on:
1. All Senior Division athletes
2. Top six (6) junior athletes from the Day 1 Men’s Program Committee approved 20 Point Program results as long as they also finish in the top 36 in the points program standings

D. This will be an FIG rules event with the exceptions noted here.
   The following documents will be used:
   - FIG Code of Points –the current version which can be found at http://www.fig-gymnastics.com/vsite/vnavsite/page/directory/0,10853,5187-188050-205272-nav-list,00.html
     Note: All age divisions will follow Senior rules
   - USA/NGJA Rules Interpretations, current version, which can be found at http://www.ngja.org/
   - 2013 USA Gymnastics Special Bonus – Attachment A

E. Makeup of the competitive groups within the session:
   - Athletes from the same program will be placed into the same competition group
   - Random draw of all program/competitors for starting event

F. There will be a 30 second (50 seconds for PB) one-touch warm-up will be used. A one-touch warm-up will be provided at the beginning of each rotation followed by competition on that event.

G. Warm-ups will be open with the exception of Parallel Bars that will have assigned time blocks with the rotation based on starting event (i.e. – the group which starts on PB will have the last warm-up block time at PB).

H. Matting -- for the U.S. Championships, the following mat exceptions will be allowed:
   - FIG matting at all events with the exception of Horizontal Bar.
   - At HB, athletes will be allowed the use of up to 8 inches of additional matting for release moves only (not allowed for dismounts).

I. Special Note: Those athletes who wish to have their vaulting scores be considered for individual event competition at the 2013 the World Championships must demonstrate two vaults as per FIG Competition III rules. The second vault start value and final score will be recorded for consideration by the World Team Selection Committee but will not become part of the official U.S. Championships results.

National Team Selection at the 2013 U.S Championships

Senior Division:
The selection procedures, including the points system, for the Senior National Team at the U.S. Championships will be published no later than 45 days prior to the start of the National Qualifier.

Junior Elite Division:
- The top seven (7) athletes in the 15 to 16 age division and the top seven (7) athletes in the 17 to 18 age division will be selected rank order to the Junior Elite National Team using the combined all around results from two days of competition. Age eligible juniors may be competing in either the junior or senior division sessions. Only athletes who competed Optional Routines and Technical Sequences at the Junior Olympic National Championships or at the National Qualifier are eligible for the Junior National Team.

Note: There will be a mandatory meeting for all Junior Elite and Senior National Team members and their coaches held on Monday morning August 19. The meeting will conclude by 12:00 noon.

2013 World Championships Selection Procedures can be found at: http://usagym.org/pages/men/pages/selection_procedures.html
2013 Men’s National Qualifier
Registration

Deadline: June 14, 2013

The 2013 Men’s National Qualifier registration will be available online only. Before registering, please note the following:

- Athlete fee to enter the Men’s National Qualifier is $125. Entries received without payment will not be considered.

- Coaches attending MUST register online at no charge with the following stipulations:
  - Clubs are allowed one (1) coach per athlete or a maximum of two (2) coaches per club
  - If a coach fails to register online, a $50 on-site credential fee will be charged.
  - Clubs that would like to send more than the allowed number of coaches must submit an ADDITIONAL COACHES CREDENTIAL REQUEST form to the Men’s Program Director for approval. If approved, a $50 additional coach credential fee will be charged. [Click here](#) to complete form.

- A completed registration to the Men’s National Qualifier does NOT guarantee entry. If a registration is not accepted, a full refund will be issued.

- USOTC Forms
  - ALL participants must complete U.S. Olympic Training Center forms to participate in this event. [Click here](#) to obtain the respective forms. Fax or scan and email completed forms to Lisa Mendel, Men’s Program Manager, at 317-237-5069 or lmendel@usagym.org.

- The entry deadline is June 14, 2013. Entries received after June 14, if accepted, will be charged a $50 late fee per person.

- **IMPORTANT:** All Athlete and Coach’s personal information (name, address, phone, and email address, as well as Club Name) must be current with Member Services prior to completing the registration process.

If you have any questions or problems with registration, please contact Lisa Mendel, lmendel@usagym.org or Member Services at membership@usagym.org or 800/345-4719.

[Click here](#) to register under “3MNQ.” If you are not already logged in when you click the link, you will need to log in via the upper right-hand corner of the page.

If you have not yet created an online profile, you can do so using the following steps:

- Step 1: Go to [www.usagym.org](http://www.usagym.org) and click on the [Login] link located in the top right corner.
- Step 2: Click on the [Click Here to Register] Link.
- Step 3: Enter the requested information when prompted.
- Step 4: Once your user information has been created you will then click on the registration link.
Attachment A

Bonus/Special Requirements Document
2013 National Qualifier and U.S. Championships
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There will be no Start Value Bonus.

The following Execution and Stick Bonus will be in effect at both the National Qualifier and the U.S. Championships.

<table>
<thead>
<tr>
<th>Execution Bonus (excludes any Neutral Deductions)</th>
<th>Bonus</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>9.0 to 9.35 E Panel Score</td>
<td>.1</td>
<td>Excludes vault</td>
</tr>
<tr>
<td>9.4 to 10.0 E Panel Score</td>
<td>.2</td>
<td>Excludes vault</td>
</tr>
<tr>
<td>PH:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• D or &gt; HS dismount performed without any execution deduction</td>
<td>.1</td>
<td></td>
</tr>
<tr>
<td>• 1080 Russian Dismount performed at 45° without any execution deduction</td>
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<table>
<thead>
<tr>
<th>Vault Execution Bonus (excludes any Neutral Deductions)</th>
<th>Bonus</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>5.6 or &gt; with 9.4 to 10.0 E Panel Score</td>
<td>.1</td>
<td></td>
</tr>
<tr>
<td>*This is for first vault only</td>
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<table>
<thead>
<tr>
<th>Stick Bonus for FX (dismount only), R, PB &amp; HB</th>
<th>Bonus</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Stick D or &gt; dismount</td>
<td>.1</td>
<td></td>
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<table>
<thead>
<tr>
<th>Stick Bonus for Vault</th>
<th>Bonus</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Stick 5.6 or &gt; vault</td>
<td>.1</td>
<td></td>
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