

- Junior Elite Division athletes will compete in two age divisions, 15 to 16 and 17 to 18, based on the athlete's age as of May 31, 2019. All junior division athletes must compete both optional and technical sequence routines to be eligible for the Junior Elite Division at the U.S. Gymnastics Championships.
- Junior athletes who participated at the 2019 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. Gymnastics Championships may participate at the National Qualifier in the 15 to 16 year old age group for qualification to the U.S. Gymnastics Championships.
- **All athletes age 18 and over at the time of the National Qualifier must have completed the Center for SafeSport Course. [Click here](#) to review course details and begin the course.**

Special Note Concerning Right to Participate on the USOTC Complex.

All athletes AND coaches who have not been to the U.S. Olympic Training Center in calendar year 2019 MUST complete the online USOTC forms in order to participate. Once participants are confirmed, the USOC will email electronic forms. Please make sure coach and athlete email addresses are entered into their respective membership profile BEFORE registering for the National Qualifier.

2019 National Qualifier Competition Format

- A. The 2019 National Qualifier is being held to determine a minimum of 12 Senior Division qualifiers and 6 Junior Elite Division qualifiers to the U.S. Gymnastics Championships.
- B. There will be two sessions of optional routine competition on Saturday July 6, and one session of Technical Sequence competition on Sunday July 7. See tentative schedule above.
- C. Make up of the competitive groups within the session
 - Programs with athletes who are attempting to qualify for the Junior Elite Division at the U.S. Gymnastics Championships will have all of their athletes placed into the first session on Saturday, July 6.
 - Programs with athletes who are attempting to qualify for the Senior Division at the U.S. Gymnastics Championships will have all of their athletes placed into the second session on Saturday, July 6.
 - Athletes from the same program will be placed into the same competition group.
 - There will be a random draw a minimum of 7 days prior to start of competition of all programs/competitors for starting event and for the session with the exception noted above.
- D. There will be two (2) judges per event
- E. Jury of Appeals: The Jury of Appeals will oversee the conduct of the competition. Any protests to the Jury of Appeals must be submitted as soon as possible following any incident and not later than five (5) minutes following the final competitor. The Jury of Appeals will review the situation to ensure that proper procedure and protocol were followed. The Jury of Appeals will be made up of the Chairman of the MPC, an Athlete's Representative and the Vice President of Men's Program. In the event of an absence by one of the jury members, the MPC will designate a replacement member.

- F. Coach's professional attire is required for ALL training, warm-up and competition sessions - violators will be asked to leave the floor.
- Closed toe shoes, no sandals
 - Slacks, warm-up pants or hemmed shorts (No denim, and no cargo type pants or shorts will be allowed)
 - Collared shirts
 - No hats
 - No backpacks may be worn in FOP

2019 National Qualifier Competition Rules

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

The following documents will be used:

- FIG *Code of Points* –the current FIG version which can be found at http://www.fig-gymnastics.com/publicdir/rules/files/mag/CoP_MAG_2017-2020_ICI-e.pdf plus any official Men's Technical Committee Newsletters.
 - Most recent USAG/NGJA Rules Interpretations which can be found at <http://www.ngja.org/>
 - Senior Division athletes will use the FIG *Code of Points* rules for seniors
 - Junior Division athletes will use the FIG *Code of Points* rules for juniors with no USA Gymnastics age group competition program exceptions.
- B. 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.
- C. 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)
- D. Matting -- for the National Qualifier the following mat exceptions will be allowed:
- Horizontal Bar: The use of an 8-inch (20 cm) safety mat under horizontal bar is allowed for release moves. Additionally, the use of an 8-inch (20 cm) safety mat for dismounts is allowed for the National Qualifier (as per additional matting below).
 - Use of a 10 cm on top of the 20 cm base mat is required for landings on Vault and on both sides of Horizontal Bar. This matting configuration can be changed according to the additional matting allowance noted below; however, the 20 cm base mat must remain in place and the minimum of 30 cm is required.
 - Additional Matting:
 - FX Up to 10 cm additional will be allowed – mat cannot be moved once in place. Matting may be used only for landings – no value skills may be initiated on the additional matting.
 - SR Up to 10 cm additional will be allowed (maximum 30 cm)
 - V 30 cm mats required, up to 20 cm additional will be allowed (maximum 50 cm)
 - PB Up to 10 cm additional will be allowed
 - HB 30 cm mats are required, up to 20 cm additional allowed (maximum 50 cm)

- E. The FIG competition apparel rules will be in effect (i.e. no dark colored competition pants)
- F. A Broken Hand Guard rule will apply (i.e. a retri al for the breaking of a hand guard or dowel is allowed at the discretion of the head judge)
- G. No personal electronic items (Head phones, MP3 players, phones, etc.) will be allowed in the field of play (FOP) during competitive sessions (one touch warm up, event preparation etc.). The judges at the event will assess an unsportsmanlike deduction for any infraction from athlete or personal coach.

ENTRY INSTRUCTIONS

Online Entries are due by June 3. No refunds will be granted after June 3.

All athletes **and** coaches must register for the 2019 Men's National Qualifier through the USA Gymnastics online portal. Athletes and coaches will be unable to register unless they have a current USA Gymnastics membership.

The entry fee to enter the 2019 Men's National Qualifier is \$125. Only one coach per athlete, with a maximum of two coaches per club, is permitted to register for the event. For consideration of an additional coach, an Additional Coaches Credential Form must be submitted with a \$50 fee. [Click here for form](#).

The **MEET RESERVATION** system will be used for entry into the National Qualifier. Instructions:

- Club Admin should login to club membership
- Click **MEET RES** at the bottom of the screen
- Click **SEARCH FOR MEETS** at the bottom of the screen
- Set Discipline Type to **MEN**
- Set State to **CO**
- Click on **2019 MEN'S NATIONAL QUALIFIER**
- Register and pay from here

If you have any technical difficulties in registering, please contact the Help Desk at helpdesk@usagym.org.

For any other questions or inquiries, please contact Lisa Mendel at lmendel@usagym.org.

2019 U.S. Gymnastics Championships Information

Site: Kansas City, Missouri

Date: August 8-10

Qualification to the 2019 U.S. Gymnastics Championships

- Must be a United States citizen and a current USA Gymnastics athlete member at the time competition begins. Athletes who have dual citizenship who have represented another country are not eligible for the U.S. Championships.

Senior Division (approximately 36 athletes)

- Senior National Team members following the 2019 Winter Cup Challenge
- A minimum of 12 athletes will qualify to the 2019 U.S. Gymnastics Championships based on the National Points Ranking System from the 2019 National Qualifier (Attachment A)
- Individual Event Champions at the 2019 National Qualifier (1st place ranking) will advance to the 2019 U.S. Gymnastics Championships
- From the 2019 NCAA Championships: The top 6 rank order all-around (U.S. citizens), not including any pre-qualified athletes to the 2019 U.S. Championships, provided they finish top 12 (of U.S citizens) in the all-around.
- Approved petitions

Junior Elite Division (approximately 42 athletes in two age divisions)

- Top 22 athletes by rank order all around from two days combined competition (optional and technical sequences) in the Junior Elite Level 10 (15-16) age group at J.O. Nationals.
- Top 14 athletes by rank order all around from two days combined competition (optional and technical sequences) in the Junior Elite Level 10 (17-18) age group at J.O. Nationals.
- Top 6 athletes by rank order all around from two days combined competition (optional and technical sequences) from the combined results of Level 10 (15-16) and Level 10 (17-18) age groups at the National Qualifier.
- Any open positions due to withdrawal of any participant in the Junior Elite Division will be filled from rank order Junior Elite Division results noted above from the National Qualifier
- Approved petitions

Note: No athletes who withdraw will be replaced unless the participant numbers fall below 30 for the Senior Division or 42 for the Junior Elite Division. No athletes who withdraw from U.S. Gymnastics Championships will be replaced after July 25, 2019.

2019 U.S. Gymnastics Championships Entry Deadline

Senior & Junior Elite Division

All athletes and their coach who qualify to the 2019 U.S. Championships will be emailed a link and instructions to register for the event, thus confirming participation in the 2019 U.S. Championships. There is no charge to enter the U.S. Championships. The deadline for qualified athletes and their coach to register is July 9.

2019 U.S. Gymnastics Championships Competition Format

- A. Junior Elite Division and Senior Division athletes will compete in two days of optional competition.
- B. Preliminary Competition – Thursday, August 8:
- Session I: Junior Elite Division
 - Session II: Senior Division
- C. Finals Competition: Saturday, August 10:
- Session I: Junior Elite Division – all Junior Elite Division athletes from Day 1
 - Session II: Senior Division – all Senior Division athletes from Day 1
- 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 FIG version which can be found at <http://www.fig-gymnastics.com/site/rules/disciplines/art> plus any official Men’s Technical Committee Newsletters.
 - Most recent USAG/NGJA Rules Interpretations which can be found at <http://www.ngja.org/>
 - Senior Division athletes will use the FIG *Code of Points* rules for seniors
 - Junior Elite Division athletes will use the FIG *Code of Points* rules for juniors with no USA Gymnastics age group competition program exceptions.
- E. Makeup of the competitive groups within the session:
- Athletes from the same program will be placed into the same competition group unless the number of athletes from one program exceeds the size of the rotation groups. If a program will have athletes split between two competition groups, the program will be given the opportunity to identify which athletes should be kept together in the groups.
 - Random draw of all programs/competitors for starting event, except as previously noted.
- 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 20 cm of additional matting for release moves only (not allowed for dismounts).
- H. **SPECIAL NOTE:** Athletes in the Senior Division who wish to be considered to compete in vaulting finals at the 2019 World Championships, may perform two vaults on each day of competition at the U.S. Championships. The first vault performed will be used to determine the All-Around and Individual event results. The second vault performed will be used for consideration by the World Championship Selection Committee. The score for the second vault will be communicated verbally to the coach of the athlete.

National Team Selection at the 2019 U.S. Gymnastics Championships
Senior Division:

The Senior National Team will be determined at the 2019 U.S. Gymnastics Championships by the following:

1. The top six (6) All-Around athletes based on rank order final results from two days of competition at the 2019 U.S. Gymnastics Championships.
2. The Men’s Program Committee will select six (6) athletes from the participants at the 2019 U.S. Gymnastics Championships or petitioned athletes, with the following contingencies:
 - The MPC will consider the 2019 U.S. Gymnastics Championships competitive results, the 10-point program results and qualified petitions to select six (6) athletes.
 - Only petitions based on injury, or in the case of a current Senior National Team member, unusual situation or occurrence, will be considered.
 - 2019 Pan American Games team members can be considered for national team selection consistent with the provisions provided for in the 2019 World Championships Selection Procedures.

Junior Elite Division:

Athletes will be automatically selected based on the rank order all-around results from two days of competition as follows. Automatic selection based on all around will include the final all around results of all age eligible junior athletes participating in either the junior or senior division at the U.S. Gymnastics Championships.

15 Year Olds	4
16 Year Olds	3
17 Year Olds	3
18 Year Olds	1
Selected Athletes	3

Selected athletes: Three (3) athletes, from the age categories listed above, will be selected to the Junior National Team from among the participants at the U.S. Gymnastics Championships or from approved petitions. The three athletes will be selected by a committee comprised of the High Performance Director, Junior Olympic Program Coordinator and three members of the Junior National Coaching Staff.

Note: There will be a mandatory meeting for all Junior Elite and Senior National Team members and their coaches held on Sunday morning August 11. The meeting will conclude by 12:00 noon.

2019 World Championships Selection Procedures (when approved) can be found at: http://usagym.org/pages/men/pages/selection_procedures.html

The World Championships Selection Committee will be made up of:

- | | |
|-----------------|---|
| Mike Serra | Coach Representative |
| J.D. Rieve | Coach Representative |
| Jonathan Horton | Athlete Representative |
| Russ Fystrom | At Large Representative (coach, athlete or administrator) |
| Brett McClure | High Performance Director |
| Dennis McIntyre | Men’s Program Director: Voice – No Vote, ex-officio |

Tentative Schedule for 2019 U.S. Championships – subject to change

Tuesday, August 6			
10:00 AM	12:45 PM	Jr. Men Podium Training	Sprint Center
12:15 PM	3:00 PM	Sr. Men Podium Training	Sprint Center
12:30 PM	1:00 PM	Men's Orientation Meeting	Sprint Center
4:30 PM	6:30 PM	Jr. Men Auxiliary Training	Municipal Auditorium
6:30 PM	8:30 PM	Sr. Men Auxiliary Training	Municipal Auditorium
Wednesday, August 7			
9:00 AM	11:30 AM	Jr. Men Podium Training	Sprint Center
11:30 AM	2:00 PM	Sr. Men Podium Training	Sprint Center
2:00 PM	2:30 PM	Media Interviews - Men	Sprint Center
4:00 PM	7:00 PM	Jr. and Sr. Men Auxiliary Training	Municipal Auditorium
Thursday, August 8			
9:00 AM	10:30 AM	Sr. Men Podium Training	Sprint Center
10:45 AM	12:45 PM	Jr. Men Warm Up	Sprint Center
1:00 PM	3:30 PM	Jr. Men Competition	Sprint Center
4:10 PM	6:10 PM	Sr. Men Warm Up	Sprint Center
6:30 PM	9:00 PM	Sr. Men Competition	Sprint Center
Friday, August 9			
11:00 AM	3:00 PM	Jr. and Sr. Men Auxiliary Training	Municipal Auditorium
Saturday, August 10			
9:00 AM	10:30 AM	Sr. Men Auxiliary Training	Municipal Auditorium
10:45 AM	12:45 PM	Jr. Men Warm Up	Sprint Center
1:00 PM	4:00 PM	Jr. Men Competition	Sprint Center
4:10 PM	6:10 PM	Sr. Men Warm Up	Sprint Center
6:30 PM	9:20 PM	Sr. Men Competition	Sprint Center
Sunday, August 11			
8:00 AM	11:30 AM	Mandatory Men's National Team Meeting	Crowne Plaza

Attachment A

Points System for the 2019 Qualifier and U.S. Gymnastics Championships

1. Men's Program Committee Approved Points System for Qualification from the National Qualifier to the U.S. Gymnastics Championships.

Details

- Points will be awarded to the top 20 rank order athletes on each event in descending order (Example: 1st place earns 20 points, 20th place earns 1 point)
- No points will be given for All-Around placement
- Athletes who tie for individual events will be awarded duplicate points with the next point total being skipped. (Example: tie for first – both athletes awarded 20 points, the next highest ranking athlete receives third place points and is awarded 18 points)
- The points awarded for the six events will be totaled for a final point total for each athlete.
- In the case of a tie for the last position, ties will be broken by:
 1. The athletes highest single event points total, if still tied then,
 2. The athletes two highest events points total and so on until all six event totals are considered, if still tied then,
 3. All tied athletes advance.

2. MPC Approved Points System for Senior Division at the U.S. Gymnastics Championships

- Top 10 athletes on each event will receive points from the Preliminary Competition and again from the Finals Competition at the U.S. Championships. The points from each day of competition will be added together to create the athletes Final Points Total.
- Points will be awarded on each event according to the following:

First place	= 11 points	Sixth place	= 5 points
Second place	= 10 points	Seventh place	= 4 points
Third place	= 9 points	Eighth place	= 3 points
Fourth place	= 7 points	Ninth place	= 2 points
Fifth place	= 6 points	Tenth place	= 1 point
- Athletes who tie for individual events will be awarded duplicate points with the next point total being skipped. (Example: tie for individual event third – both athletes awarded 9 points, the next highest ranking athlete receives fifth place points and is awarded 6 points)
- The points awarded for the six events will be totaled for each athlete each day. An athlete's day one and day two competitive points will be totaled for that athlete's Final Points results.

Attachment B

Links

FIG Code of Points	http://www.fig-gymnastics.com/site/rules/disciplines/art
MTC Updates	http://www.fig-gymnastics.com/site/page/view?id=502
NGJA	http://www.ngja.org/
2019 World Championships Selection Procedures	http://usagym.org/pages/men/pages/selection_procedures.html
Additional Coaches Credential Request Form	https://usagym.org/PDFs/Forms/Men/addlCoachCredential.pdf
USA Gymnastics Men's Program	https://usagym.org/pages/men/pages/index.html
Dennis McIntyre	dmcintyre@usagym.org
Lisa Mendel	lmendel@usagym.org