

SECTION IV: JUNIOR OLYMPIC PROGRAM

New additions are highlighted

I. Program Description

The Men's Junior Olympic Age Group Competition Program provides training and competitive opportunities for beginner to elite gymnasts from ages 6 to 19.

The Junior Olympic Program is organized into ten different levels of training or competition. Each level has multiple age groups and opportunities for participation and competition. Competition is carried out at the local, state, regional and national levels through USA Gymnastics sanctioned invitational meets and championship level meets. The Men's Junior Olympic National Championships are held in May of each year for eligible athletes in Levels 8, 9 and 10 who have qualified through their Regional Championships. The season culminates for eligible Level 10 athletes at the U.S. Gymnastics Championships.

Each component of the Junior Olympic Program is fully described by its own printed and video materials. All materials are available from USA Gymnastics Merchandising and can be ordered online at www.usa-gymnastics.org or by calling 1-800-345-4719.

II. Age Determination and Competition Level:

- A. The Junior Olympic competitive season is defined as September 1 – May 31. For all aspects of the Men's Junior Olympic Age Group Program, a gymnast's competitive age throughout the entire competitive season is determined by the age he will be on May 31 of the current competitive season. (For example: For all competitions held from September 1, 2017 to May 31, 2018, a gymnast's competitive age is determined by his age as of May 31, 2018). As a result of moving the gymnast's competitive age forward to the current competitive season, there will be no 'age mobility' or 'age bumping' in the junior program.
- B. A gymnast under the actual age of 6 years old will not be permitted to participate in the Men's Junior Olympic Age Group Competition Program under any circumstance. If a gymnast's competitive age, as of May 31 is 6 years old, he may only compete during that competitive season once he has reached the actual age of 6 years old. Six year olds must compete Level 4. A gymnast whose competitive age is 7 as defined by the May 31 age determination date may compete Level 5.
- C. The maximum competitive age for a gymnast to participate in the Men's Junior Olympic Age Group Competition Program is 18 years old. A gymnast whose competitive age is 19 years or older and has graduated from high school must participate as a senior athlete. A gymnast whose competitive age is 19 years old but is still attending high school during that competitive season may compete in the Junior Olympic Competition Program.
For further exceptions/explanation see IV below.
- D. Competitive age 11 athletes may compete Level 8 optional but must compete Technical Sequences at their State Championship and attempt to qualify to Regionals and Nationals in the Junior Elite Division. They may not advance to Regionals or **Nationals in the Junior Olympic Division** competing optional only.

III. The Junior Olympic Age Group Program is organized into the following three areas:

A. Essential Elements Level 1-2-3 Program

The Essential Elements Level 1-2-3 Program covers Levels 1, 2, and 3, and is designed to provide entry level boys with a successful and enjoyable experience in gymnastics as well as provide them with the necessary preparation abilities to participate in the Age Group Competition Program. The Essential Elements Level 1-2-3 Program provides general fitness and skill development guidelines at an introductory level for boy's gymnastics. The program includes many of the skills from the entry-level competitive routines, preparing the gymnast for the Age Group Competition Program.

B. Age Group Competition Program

1. The Junior Olympic Age Group Competition Program consists of seven levels.
 - In levels 4-7, competition is offered in Division I and Division II.
 - Division I provides basic compulsory routines and includes in the routines the opportunity for the talented gymnast to challenge his development and mastery at each level with additional developmental skills (Specified Bonus) that are rewarded with bonus.
 - Division II provides basic compulsory routines that are constructed to encourage participation, promote growth, and provide opportunity for the recreational gymnast to be successful and continue to progress. The basic routines are designed so that they are achievable for the average recreational participant. In this division athletes do not receive a reward for bonus. They are scored on the basic compulsory routine only.
 - The first three levels, 4 through 6, provide basic routines for all boys who desire to participate in competitive gymnastics. These exercises start with simple basic skills experienced in Levels 1 through 3 and progress developmentally with each competitive level.
 - The compulsory Level 7 is designed to encourage and prepare the gymnast for the transition from compulsory to optional routines at an appropriate age by providing skill direction and combinations which can be used as the basis for entry level optional routines. These routines help the gymnast to understand how to construct an optional routine that will fulfill the requirements of the Junior Olympic optional program.
 - The optional levels, 8, 9 and 10, require the gymnast to fulfill most FIG requirements or the JO modifications for those requirements approved for the program.
2. The Junior Elite Age Group Competition Program consists of Levels 8, 9 and 10 for those athletes who have qualified to this division through their State and Regional Championships. In addition to optional competition, athletes in this division are required to perform a Technical Sequence on each event as part of the development process for athletes who aspire to the Elite level and National Team selection.

3. Age Group Competition Program Competition Program Charts

a. Compulsory Levels – Division I & II

Level	Age Group	Highest Competitive Event
4	6	State Championships
	7-8	State Championships
	9-10	State Championships
	11 & Over**	State Championships
5	7-8	Regional Championships
	9-10	Regional Championships
	11 & Over**	Regional Championships
6	8-9	Regional Championships
	10-11	Regional Championships
	12 & Over**	Regional Championships
7	10-11	Regional Championships
	12 & Over**	Regional Championships

** 18 year maximum age

b. Optional Levels – Junior Elite, Junior Olympic & Junior Developmental

JUNIOR ELITE		
Level	Age Group	Highest Competitive Event
8	11-12	JO National Championships
9	13-14	JO National Championships
10	15-16	JO National Championships
10	17-19*	JO National Championships
<i>*Must meet eligibility requirements defined in #IV below</i>		
JUNIOR OLYMPIC		
Level	Age Group	Highest Competitive Event
8	11**	Invitational Competition Only
8	12	JO National Championships
8	13-14	Regional Championships
9	13-14	JO National Championships
9	15-16	Regional Championships
10	15-16	JO National Championships
10	17-19*	JO National Championships
<i>*Must meet eligibility requirements defined in #IV below</i>		
<i>**11 year olds may only compete in State, Regional, and National by qualifying in the JE Division with Technical Sequences</i>		
JUNIOR DEVELOPMENTAL		
No Levels	Age Group	Highest Competitive Event
	11-14	Regional Championships
	15-19	Regional Championships
<i>*Must meet eligibility requirements defined in #IV below</i>		

C. Junior National Team Program

The Junior National Team Program provides for the identification and selection of our elite junior athletes. The program includes the Junior Development Team (Future Stars Team) selected through the Future Stars Program, the Junior Elite National Teams for Level 8, 9, & 10. An athlete must be a U.S. citizen (must meet citizenship requirements as defined by the FIG) to be selected to the Junior National Team. The program objectives are to:

1. Define the competitive path for our elite junior athletes and elevate the importance of successful competition at the highest level of quality;
 2. Create an educational evaluation system that emphasizes international competitiveness;
 3. Involve the personal coaches in overall program planning and organization as well as individualized athlete planning and;
 4. Educate the coaching community in the basic principles of coaching and the development of the elite athlete.
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Detailed information about the Junior National Team Program can be found in Section V, Part II of the Rules & Policies.

IV. Participation by post-High School and NCAA/Collegiate Competing Athletes

The Junior Olympic program is intended for athletes of high school age and below. In special cases, athletes who have graduated from high school may qualify to participate in the Junior Olympic Program.

- A. An "NCAA Competing Athlete" is defined as an athlete who is/has represented a college or university program in varsity or collegiate club competition.
- B. No NCAA-competing athlete will be allowed to participate in the Junior Olympic Program. This includes:
 1. Any athlete who represents a NCAA institution in a varsity gymnastics event.
 2. Any athlete who represents a collegiate team and/or participates in the USA Gymnastics Collegiate Championships or any qualification event for the USA Gymnastics Collegiate Championships.
- C. Post high school athletes who have graduated early or have not yet begun attending college, and meet the age requirements, may participate in the Junior Olympic program.
- D. **Any JO age-eligible athlete attending a collegiate institution, not meeting the definitions in IV.B, must obtain permission from the Vice President of the Men's Program in order to compete in the Junior Olympic Program.**

V. Sanctioned Events with Foreign Athlete Participation

CONTACT THE USA GYMNASTICS NATIONAL OFFICE FOR ASSISTANCE AND DIRECTIONS. DO NOT DIRECTLY CONTACT ANY FOREIGN FEDERATION OR ATHLETE.

With the increased participation of foreign athletes in the country, USA Gymnastics has the responsibility to inform our Professional Members of the FIG regulations governing this activity. The FIG and its member federations have jurisdiction over international events i.e., 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. Your cooperation is very much appreciated.

A. STATUTES of the FEDERATION INTERNATIONALE DE GYMNASTIQUE (FIG) – reprinted from the original CHAPTER VII, ARTICLE 35 AND 36:

- 35.3 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 of demonstrations in the sphere of activity of another federation without the prior consent of the federations involved and that of the federation organizing the event. 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 the 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.
- 36.1 In principle, gymnasts and judges taking part in any international competition must have the nationality (citizenship) of the federations they represent and the authority to participate from their federation.

The following article outlines the penalties that could be incurred by USA Gymnastics and individual Professional Members, if these rules are not followed.

- 43.2 Disciplinary measures, which can be imposed amongst others on a federation or an individual
- a) a warning, which can possibly be the object of a publication in the FIG Bulletin;
 - b) the blame;
 - c) suspension of the federation, or a person concerned for one or more official FIG events and other international events;
 - d) the proscription to take part in the FIG events and other international events for one given or unspecified duration;
 - e) the exclusion of any participation in FIG activities and other intentional events for one given or unspecified duration;
 - f) the demotion of functions;
 - g) the cancellation of the brevets or diplomas awarded;
 - h) a financial fine
 - i) the suspension for one or more functions of a person elected within one of the FIG bodies and/or of a continental Union for one given or unspecified duration
 - j) the suspension of the federation for one given or unspecified duration;
 - k) the exclusion of a federation for one given or unspecified duration on decision of the Congress;
 - l) the exclusion of an FIG person;
 - m) the cancellation of results of a competition;
 - n) the obligation to restore the financial benefits and prizes received;
 - o) the disciplinary measures resulting from the anti-doping regulations;

- p) all the sanctions taken can be the subject of a publication in the FIG bulletin or in any other official FIG publication;
- q) or any other sanction which could be proposed by the Disciplinary Commission.

[CLICK HERE](#) to review all current FIG rules and statutes.

VI. Residency Clause

- A. The location of the club or team determines the state and regional meet in which the gymnast competes. Therefore, if a gymnast lives in one state but competes for a club or team located in another state, the following regulations apply:
 - 1. A gymnast must compete in the State Meet based upon the state in which his club is located. **He may, based on special circumstances, petition the Vice President of the Men's Program for permission to compete in the state meet for the state in which he lives.**
 - 2. The gymnast must compete in the Regional Meet based upon the State Meet in which he competed. He may, based on special circumstances, petition the Vice President of the Men's Program for permission to compete in the regional meet for the region in which he lives.
 - 3. American citizens training at foreign clubs:
American citizens residing in border areas and training at Canadian or Mexican clubs must compete in the State and Regional Meets appropriate for his residence. American citizens residing abroad and wishing to participate in the State, Regional and Junior Olympic National Championships must contact the Vice President of the Men's Program for determination of the appropriate state and regional meets. To compete in the championship meets, such gymnasts must have a standard USA Gymnastics Athlete Membership. American citizens training at foreign clubs are not eligible for the discounted insurance-only membership provided for foreigners competing in U.S. meets.
- B. Foreign Athletes

USA Gymnastics recognizes the positive benefits of having foreign athletes who reside in the United States participate 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).

- 1. FIG regulations require that all Foreign Athletes (anyone without United States Citizenship) - regardless of age or competition level - must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any sanctioned USA Gymnastics event.
- 2. In order to fulfill the FIG requirements foreign athletes must:
Acquire written approval from the gymnastics federation from his 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 national federation, it is a violation of the International Gymnastics Federation's (FIG) regulations. Getting approval from that 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 make it easier, a draft letter that gymnasts may send to the appropriate national gymnastics federation, as well as a link to the FIG's directory of national gymnastics

- federations, is available on the Men's Page of the USA Gymnastics web site (usa-gymnastics.org). A copy of the letter of approval from the appropriate national gymnastics federation must be provided to the gymnast's club.
3. Non-citizen USA Gymnastics athlete members who are residents, living and training in this country are allowed to compete/participate in USA Gymnastics sanctioned events with full privilege and receive awards up to and including the Junior Olympic National Championships.
 4. Only athletes who are eligible to become members of the Junior or Senior National Team may participate in the following events:
 - National Qualifier
 - Winter Cup Challenge
 - U.S. Gymnastics Championships
 - World, Pan American Games or Olympic Team Trials
 5. Foreign athletes may not become members of the **Junior** Development Team (Future Stars), the Junior National Team, Junior Elite National Team or Senior National Team.
 6. Foreign athletes may not qualify to participate in the Ricky Deci Memorial Camp.

VII. Competition Rules

The International Gymnastics Federation (FIG) *Code of Points* will be used except where superseded by rules found in the USA Gymnastics Age Group Competition Program Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict is:

- A. The Age Group Competition Program Manual and approved updates. Updates are posted on the USA Gymnastics website at www.usa-gymnastics.org.
- B. FIG *Code of Points* with approved National Gymnastics Judges Association (NGJA) interpretations.

In addition, FIG rules and regulations will be used with the following exceptions:

- C. Apparatus specifications - see USA Gymnastics Age Group Competition Program Manual
- D. No protests shall be allowed.
- E. Competition should be scheduled to be completed by 10:00 PM. Warm-ups should not be scheduled earlier than 8:00 AM without permission from the Vice President of Men's Program.
- F. A spotter is required, for all levels, to be in a position to safely spot the entire performance on Still Rings, High Bar and Vault. A spotter is allowed for all levels on Parallel Bars.
- G. All coaches and judges on the competition floor must be current USA Gymnastics Men's Program professional members. Current Safety Certification (U101), Background Check and Coaches Instructor Certification (U100) are required at all sanctioned competitions. Coaches and judges are required to have in their possession a current membership card (or electronic verification) to verify their certification at all sanctioned events.
- H. Credentialing at Local competitions where published ahead of time, State, Regional, and Junior Olympic National Championships: only one coach per athlete, maximum two per club, will be allowed on the floor. Clubs who would like to send more than two coaches must do the following:
 1. Local competitions may have this option for credentialing, but should publish the credentialing rule with their meet information so that participating clubs are made aware. Requests for additional credentials may be considered for valid reasons such as large numbers of gymnasts from a club competing within session.
 2. State & Regional Championships may have this option for credentialing, but should publish the credentialing rule with the meet information so that participating clubs are

- made aware. Requests for additional credentials may be considered for valid reasons such as large numbers of gymnasts from a club competing within session.
3. JO Nationals – required. Participating clubs that want to send more than the maximum number of allowed coaches must complete an Additional Coaches Credential Request Form and submit it to the Men’s Program Manager at USA Gymnastics along with \$50 per requested additional credential for consideration. Submission of this request does not guarantee the approval of requested coaches credential.
 - The Additional Coaches Credential Request Form can be found on the men’s page of the USA Gymnastics website under “Forms” or click here: <https://usagym.org/PDFs/Forms/Men/addlCoachCredential.pdf>
 - Any club that needs to change a coach slated to attend JO Nationals must email the Men’s Program Manager.
 4. The coach whom the credential is being requested for must be a professional member in good standing with a men’s discipline at the time of request.
 - I. Team Participation by a Club: A gymnastics club that is part of a multi-location business must compete as an individual team. A multi-location business may not compete as one team. A request for any exception to this rule must be submitted to the Vice President of Men’s Program for review.
 - J. Handguard Rule: The Head Judge may, at his/her discretion, allow a second trial if a gymnast's handguard fails during a competitive exercise.
 - K. Registration: Only registered Athlete Members of USA Gymnastics may participate in any USA Gymnastics sanctioned event. Athlete Members must include a valid registration number on the entry form. Membership registration must be completed prior to the event.
 - L. Gymnastics Attire: All competitors must wear the FIG designated uniform for the competition, with the exception of Levels 4 and 5.
 1. For Levels 6-10 on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). In the Junior Olympic Age Group Competition Program, dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. Levels 6 and up must wear a competition top on all events. FIG rules regarding competition attire will be in effect for junior level athletes attending Winter Cup Challenge, Men’s National Qualifier, and U.S. Gymnastics Championships
 2. For Level 4-5, on all events, are only required to wear gymnastics short pants and team T-shirt. Competition long pants may be worn but are not required. Gymnasts are not required to wear footwear (socks or gymnastics shoes).
 3. For Levels 1 - 3, for all events, gymnasts must wear a T-shirt and shorts. Competitive uniforms are not allowed at this level.
 4. All gymnasts are required to wear a shirt or competition top on all events during warm-ups.
 5. For safety reasons jewelry of any kind is NOT allowed during competition and is considered a uniform violation.
 6. Uniform violations will result in a medium behavioral deduction on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.
 - M. USA Gymnastics Rules for Advertising and Publicity- USA Gymnastics utilizes the FIG rules for advertising and publicity. Specific rules pertaining to competition apparel is as follows.

Competition Attire Restrictions

- No publicity is allowed on socks or shoes, only normal manufacturers identification is permitted on these items.
- No hats or caps are allowed to be worn.
- No publicity is allowed on hand grips or other such gear used by the gymnasts for competition. Only normal manufacturer's identification is permitted on these items.
- No publicity is allowed on the hand apparatus used in competition; only normal manufacturer's identification is permitted.

Manufacturer's Logo - per FIG

The logo must be the same as it is normally used as a registered trademark.

- Only one identification mark on each piece of clothing is permitted, a unitard is considered one piece.

Competition Attire

1. Singlet, shorts, or pants

Publicity can be displayed on the gymnast only once.

- One location only on the singlet or the shorts or the pants
- Maximum space 60 sq. cm including the background

NOT allowed: on the back anywhere

2. Warm-up Suit

- Publicity may appear on the gymnast only once. It can be on the jacket or the pants placed anywhere in keeping with good taste and design.
- Publicity Space- Maximum space 80 sq. cm

3. Carry-on Bag and T-shirt

Publicity Space:

- maximum space 200 sq. cm
- background space can be of any color and the identification multicolor
- may appear two times on each bag and t-shirt

Additional questions concerning rules for advertising and publicity regulations not listed should be directed to the National Office Staff.

N. Professional attire for coaches on competition floor.

The following coach's professional attire is required at all competitive sessions, scheduled warm-up sessions and event training sessions. *Those coaches who are in violation of this policy will be required to comply or may be asked to leave the field of play.*

1. Closed toe shoes, no sandals
2. Slacks, Warm-up pants or hemmed "dress" shorts (No Denim or "cargo style" – defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)
3. Collared shirts
4. No hats
5. No backpacks while spotting

O. Safety Cushions: An 8" mat may be used on any event (except floor exercise) at any time in Junior Olympic Competition.

P. Skill restrictions:

- For restrictions on Round off entry vaults at various levels, refer to the Age Group Program Manual.
- Head-first entry roll out skills are not permitted on Floor Exercise in optional competition.
- The Age Group Competition Program will follow the Junior FIG Code restrictions for Parallel Bars and Still Rings.
- **See the Age Group Program Competition Program Manual and approved updates for current information on skill restrictions for the junior program.**

Q. Under the USAG Age Group Competition Program, while All-Around is encouraged, participation by a specialist is permitted in all classes of competition. States and Regions must provide opportunity for qualified specialists to compete.

R. All Local, State, and Regional rules and policies must conform to USA Gymnastics rules as approved by the JOPC and listed within the Age Group Competition Program Manual and approved updates. Any deviation from these rules and policies must be requested and authorized by USA Gymnastics in writing.

VIII. Junior Olympic National Championship and Qualifying Meet Dates

- A. The Junior Olympic National Championships shall be conducted the first weekend in May. The JOPC and USA Gymnastics' National Office must approve any deviation from this date.
- B. Regional Championships must be conducted in April, no less than three weeks before the starting date of the Junior Olympic National Championships. The Vice President of the Men's Program must approve in writing any deviation from this date.
- C. State Championships must be conducted not less than two weeks before the starting date of the Regional Championships. The appropriate Regional Chairman must approve in writing any deviation from this date.

IX. Junior Olympic National Championship and Qualifying Meet Sites

- A. The National office will review bids to the Junior Olympic National Championships which are due to the Vice President of Men no later than May 1, two years in advance of the competition year being bid on. The National Office will review the bids received and present the recommendation for awarding the competition at the Fall JOPC meeting. The next year's site will be announced before the close of the current Junior Nationals, after National Office's approval.
- B. The Regional and State Chairmen will determine the sites of the Regional and State Championships. The Regional Chairman will attempt to locate the Regional Championships competition site in a different part of the respective region each year.

X. Bidding for the Junior Olympic National Championships

- A. The request to host the Junior Olympic National Championships must be submitted in writing to the Vice President of the Men's Program. This shall be done by May 1, two (2) years in advance of the competition. The JO Nationals Bid Form is available by contacting the Men's Program at USA Gymnastics.
- B. The JOPC shall solicit bids from host schools, clubs or local organizing committees from qualified sites anywhere in the United States.
- C. Information regarding the minimum requirements for hosting the Junior Olympic National Championships is available from the Vice President of the Men's Program.

XI. Financial Responsibilities (Adding \$1.00 to Entry Fee for NSF Head Tax is not allowed)

- A. The host institution of a State, Regional or National Championship is financially responsible unless otherwise previously specified by written agreement. Financial responsibilities for the

Junior Olympic National Championships are available from the USA Gymnastics Vice President of the Men's Program.

B. Entry Fees for Qualifying and Championship Meets

Entry Fees apply to Sanctioned QUALIFYING meets only. Entry fees for non-qualifying meets are at the discretion of the Meet Director.

1. Maximum of **\$75** per gymnast for a qualifying meet below the state level.
2. Maximum of **\$100** per gymnast for the State Meet –
 - a. Entry fee may be increased to a maximum of **\$125** for gymnasts competing two days of competition at the State Meet.
 - b. Registration forms with entry fees that are not received by the due date may be assessed a late fee not to exceed forty percent (40%) of the total entry fee. The due date and late fee must appear in the State Meet information.
3. Maximum of **\$135** per gymnast for the Regional Meet.
 - a. Entry fee may be increased to a maximum of **\$160** for gymnasts competing two days of competition at the Regional Meet.
4. Maximum of **\$170** per gymnast for the Junior Nationals.
5. All entry fees for Championship Meets are maximum allowable. Entry fees may be subject to change after review and approval by the JOPC.

XII. Qualification Procedures

A. State Championships:

The State Chairman sets all qualification rules for the State Championships with the advice and assistance of such people as he deems necessary along with practical, operational and logistical needs within that state. The primary goal is promoting the Junior Programs within the individual state. However, if these qualification rules conflict with recommended USA Gymnastics policy, the National Office must approve the differences in writing.

B. Regional Championships:

1. The Regional Chairman sets qualification scores for all age divisions with the advice and assistance of such people, as he deems necessary along with practical, operational and logistical needs within that region. The primary goal is promoting the Junior Programs within the individual region. However, if this conflicts with recommended USA Gymnastics policy, the National Office must approve the differences in writing.
2. Recommended guidelines for qualifying scores may be set by the JOPC or the respective regions. Guidelines for participation in the Regional Championships are determined by the Regional Chairman/Regional Board for each region based upon numbers, time allotment, and facility and budget concerns specific to the region.

C. Junior Olympic National Championships

The JOPC reviews and establishes the qualifying process for the Junior Olympic National Championships, which may be by qualifying score, allotment system or a combination of these two methods. The qualification process will be posted on the USA Gymnastics web site by April 1 of each year.

Competition will take place in two divisions: Junior Olympic and Junior Elite:

1. Qualification using a system of minimum score and/or allotment will be set by the JOPC for each of the following age groups: JO Level 8 (12 yrs.), JE Level 8 (11-12 yrs.), JO & JE Level 9 (13-14 yrs.), JO & JE Level 10 (15-16 yrs.), and JO & JE Level 10 (17-19 yrs.)

2. The top **two (2)** Level 10 gymnasts (in each age group – 15/16 and 17/18) on each event at the Regional Championships may compete at the Junior Olympic Nationals as specialists in that event provided:
 - a. They do not qualify in the All-Around by score or allotment.
 - b. They are in an age group that qualifies to Junior Olympic Nationals.
3. Qualification to the total allotment for each region in each level is determined by rank order from optional competition in the All-Around at the Regional Championships. The athletes qualified to this allotment are eligible to compete in the Junior Olympic Division at the Junior Olympic National Championships.
4. Procedures for qualification to the Junior Elite Division will be determined by **April 1** of each year and published in a USA Gymnastics approved update. Optional All-Around score, Technical sequence score, allotment or a combination of these methods may be approved by the JOPC each year for qualification to the Junior Elite Division.

XIII. Petitions

- A. Athletes who petition to any meet should be able to prove, through score verification, that they would have easily qualified for the competition. The national office guideline is that an athlete's submitted all-around scores be **at least two points higher than the set qualifying score and that at least two different meet results be submitted**. Submitted scores should be actual copies of meet results. This will assure that the athlete would have been able to achieve the set qualifying score in the State or Regional Championships (includes Future Stars National Championships) where judging is typically more stringent.
- B. Petitions to JO National Championships should follow current petition requirements and in addition, athletes must submit results from a minimum of two USA Gymnastics sanctioned meets during the current competitive season, showing that their scores would place them in the top 50% of athletes who qualified by score from their region using the published national allotment.
- C. Petitions may **only be submitted by the athlete's coach** and submitted petitions must meet protocol procedures and be fully documented for consideration. **Petitions may only be submitted for athletes who are injured or, under special circumstances, are unable to participate in in the qualifying competition.**
 1. Coaches are responsible for submitting ALL required documentation for a petition.
 2. Petitions must be received by either the State Chairman (for Sectional or State meets) or the Regional Director (for Regional and National meets) before the competition begins. Petitions should provide all documentation including
 - actual copies of score sheets for score verification;
 - doctors' statement; and
 - coach's statement.
 3. Petitions should also include entry forms for the event being petitioned as well as entry fees. Petitions that do not meet either the time or documentation requirements will not be accepted.
 4. Petitions for athletes injured during a competition must be turned in to the State Chairman (Sectional or State meet) or to the Regional Chairman (at the Regional Championships) by the conclusion of the event where the injury occurs (unless an emergency situation dictates otherwise). Documentation must be received by the State Chairman (State Championships) or the Regional Chairman (Regional/Junior Olympic National Championships) within 48 hours of the conclusion of the event and must include the following:
 - Scores
 - Doctor's statement

- Coach's statement
 - Entry form for the event being petitioned to
 - Entry fee for the event being petitioned to
5. The State or Regional Chairmen must receive non-injury petitions; whichever is appropriate, at least 14 days before the event being petitioned except in the case of an emergency. Non-injury petitions must include a complete letter of explanation along with copies of meet results for score verification. In the case of an emergency, petitions must be submitted within 48 hours of the conclusion of the event. Non-injury petitions are subject to approval by the Vice President of the Men's Program for national level meets.
- C. State or Regional Chairmen are required to include completed petition forms with the entries to either the Regional or National Championship Meet Director. In addition, Regional Director's must submit a copy of both Regional Championship results and completed petition forms, along with the Regional Chairmen's personal observations and recommendations, by overnight mail to the Vice President of the Men's Program at USA Gymnastics. All injury petitions to the National Office should go through the Regional Director.
 - D. State Directors will inform the Sectional or State Meet Director and the Regional Chairman will inform the State Chairman and Regional Meet Director as to the status of all petitions. Petitions that are not granted will have their entry fees returned.
 - E. The National Office will inform the Regional Chairman and Junior Olympic National Championships Meet Director as to the status of all petitions for the Junior Olympic National Championships. All National Championship petitions will be granted at the discretion of the Vice President of the Men's Program. Petitions that are not granted will have their entry fees returned. The Vice President of the Men's Program reserves the right to review state and regional petitions for action.
 - F. Injury petitions require a full medical clearance from the attending physician that the athlete is able to compete without restriction on all events. Injury may be tentatively approved pending a physician's clearance. Failure to provide medical clearance will result in the petition being denied. Medical clearances should be faxed to the Men's Program Manager at USA Gymnastics at (317) 237-5069 or scanned and emailed to the Men's Program Manager.

XIV. State and Regional Championships Procedures and Competition Formats

- A. State Championships
 1. State competition may be conducted in one day. Technical Sequences only are required for State competition at the Junior Elite level. If a State elects to schedule both Technical Sequence competition and Optional competition, they must be scheduled on different days if athletes will be competing in both sessions.
 2. Individual finals may be conducted if desired.
 3. State Championships are obligated to follow the Junior Olympic rules with respect to age groups and age divisions, however State Chairmen may request variation from the age groups and levels presented in the Junior Olympic Age Group Table in the case of documented need regarding state development or due to financial considerations. Approval must come from the Vice President of Men or the Junior Olympic Program Coordinator.
 3. The Meet Director shall forward complete meet results to the Regional Chairman and the Regional Meet Director. The State Chairman shall forward a list of regional qualifiers and petitions to the Regional Chairman within 24 hours after completion of the competition.
 4. Competition at State and Regional Championships shall be conducted within approved USA Gymnastics age groups as printed in the Age Group Competition Program Manual

or approved updates. Age groups may be combined or split where participant numbers dictate at the discretion of the State or Regional Chairman.

5. **Important:** Clubs entering into their state championships must use the USA Gymnastics online reservation platform. The last day for a club program to initiate their entries into the State Championships through the USA Gymnastics Reservation Platform is February 15th. Level changes cannot be made after March 1st. For information regarding the reservation platform go to: <https://usagym.org/pages/post.html?PostID=18319&prog>

B. Regional Championships

1. Regional Championships should be conducted over a minimum of two days. Individual finals may be conducted if desired. Junior Elite qualifiers must perform Technical Sequences and Optional competition on separate days.
2. The qualifying score to the Regional competition may vary from the nationally recommended score as provided in paragraph IX, B, 2.
3. Regional Championships are obligated to follow the Junior Olympic rules with respect to age groups and age divisions, however Regional Chairmen may request variation from the age groups and levels presented in the Junior Olympic Age Group Table in the case of documented need regarding regional development or due to financial considerations. Approval must come from the Vice President of Men or the Junior Olympic Program Coordinator.
4. Competition at State and Regional Championships shall be conducted within approved USA Gymnastics age divisions as printed in the Age Group Competition Program Manual or approved updates. Age groups may be combined or split where participant numbers dictate at the discretion of the State or Regional Chairman.
5. **Important:** State Chairmen must use the USA Gymnastics online reservation platform to enter their State's qualified athletes into their respective Regional Championships.

C. Awards for State and Regional Championships

1. All awards will be standard USA Gymnastics medals, ordered only from [A-1 Awards](#), 1/800-444-9569.
2. Awards are to be made at the conclusion of each competition with appropriate ceremony and announcements.
3. Gymnasts receiving awards must be in competition attire.
4. ***This is only a minimum guideline.*** The minimum number of places to be awarded is as follows -- Meet Directors may award more places if they wish and substitute awards (such as ribbons) may be given for the additional places:
 - a. If only one gymnast is entered in an age division, he receives the 1st place All-Around medal only.
 - b. **If only two gymnasts are entered in an age division, they receive 1st and 2nd place All-Around medals only.**
 - c. If 3 - 10 gymnasts are entered in an age division:
 - 1) Award 1st place in each event
 - 2) Award 1st – 3rd All-Around for 3 - 5 gymnasts
 - 3) Award 1st – 4th All-Around for 6 -10 gymnasts
 - d. If 11 - 20 gymnasts are entered in an age division:
 - 1) Award 1st – 6th All-Around places
 - 2) Award 1st – 3rd event places
 - e. If 21 - 50 gymnasts are entered in an age division:
 - 1) Award 1st – 6th All-Around places
 - 2) Award 1st – 6th event places

- f. If 51 or more gymnasts are entered in an age division:
 - 1) Award 1st – 10th All-Around places
 - 2) Award 1st – 10th Event places (unless Finals allows less per event to compete)
 - g. A State Chairman may request the Regional Chairman to grant a deviation from these recommendations based on financial conditions of the State Meet.
 - h. The Regional Chairman may choose to deviate from this recommendation based on financial conditions of the Regional Meet.
 - i. **Regardless of the policy decided upon, the maximum awards are to be medals only. Trophies are not to be awarded to individuals as an individual event or all-around recognition.**
 - j. Variance from this policy may result in loss of Sanction and invalidation of qualifying scores.
5. Tie Breaking System for determining the distribution of awards but NOT the ranking.
- a. If two (2) gymnasts tie for 1st place, both are the champions, although one will receive the second place award.
 - 1) If a tie for a place occurs, both gymnasts stand on the awards stand for that place.
 - 2) For example, tie for 1st - both gymnasts stand on 1st place. The silver medal is given to the appropriate gymnast. Do not announce who received the silver medal. They are both 1st place winners.
 - b. All-Around
 - 1) The gymnast with the highest individual event score receives the award for the tied place.
 - 2) If still tied, then the gymnast who received the second highest individual event score receives the award for the tied place.
 - c. Individual Events
 - 1) The gymnast with the highest All-Around total receives the award for the tied place.
 - 2) If still tied, then the highest single judge's score in the tied event receives the award for the tied event.
 - 3) If still tied, then the highest single judge's score in any event.
 - d. Example of distribution of Awards: If there is a tie for first place.
 - 1) Award the 1st place medal by one of the above procedures.
 - 2) The 2nd place medal is then presented to the tied medalist.
 - 3) There is NO 2nd place ranking
 - 4) The 3rd place medal is then presented to the next gymnast and so on.
 - 5) All gymnasts who tie for a place should receive an award. When there is a tie for the last place award, duplicates must be sent to the gymnast if awards are not available at the meet site.
- D. Ordering Awards
- 1. All USA Gymnastics State and Regional Meets must order their medals from the national medal company, A-1 Awards. A-1 Awards can be contacted at 1-800-444-9569.
 - 2. Order forms are available from the USA Gymnastics office. The Regional Chairman in each region must check the ordering of medals.
 - 3. The State Chairmen will order awards for the State Meet. A-1 Awards must receive this order five (5) weeks in advance to allow for processing and shipment.
 - 4. The Regional Chairman will order awards for the Regional Meet. A-1 Awards must receive this order five (5) weeks in advance to allow for processing and shipment.

XV. Junior Olympic National Championships Procedures and Competition Format

A. Entry Information

Only Regional Chairmen may submit entries for the Junior Olympic National Championships. The National Meet Director will not accept any individual entry. Regional Chairmen must use the USA Gymnastics online reservation platform to enter their Region's qualified athletes into the Junior Olympic National Championships.

B. Competition Schedule:

1. Qualifiers will be placed by random draw by club affiliation and distributed to the designated sessions by level.
2. Competition will be conducted by Capitol Cup format in two flights for each session. One flight will warm-up in the warm-up gym while the other flight competes. The squads in each flight will alternate competition between age groups. A draw will be held to determine the starting event for each squad within the flight. Modification of this format may be approved by the National office based upon participant numbers in any session.
3. Competition will be scheduled to begin at 8:00 am and scheduled to conclude at 10:00 PM. Two judge panels will be used in all Capitol Cup sessions. Any deviation from these times must be approved by USA Gymnastics. During the entire competition, each group will warm up an event, and then compete.
4. Following the conclusion of each preliminary day, All-Around and Individual Event Finalists will be posted for each division. Two alternates in both the All-Around and each individual event may be designated for each Junior Olympic age group. Alternates may replace gymnasts who withdraw from the Finals competition the day before the Finals event. Scratches that occur after the designated time on the day before the event will not be replaced.
5. Competitors in the Junior Olympic Division will perform Optional Routines in both the Preliminary and Finals Sessions.
6. The JOPC will determine the competition format for the Junior Elite Division. Junior Elite competitors will perform Technical Sequences and Optional Routines on separate days. Designation of routines to be performed in the Preliminary and Finals sessions will be determined by the JOPC.
7. Schedule:

Thursday: Session 1: Level 10 Preliminary Competition
Session 2: Level 10 Preliminary Competition
Session 3: Level 10 Preliminary Competition

Friday: Session 1: Level 8 & 9 Preliminary Competition
Session 2: Level 8 & 9 Preliminary Competition
Session 3: Level 8 & 9 Preliminary Competition

Saturday: Junior Olympic Division All-Around and Individual Event Finals

- a. The top 36 gymnasts by AA ranking in the JO Division from the preliminary competition Level 10 (15 years), Level 10 (16 years), Level 10 (17 years) and Level 10 (18/19 years) age groups qualify to the All-Around Finals.
- b. In addition, athletes who finished in the top six on an event in the preliminary competition and who did not qualify for the AA Finals will qualify to compete in the Junior Olympic Division Finals on those events.

- c. Any athletes not competing in the All Around will go up first on the event in random order and the All-Around qualifiers will go at the end of the rotation with an internal rotation of all around athletes from event to event.
- d. The combined score from the Preliminary session and the Finals session will be used to determine the All-Around and Individual Event final rankings.

Saturday: Junior Elite Division All-Around and Individual Event Finals

- a. All athletes in the Junior Elite Division from the Level 10 (15-16) and Level 10 (17-19) age groups will advance to the Saturday JE Finals session.
- b. All Junior Elite athletes will perform either the designated (15-19) Technical Sequences or Optional routines in the Saturday JE Finals session as determined by the JOPC for the competition format.
- c. The combined score from the Preliminary session and the Finals session will be used to determine the All-Around and Individual Event final rankings.

Sunday: Junior Olympic Division All-Around and Individual Event Finals

- a. The top 36 gymnasts by AA ranking in the JO Division from the preliminary competition Level 9 (13 years) and Level 9 (14 years) age groups qualify to the All-Around Finals. The top 60 Level 8 (12 years) qualify to the AA Finals.
- b. In addition, athletes who finished in the top six on an event in the preliminary competition and who did not qualify for the AA Finals will qualify to compete in the Junior Olympic Division Finals on those events.
- c. Any athletes not competing in the All Around will go up first on the event in random order and the All-Around qualifiers will go at the end of the rotation with an internal rotation of all around athletes from event to event.
- d. The combined score from the Preliminary session and the Finals session will be used to determine the All-Around and Individual Event final rankings.

Sunday: Junior Elite Division All-Around and Individual Event Finals

- a. All athletes in the Junior Elite Division from the Level 8 (11-12) and Level 9 (13-14) age groups will advance to the **Sunday** JE Finals session.
- b. All Junior Elite athletes will perform either the designated (11-14) Technical Sequences or Optional routines in the **Sunday** JE Finals session as determined by the JOPC for the competition format.
- c. The combined score from the Preliminary session and the Finals session will be used to determine the All-Around and Individual Event final rankings.

C. Awards Ceremonies:

1. Junior Elite Division All-Around awards will be presented to the top ten finishers in each age group within Level 10 (17-19, 15-16), Level 9 (13-14), and Level 8 (11-12). Ties will not be broken and duplicate awards will be given. Only ten all-around awards will be given except in the case of a tie for tenth place. Single Age Year placements will be used when designated by JOPC.
2. Individual Event awards will be presented to the top six finishers in the Junior Elite Division in each age group. Ties will not be broken and duplicate awards will be given. Only six places will be awarded except in the case of a tie for sixth place. Single Age Year placements will be used when designated by JOPC.
3. Awards will be presented for All-Around and Individual Events following the second day of competition based upon combined score of both days by division.

4. Junior Olympic Division All-Around and Individual Event awards will be presented to the top **ten** finishers in each Level based upon single age year categories:
 - Level 8 – 12 years old
 - Level 9 – 13 years old & 14 years old
 - Level 10 – 15 years old & 16 years old
 - Level 10 – 17 years old & 18/19 years old
5. The Top 6 Club Teams in each Level will be recognized following the third session on their first day of optional competition for the combined the Junior Olympic and Junior Elite Divisions. A JO National Championship banner will be awarded to the Top 3 teams in each Level for the combined the Junior Olympic or Junior Elite Division. The Club Team score will be calculated using the Top 3 scores on each event from the respective divisions. All participants must be in competition attire to appear in the award presentation.
6. The Top 3 Regional Teams will be recognized in each Level for both the Junior Olympic and Junior Elite Divisions. The Regional Team score will be calculated from competition in each respective division. All regional participants may participate and must be in competition attire for the award presentation. The Junior Olympic Division will use the Top 5 scores from the first day of competition on each event to determine the Regional Team ranking. The Junior Elite Division will use the Top 3 scores from the first day of competition on each event to determine the ranking.

D. General Schedule

- Tuesday: Set-up for competition. No scheduled training.
- Wednesday: Training in warm-up gym and competition gym. Sessions to be assigned based upon Regions, number of qualifiers and time zone. Mandatory Coaches Technical Meeting to follow training.
- Thursday: Level 10 Preliminary competition – 3 sessions
- Friday: Level 8 & 9 Preliminary competition – 3 sessions
- Saturday: Session 1 Junior Elite Division AA & IE Finals *
 Level 10 (15-16) & Level 10 (17-19)
**Level 10 qualifiers to U.S. Gymnastics Championships will be announced following.*
- Session 2 Junior Olympic Division AA & IE Finals
 Level 10 (15-16) & Level 10 (17-19)
- Sunday: Session 1 Junior Elite Division AA & IE Finals*
 Level 8 (11-12) & Level 9 (13-14)
**National Team Meeting to follow Session 2 for Level 8 & Level 9 Junior Elite*
- Session 2 Junior Olympic Division AA & IE Finals
 Level 8 (12) & Level 9 (13-14)

- E. The Meet Director may deviate from the established competition schedule and format only with prior approval from USA Gymnastics.

F. Medical Guidelines

1. A certified trainer must be available for all training and competition sessions.
2. A medical doctor must be available or be on call for any emergency situations that may arise.
3. A medical facility or hospital shall be located in the immediate area.

4. A written medical plan must be in place and accessible. It should include available personnel and transport service contact information, evaluation protocol, and actionable emergency procedures.

XVI. Officials

All officials for all USA Gymnastics sanctioned events MUST be Junior Olympic certified. Use of non-certified judges will invalidate the event. All judges must have a current Safety Certification, Background Check and USA Gymnastics Men's Professional membership in their possession.

- A. State Championship competitions may use officials holding local Junior Olympic certification if necessary, but it is recommended that officials holding national certification be used whenever possible. Two judges per event at all Optional levels is strongly recommended.
- B. Regional Championship competitions must use officials holding National certification. Two judges for all Optional levels is required.
- C. The State Chairman will work with the local judging associations to assign all officials for all USA Gymnastics sanctioned local and state competitions. The Regional Chairman shall coordinate assignment of officials to the Regional Championships with the local judging associations in his region and the appropriate NGJA Junior Olympic Technical Director.
- D. The Junior Olympic National Championships must use officials holding National or FIG cards. There will be 24 judges and 1 Technical Director (the JO Vice President of the NGJA) who are assigned to the Junior Olympic National Championships. Two qualified judges for each of the nine USA Gymnastics Regions may be assigned to the event while the remaining six judging positions will be occupied by the Junior National Apparatus Leaders. Qualifications for selection will be determined by the JO Vice President of the NGJA, the Junior Olympic Program Coordinator, and the Vice President of the Men's Program for USA Gymnastics. These individuals will comprise the Independent Selection Committee.
- E. An official must have judged a minimum of three (3) junior meets that season, including a state or regional championship to be eligible to be nominated to judge the Junior Nationals. Coaches or parents of competing athletes are not eligible.
- F. Procedures for Selecting Judges for the Junior Olympic National Championships
 1. In addition to the six (6) JO National Apparatus Leaders, nominations for JO Head of Panel 2 should be submitted by September 1 of each year. Review, selection and assignment will be made by October 1 of each year.
 2. Nominations for the remaining 12 judges should be submitted by December 1 of each year. Review, selection and assignment will be made by January 1 of each year. The Junior Olympic Regions and their corresponding NGJA Region/Technical Director are:

Junior Olympic Region	NGJA Region
Region 1	West
Region 2	West
Region 3	Mid-west
Region 4	Mid-east
Region 5	Mid-east
Region 6	East
Region 7	East
Region 8	East
Region 9	Mid-west

3. Regional Chairmen should submit two (2) candidates and one (1) alternate for nomination after consultation with the NGJA Regional Technical Director, Junior National Coaching Staff members and coaches within the region. Nominations should include a

required vitae as distributed by the JOVP and be sent to the JOVP and the JO Program Coordinator.

4. The Independent Selection Committee shall make the final assignments of twenty-four judges (12 from the regions, six (6) Head of Panel 2 judges and the six (6) Junior National Apparatus Leaders) and notify the NGJA Junior Olympic Vice-President.
5. USA Gymnastics will send an invitation acceptance form to the 24 selected judges upon selection. Selected judges will have ten days to return the acceptance forms and confirm their participation in the competition. If a judge cancels his/her assignment after formally accepting it, he will not be eligible to judge the Junior Olympic National Championships for the next two (2) years. The Independent Selection Committee will address any emergency situations submitted to it in writing.
6. The NGJA Junior Olympic Vice-President shall distribute the final list to the four NGJA Junior Olympic Technical Directors, the Regional Chairmen and the Meet Director of the Junior Olympic National Championships.
7. The Junior Olympic National Championships Meet Director shall acknowledge receipt of the list of final nominees to the NGJA Junior Olympic Technical Vice-President and the Vice President of the Men's Program.
8. The Junior Olympic National Championships Meet Director shall coordinate all necessary judges arrangements (travel, lodging, meet format, meet information) with the NGJA Junior Olympic Vice-President and National Travel System (NTS), the official travel agency of USA Gymnastics.
9. The NGJA Junior Olympic Vice-President shall notify all officials of their travel, housing, transportation and judging assignments.

XVII. Coaches Education

Each Regional Chairman will conduct an annual regional clinic. The Regional Chairmen will coordinate scheduling and content of the clinic with the State Chairmen and the members of the Junior National Coaching Staff.

Each Region will determine the final format, content and material included in its clinic based on the needs within that region. The Regional Chairman shall provide the Vice President of the Men's Program the proposed date, site and agenda for the clinic at least twelve weeks in advance of the clinic. The Host Director of the Regional clinic is encouraged to distribute a written report of the clinic to all coaches in the region.

XVIII. Training Camps

Refer to Section V National Team Program, Part II of these Rules and Policies for information on National Team Training Camps.

XIX. Eligibility Rules

USA Gymnastics follows eligibility guidelines set by the International Gymnastics Federation (FIG) and the United States Olympic Committee (USOC). Questions regarding athlete eligibility should be directed to USA Gymnastics. Participating in a USA Gymnastics sanctioned event could affect athlete eligibility with regard to high school or collegiate participation. High school or college athletes should check with their state High School Athletic Association or the NCAA before participating in a USA Gymnastics event.

A. High School Athletes:

1. Before inviting high school athletes to participate in local, state or regional gymnastics open competition, the Meet Director is requested to make a preliminary inquiry to the

- appropriate State High School Activities Association(s) to determine eligibility standards and rules that are applicable.
2. In the United States, many states' High School Associations have varying rules. It is, therefore, of the utmost importance that official approval is obtained from the appropriate Association prior to allowing high school students to participate.
 3. Should questions arise, inquiries may be directed to the National Federation of State High School Athletic Association or the USA Gymnastics office.
- B. College Athletes
1. Before inviting college athletes to open competition, the sponsoring institution, club or organization must request approval from the Extra Events Committee of the NCAA and/or other appropriate college athletic associations.
 2. Questions concerning eligibility should be forwarded to the USA Gymnastics office, the applicable NCAA institution or the NCAA.
- C. Foreign Athletes
- Refer to Section VI.B for information on foreign athlete eligibility.

XX. HIV Statement

Human immune deficiency virus (HIV) is the virus that causes acquired immune deficiency syndrome (AIDS). This virus causes a gradual weakening of the immune system, eventually resulting in infections, cancer, and death. Gymnastics is in the lowest risk category of Olympic Sports and, to date, no documented cases of HIV transmission between athletes have been reported. However, prudence dictates that the following precautions be taken:

- A. Athletes, who have open lesions, wounds, dermatitis, and so forth, should cover the area with a dressing that will prevent contamination from other sources.
- B. Competitions should be interrupted when an athlete has a wound in which exposed blood is present to allow the bleeding to be stopped and the athlete to be cleaned.
- C. Surfaces contaminated with blood or body fluid should be cleaned after each use, or more often if needed, with a solution known to inactivate the virus (sodium hypochlorite, better known as household bleach, at 1:10 dilution)

For more information, please refer to the USA Gymnastics Safety Handbook.

XXI. Special Recognition Awards

A. FRANK J. CUMISKEY SERVICE AWARD

1. Definition

The Frank J. Cumiskey Service Award is given as an honor to an individual or individuals for their thoughtful and unselfish contributions to the service of the USA Gymnastics Junior Boy's Programs. Mr. Frank Cumiskey founded the USA Gymnastics Junior Olympic Program. He endowed the Junior Olympic Program with its present design, format and character. It is indeed an honor to receive the prestigious award in Frank Cumiskey's name for duty and service to the boys' age group gymnastics program in America. Potential recipients for the awards include but are not limited to coaches, judges, administrators and club directors who have contributed to the improvement and continuance of the USA Gymnastics Boy's Program at a Local, Regional or National level.

2. Guidelines

- a. The award will be nominated through the JOPC at the USA Gymnastics Congress, voted upon, and submitted to the Vice President of the Men's Program for final approval. The National Office will be responsible for the purchase and inscription of

the award. The Vice President of the Men's Program, or his designee, will present the annual award at the end of the Junior Olympic National Championships. The award will only be given if worthy recipients are available that year.

- b. The Frank Cumiskey Service award shall be given to the person with the highest number of votes.
- c. A maximum number of one (1) award may be given in any one year.

B. NATIONAL SERVICE AWARDS

To be eligible for the National Service Award, a individual must be a member of the JOPC (or a subcommittee or the JOPC), on the Jr. National Coaching Staff, Age Group Competition Committee, or a State Chairman. Years of service do not have to be in consecutive years. Each Regional Chairman is responsible to make these nominations for persons in his respective region to the National Office by April 1st of each year.

C. ACADEMIC ALL-AMERICAN RECOGNITION AWARDS

1. Mission Statement

Recognizing and rewarding academic achievement in junior gymnasts is paramount to the success of the USA Gymnastics Junior Olympic Program.

The Junior Program is designed to provide a training ground for the development of young athletes. While physical development is obviously important, the program must also stress development of values, morals and social skills, which will remain with these future citizens all their lives.

Encouraging a high level of academic achievement in our young athletes is as important as encouraging their athletic achievement. Motivation for this achievement, while intrinsically driven, can be enhanced by recognition by the USA Gymnastics Men's Program.

The USA Gymnastics Men's Program has therefore established the following Academic All-American Recognition Award program to be presented annually at the Junior Olympic National Championships.

2. Program

- a. Athletes must have a 3.5 or higher CUMULATIVE GPA to be eligible.
- b. Athletes do not have to qualify to Junior Nationals to be eligible.

3. Application Procedure and Deadline

- a. Applicants must complete the online submission on the USA Gymnastics website that can be found on the Men's page under Academic All-American.
- b. After applicants have submitted the online form, a .PDF form will be generated and emailed to the applicant.
- c. This form should be taken to the high school counselor or registrar to have the CUMULATIVE GPA certified.
- d. Cumulative GPA in all cases must be converted to a 4.0 scale.
- c. A homeschooled athlete's GPA must be confirmed by the accredited independent organization or school system that is responsible for oversight and certification of the athlete's homeschool studies. In the absence of such confirmation, no Academic All-American Award may be granted.
- d. The GPA Confirmation page must be submitted to the USA Gymnastics Men's Program Manager by February 15, with a \$20 per gymnast processing fee. Incomplete confirmation forms and/or forms with no school seal will not be processed.

- e. The link to the Academic All-American Recognition Awards is available on the Regional websites and on the USA Gymnastics website on the men's page (www.usa-gymnastics.org).
4. Awards and Publicity
- a. A parchment-like certificate, appropriately titled and inscribed will be presented to the athlete at USA Gymnastics Junior National Championships.
 - b. Certificates will be mailed to all athletes not attending JO Nationals following the event.
 - c. A list of recipients is provided to college coaches to use as a recruiting tool. GPA's and personal information are not released through this avenue.
 - d. USA Gymnastics will forward a list of recipients to appropriate periodicals and other opportunities for exposure.
- D. MAS WATANABE RECOGNITION AWARD
1. Definition
- The Mas Watanabe award is given to recognize achievement through gymnastics competition at the national level. Mas Watanabe remains a leader in men's gymnastics in the United States. His direction gives purpose to many of his contemporaries in the sport. Mas Watanabe is closely devoted to the athlete. An athlete receiving this award is doubly honored as he has shown outstanding achievement.
2. Guideline
- The Level 10 (18) Junior Elite All-Around Champion of the Junior Olympic National Championships will receive the award.
- E. ROBERTO PUMPIDO COACHING EXCELLENCE AWARD
1. Definition
- Roberto Pumpido was a friend to many and was a well-known coach of coaches. Roberto Pumpido was dedicated to coaching excellence and the true artistic value of gymnastics. He gave the coaching community and the athletes he worked with a unique perspective that not only developed one technically and physically, but focused on the proper respect and mental aspects of becoming a champion. This award seeks to recognize coaching excellence and to continue Roberto's legacy of communicating the alluring intricacies of gymnastics.
2. Guideline: The award will be given to the coach of the Level 10 (18) Junior Elite All-Around Champion at the Junior Olympic National Championships each year.

XXII. National Gymnastics Foundation Scholarship Program

What is the purpose of The National Gymnastics Foundation and USA Gymnastics Scholarship Program?

The National Gymnastics Foundation provides opportunities for individual, corporate, foundation and government gifts and grants to support, nurture and steward the special programs and initiatives of USA Gymnastics that build scholarship; develop grassroots model programming; strengthen international relationships through world education and competition; and address the mental and physical challenges presented by the sport. In partnership with USA Gymnastics Men's and Women's Programs, opportunities in the sport of gymnastics are advanced by offering financial support to a full range of athletes competing at an elite level.

The National Foundation Scholarship Program for men is administered by the National Gymnastics Foundation and USA Gymnastics. Any American male citizen, who is an elite-level gymnast, pursuing his college or post-secondary education is eligible. **Note: Acceptance of**

this scholarship could affect your NCAA eligibility depending upon your individual situation.

Additional Information concerning the National Gymnastics Scholastic Program for Men can be found on the Men's Program page at www.usa-gymnastics.org.