



USA GYMNASTICS

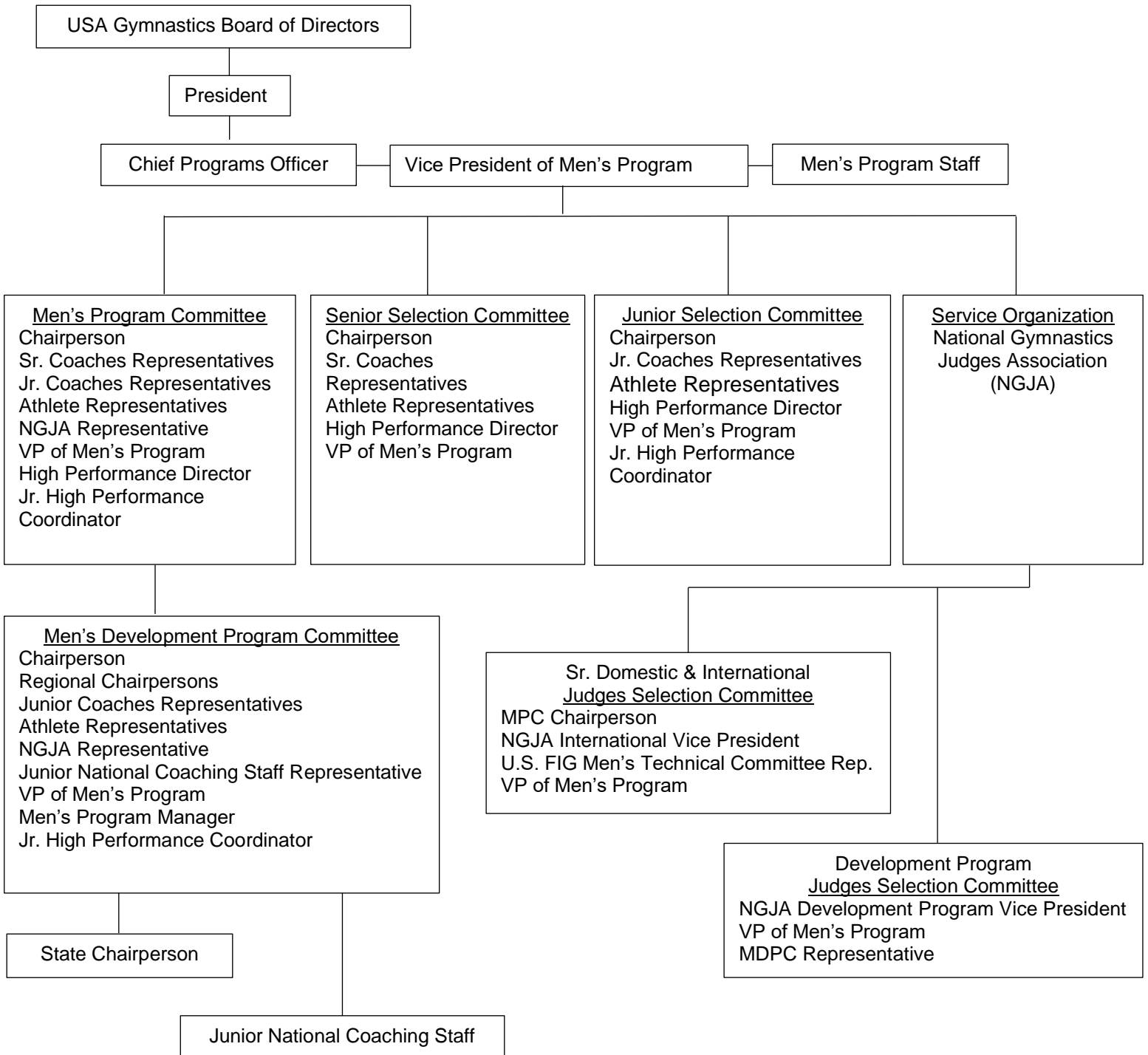
Men's Program Rules and Policies

Men's Program Rules & Policies

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Men's Program Structure and Functions



A directory of committees as well as regional and state chairpersons can be found on the USA Gymnastics Men's Program website.

I. Men's Program Organization Structure and Function

A. Vice President of the Men's Program

Responsibilities:

1. Implement short- and long-range goals for the USA Gymnastics Men's Program National Teams.
2. Organize camps, clinics and workshops for coaches and National Teams.
3. Disseminate information and maintain good communication with the gymnastics community.
4. Attend and observe major national and international competitions whenever possible.
5. Coordinate and work with various committees as a National Office liaison.
6. Develop and coordinate the budget for the Men's Program.
7. Other duties as appropriate.

B. Men's Program Committee (MPC)

The Men's Program Committee Charter can be found here:

<https://usagym.org/pages/aboutus/pages/governance.html>

C. Men's Senior Selection Committee (SSC) & Junior Selection Committee (JSC)

The Men's Senior and Junior Selection Committee charters can be found here:

<https://usagym.org/pages/aboutus/pages/governance.html>

D. Men's Development Program Committee (MDPC)

The Men's Development Program Committee is a sub-committee of the MPC. The charter for the MDPC can be found here: <https://usagym.org/pages/men/pages/charters.html>

E. Judges Selection Committees

The Judges Selection Committees are charged with determining judges' selection for Development Program National Championship events, Winter Cup, National Qualifier, U.S. Gymnastics Championships, international competitions, and any trials events such as the Olympic Trials. The Judges Selection Committee will determine the Judges, the Director of Judges (Technical Director), and Superior Jury at each competition. The committee make up is controlled by the Men's Program Committee (MPC) but will generally be made up of the following:

- **Development National Championship Events:** Vice President of the Men's Program, Men's Development Program Coordinator, Men's Development Program Assistant, and the NGJA Development Program Vice President.
- **Domestic Senior Level Championship competitions:** Vice President of the Men's Program, MPC Chairperson, the NGJA Technical Vice President, and the U.S. representative to the FIG Men's Technical Committee.
- **International Competitions:** Vice President of the Men's Program, MPC Chairperson, the NGJA International Vice President, and the U.S. representative to the FIG Men's Technical Committee.

The appropriate committee will select the Director of the Officials. Example: The Domestic Senior Level Championship committee will select The Director of Officials for Winter Cup. If the U.S. hosts an international competition, i.e. American Cup, the International Competitions Committee will be charged with the selection of the Director of the Officials unless assigned by the FIG as per event directives.

The Vice President of the Men's Program, or USAG representative, will chair conference calls. This group, when convened, will review the recommendations solicited from the NGJA for all judges used in domestic and foreign USA Gymnastics events.

F. FIG Men's Technical Committee Member Responsibilities and/or NGJA Representative

1. Represent the USA and USA Gymnastics at all FIG meetings and functions where the FIG Men's Technical Committee (MTC) convenes.
2. Assist the USA Gymnastics President and National Office with international, administrative and technical matters, as they affect our relationship and image with the FIG, PAGU, PANGF and member countries of the FIG.
3. Conduct the FIG Continental or Intercontinental Judges' course within each four-year instruction cycle as assigned by the FIG.
4. With respect to international judging assignments and judging performance:
 - a. Maintain records of the number of international judging assignments for each certified judge during each FIG cycle.
 - b. Maintain an ongoing analysis of USA judges' performance in individual, invitational and team competitions.
 - c. Maintain a file of international competition report forms, relating significant information to appropriate personnel (coaches, judges, etc.).
5. Work with USA Gymnastics National and / or Event Coach and Staff regarding:
 - a. Interpretation of the FIG *Code of Points* for the Elite Program.
 - b. USA Team performance of selected skills.
 - c. Evaluation of optional exercise composition / content of National Team.
6. Specific to the MPC:
 - a. Responsible for the FIG reports, rule clarification updates, and the FIG *Code of Points* deductions / revisions / interpretations.
 - b. Direct responsibility for the FIG Continental and Intercontinental (USA) courses: instructional content, schedule, format, and examinations.
 - c. Serve as a member of the Jury of Appeals and / or Head Judge at International Competitions in the USA.
7. Convey the technical material to the gymnastics community for the improvement and edification of the coaching and judging ranks in the USA.

G. Standing Committee

Ad-hoc committees and task force(s) may be developed and assigned as needed by the MPC, MDPC, the Vice President of the Men's Program, and / or the President of USA Gymnastics.

H. Junior National Coaching Staff (JNCS)

The Men's Junior National Coaching Staff (JNCS) is a made up of coaches and advisors operating under the guidance of the Men's Development Program Coordinator. The mission of the JNCS is to provide linkage from the National Team & High-Performance Programs to the Regional Elite Development Programs in all nine regions. The members of the JNCS are entrusted to coordinate the Regional Elite Development Programs following the strategies and objectives set out in the High-Performance Plan to align our National Team program across the country. The JNCS does not determine policy or rules for the men's program, and therefore has no binding voting process. The JNCS charter can be found below in Chapter 4, Part 2, Section X.

I. Service Organizations

National Gymnastics Judges Association (NGJA)

1. Work with the FIG Men’s Technical Committee Member and the Men’s Program Committee to provide unified rules and interpretations for the USA men’s gymnastics community.
2. Increase the number of gymnastics judges throughout the country.
3. Improve the quality of judges by conducting certification clinics.
4. Recommend, for consideration by the National office and/or the Independent Selection Committee, qualified judges for national and international competitions.
5. Evaluate judges’ performances and promote education.
6. Discipline judges for improper conduct.

II. Men’s Program Organization

A. Regions / States

Region I	Region II	Region III
Arizona California – North California – South Hawaii Nevada	Alaska Idaho Montana Oregon Washington	Arkansas Kansas Louisiana Missouri Oklahoma Texas
Region IV	Region V	Region VI
Iowa Minnesota Nebraska North Dakota South Dakota Wisconsin	Illinois Indiana Kentucky Michigan Ohio	Connecticut Maine Massachusetts New Hampshire Rhode Island Vermont
Region VII	Region VIII	Region IX
Delaware Maryland New Jersey New York Pennsylvania Virginia West Virginia	Alabama Florida Georgia Mississippi North Carolina South Carolina Tennessee	Colorado New Mexico Utah Wyoming

B. Responsibilities of the Regional Chairperson

Regional Chairpersons must provide information from the National Office directly to the State Chairpersons, who will make it available to their state's membership, regardless of the level and nature of their participation. Every program (club, high school, collegiate, Turner, Sokol, YMCA, etc.) should have access to USA Gymnastics information and be encouraged to participate in USA Gymnastics programs. The same is true for any individual professional member.

1. Maintain an open channel of communication between the National Office, Regional Office, and State Offices. This communication shall include all events, clinics, meetings and various decisions made throughout the year concerning USA Gymnastics Development Programs.

2. Each Regional Chairperson will conduct an annual regional clinic. The Regional Chairpersons will coordinate scheduling and content of the clinic with the State Chairpersons 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 Chairperson 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.

3. Conduct the USA Gymnastics Regional Championships meet using both compulsory and optional exercises and ensure that all official rules and regulations are met. Schedule this meet as provided in Chapter 3, Section V and notify the National Office. Forward all meet results to the National Office and the Meet Directors for Development National Championship events.
 4. Decide regional matters in concurrence with the National Office. Develop policies and procedures governing activities and events in the region.
 5. Be responsible for promotional planning and publicity. Plan a systematic and comprehensive promotional program within the region to cultivate the understanding and expansion of USA Gymnastics Development Programs. This area is vital to the future growth of the boys' programs.
 6. Attend national meetings of the MDPC. These meetings include the Development National Championships, the Fall Meeting as scheduled, and a third meeting if scheduled. If such attendance is unlikely for personal or professional reasons, the Regional Chairperson shall advise the Vice President of the Men's Program in writing one month or as soon as possible before the meeting. The notification letter will state the reasons for the absence.
 7. Disseminate information from the National Office to the region's State Chairpersons. Maintain current and comprehensive mailing lists of all clubs, YMCA's, high schools, Turner, Sokol and other boys' gymnastics programs in the region.
 8. Work with JNCS member(s) to conduct the Regional Future Stars Program Evaluation in coordination with the National Office.
 9. Work with the USA Gymnastics Accounting Department to establish a USA Gymnastics region account. Funds should be used for Regional Chairperson's travel to clinics, workshops and promotions; support of the region's Junior National Coaching Staff Members and other projects as approved. Regional Chairpersons will not have a separate bank account from USA Gymnastics.
 10. Petitions: Approve/disapprove petitions to the Regional Championships; receive petitions for the Development National Championships and Future Stars National Championships and submit them to the MDPC or designated working group reviewing petitions for approval/disapproval. See "Petitions," Section V.
 11. Maintain an open line of communication with local judges' associations and the NGJA Junior Development Regional Technical Director for use of officials.
 12. Rebate Monies
 - a. USA Gymnastics provides Regional Chairpersons with funding for phone, copying, shipping, etc., to accomplish these tasks. Chairpersons are also encouraged to be entrepreneurial in fund raising through clinics, workshops, competitions, etc., which DO NOT exceed the maximum fees prescribed in these Rules and Policies.
 - b. Each region will receive rebate monies from each professional (\$12) and athlete (\$2.50) membership registration. Rebate monies are deposited into each of the nine USA Gymnastics regional bank accounts respectively.
- C. **Election of Regional Chairpersons – see [MDPC Charter](#)**
- D. Responsibilities of the State Chairperson
1. Maintain an updated list of all gymnasts and clubs in the state. This list shall be forwarded to both the Regional and National Offices.

2. Maintain an open line of communication between the state chairperson and both the Regional and National Offices. The State Chairperson shall actively gather information regarding men's gymnastics in the state throughout the year.
3. Conduct the USA Gymnastics State Championship Meet using both compulsory and optional exercises and ensure that all official rules and regulations are met. Send the meet results to the Regional Office and the Director of the Regional meet. Include news articles, promotional ideas, and other publicity information in addition to the meet results. The meet's financial report must also be included.
4. Conduct an annual State Clinic, notifying both the Regional and National Offices. Plan the site and date of this clinic in cooperation with the Regional Office. The specific content of the clinic shall correspond with the gymnastics priorities of the state: judging, compulsories, coaching techniques, etc.
5. Decide state matters in concurrence with the Regional Office. Develop policies and procedures governing activities and events in the state.
6. Be responsible for the promotion and public relations development of the USA Gymnastics Development Programs within the state. This is vital to the expansion and exposure of the USA Gymnastics Development Programs.
7. Each state may appoint a committee to assist in the state.
8. Must attend Regional Championships.
9. Must immediately pass on information from the Regional or National Offices.
10. Petitions: Approve/disapprove petitions to the State Championships. Receive petitions for Regional Championships and submit them to the Regional Chairperson for approval/disapproval.
11. Maintain open line of communication with local judges' associations.
12. Work with the USA Gymnastics Accounting department to establish a USA Gymnastics state account. Funds should be used for the state newsletter; State Chairperson's travel to clinics, workshops and promotions; support of the state's Junior National Coaching Staff Members and other projects as approved. State Chairpersons will not have a separate bank account from USA Gymnastics.
13. USA Gymnastics provides State and Regional Chairpersons with funding for phone, copying, shipping, etc., to accomplish these tasks. Chairpersons are also encouraged to be entrepreneurial in fund raising through clinics, workshops, competitions, etc., which DO NOT exceed the maximum fee prescribed in these Rules and Policies.

E. Election of State Chairpersons

1. State Chairpersons shall serve a term of two (2) years: 2023, 2025, 2027, 2029 etc. There is no limit to the number of consecutive terms.
2. The coaches within each state (**1 club/1 vote**) nominate and elect the State Chairperson at the State Meet. Term of office begins following the Regional Meet and ends following the Regional Meet two years later.
3. The Regional Chairperson may dismiss a State Chairperson who is not fulfilling the responsibilities and roles required by the position. Dismissal shall be based on written correspondence to the Regional Chairperson containing the relevant details. Should the Regional Chairperson, in consultation with the Vice President of the Men's Program, determine dismissal is warranted, the Regional Chairperson will administer a statewide election to confirm the dismissal and select a replacement.
4. Must have a valid USA Gymnastics membership, a minimum classification formerly known as a Professional Membership, including all up-to-date course, Safe Sport and background requirements.
5. Resignation of the State Chairperson will require an interim appointment by the Regional Chairperson.



USA Gymnastics Mission Statement

To build a community and culture of health, safety, and excellence, where athletes can thrive in sport and in life.

USA Gymnastics Organizational Values

In service of our community, we embody ALL of these values to create change:

- SAFETY – We promote a safe and inclusive environment for our athletes and our community
- INTEGRITY – We act with absolute integrity through values-based actions
- ACCOUNTABILITY – We hold ourselves responsible and accountable for all of our actions
- TRANSPARENCY – We operate and communicate with transparency
- LISTENING – We treat our community with the utmost respect and listen to their challenges and perspectives

USA Gymnastics Code of Ethical Conduct

Introduction

Every USA Gymnastics (“USAG” or “USA Gymnastics”) member has the power and the responsibility to shape the culture within our sport. By practicing our shared values and staying focused on our highest priority – the safety and well-being of our athletes – we can promote an environment that empowers and supports athletes and makes participation in the sport a positive and rewarding experience for all members.

The USA Gymnastics Code of Ethical Conduct (the “Code”) is our collective commitment to work ethically in all instances. It offers a tangible way to put our values into practice, and guidance in situations that have potential or actual ethical implications. Ultimately, the effectiveness of the Code depends on a personal commitment from every member of the gymnastics community.

This Code is divided into three sections: (1) the Athlete Bill of Rights; (2) Ethical Obligations; and (3) Resolution of Ethical Issues. The Code does not address misconduct or abusive behaviors. Instead, the *USA Gymnastics Safe Sport Policy* provides the definitions and mandatory reporting requirements for misconduct and abuse.

All members, employees, volunteers, board members, committees and task force members of USA Gymnastics and contractors (collectively, “members of USA Gymnastics” or “members”), are required to implement and adhere to this Code.

Members of USA Gymnastics are also required to accept the requirements of and comport themselves in accordance with (a) the rules, policies, and procedures of USA Gymnastics and the United States Olympic and Paralympic Committee (“USOPC”); (b) the Olympic Movement Code on the Prevention of the Manipulation of Competitions; and (c) all applicable state and local laws.

I. Athlete Bill of Rights

All members of USA Gymnastics are committed to ensuring that athletes have a safe, inclusive, and supportive environment in which to train and compete, and that each athlete has the ability to:

A. Participate in gymnastics

Gymnastics is inclusive and open to everyone. All athletes have the right to participate, regardless of their age, race, ethnicity, gender, sexual orientation, gender identity, mental or physical disability, national origin, religion, or any other basis proscribed by law. Athletes have the right to participate at a level commensurate with their maturity and ability and will be given an equal opportunity to strive for success.

B. Train and compete safely

Safety is paramount. All athletes have the right to:

- Participate in an environment that is free from emotional, sexual, or physical abuse;
- Train and compete in a safe environment, free from inappropriate physical hazards, bullying, hazing, harassment, stalking, violence, or similar threats; and
- Train and compete on equipment that is clean, appropriately fitted, and properly maintained.

C. Have their personal health and wellness prioritized

Athletes have the right to pursue a healthy lifestyle that includes proper nutrition, mental health support, injury prevention and care, and necessary rest and recuperation, especially when healing from injury.

D. To be treated with dignity and respect

Athletes have the right to be treated fairly and with dignity and respect. They have the right to make mistakes and fail without fear. They have the right to be respected, encouraged and supported appropriately by other athletes, parents, coaches, judges, spectators, event officials and those in positions of authority.

E. Receive proper instruction

Athletes have the right to:

- Be coached by individuals who are knowledgeable and have received appropriate training.
- Be properly prepared for participation by those in positions of authority, including coaches, club owners, and administrators.
- Question or report improper behavior or violations of the Safe Sport Code, including of coaches or club owners, without fear that doing so will negatively impact their participation or success.
- All athletes (and particularly minor athletes) are entitled to have their parents observe coach/athlete interactions.

F. Integrity and Transparency

Athletes have the right to fair and transparent procedures and policies within their discipline – including selection procedures – that demonstrate integrity and are free from conflicts of interest, impropriety, and favoritism.

G. Provide input on matters that directly affect them

Athletes have the right to provide input, and have their voices respected, in matters that directly affect them.

H. Voice opinions on issues that affect the gymnastics community

Athletes have the right to respectfully express themselves on issues that impact the gymnastics community, with the confidence that doing so will not jeopardize their ability to participate and/or negatively impact their success.

The foundational philosophies of this Bill of Rights are separate from, but intended to guide, the responsibilities of each individual member included in the Ethical Obligations of Members (below), the [Safe Sport Policy](#), and the [Speak Up Policy](#). Ethical Obligations should be interpreted with these principles in mind.

II. Ethical Obligations of Members

A. Promotion of a Safe, Positive and Healthy Environment for All

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

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

B. Commitment to Integrity

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

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

C. Participation and Inclusion

- Members have the right to participate in any USA Gymnastics activity or event for which the member is properly qualified under the rules of that activity or event and may participate to the best of their abilities at their discretion:
- Members may not knowingly participate in, or cause others to participate in, any activity or event where that individual is inadequately prepared or unable to participate safely.
- Members must promote positive participation and avoid behavior that is likely to interfere with the orderly conduct of the activity or other members' participation in, or enjoyment of, an activity or event.
- Members must respect the rights and opinions of others.
- Members must facilitate cooperation in order to serve athletes and other participants effectively and appropriately.
- Members must promote inclusion and an environment free of discrimination. Members may not:
 - Restrict the ability of a member to qualify for or participate in competition because of the member's association with a particular organization or individual or because of that Member's race, sex, creed, sexual orientation, gender identity, age, national origin, mental or physical disability, or any other basis proscribed by law.

- Discriminate in the allocation of resources or opportunities to any member or prospective member on the basis of race, sex, creed, sexual orientation, age, national origin, mental or physical disability, or any other basis proscribed by law.

D. Communication

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

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

E. Concern for the Welfare of Others

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

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

F. Professional Responsibility

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

- Prioritize athlete welfare.
- Faithfully complete and comply with USA Gymnastics membership requirements.
- Strive to maintain high standards and excellence.
- Seek to increase proficiency levels through continuing education and in consultation with other professionals.
- Participate only at a level of the sport in which an individual is qualified and prepared for.
- Accept appropriate responsibility for one's own behavior and report any unlawful or other inappropriate conduct of others in accordance with Section II below.

G. Alcohol and Drug Free Environment

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

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

III. Reporting and Resolving Ethical Issues

All members of USA Gymnastics have an obligation to be familiar with the principles outlined within this Code.

Members should be alert and sensitive to situations that could result in unethical, illegal or improper actions. Members may report potential or actual violations of this Code to the USA Gymnastics Ethics Hotline: (833) 844-SAFE.

If you choose to make your report to the USA Gymnastic Ethics Hotline, please be aware that all calls to the Ethics Hotline are confidential and callers may remain anonymous.

The specific methods, requirements, and procedures for reporting and resolving possible ethical violations of the Code are found in the Administrative and Ethical Grievance Procedures ("Grievance Procedures"), [here](#).

The Grievance Procedures provide for informal resolution of ethical violations, the reporting of possible ethical violations (including anonymous reporting) and formal dispute resolution procedures for violations of the Code. The Grievance Procedures outline, among other things, who can submit a complaint, the requirements for a complaint, the process for responding to a complaint, the rights and responsibilities of the parties involved in the process, and the formal hearing process for resolution of complaint.

IV. Anti-Retaliation and Additional Resources

Anti-Retaliation. Under no circumstances will an individual be subject to any disciplinary or retaliatory action for filing, in good faith, a report of a violation or potential violation of the Code. However, filing known false or malicious reports will not be tolerated, and anyone filing such reports will be subject to appropriate disciplinary action.

Additional Resources. The Office of the Athlete Ombuds and its staff (the Athlete Ombuds) offers independent, confidential advice to athletes regarding their rights and responsibilities in the Olympic and Paralympic Movement, and assists athletes with a broad range of questions, disputes, complaints and concerns. The Athlete Ombuds' focus is to serve athletes who represent the U.S. in international competition. The Athlete Ombuds operates on the core principles of confidentiality and privacy, independence, and impartiality.

Additional information about, and contact information for, the Athlete Ombuds can be found online at <https://www.teamusa.org/athlete-ombuds>



Professional Member Behavior Policy

- A. At all USA Gymnastics Sanctioned Events, inappropriate coach behavior is defined as:
1. Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel during the competition. No coach has the right to demand a last-minute change in the course of the meet or to jeopardize the athlete/competition in any way, unless there has been a violation of the *Rules and Policies*.
 2. Contact with other persons outside of the competitive floor area during the actual warm-up and course of competition. (Exceptions: USA Gymnastics or club doctor, trainer, other credentialed personnel)
 3. Derogatory remarks to the press in regard to USA Gymnastics, its designated representatives, meet officials or personnel.
 4. Violating any of the coaches' or judges' specific responsibilities as listed later in this chapter.
- B. This inappropriate behavior will be penalized as follows:
1. First Offense: Verbal warning will be issued by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The warning must be documented and recorded by the Meet Referee on the sanction report form.
 2. Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena).
- C. At all USA Gymnastics Sanctioned Events, UNACCEPTABLE coach behavior is defined as:
1. Verbal, emotional, sexual, or physical abuse of a gymnast.
 2. Abuse of alcohol or drugs.
- D. This UNACCEPTABLE behavior will be penalized as follows:
1. Immediate ejection from the competition arena by the Meet Director in conjunction with the Meet Referee/Technical Director and/or designated representative of USA Gymnastics. The ejection must be documented and recorded by the Meet Referee on the sanction report form.
 2. The individual ejected will receive a sanction violation as outlined in Chapter 2 – Sanctions.
 3. The Meet Director and/or any witnessing Professional Member must immediately report abuse to the local authorities and submit a Safe Sport Report to USA Gymnastics or the US Center for Safe Sport as required by his/her responsibilities as a mandatory reporter.
- E. Any falsification of official documentation (scores, athlete date of birth, athlete member number, etc.) will result in the removal of the athlete from competition and may result in disciplinary action against the responsible Professional member.



Safe Sport Policy

Athlete safety and well-being are USA Gymnastics' highest priority, and the USA Gymnastics Safe Sport Policy is one of the most powerful tools the organization has for athlete protection. USA Gymnastics' jurisdiction covers any Adult Participant authorized by USA Gymnastics to have **Regular Contact and/or Authority Over** minor athletes at any of the following USA Gymnastics activities:

1. Sanctioned competitions or activities;
2. Training activities to include camps and clinics;
3. Travel;
4. Lodging;
5. Pre/post game meals or outings sponsored by the Member Club or USA Gymnastics
6. Off-site outings for teambuilding, socialization, or fundraising sponsored by the Member Club or USA Gymnastics
7. Awards Banquets
8. Medical treatment provided at any event listed above event.

Safe Sport Policy provides important requirements, including:

1. Prohibiting sexual abuse, physical abuse, emotional/verbal abuse, bullying, hazing and harassment;
2. Requiring mandatory reporting of suspected or known abuse or misconduct;
3. Setting policies that limit one-on-one interaction between adults and minors, identifying other boundary violations and grooming behaviors. This includes the following policies:
 - a) Transportation
 - b) Lodging
 - c) Meetings and Training Sessions
 - d) Medical Modalities and Treatments
 - e) Electronic Communication
 - f) Locker Rooms and Changing Areas
4. To access the USA Gymnastics Safe Sport Policy, please click [here](#).
5. One-on-one policies apply all

If you have a question regarding policy, misconduct, or a specific case, you can contact the USA Gymnastics Safe Sport helpline at 833-844-SAFE (7233) or safesportpolicy@usagym.org. The helpline and email account are monitored during regular business hours and will be replied to as soon as possible.

Make A Report

If child abuse is occurring, call 911 immediately. If you suspect or know of child abuse, call local police and child services. Then report it to the U.S. Center for SafeSport.

To report sexual misconduct: The U.S. Center for SafeSport has exclusive jurisdiction over all situations related to sexual misconduct. If you suspect sexual misconduct, please contact your local authorities and the U.S. Center for SafeSport at <https://uscenterforsafesport.org/report-a-concern/>.

To report non-sexual misconduct to USA Gymnastics: If you are aware or have been made aware that a person under the jurisdiction of USA Gymnastics has committed misconduct as described in the SafeSport Code or USA Gymnastics Safe Sport Policy, it's important to make a report as soon as you are made aware of such actions or behaviors. You can make a report at <https://usagym.i-sight.com/portal>.

USA Gymnastics mandates that all members follow state and federal laws governing reporting of child abuse. If you are 18 years of age or older and are subject to USA Gymnastics Safe Sport policy, you are required to report all instances of possible child abuse or neglect to law enforcement and state child services.

Event Sanctions

Permanently Ineligible and Suspended List

As a condition for being granted a USA Gymnastics sanction for an event, the applicant must certify that no persons permanently ineligible for USA Gymnastics membership, prohibited from contact with minors and no persons listed on a federal or state sex -offender registry, will be associated with the event in any capacity, including, but not limited to, volunteers, meet support personnel, third-party medical staff, third-party photographers, and third-party security personnel.

To review the requirements for Professional Photography, Video, and Medical Personnel requirements at a sanctioned event, please click [here](#).

To access the Permanently Ineligible list please [click](#) here.

To access the Suspended and Restricted Person's List please click [here](#).

Bathroom and Changing Areas at a Sanctioned Event

Private or semi-private places must be made available for Minor Athletes to change clothes or undress at competitions or facilities.

A semi-private area is an area that is not separate from where other individuals are changing but offers the Minor Athlete some privacy to change. For example, a bathroom stall with a door would meet this requirement. A semi-private area can also be created by a partition or drapery.

A private area is an area separated completely from anyone else changing. This area would be fully enclosed with a door, and no other individual would be able to enter without the Minor Athlete's permission. This could be a single restroom or family restroom, where the Minor Athlete can change alone and lock the door.

Bathroom and Changing Area Monitoring

Designated bathrooms and changing areas for minors must be monitored with random sweeps at any facility in a USA Gymnastics sanctioned event to ensure compliance with policy. Event Directors must assign a person to monitor the changing areas and bathrooms, with documentation that random sweeps occurred and there were no reported incidents.

CHAPTER 1

USA GYMNASTICS MEMBERSHIP REQUIREMENTS

New additions are highlighted

100% of the athletes, coaches and judges participating in a USA Gymnastics Sanctioned Event must be pre-registered as an Athlete, Competitive Coach, Judge, Meet Director, Photographer/Videographer, Medical or Volunteer member of USA Gymnastics. Any participant who is unable to be verified as a current USA Gymnastics member will be ineligible to participate in any USA Gymnastics sanctioned event. In addition, any and all athletes who wish to compete USA Gymnastics sanctioned events must be affiliated with a current USA Gymnastics Member Club.

As part of the Athlete Membership requirements, all athletes 18 years of age and older must complete the U110 Safe Sport Course. Parents may give permission for athletes who are 17 years of age to complete the course at that time through their membership profile.

Visit the USA Gymnastics Member Services website for the most up-to-date membership requirements and options.
[Member Services](#)

CHAPTER 2

SANCTIONS

New additions are highlighted

USA Gymnastics, as the governing body for the sport in the United States, is responsible for the granting of sanctions for those events, as defined in the USA Gymnastics Sanctioning Policies and Procedures. USA Gymnastics sponsored events may include:

1. Local meets, clinics, dual meets, tri-meets of a local nature
2. Pre-Sectional/Sectional and other Qualifier meets under the supervision of USA Gymnastics or its Regional or State sub-committees
3. State and Regional Championships events hosted under supervision of USA Gymnastics or its Regional or State sub-committees
4. National events/competitions hosted under the supervision of USA Gymnastics
5. Any invitational competition, workshop, clinic, or training camp involving current U. S. National Team Members
6. Foreign - any competitions involving gymnasts from other countries
7. Clinics, workshops, training camps, and other events wanting the benefits of USA Gymnastics' secondary insurance coverage
8. Educational courses that are part of USA Gymnastics University

Once a sanction has been granted, the appropriate USA Gymnastics Rules and Policies must be followed. All participating athletes, coaches, judges, and meet directors must be members of USA Gymnastics.

A non-USA Gymnastics sanctioned event may not be conducted concurrently with a USA Gymnastics sanctioned event.

Secondary insurance coverage is provided for all USA Gymnastics members participating in a sanctioned event.

It is the Meet Director's responsibility to secure an event sanction for all USA Gymnastics sponsored events/competitions.

Meet Directors must be an active USA Gymnastics Meet Director member in the discipline for which they are applying for sanction.

[Click here](#) to visit the Member Services Sanction webpage for sanction options, fees, and directions on how to apply for a sanction.

I. Meet Director Responsibility

For either domestic or foreign sanctions, the Meet Director's responsibility is to:

- A. Follow all regulations contained in these Rules and Policies and all applicable technical regulations from the NGJA.
- B. Secure judges through the appropriate judging association.
- C. Verify that all judges have current men's Judge membership and all certifications and requirements are current.
- D. Ensure that all equipment specifications are correct, and the equipment is properly installed.
- E. Ensure gymnasts are entered in their proper age groups and levels and are USA Gymnastics registered Athlete Members.

- F. Ensure all reasonable safety measures are considered.
 - 1. Each competitive area must have its own physical space and may not overlap with another competitive area.
 - 2. There cannot be any obstructions on the floor exercise area.
 - 3. There must be sufficient room for mounting, dismounting and vaulting areas.
 - 4. Report results according to procedures as stated in these Rules and Policies under Meet Results, Section VII.
- D. The Meet Director must be thoroughly versed in the organization and regulations of gymnastics competitions. Violations of any of these Rules and Policies will result in disciplinary action against the Meet Director.
- E. Request for changes to original Request for Sanction:
 - 1. ANY change must be presented in writing for approval prior to the event. Changes may be submitted to membership@usagym.org.
 - 2. Request must be made at least ten (10) days prior to the event.
- F. After the Meet Director and officials have signed the Sanction Report Form, the Meet Director must return it to the USA Gymnastics National Office. The appropriate copies must also be sent to the State and Regional Chairpersons. These must be sent within seventy-two (72) hours of the conclusion of the event.
- G. Upon receipt of the Request for Sanction form and appropriate fee, and after USA Gymnastics approves the sanction request, all sanction forms are available online and ready to be printed, including the Certificate of Sanction, granting Sanction. This certificate must be posted during the competition.
- H. On the Member Services website, log into membership profile and click on “my sanctions” to see if a Certificate of Sanction has been granted. If a Certificate of Sanction has not been received one week prior to the event, contact the USA Gymnastics Member Services at 1-800-345-4719 or email Member Services at membership@usagym.org.

II. Duties and Responsibilities of USA Gymnastics Members in Regard to International Exchanges

- A. Contact USA Gymnastics Member Services (1-800-345-4719) for assistance and directions. Do not directly contact any foreign federation, athlete, club or judge.
- B. With the increased participation of foreign athletes in the country, USA Gymnastics has the responsibility to inform our 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.
- C. Violations of the FIG regulations can result in restrictions of the member federation and/or its athletes.
- D. 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.
- E. 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 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
 - 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 event 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 function
 - g) the withdrawal of a honorary title or distinction
 - h) the cancellation of the brevets or diplomas awarded
 - i) a financial fine
 - j) 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
 - k) the suspension of the federation for one given or unspecified duration;
 - l) the exclusion of a federation for one given or unspecified duration on decision of the Congress
 - m) the exclusion of a FIG person
 - n) the cancellation of results of a competition
 - o) the obligation to restore the financial benefits and prizes received
 - p) the disciplinary measures resulting from the anti-doping regulations
 - q) all the sanctions taken can be the subject of a publication in the FIG bulletin or in any other official FIG publication
 - r) or any other sanction which could be proposed by the Disciplinary Commission of the Gymnastics Ethics Foundation

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

- F. Invitations for Foreign Athletes (Competitions/Exhibitions/Training)
1. Send ALL information (including any financial arrangements) and a cover letter including dates, registration forms, and fees to the USA Gymnastics Member Services Department.
 2. If you wish to invite a particular athlete(s) or foreign club(s), include club name, contact person, and address.
 3. If the activity is a competition/exhibition, a USA Gymnastics Sanction is REQUIRED.
 4. Do not send any invitations (foreign or domestic) until the USA Gymnastics office has notified you that approval has been granted.
- G. Other Considerations
1. The USA Gymnastics Office must approve all sponsorships, advertising, and promotional materials concerning these events in writing.
 2. The use of the word "INTERNATIONAL" is strictly FORBIDDEN.
 3. Promotion or advertising depicting the event as a competition between two or more countries is forbidden (i.e., USA vs. Canada).
 4. If your club is planning on traveling to another country, you MUST inform the USA Gymnastics Member Services Department in order to gain written permission from both federations.
 5. All exhibitions, competitions, and training between countries (i.e., USA vs. Foreign country) is under the jurisdiction of USA gymnastics.

III. Sanctioning Requirements for Foreign Exchanges

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

- A. Competitions/Exhibitions conducted in the United States
 1. Prior approval of Foreign Federation must be secured through request made by USA Gymnastics.
 2. All aspects of the event MUST be approved by USA Gymnastics. This includes but is not limited to:
 - a. sponsorships
 - b. marketing/property rights
 - c. equipment/format
 - d. television
 - e. all promotional, marketing, and advertising materials
 3. The use of the word "INTERNATIONAL" in the title of a competition/exhibition is strictly FORBIDDEN.
 4. Promotion or advertising depicting the event as a competition between two or more countries is forbidden (i.e., USA vs. Canada).
 - Athletes from a foreign country competing in the United States represent only their club at the exchange; they are NOT representing their country as a National Team member.
 5. Higher sanction fees may be assessed for galas or exhibitions depending upon the level of the participating athletes.
 6. FIG has a 5% tax on prize money awarded at an event.
- B. Training Exchanges conducted in the United States
 1. Prior approval of foreign Federation must be secured through a request made by USA Gymnastics.
 2. Only a letter of invitation with the specific information is required; however, it is not necessary to sanction.
 3. Proof of Insurance coverage:
 - a. It is the sole responsibility of the event host to secure proper insurance for the event. Be aware that some insurance packages do not cover foreign athletes or coaches.
 - b. Training exchanges may not be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect.
 4. Prior notification to USA participants that they represent only their club at this exchange, and they are not participating as official USA representatives.
- C. Competitions, exhibitions and training exchanges conducted in another country
 1. USA Gymnastics must receive communication from the host country requesting permission for USA Gymnastics members to attend.
 2. USA Gymnastics must approve of your club's participation BEFORE your club accepts an invitation to participate in another country's event. Notification requesting permission to participate in a foreign competition, exhibition or training exchange must be provided to the Program Director at the USA Gymnastics office.
 3. Events sponsored by and/or held in a foreign country CANNOT be "USA Gymnastics-sanctioned"; therefore, the Athlete Member insurance is not in effect. Prior notification to USA participants that USA Gymnastics insurance does not cover their participation in an event sponsored by and held in a foreign country is required.
 4. Any judge (US or foreign citizens) must receive permission from the National Federation of their country of citizenship before accepting an invitation to officiate a competition that is conducted outside of their country of citizenship.
 5. USA participants may only represent their club at these events/exchanges, and they may not participate as official USA representatives.
 - a. For example: Official results may not reflect "USA".

- b. Prior notification to USA participants that they represent only their club at this exchange, and they are not there as official USA representatives is required.
- 6. USA National Team members may not represent their club in an international event without the approval of the Program Director or the National Team Coordinator.

IV. Sanction Violation and Penalties

Sanction violations may result in a fine, voiding of a competition and its results, and/or loss of sanction privileges.

A. Sanction Violations

When a Meet Director and/or other participating member fails to follow these Rules and Policies, actions can be taken against the Meet Director, hosting institution and/or the individual offenders by the USA Gymnastics office. Violations may also result in action being taken by the Regional Chairperson in conjunction with a Regional Board (if that region has a Regional Board).

1. Violation of Sanction may include, but is not limited to:
 - a. Violation of any regulation within the Rules and Policies.
 - b. Conducting a USA Gymnastics event without a valid sanction.
 - c. Conducting an event on different dates or with more than one location or discipline without the proper sanctions and/or changes.
 - d. Improper timing of the event:
 - i. Athletes in the gym too long (over 5 hours)
 - ii. Starting the warm-ups before 8:00 AM
 - iii. Poor scheduling causing the meet to run past 10:00 PM
 - e. Inadequate facility or equipment.
 - f. Allowing members on the competition floor without a current, valid membership, including all membership requirements.
 - g. Failure to have a current Men's Competitive Coach, Judge or Meet Director Membership, with all membership requirements completed.
 - h. Incorrect awards.
 - i. Failure to order awards for State or Regionals from USA Gymnastics' national medal company – A1 Awards
 - ii. Failure to give out at least the minimum number of awards as stated in these Rules and Policies
 - i. Failure to return required sanction forms in the allotted time allowed.
 - j. Altering USA Gymnastics language on sanction report form.
 - k. Failure to obtain signatures/initials of officials/coaches on the sanction report form sign-in sheet(s).
 - l. Failure to submit the National Gymnastics Foundation head tax.
2. Violations on the part of a competitor:

If an individual gymnast is in violation of the regulations, he will be disqualified, and all awards returned (example: wrong level, wrong age division).
3. Violations on the part of a coach or judge:
 - a. If an individual who does not have the appropriate current Competitive Coach or Judge Membership and/or all membership requirements or falsifies one of the above mentioned memberships and attempts to participate on the field of play at a USA Gymnastics sanctioned competition, he/she will be removed from the field of play by the Meet Director.
 - b. If the club represented by the individual who has been removed from the field of play has no other coaches present who are Competitive Coach members and cannot find a substitute Competitive Coach member at least 18 years of age, then the athletes from that club will not be allowed to compete in the meet.

- c. Entry fees for the competition do not have to be refunded under these circumstances.
 - d. The individual and the Meet Director, as well as the club the coach represents, will be sent a letter of violation from USA Gymnastics. The accused individual will have 30 days to respond.
- B. Meet Director Penalties for Violations:
1. A meet director may receive the following penalties for violating any of the above stated violations.
 - a. A first-time violation results in a fine of \$100 for one violation plus \$100 for each additional violation associated with the same sanction.
 - b. A second-time violation results in a fine of \$500 for one violation plus \$500 for each additional violation associated with the same sanction. For each additional violation associated with the same sanction, the fine is \$500 each. In addition, a second-time violation may result in possible suspension of sanctioning privileges for the next competitive season. Fines apply only to the individual and/or the Meet Director.
 2. Hosting institutions may also be denied sanctioning privileges if violations are repeated with multiple Meet Directors.
 3. The State and Regional Chairpersons will be notified of any violations by e-mail.
 4. If a fine is assessed to a Meet Director, but not paid by the deadline indicated, the ability to sanction an event will be denied until all balances are paid.
 5. If the violation is due to the lack of mandatory forms being returned, the ability to sanction an event will be denied until all mandatory forms are returned.
 6. If a fine is assessed but not satisfied by the deadline indicated, the Meet Director's membership may be placed in a pending status.
 7. Escalating penalties accrue during the current competitive season (August 1-July 31).
- C. Additional Member Penalties for Violations:
1. A participating member may receive the following penalties for violating any of the above stated violations.
 - a. A first-time violation results in a fine of \$100.
 - b. A second-time violation results in a fine of \$500. For each additional violation associated with the same sanction, the fine is \$500 each.
 - c. A third-time violation results in a fine of \$1,000 and possibly suspension of membership.
 2. Fines apply only to the individual and/or the Meet Director.
 3. The State and Regional Chairpersons will be notified of any violations by e-mail.
 4. If a fine is assessed to a participating member but not paid by the deadline indicated, his/her membership will go into a pending status until all balances are paid.
 5. Escalating penalties accrue during the current competitive season (August 1st-July 31st)
- D. Written notification of a Sanction violation should be mailed to the Regional Chairperson within forty-eight (48) hours of the competition. It is the right and responsibility of USA Gymnastics members to report Sanction violations.

V. Sanction Report Forms

- A. After the Meet Director and officials have signed the Sanction Report Form, the Meet Director must return required documents of the sanction report to the USA Gymnastics National Office within seventy-two (72) hours from the end of the event via mail or email, including the Men's National Gymnastics Foundation Report and NGF Men's Fund donation – see IX below for details.

USA Gymnastics
 Member Services – Sanctions
 1099 N. Meridian St., Ste 800
 Indianapolis, IN 46204

Or email to: sanctions@usagym.org

- The appropriate copies must also be sent to the State and Regional Chairpersons.

- B. Request for Changes to Original Request for Sanction
 - 1. The Meet Director must submit the request to change the sanction in writing to Member Services.
 - 2. Request must be made at least ten (10) days prior to the event.
 - 3. If a Certificate of Sanction is received prior to the change, the Meet Director must make the changes on the certificate. A new certificate will NOT be issued.

VI. Meet Results and Meet Result Forms

The meet director must mail copies of the meet results AA and individual event scores, for each age group, and a completed Meet Results Form within 72 hours to the following individuals:

- A. Local Meets:
 - 1. State Chairperson
 - 2. Regional Chairperson
- B. Sectional Meets:
 - 1. State Chairperson
 - 2. State Meet Director
 - 3. Regional Chairperson
- C. State Meets:
 - 1. Regional Chairperson
 - 2. Regional Meet Director
 - 3. State Chairperson
- D. Regional Meets
 - 1. Regional Chairperson
 - 2. Development Program National Championships Meet Director (include a list of qualifiers)
 - 3. Vice President of the Men's Program
 - 4. Men's Program Manager
 - 5. Development Program Coordinator
 - 6. Development Program Assistant

VII. National Gymnastics Foundation Men's Fund

In August of 1999, the Junior Olympic Program Committee (JOPC) mandated that a one-dollar donation, for each participant at any men's sanctioned event where a fee is charged, be collected and sent to The National Gymnastics Foundation, Inc. (NGF) in order to aid in the funding of the NGF Men's Scholarship Fund. The funds that have been raised from August of 1999 to September of 2020 have been, and will continue to be, used exclusively to provide scholarships to current and future collegiate gymnasts.

In October of 2020, the Board of Directors of the NGF voted to update the name and purposes of the NGF Men's Scholarship Fund in order to serve more gymnasts. What has previously been known as the NGF Men's Scholarship Fund will now be referred to as the NGF Men's Fund. Funds collected from October of 2020 and beyond will be used by the NGF Men's Fund to provide financial support to a wider population within men's gymnastics for multiple purposes including, but not limited to, individual academic scholarships, elite athlete training grants, elite development team support, and collegiate program support.

In August of 2021, the Men's Development Program Committee (formerly JOPC) voted in favor of increasing the donation amount for the first time since 1999, from \$1 to \$3. This three-dollar per participant donation mandated by this form is required to be returned with the USA Gymnastics Sanction Report Form to the National Office within 72 hours of the conclusion of the sanctioned competition or event. **Do not send these funds to your State or Regional**

Chairpersons. Failure to cooperate in supporting the NGF Men's Fund will lead to complications securing Sanctions in the future and continuing as a Meet Director Member in good standing.

More information concerning the details of the National Gymnastics Foundation Men's Fund can be found here:
https://usagym.org/pages/men/pages/scholarship_program.html.

The NGF Sanction Report Form for Meet Directors can be found here:
<https://usagym.org/pages/home/pages/forms.html?#mens>

Clinics, educational opportunities, Club Track competitions, and Future Stars program evaluations that are supported by a USA Gymnastics State or Region and where any proceeds from the event go to the State or Region shall be exempt from the National Gymnastics Foundation Men's Fund donation.

In addition to all local sanctioned competitions, the National Gymnastics Foundation Men's Fund donation is required to be paid for all State and Regional Championship competitions.



Sanctioned Event Minimum Medical Requirements

- A. 3 levels: High Risk, Moderate Risk, Low Risk. USAG Program VPs/Directors would be required to assign a risk level to each level and/or event within their sport.
- B. High Risk: MAG – Levels 8, 9, 10, Senior & Elite
The performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds.
1. Requires the following level of medical staff present during warm-up, practice and competition:
 - Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, or Sports Certified Physical Therapist (PT, SCS)
 - A licensed medical professional who has competence in all the following skills:
 - Assessment and stabilization of the cervical spine and spine boarding
 - Assessment and stabilization of fractures (including open fractures) and dislocations
 - Ability to determine, through use of a validated tool, whether a concussion has occurred
 - Advanced first aid to control bleeding from deep wounds
 - CPR with AED certification
 2. Supplies: AED, splints, gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches
 3. Medical staff should complete incident report form
 4. 1 practitioner is required per 50 athletes competing at once and one per venue.
 - Example: 75 athletes on the event floor at once in one room of a convention center and 75 athletes on the event floor in a different room of a convention center would require 4 medical staff
- C. Moderate Risk: MAG – Levels 4, 5, 6, 7
The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains or strains
1. Requires a medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic) present during practice and competition.
 2. Prefer practitioner who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
 3. Medical staff should complete incident report form
 4. 1 medical staff member is required per 100 athletes competing at any given time and 1 per venue.
 - Example: If all events take place in one arena with up to 100 athletes on the event floor at once, then one medical staff member is required.
 5. Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags
- D. Low Risk: MAG – Level 3 or below
The performance of skills that pose a risk of injury likely limited to bumps, bruises or abrasions
1. No medical personnel required. Coach or meet director should be comfortable with basic first aid.
 2. First Aid Kit with breakable ice packs.
 3. Meet director would complete incident report form
- E. All levels would be required to submit a completed basic EAP for the gym or venue (We can help create a template with checkboxes)
- F. [Click here](#) to review the SafeSport requirements for Medical personnel.
- G. Medical staff are responsible for following their state’s scope of practice and practice guidelines.

How to find qualified medical personnel for your meet:

- Ask parents at your gym if they have proper qualifications or know anyone in the community who does
- Search your local hospital or children’s hospital’s website for “Sports Medicine” and contact them via phone numbers or “Contact Us” form on the web page

- Call your local hospital or children’s hospital and ask for the Marketing and PR department and ask them if they have providers who would be willing to cover your event
- Utilize a web-based service that matches ATCs to events such as Go4Ellis: <https://app.go4.io/>
- To find a sports certified physical therapist go to:
<https://aptaapps.apta.org//APTAPTDirectory/FindAPTDirectory.aspx>
 - In the search field “Find By Specialist”, choose “Sports”
- Call your community’s fire department to see if they have EMTs or Paramedics available to work the event
- Call your local orthopedics practice and ask to speak to the practice manager to see if their sports medicine physicians will provide event coverage
- Use your search engine to search for “sports event medical professionals near me”



Concurrent Sanctioned Event Policy

USA Gymnastics is aware that meet directors of a USA Gymnastics sanctioned event may also be conducting sanctioned events of other gymnastics organizations (*i.e.*, AAU) in the same venue, date, and time. If meet directors choose to conduct a multi-gymnastics association event, they must adhere to the following policies. Violations of any of the below policies may result in sanction revocation.

USA Gymnastics sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event. Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day.

- Permissible Gym Set Up:
 - Events with one gym set-up:
 - Sessions with USA Gymnastics competitors and non-USA Gymnastics competitors are NOT permitted to compete at the same time in the same competitive space, nor can they alternate sessions throughout the day.
 - Events with Multiple gym set-ups:
 - Dedicated field-of-play (*can be more than 1*) reserved to conduct only USA Gymnastics sessions.
 - Additional dedicated field-of-play (*can be more than 1*) reserved to conduct any non-USA Gymnastics sessions.
 - Each separate field-of-play should be clearly defined by signage, or separated by a specific, noticeable barrier (*i.e.*, airwall, curtain, stanchion, etc.)
 - Example: a Meet Director is hosting an event in large space that can be partitioned into 3 competitive fields-of-play areas; Field A, Field B and Field C.
 - Fields A and B are reserved for USA Gymnastics sessions
 - Field C conducts the non-USA Gymnastics sessions.
 - The Meet Director may use all the Fields A, B or C to conduct non-USA Gymnastics sessions provided that the non-USA Gym. sessions are conducted either prior to or following USA Gymnastics sessions on each competitive day.
- Meet Director must have an event plan that illustrates:
 - A clear definition of the start and end times of each organization's competition sessions for the duration of the event.
 - All event procedures that prohibit non-USA Gymnastics session participants (*athletes, coaches, judges*) from accessing the dedicated USA Gymnastics gyms/competition area during USA Gymnastics sessions.

Meet Director must obtain a separate certificate of insurance from each gymnastics association whose sessions will be conducted in the same venue as the USA Gymnastics sanctioned event.

CHAPTER 3

MEN'S DEVELOPMENT PROGRAM

New additions are highlighted

All rules pertaining to the Men's Development Program, including levels, age requirements, equipment specifications, routine requirements and championship format, can be found in the 2021-2024 Junior Competition Manual, which is available for purchase here:

https://usagym.org/pages/men/pages/rules_dev.html.

Additional Rules to the Junior Competition Manual are listed below:

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

The Men's Development 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 Men's Development Program.

- A. A "Collegiate Competing Athlete" is defined as an athlete who is/has represented a college or university program in varsity or collegiate club competition.
- B. No Collegiate Competing Athlete will be allowed to participate in the Men's Development Program. This includes:
 1. Any athlete who represents a NCAA institution in a varsity gymnastics event.
 2. Any athlete who represents a collegiate team (GymACT or NAIGC) and/or participates in the USA Gymnastics Collegiate Championships or any qualification event for the USA Gymnastics Collegiate Championships.
- C. One-year post-High School athletes who are not defined as a Collegiate Competing Athlete and meet the age requirements, may participate in the Men's Development Program with the approval of the Men's Program Vice President.
- D. Discrepancies to these rules may be directed to the Men's Program Vice President

II. 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 their club is located. The gymnast 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 they reside.
 2. The gymnast must compete in the Regional Meet based upon the State Meet in which they competed. The gymnast 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 they reside.
 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 their residence. American citizens residing abroad and wishing to participate in the State, Regional and 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 their respective native country (for which that athlete holds a passport) before they 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 their national federation, 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 website (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 National Championships.
4. Only athletes who are eligible to become members of the National Team may participate in the following events:
 - National Qualifier/U.S. Classic
 - Winter Cup
 - U.S. Gymnastics Championships
 - Trials or selection events for World Championships, Pan American Games, or the Olympic Games
5. Foreign athletes may not become members of the Future Stars Team or U.S. National Team or Development Team.
6. Foreign athletes may not qualify to participate in the Junior Development Camp, if one is held.

III. In addition to the competition attire requirements listed in the Junior Competition Manual, USA Gymnastics utilizes the FIG rules for advertising and publicity. Specific rules pertaining to competition apparel can be found in the FIG Rules for Competition Clothing and Advertising here: https://www.gymnastics.sport/publicdir/rules/files/en_Advertising%20Rules%20Competition%20Clothing%20-%20Edition%202022.pdf.

A. Additional Competition Restrictions

- No hats or caps are allowed to be worn.
- For safety reasons, jewelry of any kind is NOT allowed during competition and is considered a uniform violation.
- For safety reasons, athlete's hair must be secured away from the face so as to not obscure their vision of the apparatus. Failure to do so will result in a uniform violation
- Uniform violations will result in a medium behavioral deduction of 0.3 on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

- B. Additional questions concerning rules for advertising and publicity regulations not listed should be directed to the National Office Staff.
- C. All Local, State, and Regional rules and policies must conform to USA Gymnastics rules as approved by the MDPC and listed within the Junior Competition Manual and approved updates. Any deviation from these rules and policies must be requested and authorized by USA Gymnastics in writing.

IV. Coaches Attire

Coaches are required to be in professional attire on the competition floor. Professional attire includes:

- athletic attire such as a warm-up suit
- polo shirt or t-shirt/hoodie with club/team logo
- athletic footwear (no street or dress shoes)
- long athletic style pants or shorts (i.e. golf shorts)
- no sleeveless shirts
- no hats
- no denim style pants
- no cargo style shorts
- backpacks should remain in the competitor seating areas off the floor and may not be worn by coaches on the competition floor

V. Competition Credentialing

Credentialing at Local competitions where published ahead of time, State, Regional, and National Championships may allow for one coach per athlete, maximum of two coaches per club, to be allowed a credential. Clubs who would like to send more than two coaches must do the following:

- A. 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 a session.
- B. 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 a session.
- C. Eastern/Western or Development National Championships – 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 \$75 per requested additional credential for consideration. Submission of this request does not guarantee the approval of requested coach’s 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 National Championships must email the Men’s Program Manager.
- D. The coach whom the credential is being requested for must be a competitive coach member in good standing with the men’s discipline at the time of request.

VI. National Championships and Qualifying Meet Dates

- A. USA Gymnastics, in consultation with the MDPC, will approve dates for National Championship events
- B. The Development National Championships shall be conducted annually in May.
- C. Eastern & Western National Championships shall be conducted at least two weeks prior to Development Nationals.

- D. Regional Championships should be conducted no less than three weeks before the starting date of the Eastern/Western National Championships. The Vice President of the Men's Program must approve in writing any deviation from this date.
- E. State Championships must be conducted no less than two weeks before the starting date of the Regional Championships. The appropriate Regional Chairperson must approve in writing any deviation from this date.

VII. Development National Championships and Qualifying Meet Sites

- A. If a call for bids is sent out for Eastern/Western National Championships and/or Development National Championships, the National office will review bids according to the deadlines provided in the bid packets.
- B. The Regional and State Chairpersons will determine the sites of the Regional and State Championships. The Regional Chairperson will attempt to locate the Regional Championships competition site in a different part of the respective region each year.

VIII. Financial Responsibilities

- A. The host institution of a State and/or Regional Championship is financially responsible unless otherwise previously specified by written agreement. Financial responsibilities for the Eastern/Western and/or Development National Championships are available from USA Gymnastics.
- 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 **\$135** per gymnast for the State Meet
 - a. Entry fee may be increased to a maximum of **\$160** 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 **\$160** per gymnast for the Regional Meet.
 - a. Entry fee may be increased to a maximum of **\$175** for gymnasts competing two days of competition at the Regional Meet.
 - 3. Maximum of **\$175** per gymnast for the Eastern/Western & Development National Championships.
 - 4. All entry fees for Championship Meets are maximum allowable. Entry fees may be subject to change after review and recommendation by the MDPC. USA Gymnastics holds final approval for Championships entry fees.
- C. Adding \$3 to the entry fee for the NGF Men's Fund is not permitted.

IX. Qualification Procedures

- A. State Championships
The State Chairperson sets all qualification rules for the State Championships with the advice and assistance of such people as they deem 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 Chairperson sets qualification scores for all age divisions with the advice and assistance of such people, as they deem 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 MDPC or the respective regions. Guidelines for participation in the Regional Championships are determined by the Regional Chairperson/Regional Board or Committee for each region based upon numbers, time allotment, and facility and budget concerns specific to the region.
- C. Eastern/Western & Development National Championships
1. The MDPC reviews and establishes the qualifying process for the Eastern/Western & Development National Championships, which may be by qualifying score, allotment system or a combination of these two methods.
 2. The qualification process will be posted on the USA Gymnastics website by April 1 of each year.

X. Petition Process

- A. The MDPC may recommend any variations to the Petition Procedures listed below. If there are changes to these procedures, those will be communicated to the Men's Program Community
- B. Athletes who petition to any meet within the Development Program should be able to prove, through score verification, that they would have 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.
- C. Petitions to any National Championships should follow current petition requirements listed above 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.
- D. 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 ill, injured, or under special circumstances, are unable to participate 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 Chairperson (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, and
 - doctors' statement (if applicable)
 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 Chairperson (Sectional or State meet) or to the Regional Chairperson (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 Chairperson (State Championships) or the Regional Chairperson (Regional/Development Program National Championships/East or West Championships) within 48 hours of the conclusion of the event and must include the following:
 - Scores
 - Doctor's statement
 - Entry form for the event being petitioned to
 - Entry fee for the event being petitioned to
 5. The State or Regional Chairpersons 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.

- D. State or Regional Chairpersons are required to include completed petition forms with the entries to either the Regional or National Championship Meet Director. In addition, Regional Directors must submit a copy of both Regional Championship results and completed petition forms, along with the Regional Chairperson's personal observations and recommendations, by email or 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.
- E. State Directors will inform the Sectional or State Meet Director and the Regional Chairperson will inform the State Chairperson and Regional Meet Director as to the status of all petitions. Petitions that are not granted will have their entry fees returned.
- F. The National Office will inform the Regional Chairperson and Meet Director of any National Championships event as to the status of all petitions for that event. All National Championship petitions will be granted at the discretion of the MDPC. Petitions that are not granted will have their entry fees returned. The MDPC reserves the right to review state and regional petitions for action.
- G. Injury petitions require a full medical clearance from the attending physician stating the athlete is able to compete without restriction. Injury petitions 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 sent to the Men's Program Manager at USA Gymnastics.

XI. State and Regional Championships Procedures and Competition Formats

- A. State Championships
 - 1. State competition may be conducted in one day. Technical Sequences are required for State competition at the Junior Elite level. Technical Sequence competition and Optional competition 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 Competition Manual rules with respect to age groups and age divisions; however, State Chairpersons may request variation from the age groups and levels presented in the Junior Competition Manual 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 Development Program Coordinator.
 - 3. The Meet Director shall forward complete meet results to the Regional Chairperson and the Regional Meet Director. The State Chairperson shall forward a list of regional qualifiers and petitions to the Regional Chairperson 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 Junior Competition Manual or approved updates. Age groups may be combined or split where participant numbers dictate at the discretion of the State or Regional Chairperson.
 - 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 annually by the MDPC.
3. Regional Championships are obligated to follow the Junior Competition Manual with respect to age groups and age divisions; however, Regional Chairpersons may request variation from the age groups and levels presented in the Junior Competition Manual 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 Development Program Coordinator.
4. Competition at State and Regional Championships shall be conducted within approved USA Gymnastics age divisions as printed in the Junior Competition Manual or approved updates. Age groups may be combined or split where participant numbers dictate at the discretion of the State or Regional Chairperson.
5. **Important:** State Chairpersons must use the USA Gymnastics online reservation platform to enter their State's qualified athletes into their respective Regional Championships.

C. Age Categories

1. Primary age groups for optional level competition and qualification to State, Regional, and Development National Championships are as follows:
 - a. Level 8 JE: 12 years, 13 years
 - b. Level 9 JE: 14 years, 15 years
 - c. Level 10 JE/JN: 16 years, 17 years, 18+ years
2. Recommended age groups for optional level competition and qualification to State, Regional, and Eastern/Western National Championships are as follows:
 - a. Level 7 JN: 12-14 years, 15+ years
 - b. Level 8 JN: 12 years, 13 years, 14+ years
 - c. Level 9 JN: 14 years, 15 years, 16+ years

The MDPC will determine age groupings and allotment to Eastern/Western National Championships each year and release a qualification document prior to State Championships.

Recommended age groups for all compulsory levels at State and Regional Championships will be determined annually by the State or Regional Board that oversees those programs. The MDPC determines the minimum allowable competitive age for each level of competition.

D. Awards for State and Regional Championships

1. Awards are to be made at the conclusion of each competition with appropriate ceremony and announcements.
2. Gymnasts receiving awards must be in club warm-ups or competitive attire, but all award winners must wear the same attire (all warm-ups or all competition pants with tops).
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 Chairperson may request the Regional Chairperson to grant a deviation from these recommendations based on financial conditions of the State Meet.
 - h. The Regional Chairperson 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 for individual event or all-around recognition.
 - j. Variance from this policy may result in loss of Sanction and invalidation of qualifying scores.
5. The tie breaking procedures for State and Regional Championships will be decided by each State and Regional Board.
- D. Ordering Awards
- 1. All State, Regional and National Championships medals must have the USA Gymnastics logo on them.
 - 2. A-1 Awards has exclusive use of the USA Gymnastics logo on awards and recognition products. Therefore, all State, Regional, and National Championships medals must be ordered only from [A-1 Awards](#), 1/800-444-9569.
 - a. Any use of the USA Gymnastics logo on medals or awards by another company is prohibited.
 - 3. The State Chairpersons 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 Chairperson 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.

XII. Development Program National Championships and Eastern/Western National Championships Procedures and Competition Format

A. Entry Information

Only Regional Chairpersons may submit entries for the Eastern/Western and Development National Championships. Regional Chairpersons must use the USA Gymnastics online reservation platform to enter their Region's qualified athletes.

B. Competition Schedule:

- 1. Qualifiers will be placed by random draw by club affiliation and distributed to the designated sessions by level.
- 2. Competition may 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 warm-ups will be scheduled to begin by 8:00 am and competition scheduled to conclude by 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 Development Program 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. At Development Nationals, athletes in the JE Level 10, 18-19 year division, will compete two days of optional routines for qualification to U.S. Championships.
6. The MDPC will determine the competition format for the Junior Elite Division at Development Program National Championships. Junior Elite division competitors will perform Technical Sequences (if applicable) and Optional Routines on separate days. Designation of routines to be performed in the Preliminary and Finals sessions will be determined by the MDPC.

Level 10 Junior National (JN) Division All-Around and Individual Event Finals

- a. The MDPC will determine annually the number of athletes who will qualify to AA Finals in each age group each year and will post that number in the Development Nationals Qualification Document.
- b. 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.
- 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.

Junior Elite (JE) Division All-Around and Individual Event Finals

Level 8 and 9

- a. All JE Division Level 8 and 9 athletes will perform the designated (12-15) Technical Sequences in the JE Finals session as determined by the MDPC for the competition format.
- b. The combined score from the Optional Routine Competition session and the Technical Sequence Competition session will be used to determine the All-Around and Individual Event final rankings.
- c. JE Division Level 8 and 9 athletes will be eligible to receive awards in single age year categories.

Level 10

- a. JE Division Level 10 athletes, ages 16-17 will perform the designated Technical Sequences in the JE Finals session as determined by the MDPC for the competition format. JE Level 10 athletes aged 18-19 will perform 2-days of Optional routines. They will not perform Technical Sequences.
- b. The combined score from both days of Optional Competition will be used to determine the All-Around and Individual Event final rankings for the JE Level 10, 18-19 division.
- c. JE Division Level 10 athletes will be eligible to receive awards in single age year categories.

C. Awards Ceremonies:

1. Development National Championships
 - a. Junior Elite Division
 - i. Junior Elite Division **All-Around** awards will be presented to the top ten finishers in each age group within Level 10 (16-18/19), Level 9 (14-15), and Level 8 (12-13). Ties will not be broken, and duplicate awards will be given. 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 MDPC. The 18/19-year-old group is a combined age group.

- ii. **Individual Event** awards will be presented to the top six finishers in each age group. Ties will not be broken, and duplicate awards will be given. 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 MDPC.
 - iii. 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.
- b. Junior National Division
- i. Junior National Division **All-Around and Individual Event** awards will be presented to the top ten finishers within Level 10 (16-18/19) based upon single age year categories. Ties will not be broken, and duplicate awards will be given. 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 MDPC. The 18/19-year-old group is a combined age group.
 - ii. Junior National Division Region Team
 When submitting Regional Championships results, the Regional Chairperson will identify the top five (5) athletes in the Level 10, 17-18 year-old Junior National division (combined) and the top five (5) athletes in the Level 10, 15-16 year-old Junior National division (combined) to represent their region in the Level 10 JN Optional Routines/JN Regional Team session at Junior National Championships. The Top 3 Regional Teams in each combined age group will be recognized. The Regional Team score will be calculated from competition in each respective age division. All regional team participants must be in competition attire for the award presentation. The Junior National Division will use the Top 5 scores from the first day of competition on each event to determine the Regional Team ranking.
- c. Club Team Award
 The Top 6 Club Teams in each Level will be recognized on their first day of optional competition based on the combination of the results from Junior National and Junior Elite Divisions, where applicable. A Junior National Championship banner will be awarded to the Top 3 teams. 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.

2. Development Program Eastern/Western National Championships

- a. Awards for each age group will be determined annually based on number of athletes qualified to Development Program Eastern and Western Championships, respectively, in each age group.
- b. Number of awards in each age group can be different at each Championship based on the number of athletes qualified in each level and age group.
- c. Level and age groups at Development Program Eastern/Western National Championships are:

Level	Age Groups
7	12-13, 14-15, and 16+
8	12-13 and 14+
9	13-14 and 15+

D. Medical Requirements

- 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.

XIII. Officials

All officials for all USA Gymnastics sanctioned events MUST be certified in the Development Program. Use of non-certified judges will invalidate the event. All judges must meet the requirements to retain a judging membership with USAG.

- A. State Championship competitions may use officials holding local Men's Development 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 local judging associations, in collaboration with respective local meet hosts, will assign all officials for all USA Gymnastics sanctioned local and state competitions. The local judging associations, in collaboration with the Regional Chairperson and appropriate NGJA Development Program Director, will assign all officials for the Regional Championships.
- D. The Development National Championships must use officials holding National or FIG cards. There will be 24 judges and 1 Technical Director (the MD Vice President of the NGJA) who are assigned to the Development 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 MD Vice President of the NGJA, USAG Men's Development Program staff, and the Vice President of the Men's Program for USA Gymnastics. These individuals will comprise the Independent Selection Committee.
- E. The Eastern/Western National Championships must use officials holding National or FIG cards. There will be 12 judges and 1 Technical Director who are assigned to each respective Championship. Qualifications for selection will be determined by the MD Vice President of the NGJA, USAG Men's Development Program staff, and the Vice President of the Men's Program for USA Gymnastics. These individuals will comprise the Independent Selection Committee. Nominations should be submitted by October 1.
- F. 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 Development National Championships.
- G. Procedures for Selecting Judges for the Development National Championships
 1. In addition to the six (6) Jr National Apparatus Leaders, nominations for Jr 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 October 1 of each year. Review, selection and assignment will be made by January 1 of each year.
 3. Regional Chairpersons should submit two (2) candidates and one (1) alternate for nomination after consultation with the NGJA Development Program Director, Junior National Coaching Staff members and coaches within the region. Nominations should include a required vitae as distributed by the MDVP and be sent to the MDVP and the USAG Development Program staff.
 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).
 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 Development 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 Men's Development Vice-President shall distribute the final list to the nine NGJA Men's Development Directors, the Regional Chairpersons and the host of the Development National Championships.
 7. The Development National Championships host shall acknowledge receipt of the list of final nominees to the NGJA Men's Development Technical Vice-President and the Vice President of the Men's Program.

8. The Development National Championships host shall coordinate all necessary judges' arrangements (travel, lodging, meet format, meet information) with the NGJA Men's Development Vice-President and Shorts Travel, the official travel agency of USA Gymnastics
9. The NGJA Men's Development Vice-President shall notify all officials of their travel, housing, transportation and judging assignments.

XIV. Coaches Education

Each Regional Chairperson will conduct an annual regional clinic. The Regional Chairpersons will coordinate scheduling and content of the clinic with the State Chairpersons 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 Chairperson 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 are encouraged to distribute a written report of the clinic to all coaches in the region.

XV. Eligibility Rules

USA Gymnastics follows eligibility guidelines set by the International Gymnastics Federation (FIG) and the United States Olympic Paralympic Committee (USOPC). 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 Chapter 3.II.B for information on foreign athlete eligibility.

XVI. 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.

XVII. Special Recognition Awards

A. Frank J. Cumiskey Service Award

1. 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 Development Programs. Mr. Frank Cumiskey founded the USA Gymnastics Men's Development Program. He endowed the Men's Development 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 Men's Development 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 Development Program at a Local, Regional or National level.
2. Guidelines
 - a. The award will be nominated through the MDPC. It is voted upon at the fall meeting 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 Development National Championships. The award will only be given if worthy recipients are available that year.
 - b. The Frank J. 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. Dusty Ritter Visionary Award

1. The Dusty Ritter Visionary Award is presented to an individual who has demonstrated years of exceptional foresight, leadership and advocacy for the U.S. Men's Program. More than a service award, the Dusty Ritter Visionary Award identifies individuals who have become well respected teachers within our community. Dusty understood the evolving landscape of Men's Gymnastics and had an ability to foresee future trends. As the USAG Men's Development Program Coordinator, he motivated athletes and guided coaches through his oversight of the Men's Development and Junior National Team Programs. This award shall pay homage to a true icon in U.S. Men's Gymnastics by being presented to leaders who stand firm in their beliefs and convictions in the pursuit of progressing the U.S. Men's Program into the future.
2. Guidelines
 - a. The award will be nominated by USAG Men's Competitive Coach, Judge, Organizational Owners and Meet Director Members. Nominations, including bios, will be due to the Vice President of the Men's Program by August 1 of each year. The award will be voted upon by the MDPC at the annual fall meeting. The individual with the highest number of votes will receive the award. 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 award at Development National Championships. The award will only be given if recipients are available that year.
 - b. If there are no nominations in a given year or if the MDPC feels that the nominees presented do not demonstrate the characteristics worthy of receiving the Dusty Ritter Visionary Award, they may choose not to present the award that year. A maximum number of one (1) award may be given in any one year.

C. National Service Awards

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

D. Academic All-American Recognition Awards

1. Recognizing and rewarding academic achievement in junior gymnasts is paramount to the success of the USA Gymnastics Men's Development Program. The Development 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 Regional 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 Regionals or 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 Cumulative GPA Confirmation 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.
- e. 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.
- f. The GPA Confirmation Form 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.
- g. 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 Regional Championships.
- b. Certificates will be mailed to all athletes not attending Regional Championships 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. The Mas Watanabe Award is given to recognize achievement through gymnastics competition at the national level. Mas Watanabe remains a leader in 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. The Mas Watanabe Award is presented at Development National Championships to the athletes with the highest All-Around placement in the Junior Elite Level 10, 16-17 and 18-19 year-old divisions.
- E. Roberto Pumpido Coaching Excellence Award
1. 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. The Roberto Pumpido Coaching Excellence Award will be presented at Development National Championships to the coach of the athlete with the highest All-Around placement in the Junior Elite Level 10, 16-17 and 18-19 year-old divisions.

CHAPTER 4

NATIONAL TEAM PROGRAM

New additions are highlighted

The information in this chapter includes:

- Part I: Senior National Team Program
- Part II: Junior Elite and Junior National Team Program
- Part III: Participation by Foreign Athletes

PART I: SENIOR NATIONAL TEAM PROGRAM

I. Senior National Team

A. Selection

1. Senior National Team members are selected each year at the U.S. Gymnastics Championships and Winter Cup.
2. The MPC will determine the criteria and selection procedures for open National Team positions. These procedures will be published on the USA Gymnastics web site.
3. The MPC determines the total number of National Team members. The Committee may change the total number each year.
4. The Senior Selection Committee (SSC) is responsible for naming athletes to the Senior National Team.

B. Rankings

1. The SSC may or may not rank the members of the Senior National Team. Any national team ranking will be based on the competitive results from the Winter Cup Challenge, U.S. Gymnastics Championships or the trials for Olympic Games, World Championships or Pan American Games
2. The SSC may leave unranked gymnast(s) on the National Team who are added by petition or do not compete in the trials.

C. Training Camps

Members of the Senior Team and their personal coaches are expected to attend all training camps provided by the USA Gymnastics Men's Program.

D. International Events

The SSC will assign Senior National Team members to various international and invitational meets at its discretion. All assignments must be approved by USA Gymnastics.

E. Coaches for Events

The SSC will assign coaches to various international and invitational meets at its discretion. All assignments must be approved by USA Gymnastics.

II. U.S. Gymnastics Championships, Winter Cup, National Qualifier – Senior Division

Qualification procedures, competition rules and format will be posted on the USA Gymnastics web site at https://usagym.org/pages/men/events/program_events.html.

III. Trials for Olympic Games, Pan American Games and World Championships

The Men's Program Committee shall determine, and the USA Gymnastics President and the USOPC will approve the qualification procedures for the Olympic Games, Pan American Games, and World Championships.

USA Gymnastics shall work to publish the qualification procedures on the USA Gymnastics web site https://usagym.org/pages/men/pages/selection_procedures.html six months prior to the event.

The qualification procedures are subject to change when associated with scheduling, competition format and structure of organizing committees.

IV. Petitioning Procedures

A. Petition procedures will be outlined for all qualification events and selection processes, including deadlines for submission. Coaches should refer to event directives and selection procedures for complete petition procedures. At a minimum, all petitions should be submitted via email to the appropriate decision-making committee (MPC, SSC, JSC, MDPC) and include the following:

1. The completed petition form, which can be found online <https://usagym.org/pages/home/pages/forms.html?#mens>
2. Medical report, if applicable
3. Athlete’s return-to-play plan and estimated timeline for medical clearance
4. Medical clearance if available

Petitions approved pending a medical clearance requires that the medical clearance that the athlete’s physician provides must be emailed to USAG. Medical clearance must state that the athlete is cleared for full participation beginning on specific date.

V. Men’s Program Self-Funding

The following stipulations governing attending an international competition, FIG sanctioned or otherwise, in a self-funded capacity was approved by the MPC on 6/10/20:

	Represent USA	Represent Club/University
Athlete Eligibility	<p>Current Junior or Senior National Team member, and</p> <p>They have displayed readiness through competition results at U.S. Championships, Winter Cup, or a FIG sanctioned international competition within the past year, or through verification from the High-Performance Director/Jr Development Program Coordinator</p> <p>They have agreed to abide by the USA Gymnastics National Team Program Manual and has signed the National Team Program Manual Acknowledgement Form</p> <p>They are in possession of a valid passport. A valid passport cannot expire within less than six (6) months of the date of arrival to event.</p>	<p>Any athlete, level 8 and higher</p> <p>NT athletes must obtain approval from HP Director or Development Program Coordinator to participate at an international event and represent their club/university.</p> <p>They are able to provide proof of insurance coverage prior to departure or agree to pay for insurance offered by the local organizers or host Federation</p> <p>They are in possession of a valid passport. A valid passport cannot expire within less than six (6) months of the date of arrival to event.</p>
Event Eligibility	<p>FIG sanctioned events requiring approval to compete by the federation (USAG) and,</p> <p>Event is not designated as part of the High-Performance plan and,</p> <p>No other NT athletes have been assigned to the event on a funded basis</p>	<p>Non-FIG sanctioned international competitions or FIG sanctioned competitions that allow club representation (not country).</p>
Process	<p>At the beginning of the year, the Vice President of the Men’s Program will circulate the High-Performance event calendar to the community. The calendar will include dates, locations, number of delegation members based off of directives and budget, and registration deadlines. The calendar may be updated throughout the year. Coaches should check the FIG calendar on its website for additional competition opportunities that fall outside the High Performance Plan.</p>	

	<p>Athletes who meet the eligibility criteria for self-funding may send requests to the Vice President of the Men’s Program and High-Performance Director. Requests from Junior athletes must also include the Development Program Coordinator. The Men’s Program Manager should be copied on all requests.</p> <p>Requests must be submitted a minimum of two weeks prior to the first registration deadline and may be rejected if they are submitted after those deadlines.</p> <p>The MPC, with recommendations from the HP Director and Development Program Coordinator (for Juniors), will review and decide on self-funding requests based on the following criteria:</p> <ul style="list-style-type: none"> • Objectives of the requested competition • Most recent results from national competition (Development Program National Championships, US Championships, or Winter Cup) • Data and analysis of results from the Kinduct platform <p>If approved, USAG will coordinate and pay for any associated costs for the event up front. Participants will be invoiced once all associated expenses are confirmed. A credit card will have to be provided to secure the expenses but will not be charged unless directed. Participants will book their own travel and must provide details to USAG before the accommodation and transportation forms are due to the event organizers.</p>	
Uniforms	<p>Current NT apparel</p> <p>Athletes representing USA may only wear apparel that is unbranded or branded by a current sponsor</p>	<p>Club/University apparel or neutral apparel</p>
Financials	<p>The athlete and/or their club assume responsibility for all expenses related to the event which include, but are not limited to the following:</p> <ul style="list-style-type: none"> • Administration Fee (\$50) • Registration/Entry fees • Travel (air, mileage, Uber, baggage fees, etc.) • Visa (if required) • Associated costs for FIG License application or renewal • Accommodations • Meals • Uniforms/Apparel for athlete and/or coach (including shipping costs) • Administrative costs • Judge’s expenses including travel, accommodation, meals, etc., if applicable <p>Should any participant withdraw from an event after payments have been made, he will be responsible for all costs and any cancellation fees or fines associated.</p> <p>If USAG is asked to make travel arrangements, a credit card will be required by USAG prior to making any arrangements.</p>	

PART II: JUNIOR NATIONAL TEAM PROGRAM

I. Purpose

The USA Gymnastics Junior Elite National Team Program has two goals. One is the recognition of competitive excellence through national team participation and the other is raising the standard of excellence in international competition through the educational process.

II. Program Objectives

The Junior National Team Program ultimately exists for the specific purpose of identifying and preparing athletes to compete for the United States in international competition. While the program can and should impact the development of all competitive gymnasts in the United States, the focus of the National Team Program is development of the elite gymnast. The National Team Program seeks to create a year-round competitive and educational support system for coaches and athletes through the following objectives:

- A. Identifying the competitive path for our junior elite athletes and elevating the importance of successful competition.
- B. Creating an educational and evaluation system that emphasizes international competitiveness.
- C. Involve the personal coaches in overall program planning and organization as well as individualized athlete planning.
- D. The education of the basic principles of coaching and the overall development of the elite athlete.

III. Training Camp Program Goals

- A. Train basics, skills, sequences, half routines and routines
- B. Evaluate skill and routine development
- C. Assist direction of training programs throughout the year
- D. Provide educational clinics for the gymnasts and coaches
- E. Evaluate athlete progress through intra-squad meets
- F. Bring foreign coaches to the training camps to exchange information and knowledge with American gymnasts and coaches

IV. Junior National/Development Team Composition

The Level 8/9 Development Team is comprised of approximately 15 athletes, ages 12-15 years old and are named to the team at Development National Championships. The Level 10 National Team is comprised of approximately 14 athletes, ages 16-18 years old and are named to the team at the U.S. Gymnastics Championships. All Team Members must meet the qualifications set by the Men's Program Committee. Team sizes are subject to change from year to year.

USA Gymnastics will pay travel and training camp expenses to and from the designated training camps for all Level 8, 9 and 10 Team Members. Team members must pay their own travel and room and board for the Development Program National Championships, US Classic/Qualifier and/or the U.S. Gymnastics Championships.

V. Junior Elite and Junior National Team Responsibilities

- A. A National Team/Development Team Member must attend all USA Gymnastics scheduled training camps, unless excused by the High Performance Staff.
- B. A Junior National Team/Development Team Member MUST attend any event, competition, etc., assigned by USA Gymnastics.

VI. Junior National Team Selection

The selection procedures for the Junior National/Development Team will be developed by the MDPC and MPC annually and will be posted to the USA Gymnastics website:

https://usagym.org/pages/men/pages/selection_procedures.html

Selection procedures and team size are subject to change from year to year.

VII. Future Stars Team Selection

- A. Selection - The Future Stars Development Team will be selected from the 10-, 11- and 12-year-old age divisions at the Future Stars National Championships/Evaluation. The gymnasts perform compulsory routines composed of about ten basic skills and are also evaluated on trampoline and on their performance of prescribed flexibility, strength and body positions. A Junior National Coaching Staff member and an NGJA judge will evaluate the routines and the additional requirements and jointly produce scores based on technique and execution. More information on the Future Stars program can be found here:
https://usagym.org/pages/men/pages/rules_dev.html.
- B. The following athletes will make up the Future Stars Development Team from the Future Stars National Championships competition in rank order all-around scores:
- 10 year olds – top 18
 - 11 year olds – top 18
 - 12 year olds – top 14

These athletes and their coach will receive a Future Stars Development Team warm-up that identifies them as team members.

- C. The following athletes, selected in rank order, and their coaches will be invited to attend a Future Stars training camp the following summer:
- 10 year olds – top 9
 - 11 year olds – top 9
 - 12 year olds – top 7

USA Gymnastics will provide the athletes and coaches with room and board during the camp. Athletes and coaches attending the Future Stars Camp will be responsible for their transportation to the camp.

VIII. Junior National/Development Team Training Camps

The goal of the Junior National/Development Team Training Camps is to give coaches and athletes practical help with their specific needs as well as provide guidance concerning appropriate planning so that the athlete may develop into an internationally competitive team member. The team structure attempts to provide coaches with realistic long-term goal setting for international competitiveness and the means to monitor that progress. The Junior National/Development Team Camps will feature the following:

- A. Coaches will work primarily with their own athletes. Assigned staff members and team coaches will work with groups of coaches.
- B. The athletes are divided into groups and a Team Leader (one of the personal coaches) is assigned to each group by the Development Program Coordinator.
- C. All staff and coaches will discuss the camp's progress each day. This will include athlete evaluations. They will also carefully cover the next day's plans and activities.
- D. Coaches will meet individually with the Development Program Coordinator to discuss long-term development, goals and workout plans. These meetings will also be used to set individual goals for the next camp.
- E. Evaluation on all or some of the following will be conducted: team presentation and warm-up, basic tumbling, individual presentation, individual skill development, strength, flexibility, optional routine development.
- F. The setting of specific goals for the next camp.
- G. Educational support materials for both the athlete and coach.

IX. Men's Program Self-Funding

The MPC approved stipulations governing attending an international competition, FIG sanctioned or otherwise, in a self-funded capacity (6/10/20). Details of which can be found in [Part I.V.](#) above.

X. Junior National Coaching Staff

The Men's Junior National Coaching Staff (JNCS) is made up of coaches and advisors operating under the guidance of the Men's Junior High Performance Coordinator. The mission of the JNCS is to provide linkage from the National Team & High-Performance Programs to the Regional Elite Development Programs in all nine regions. The members of the JNCS are entrusted to coordinate the Regional Elite Development Programs following the strategies and objectives set out in the High-Performance Plan to align our National Team program across the country. The JNCS does not determine policy or rules for the men's program, and therefore has no binding voting process.

1.0 Composition. The JNCS is directed by the Men's Jr High Performance Coordinator. The JNCS consists of at least one (1) member from each of the nine (9) men's regions and a maximum of two (2) members from each region. Additional members of the JNCS include Emeritus Staff that may provide perspective on international competitive standards and experience with regard to future development. The JNCS may also include direct communication with the following positions:

- Men's Program Vice-President
- Men's High-Performance Director
- National Gymnastics Judges Association (NGJA) Representative
- Men's Development Program Committee Chair or members

2.0 Appointment Procedures. Appointments to the JNCS will be conducted prior to the start of each new quadrennial cycle. A call for applicants will be circulated via email from USAG no less than three (3) months prior to the start of the cycle. Potential candidates will submit an application (including bios) to the Men's Program Manager, or their designee, no later than thirty (30) days from the date the call for applicants are communicated. Appointments to the JNCS will be determined based upon review of qualifications and recommendations from the Men's Program Staff to include, but not limited to, the following:

- Men's Program Vice President
- Men's High Performance Director
- Men's Junior High Performance Coordinator
- Men's Program Manager

3.0 Meetings. The JNCS will meet at least once annually at the Future Stars National Championships. Additional meetings may be required throughout the year to be held in person or virtually.

4.0 Member Eligibility. Each member of the JNCS must be a USA Gymnastics professional member in good standing with all course requirements completed, background check current, and no pending Safe Sport matters.

4.1 Active Representatives

- Must be a current coach working with a competitive club team at the optional level with at least one athlete participating in the Junior Elite Track
- Must be knowledgeable in the National Team/High-Performance Program
- Must be familiar with all current statutes and technical regulations per FIG

4.2 Emeritus Representatives

- Must have coached a prior or current Junior or Senior National Team member
- Must have international competitive experience as an athlete or coach
- Must be knowledgeable in the Men's Development Program and Junior National Team Program
- Must be familiar with all current statutes and technical regulations per FIG

5.0 Term Limits. The term limit for coaching representatives on the JNCS is (4) years. The term will conclude at the end of each quadrennial cycle. JNCS members may serve a maximum of three (3) consecutive terms.

6.0 Vacancies & Removal. If a member's position on the JNCS becomes vacant during their term because of resignation, removal, incapacity, disability or death, then the individuals listed in Section 2.0 may appoint an

eligible individual to serve the remainder of that member's term or until the next regularly-scheduled appointment, whichever occurs earlier.

7.0 Duties & Responsibilities. The JNCS will:

- Hold at least one in person meetings each calendar year at Future Stars National Championships. More frequent meetings may be called, either in person or via phone/virtually, as necessary or desirable
- Provide oversight and continued evaluation of elite development operations within the regional elite development programs for their respective region including the Future Stars program
- Work with the Regional Chairs and/or the Regional Board in their respective region to conduct various elite development camps, regional team development, and oversee processes for various elite team selections
- Receive direction for the Elite Track of the Men's Development Program following the goals and objectives outlined in the Men's High-Performance Plan, and communicate those objectives at the regional level
- Maintain open and consistent communication with the Men's Program community and report feedback from the Men's Program community to the JNCS as requested
- Support USA Gymnastics, its rules and policies, and competition programs
- Maintain a high level of knowledge of the junior and senior international competitive trends in support of the elite development programs

8.0 Duties of the Men's Development Program Coordinator. The Men's Jr High Performance Coordinator will fulfill the following duties in leading the JNCS:

- Provide overall leadership to the JNCS and schedule all JNCS meetings
- Prepare and distribute the agenda and any relevant documents to the JNCS in a timely manner prior to all JNCS meetings
- Coordinate reports and feedback from JNCS meetings to the MDPC or the MPC

9.0 Disclosure of Charter. This charter shall be made available on the USA Gymnastics website.

10.0 Effectiveness and Amendment. This Charter must be approved by the Men's Program Committee. Any amendment or other modifications of this Charter shall be made by a majority vote of the voting members of the Men's Program Committee.

11.0 Compensation. No salary or other compensation shall be paid for serving as a member of the JNCS.

12.0 Conflict of Interest. All members of the Committee will adhere to the USA Gymnastics' Conflicts of Interest Policy, Gifts and Entertainment Policy, and Confidential Information Policy.

Each year, all elected and appointed officials and committee members must submit a completed Conflict of Interest and Confidentiality Form to the National Office no later than: (i) two (2) weeks, or fourteen (14) days, following the acceptance of the elected or appointed position; or, (ii) the last day of the respective committee's annual term of office renewal.

As the annual receipt of these documents is an eligibility requirement by both USA Gymnastics and the USOPC, any individual refusing to sign or submit these documents by the appropriate due date forfeits their opportunity to serve on any USA Gymnastics committee.

XII. Current Junior National Coaching Staff

Men's Development Program Coordinator, Dusty Ritter

Lou Datilio, Region 1
Tim Klempnauer, Region 1
Pavel Sargsyan, Region 1
Seth Smart, Region 2
Tom Meadows, Region 3
Sam McArthur, Region 3
Spencer Johnson, Region 4
Chuck Chmelka, Region 4
Kostya Kolesnikov, Region 4
Tom Buese, Region 5
Mike Serra, Region 5
Juha Tanskanen, Region 5
Lorenzo Macaluso, Region 6
Debbie Naka, Region 6
Matthew Henry, Region 8
Nikolai Korepanov, Region 8

Emeritus Members:

Raj Bhavsar, Region 1
Yoichi Tomita, Region 1
Bob Young, Region 2
Kevin Mazeika, Region 3
Marc Yancey, Region 3
Yuejin Sun, Region 3
Kevin Hallinan, Region 7
Brandy Wood, Region 9

PART III: PARTICIPATION BY FOREIGN ATHLETES

Only athletes who are eligible to become members of the Junior or Senior National Team may participate in the following events:

- U.S. Classic (National Qualifier)
- Winter Cup
- U.S. Gymnastics Championships
- Olympic or World Championships Team Trials
- World Championships (Jr or Sr), Pan American Games (Jr or Sr) or Olympic Games (Jr or Sr)

Foreign athletes within the Development Program may participate according to the requirements presented in Chapter 3 of these Rules and Policies but may not become members of the Development Program Team (Future Stars or Junior Elite/Development National Team).

CHAPTER 5

MEET ORGANIZATION

New additions are highlighted

I. Scoring

A. International Definitions

1. All-Around Score (AA)

Optional All-Around is the total score for the six optional routines. Combined All-Around score is derived from adding the total score from two sessions together: All-Around Prelims + All-Around Finals = Combined score.

2. Combined Event Score

The total of the two scores received in an event from two different sessions.

3. Finals

a. Individual Finals

The highest scoring competitors (maximum of 10) of each event are called the individual finalists. They qualify to compete for the "Champion Title" of an event in a FINALS MEET, which is conducted in all six events with optional performances. The gymnast may perform the same or a different optional routine as in the preliminaries. The same gymnast may be qualified to one or more events to compete in the finals, The combined event score average from the preliminaries is added to the score earned in the finals, except in a "New Life" format where only the finals score is used to determine rank.

b. All-Around Finals

Based on the top pre-determined number of All-Around Meet Scores for the "All-Around Champion Title," an additional optional competition is conducted following the preliminaries. The gymnast must perform in six events and may perform the same or different optional routines as in the preliminary competition. Scoring: The final score is the average of the "All-Around Meet Score" and the "Finals All-Around Meet Score," except in a "New Life" format where only the finals score is used to determine rank.

4. Team Score

The method of team scoring must be described clearly in the "Meet Announcement" as well as in the "Meet Information." It is suggested in the USA Gymnastics Junior Competition Manual a minimum of the top three (3) scores in each event count toward the team score in state level meets and below. Take the best three scores in each event. When competition is for team only, the team score is based on counting one less than the designated number of individuals entered per team. Example: Each team may enter six (6) competitors. The team score is based on the top five (5) scores in each of the six (6) events.

5. Order of Events

a. The FIG order of events is recommended for the preliminary competition for all USA Gymnastics meets. If six (6) events are conducted at the same time, the squad should rotate from one event to the next following FIG order:

- 1) Floor Exercise
- 2) Pommel Horse
- 3) Still Rings
- 4) Vault
- 5) Parallel Bars
- 6) Horizontal Bar

b. Final Order: If two (2) events are conducted simultaneously, the following order is recommended.

- 1) Floor Exercise and Pommel Horse
- 2) Still Rings and Vault
- 3) Parallel Bars and Horizontal Bar

B. Age-Group competitions use USA Gymnastics Junior Competition Manual rules for compulsories and FIG Competition I (with USAG modifications) for optional routines.

II. Meet Officials

A. What Meet Officials should expect:

Meet Officials should never be assigned to private homes where they would be obligated to socialize instead of rest or to travel hours each day to get to the meet from their housing - unless this is what they request.

1. Meet officials should be provided with hotel rooms in nearby quality hotels or motels, ideally two (2) persons assigned to one room.
2. If driving, meet officials should receive mileage reimbursements at the current IRS rate. The total mileage reimbursement shall not exceed the cost of a round trip airline ticket to the same locale.
3. Transportation shall be provided to and from the hotel if cars are not available for judges to use. The driver's name, pickup time and place should be included in the judging packets. If a judge is not picked up at the arranged time, he should be reimbursed by the Meet Director for transportation expenses.
4. Provisions should be made for the transportation of any official to and from the airport.
5. Meet officials should receive meals or per diem or a combination of.
6. Runners assigned to each judge should stay with that person for the length of a session to provide the most efficient work.

B. Workload and Recovery Sessions

In general, sessions should not be scheduled which would require a judge to officiate any longer than a maximum of three and one half (3 1/2) hours at any single session. Adequate time should be scheduled between the end of the evening session and the beginning of the next morning session for a rest period.

III. Pre-meet Conditions of which to be Aware

A. Meet Directors

To conduct a GREAT meet is an ART! Even the so-called "expert" directors have to cope with difficulties in the course of work since every meet has its own characteristics and unique problems. A well-run meet is to be expected. However, to expect a PERFECT meet is slightly utopian. The opportunity to conduct a large meet is a "once in a lifetime" experience for many directors. There are not enough opportunities for obtaining substantial experience in a short period of time. This experience comes through many years of organizing meets. Therefore, the Meet Director must plan well, striving for perfection in every detail. Every phase of the meet must be examined to prepare for unexpected challenges.

The most famously conducted meets were results of maximum investment of effort and heart, not happenings of miracles where the problems solved themselves.

The feeling of pride in obtaining the right and privilege to host an important meet should carry over to every detail of the work. Pre-meet preparations, meet conduct and follow-up work must be carefully scrutinized. The assignment should be carried out in its ENTIRETY in order to result in success and to give a true personal satisfaction.

B. Competitors / Coaches

With the exception of the local competitors, most of the gymnasts and coaches must travel a considerable distance to compete in Regional and higher meets. The strenuous training prior to these meets, the fatigue from travel, the competitive tension and the unfamiliarity with the new site brings a special emotional condition upon participants.

A well-organized pre-meet setup, with ample guidance for the arriving visitors and a well-designed practice program, is essential to put the athletes at ease. Meet Directors should provide the following:

1. Information prior to meet and/or at the site of the meet.
2. Good hostess service.
3. Well-equipped practice and competitive areas.
4. Practice area available at scheduled time.
5. Well scheduled practice times and adequate practice time.
6. Random draw.
7. Separate times for practice and coach's meetings.

IV. Considerations for Audience Appeal

The following factors are essential for the success of a meet:

- A. An organized disciplined meet, conducted on schedule, with no interruptions and with quick performance changes and fast judging.
- B. Sessions not too long in duration.
- C. Sessions should include all six (6) events, unless specifically advertised in pre-meet information and tickets.
- D. Adequate information on scores and performing persons:
 - 1. Information shown on scoreboards should be visible from every seat.
 - 2. Scores shall be rotated slowly and constantly.
 - 3. Scores shall be elevated and not covered by Officials on the floor,
 - 4. Scores shall be flashed right away and as close to the event as possible.
 - 5. Scores shall be large enough to read.
 - NOTE: At each event, two (2) sets of information shall be rotated at all times, with stops only to change numbers:
 - a. The performing gymnast's name and/or number.
 - b. The score for the previous gymnast and his competitive number.
- E. The program should be easily read, contain a place to record scores and have adequate information on the events and competitors.
- F. The program should include information available from the previous day's results. If there are no large result-posting sites available, duplicated copies of the results should be available. These should be free or available for a minimum charge covering the cost of paper. They should also be posted in public areas.
- G. No distracting actions on the competition floor:
 - 1. Gymnasts should warm up away from the competing gymnasts.
 - 2. Gymnasts should remain in designated areas.
 - 3. Gymnasts should not horseplay or eat on competition floor.
 - 4. Judges should not argue or conduct long conferences.
- H. There should be little or no moving of equipment.
A gymnast should be ready when his number is called.
- I. A trainer, stretcher, first aid kit, ice, etc. should be quickly accessible.
- J. Background music, if used, should not be too loud, or poor in quality.
- K. Tidy seats, gym floor and restrooms are required.
- L. Floor managers and security persons shall be available.
- M. Refreshment service should be quick and provide enough stations for purchase.
- N. Ticket sales should be available on time and at the door for next session.
- O. No more than six events shall be conducted at the same time.
- P. Announcer should have a pleasant voice. No information should be given on a loud speaker while a performance is in progress. Information should be given during breaks.
- Q. A pleasant voice and mannerism of the head judge should be used in calling out performer's number to go on.
- R. Welcome speeches should not be too long or too many.
- S. Plan a meet with a definite ending and with immediate official results announced. The first three All-Around and first three event winners should be announced at last.

V. Meet Directors

- A. Prior to submitting a bid:
 - 1. Determine the possibility of drawing an audience for the meet through investigation in order to detect any conflicting events scheduled in the community at the time of the meet's date.
 - 2. Inquire about a suitable site for the meet and its cost. Make tentative reservations.
 - 3. Draw up a budget - realistically estimating expenses - to find out the total cost of hosting the meet.
 - 4. Prepare the bid and submit it to the appropriate individual.
 - 5. Secure finances and/or sponsors. Clear all sponsorships with the USA Gymnastics National Office prior to signing contracts.
 - 6. Budget items for expense consideration-
 - a. Officials' fees and expenses
 - b. USA Gymnastics Fees
 - c. Gymnasium rental

- d. Equipment rental
 - e. Moving costs
 - f. Printing expenses: tickets, programs, fliers, posters, results
 - g. Promotion and paid advertisements: web site, TV, radio, newspaper
 - h. Decorations for meet site
 - i. Uniforms for runners
 - j. Special small souvenirs for competitors, officials and workers
 - k. Awards for competitors
 - l. Hospitality room and food - banquet if planned
 - m. Cost of special photographs, films and tapes used at the meet or prior to the meet
 - n. Transportation for participants at the meet site
 - o. Secretarial work, paper, mailing, phone
 - p. Electrician union workers fees
 - q. Doctor and/or trainer fees
 - r. Janitorial services
 - s. Insurance costs
7. Budget items for income:
- a. Ticket sales
 - b. Program sales
 - c. Souvenir sales
 - d. Refreshment sales
 - e. Entry fees
 - f. Sponsorships
- B. After receiving permission to host the meet:
1. Send a Request for Sanction to USA Gymnastics.
 2. Make preliminary announcement in newspapers and on radio and TV about the meet.
 3. Secure the meet site with a contract.
 4. Contact the proper NGJA personnel for securing judges.
 - a. For local, sectional, invitational and state meets, contact the State Judging Director.
 - b. For Regional meets, contact the Regional Judging Director.
 - c. For all National Jr. Elite meets and National Elite meets, contact the National Judging Director.
 5. Clear housing arrangements and special prices with hotels.
 6. Organize the committees - appoint chairpersons.
 7. Establish an outline of duties for each committee.
 8. Set deadlines for the various phases of progress.
 9. Secure every working person used from other professions.
 10. Establish the outline of the meet - number of sessions and times.
 11. Mail out meet information and/or post to website.
 12. Mail out and post to website requested entry forms and detailed information to coaches, competitors and meet officials; and send invitations to dignitaries.
 13. Gradually increase the frequency of news announcements and advertisements of the meet.
 14. Print tickets, fliers, and posters. Organize the ticket sales, mail order and local. Mail complimentary tickets.
- C. After all entries are in:
1. Select a suitable meet form for rotation.
 2. Conduct the draw and assign the competitors to squads and events – post information to web site if possible.
 3. Prepare the program.
 4. Check the arrival times of visitors and the hotel reservations through the Hospitality Committee.
 5. Secure "welcome gymnasts" signs on billboards from motel and other agencies.
 6. Prepare the floor patterns for equipment and give a deadline for the setup.
 7. Prepare competitors and judges packets for registration -- possible enclosures:
 - a. Entry list
 - b. Order of competition for each session
 - c. Competition procedure
 - d. Warm-up and practice procedure

- e. Competitor numbers
 - f. Passes to the competition
 - g. Judges assignment list
 - h. Meeting schedule
 - i. Official program
 - j. Map of city
 - k. Map of meet site
 - l. List of local restaurants, churches and places of interest
 - m. Information on sponsoring agency, city or school
 - n. Souvenirs
 - o. Publicity pictures (returned to competitors)
 - p. Newspaper articles - pictures of competitors or meet
 - q. Extra flier or poster for souvenir
- D. After the competitors arrive:
1. Be present at registration times.
 2. Conduct the coaches meeting and scratch session. The Meet Referee should be in attendance. If an open draw is required, it should take place at this meeting.
 3. Provide the judges a meeting area.
 4. The Meet Referee chairs the meeting.
 5. Be available at practice and warm-up sessions for any inquiry.
- E. At the meet:
1. Be agile, moving between working stations in order to be available at all times for help or advice (troubleshooting). Strive to achieve a rapidly moving meet.
 2. Be prompt with rotation and warm-up times. Stay on schedule.
 3. Have judges check scores and sign the meet report form.
- F. After the meet:
1. Check with news reporters to see that they have the correct information on the results.
 2. Act as the host for the hospitality room.
 3. See that the result sheets are distributed to competitors, coaches and officials. See that results are posted on the competition web site.
 4. Distribute checks to judges.
 5. Personally check out the work of every committee to see if everything is completed, especially the "follow-up" phase of the meet; equipment returned, letters mailed, official meet reports mailed, bills paid and profit deposited.
 6. Have a meeting with the committees to evaluate the work and collect suggestions for future improvement.
 7. Send a thank you note to all officials who worked in the meet.
 8. Send a letter of appreciation to all persons who contributed to the success of the meet.
 9. Prepare a meet report, include good pictures and send them to sport magazines.
 10. Mail completed sanction forms to proper USA Gymnastics officials:
 - a. Sanction Report Form - USA Gymnastics Office and the Regional and State Chairperson.
 - b. National Gymnastics Foundation Report and Scholarship head tax.
 - c. Official Score Sheet - State Chairperson, Regional Chairperson, Meet Chairperson of next level meet.
 - d. Meet Result Qualifying Form - State Chairperson, Regional Chairperson, Meet Chairperson of next level meet.
 - e. Financial Report - State Chairperson.
 - f. Competition Tax - State Chairperson.

VI. Meet Committees/Personnel

- A. Publicity Committee
1. Work out finances for advertising the meet.
 2. Contact the USA Gymnastics National Office for instructional booklet.
 3. Prepare material for television, radio, newspapers and program by securing a selection of quality pictures and tape or film recordings of gymnasts. Arrange for the printing of fliers, posters and programs.
 4. Arrange for the creation of a competition web site where all meet and entry information can be found. Also, plan on posting background information as well as the results on the web site.

5. Contact newspapers, magazines, newsletters to publicize the meet in advance on a national or regional scale.
 6. Design a plan for the local area for distributing posters and fliers (businesses, industries, schools, organizations, churches included).
 7. Send invitations and complimentary tickets (2) to local dignitaries.
 8. Send and personally deliver complete meet information to sport and news announcers in town and in cities in the region. Include action shots, posters and fliers.
 9. Write up interesting background material on the competitors.
 10. Stress local competitors to be written or talked about or to be interviewed or filmed in practice.
 11. Secure for TV a good quality 3/4" video of a skilled gymnast performing. Horizontal Bar is recommended for length and general appeal.
 12. Have a live announcement taped with the film presentation.
 13. Arrange for professional photographers to work at the meet, taking pictures of winners in action and in award ceremonies.
 14. Work on promotion of advance ticket sales with Finance Committee.
 15. Involve important community persons with making welcoming address at the opening ceremonies or to hand out awards at the finals.
 16. Work out a list of official working persons to who passes should be issued. Distribute passes in advance. Give complimentary tickets to newspaper and TV personnel who helped to promote the meet.
 17. Give complimentary tickets to Meet Officials on their request. (Coach's wives or husbands, judge's relatives, equipment company representatives).
 18. Select and TRAIN the Meet Announcer.
 19. Furnish information on each event, scoring and competitor. Prepare a list of important guests and large groups attending the meet to be welcomed during warm-up time.
 20. Send resumes of meet with final results to papers, TV, radio and magazines with action shots taken at the meet if possible.
 21. Send letter of appreciation to persons who helped promote the meet.
- B. Finance Committee
1. Establish a budget and allocate the requested money to each Committee.
 2. Pay for the sanction of the meet -- post official sanction on the wall of the gym.
 3. Organize the ticket sales.
 4. Establish the prices, the types of tickets to be sold. (Adult-student tickets, session and a "season ticket", numbered or not, colors and quality of paper, size, etc.).
 5. Have tickets ordered well in advance from the printer.
 6. If adult and student tickets are printed, arrange for an "overprint" in case of an overabundance of sale of one kind.
 7. Decide how tickets are going to be handled at the gate -- collected or section torn off.
 8. Appoint a person responsible for the mail-order ticket sale.
 9. Appoint a person who can receive phone calls during the day, whose number is to be printed on the fliers, for meet information.
 10. Appoint ticket sellers for the days of the meet. Work out shifts to work a method of turning over tickets and money to the next crew.
 11. Arrange for police protection for the ticket booth and for the delivery of the money into the safe.
 12. Secure change, in various denominations, for ticket booths. Secure organized boxes for grouping tickets and money for quick and accurate operation.
 13. Process all checks to be paid out for officials and give them to the Chairperson of the Hospitality Committee. Collect entry fees from the Clerical Committee.
 14. Appoint Program Sales Chairperson, who will select a crew. Provide coin change.
 15. Select a chairperson for ticket takers, who will select a crew and will work out the shifts.
 16. Distribute complimentary tickets to Chairperson requesting them -- keep a list. Secure passes for reporters, TV personnel, judges, etc. Distribute passes to Chairpersons.
 17. Appoint a Program Manager who will be responsible for putting the material together and for the printing.

18. If concession sales are catered, work out a business arrangement in advance for a set price guaranteed or percentage of the sale. Require insurance to be purchased by the owner of the food business if he does not have any.
19. Collect all the income; ticket, program, food, entry fees, etc.
20. Collect and record all bills and debts.
21. Pay expenses by check.
22. Close out the account, make out a financial report, and make several copies. Hand them to the Meet Director.
23. Items used in work:
 - a. Vouchers
 - b. Insurance policies
 - c. Sanction
 - d. Checks for officials
 - e. Passes and list of names
 - f. Tickets and list of names for complimentary tickets
 - g. Boxes at door for ticket takers (discarded parts)
 - h. Program
 - i. Change - change boxes
 - j. Signs for price of tickets
 - k. Change aprons for program sellers
 - l. Room to keep programs, tickets and concession materials
 - m. Safe

C. Site Committee

1. Set up a list of equipment used in the warm-up and competition gyms. Secure the equipment. If loaned, make arrangements ahead of time for finances and delivery.
2. Make a map of all areas used -- floor plan of gym area, hospitality room, lockers, first aid, washroom, refreshment, parking, public phones. Make copies of packets to be distributed to competitors and officials and to all key personnel working in the meet.
3. Secure the services of personnel necessary to conduct the meet such as electrician, security, fire department, sound, scoreboard, movers, janitors, etc.
4. Secure extra equipment (T-handles) in case one breaks. Have it in the gym prior to the meet, ready for immediate replacement by a person trained to do it.
5. Draw a floor map for equipment movers and train them to work with maximum speed.
6. Provide a "roped off" runway for vaulting.
7. Keep an electrician on duty around the clock who knows all outlets and switches, microphones, etc. Provide many outlets with, extension cords, for tape recorders, TV, etc.
8. Provide signs in the building showing directions to main areas.
9. Arrange seating facilities for competitors on the floor, for competitors who are not competing in the session and for spectators.
10. Arrange table and chairs for Meet Officials.
11. Secure personnel to work with the music used for competition (background, opening ceremonies).
12. Secure personnel to clean gym floor and mats, bleachers and public places between sessions.
13. Secure flags (American, State, School). Provide victory stand and a decorative place to exhibit awards.
14. Make arrangements to decorate the gym in order to have a festive atmosphere -- flags, live flowers, draperies behind victory stand, etc.
15. Secure doctor or trainer and furnish them with a room. Prepare a list of procedures for first aid personnel and for all persons assisting in the meet, designating working hours.
16. Set up the gym for the first event, everything measured and rechecked for official specification.
17. Work out a plan for disassembling the gym -- returning equipment, storing borrowed and rented items. Designate the times of work and personnel and their responsibilities.
18. Make out a list of working personnel who will need passes to enter the gates.
19. Send note of appreciation to those who worked at the meet.

20. Personnel needed:
 - a. Site Manager
 - b. Equipment Manager and crew of movers
 - c. Locker room attendant
 - d. Custodians
 - e. Electrician
 - f. Music Operator
 - g. Parking lot attendant
 - h. Floor manager (during meet)
 - i. Certified doctor or athletic trainer
21. Equipment Needed: Warm-up and competition gym should be identically equipped.
 - a. Floor Exercise Mat (spring floor), Pommel Horse, Still Rings, Vault Horse, Parallel Bars, Horizontal Bar
 - b. Extra bar rails and "T" Handles
 - c. Vaulting Boards (3-4)
 - d. Mats for equipment and for landing
 - e. Runway mat for vaulting (ropes and posts if necessary)
 - f. Chalk stand with chalk
 - g. Emery cloth
 - h. Wet towels and dry towels
 - i. Toolbox with basic tools
 - j. Measuring tape English/Metric
 - k. Tape for the horse runway - secured to floor
 - l. Public address system
 - m. Outside telephone, and inside telephone line for floor and ticket booths
 - n. Tables for tape recorders
 - o. Extension cords
 - p. Equipment for marches/background music
 - q. Microphone
 - r. Victory stand
 - s. Sign for meet (title and date)
 - t. First aid kit (stretcher on hand)
 - u. Tables: six-one for each head judge (his/her crew of scorers, timers, and flashers)
 - v. 16 small tables or desks, one for each judge
 - w. Chairs: One for each official scorer, runner. Enough chairs for each squad performing at each event (coach included).
 - x. Flags
 - y. 25, Hospitality room; tables, chairs
22. A written plan for emergencies, telephone numbers of emergency medical technician, trainer, or doctor is needed.

D. Clerical Committee

1. First and Second Mailings

Duplicate the "meet information" and mail to the names listed by the Meet Director. Post all meet information to the competition web site. Make out a list from the returning mail request - "detailed meet information". Send out the second mailing including:

 - a. Detailed meet information
 - b. Entry forms
 - c. Travel information - maps
 - d. Map of the city with competition site and headquarters hotel
 - e. List of hotels - prices with currently confirmed prices
2. After entries are received
 - a. Check entries to see if properly signed by parent for athlete's release and athletes/coaches/judges are registered USA Gymnastics members.
 - b. Check coach's entry to determine if team persons are indicated correctly

- c. Make out a list of competitors in alphabetical order. List their affiliations, names of coaches, cities and states where the coach is from.
 - d. Assign a competitor's number to each name, alphabetically, according to team and age group
 - e. If it is primarily a team competition, list teams alphabetically, then the members of the respective teams. Assign the numbers. (This way each team member is numbered consecutively)
 - f. Duplicate the list for the registration packets and for other purposes
 - g. Prepare a list of judges and Meet Referee. Duplicate this list.
3. Draw
- a. Assist at the draw, whether it be in advance or at the open draw at the coaches meeting. If the draw is done in advance, post draw to the web site if possible.
 - b. Record the order of competition on the event master score sheets. Produce plenty of copies for registration packets and for other meet workers.
4. Registration
- a. Set up registration times and personnel in charge of athletes and judges.
 - b. Assemble the packets.
 - c. Judges' Packets - Should contain the same material as the competitors plus:
 - i. Assignment for judging
 - ii. Check, if fees are known in advance
 - iii. Passes
 - iv. Judging Forms
 - v. Scratch paper
 - vi. Pencils
 - vii. Schedule of judges' meetings
 - viii. Form for travel expenses
 - d. File the competitor packets by names or team alphabetically.
 - e. File judges' packets alphabetically.
 - f. Use competitors and judges list at registration to check off the registered persons as they receive their packets.
 - g. Ask judges to sign their names on the list as they receive their checks.
5. Meeting
- Attend "scratch session" and enter all the changes on the score sheet.
6. Scorers
- a. Thoroughly train scoring personnel in use of scoring program to be used. In the case of computer scoring, it is recommended that two separate computers be used to score the event independently for maximum accuracy. All computer equipment should have a battery back up in the event of power loss.
 - b. Train scorers to compute the average at each event. Instruct scorers to be at their place of work 15 minutes prior to the opening time of the competition with dittos and all materials to be used. Scorers are to list the names and numbers of all judges on each event score sheet, prior to the start of an event.
7. Scoring
- a. Average Score - receive all four (4) scores from the Superior Judge. Eliminate high and low and average the two middle scores. Record and FLASH score to audience.
 - b. Base Score - add average score to Superior Judge's score. Divide by two if used.
 - c. Record time duration of floor if timed.
 - d. Give the FINAL score to the flasher as soon as it is computed and double-checked.
 - e. At the completion of the event, have the Superior Judge check the score sheets and sign his/her name. Turn sheet over to All-Around scoring table for official transfer of scores.
 - f. As soon as scores are recorded, return the event master score sheet to the Head Judge or Meet Referee, if used.
8. Head Scoring Table
- a. Record average on the score sheet and on the team score sheet.
 - b. Determine the first 10 places in each event.
 - c. Determine team scores, if team competition is being held.
 - d. Give official results to announcer with the event name, team, place and score of the winners designated.

- e. For the Finals, prepare and distribute for athletes, coaches and officials a list of qualifiers and their order of competition. This may be made up during the Optional meet as each event is completed and rechecked for scores. The Meet Referee may execute a draw with the Meet Director in the presence of a Superior Judge or coaches' representative.
 - f. As the meet progresses, run off copies of results from the sessions.
 - g. Publish results on a large board for the audience.
 - h. Run off final complete results of the entire meet, indicating Event and All-Around placing.
 - i. Duplicate meet results, enough for competitors, coaches, judges and for news reporters.
 - j. If OFFICIAL scores cannot be prepared for the end of the meet, distribute an UNOFFICIAL result and post the OFFICIAL results at the hotel headquarters. Duplicate these and have them available for all involved.
9. Runners
- a. Train runners to RUN at all times and to sit next to the judge without distracting him.
 - b. Runners take the score to the Superior Judge and then return to place.
 - c. Runners should be wearing gymnastics shoes, as they may have to run over mats.
 - d. Runners should stay at one event for at least one session.
10. Flashers
- a. "Average Score" flashers - as soon as the score is available, put it up on the score board with the corresponding NUMBER of the gymnast shown below the score.
 - b. Flashers MUST be seated in a place where the audience and all meet persons can view the score.
 - c. Flashers MUST rotate the scores at ALL TIMES. They must keep the scores up during the entire following performance until the new score is given. They must change the score quickly.
 - d. "Now Performing" flashers (if used) - as soon as the performance is completed, they must put up on the board the number of the next performing gymnast. They must rotate the sign at all times and must leave it up during the entire performance.

NOTE: Flashers are some of the most important workers in the meet, they should be changed more often since their task is physically tiring if done correctly.

11. Miscellaneous Duties
- a. Work out times and shifts for all scorers.
 - b. Designate places to return equipment between sessions and after the meet.
 - c. Secure keys to offices to be used in the building.
 - d. Secure persons to operate computer, adding and copy machines.
 - e. Secure telephone connected to ticket booth and to main floor.
 - f. Secure as much extra help as possible.
 - g. Secure a person who is free to run errands.
 - h. Mail thank you notes to all who worked.
 - i. Mail official meet results to competitors, coaches and judges, if they were not available after the meet.
12. Equipment Needed
- a. Event scoring tables
 - b. Score sheets for events, for All-Around, Team and Finals
 - c. Staplers
 - d. Box for collecting the scores at each event.
 - e. Calculator or sheets with table of averages
 - f. Pencils, erasers, pencil sharpener.
 - g. Flags (6) for judges to signal to gymnast.
 - h. Stop watches (6-8) for warm-up and competition gyms.
 - i. Sound signal for timers.
 - j. Rule book and official specifications for equipment.
 - k. Two sets of performers numbers (large size).
 - l. Scoring stand for flashing scores.
 - m. Stand for "Now Performing" numbers.
 - n. Towels to wipe off equipment.

E. Hospitality Committee

1. Prepare the information on the Hotels, including name, address, phone, distance and confirmed rates.
2. Designate the types of restaurants available in the hotel and their hours of service.
3. Designate Headquarters Hotel. Give information to Meet Director. After approval, the information is prepared to be mailed out by the Clerical Committee along with the detailed meet information.
4. Prepare a list of eating places in the vicinity of the meet site and list the type of food and price range. Produce copies for registration packets.
5. Make contact with professional food caterers or clubs to sell refreshments.
6. Set up a hospitality room for judges at the place of the conference room. Arrange for security of the room so that officials may leave their belongings there safely.
7. Set up a hospitality room for coaches and competitors. Include coffee, tea, coke, juice, cookies, fruit, etc.
8. Assign hostesses to these rooms to keep food replaced.
9. Secure additional registration packets for late arrivals.
10. Reserve a hospitality room at the Headquarters Hotel (ask for free of charge). Set up refreshments for after the meet for coaches and officials.
11. Have a person in charge of serving and reordering refreshments.
12. Have a person in charge of transportation.
13. Make out a list of the times of arrival and departure of officials, Assign persons to transport officials and guests to and from the airport. Do this also for competitors and coaches, if possible.
14. If hotel is located within driving distance from the gym - and if budget allows - work out a shuttle bus or car schedule to transport athletes and coaches between hotel and gym prior to and after each session and at the conclusion of the day.
15. Assign individual host to groups who will stay with the guests during the entire visit while in the gym. Give name and phone number of hostesses to the teams.
16. Assign host(s) to dignitaries to welcome them at the site of the meet.
17. Assign ushers, if necessary.
18. Furnish an expense list to Financial Committee on the use of transportation, bills on purchased refreshments, and other expenses.
19. Secure cash to replace refreshment items at once.
20. Secure cars for the judges, if possible, to be driven by them to and from the meet site.
21. Give meet information sheets to all hosts so they will be able to answer any questions concerning the meet, hotel and city.
22. Prepare welcoming signs for billboards in the city and the meet site.
23. Prepare a large board showing a montage of all publicity on the meet -- newspaper articles and pictures on the meet and the competitors. Exhibit at meet site.
24. Equipment needed:
 - a. Cars (clean, trunk emptied) and cash for gas
 - b. Insurance for cars
 - c. Name tags for hosts
 - d. List of guests - times of arrival and departure
 - e. Maps for restaurants
 - f. Extra registration packets
 - g. Coffee pots, coffee, tea, sugar, napkins, cups, spoons, food

F. Awards Committee

1. Order well in advance the proper type and number of awards (USA Gymnastics medal supplier, [A-1 Awards](#), must be used for State Meet and above).
2. Have the proper engraving ordered for each award.
3. Have extra awards on hand for ties.
4. Set up a decorative display until awards are given out.
5. Select persons - possibly dignitaries - to present awards.
6. Work out a procedure for presentation -- start from the last or from the first place.
7. Have an assistant to hand the awards to the presenting person. The award should be handed to the gymnast first, then a handshake.

8. Equipment
 - a. Awards
 - b. Table
 - c. Decorative table covers
 - d. Live flowers or plants
 - e. Signs - easily readable - designating each award
 - f. Victory stand
 - g. Sign for victory stand with event, meet title and date
 - h. Numbers for victory stand designating places
 - i. Special lights to show off awards.

- G. Special Events Committee
 1. Secure an event to be shown before the final scores are announced in order to give time to recheck the scores. Anyone who performs on the equipment must be a USA Gymnastics athlete member.
 2. Have information typed up and given to announcer.
 3. Make detailed plans for the opening ceremonies, closing ceremonies and award ceremonies.
 4. Work out ceremonies and in-between-time entertainment with an orchestra leader. (Give cues for start and finish of playing, select numbers, moods).
 5. If color guards are to participate, work out their schedules and seats.
 6. If escorts are used to assist winners to the victory stand, work out their individual assignments.
 7. Make sure it is realized that anything used as a special event is necessary only to fill time or to improve effects, and NOT TO LENGTHEN THE MEET.
 8. Send thank you notes to orchestra, color guard and to all other helpers.
 9. Equipment and Personnel:
 - a. List for announcer
 - b. List for cues for bandleader
 - c. Flags
 - d. Assignment list for escorts
 - e. Equipment for exhibition - music
 - f. Color Guard
 - g. Orchestra or band
 - h. Decoration Chairperson