

2019 National Qualifier Competition

GENERAL AND TECHNICAL INFORMATION

Update: 1/25/2019

I. CREDENTIALS AND SECURITY

- A. All coaches and judges must be a current USA Gymnastics Professional Member in good standing, which includes completed Safety Certification, Safe Sport Training, and Background Check. Athletes must be current USA Gymnastics Athlete Members.
- B. All Coaches are expected to be in PROPER Professional Gymnastics attire.

II. ORIENTATION MEETING – Judges/Coaches

- A. Orientation Meeting will be held just prior to the competition.

III. MEDICAL

- A. Medical Trainers will be on site for all training and competition sessions.

TECHNICAL INFORMATION

I. TRAINING/COMPETITION VENUE

- A. Athletes may ONLY train in the DESIGNATED gym at the DESIGNATED time.

II. EQUIPMENT - for National Qualifiers, American Classic and US Classic

- A. FIG equipment specifications will be used for the International Level competitors with some adjustments.
- B. In addition to the 20 cm of matting in the dismount areas an additional 10 cm of matting must be used and NOT moved.
- C. For beam, there will be a designated dismount area which cannot be changed.
- D. Supplemental Matting
 - 1. Up to two of either manufactured sting mats or 10 cm mats are allowed to be placed separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s). Mats can be removed or left in place.
Note: Floor matting must be placed prior to the floor routine starting. A mat cannot be added once the routine has started.
 - 2. **Senior,** Junior International, and Hopes Level athletes may use a skill cushion (maximum thickness of 8") in addition to the 20 cm (-2 cm tolerance) competition landing mat for release elements on bars. Matting must be removed after release move.
 - 3. **Senior,** Junior International, and Hopes Level athletes may place a manufactured sting or 10 cm mat under the bars during competition in addition to the 20 cm base mat. This matting cannot be moved or on top of the 10 cm landing mat.
- E. Only the AAI manufactured 100 x 120 cm Round Off Entry mats are allowed for use in front of the vaulting board for hand placement on Round off entry vaults.
- F. Uneven Bars heights may not be raised above or lowered from FIG specifications. The spread of the uneven bars should be 180 cm. Bars will be marked and a 0.50 deduction will be taken for any gymnast working beyond specifications.

1. Bar height increases are allowed in the following case in line with FIG rules:
 - a. At the increased height the inner diagonal distance between the bars shall be not more than 182 max* 1.0 cm
 - b. Height increases of 10 cm shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organizers at the time of the entry and verified by the designated judge (Meet referee) during the training/warm-up. Equipment suppliers / Organizers must provide trained staff for a safe, fast and competent height increment if necessary.
- G. For the International level athletes, there will be two spring board configurations used at Vault -- Six springs (3-1-2) and 8 springs (3-3-2). Beam and Bars will use only one board (soft). Springs may not be moved or replaced.
- H. For the HOPES athletes, there will be two spring board configurations used at Vault. A five (2-1-2) and six spring (3-1-2) for vault. For bars and beam boards you may remove springs to adjust to the Hopes athlete. You must return the spring as soon as your athlete is finished on that event.

III. FIG DEDUCTION REMINDERS - for National Qualifiers, American Classic and US Classic

The following is a reminder of some of the deductions for Behavior of the Gymnast and/or the Coach.

Gymnast's Behavior

Incorrect padding	0.30
Incorrect advertising	0.30
Incorrect use of Magnesia	0.50
Missing Start Number	0.30
Incorrect attire (leotard, jewelry, bandage)	0.30
Competing out of order	1.00
Exceeding touch warm-up time (one warning given)	0.30
Overtime	0.10
Exceeding fall time (UB 30 seconds/BB 10 seconds) and continuing exercise	0.30
Exceeding intermediate fall time (60 seconds)	Exercise Ended
Unauthorized absence from the Awards Ceremony	Disqualified
Unauthorized remaining on the podium (if used)	0.30
Speaking to active judges	0.30
Starting exercise without signal or when red light is on	Void
Gymnast must refrain from using water on the surface of the balance beam For application of deduction refer to Article 2.4	0.50 from the Final Score
<ul style="list-style-type: none"> • This is a FIG rule – it will be in effect for ALL competitions, including USA Championships. 	

Coach Behavior

Spotting assistance (help)	1.00
Failure to properly use Safety Collar	Void
Failure to use 10cm mat	0.50
Raising apparatus without permission	0.50
Removal of springs without authorization	0.50
Placing springboard on unpermitted surface	0.50
Use of unpermitted supplementary mats	0.50
Moving the supplementary (10 cm) mats or to unpermitted end of beam	0.50

Coach remaining on the podium (except bars) 0.50

A second coach on the podium to pull mat after a release skill must leave the podium immediately after the mat is removed. 0.50

- Junior International coaches may also remain on podium to stand in for Beam dismounts of E or higher.
- In addition to standing in on bars, HOPES coaches may also remain on the podium or in the competition area to stand in for Vault landings and Beam dismounts.

Unsportsmanlike conduct

Warning – then removal

Speaking to active judges during competition give signals, shouts (cheers) or similar during the exercise etc.

First time – 0.50 and warning

If coach speaks aggressively to active judges.

First time – 1.0 and warning

Second time – 1.0 and removal

IV. FLOOR EXERCISE MUSIC

- A. FX CDs/electronic versions can be checked for speed and clarity .
- B. Coaches are responsible for bringing their gymnast's music to the designated music table properly cued. The coach will remain at the music table to play their athlete's music. All CDs must be marked with the gymnast's name and club.

V. NEW ELEMENTS OR VAULTS

- A. Any new elements or vaults not listed in the FIG Code of Points must be submitted for evaluation prior to the orientation meeting to the Technical Director or to Annie Heffernon at aheffernon@usagym.org. Please understand that the evaluations received for any new elements are for within our country only.

VI. VAULT NUMBERS CHART

- A. A vault chart will be posted at the vaulting event.
- B. Vault numbers must be shown prior to each vault.
- C. It is the coach's responsibility to flash the correct number for the vault the gymnast performs.

VII. SCORING

- A. The flashing of D and E scores must be made visible to the coaches after each judgment.
- B. A copy of the final results with D and E scores will be available to all coaches after the competition.

VIII. INQUIRIES

- A. All inquiries must be given to the Technical Director of the competition.
- B. Inquiries will be accepted for consideration for questions regarding D and E Scores. Please understand that after review, the D Score and/or Overall Score could be lowered, raised, or remain the same. Inquiries on the E Score may be submitted only if the E scores are outside the following range:

Average E Score = 9.50 (or higher) (.1 allowable range)

Average E Score = 9.45-9.00 (.3 allowable range)

Average E Score = 8.95-8.00 (.5 allowable range)

Average E Score = 7.95 (or below) (.8 allowable range)

IX. COMPETITION RULES

A. International Seniors and Juniors optional competition:

1. FIG Qualification Rules (Competition I) will be used for all events.
2. Traditional international warm up rules will be applied for optional competition.
3. Pre meet beam warm up will be 30 seconds per athlete for the entire group followed by 1:30 seconds per athlete in competition order.
4. There will be a 30 second touch warm-up for Beam and Floor and 50 seconds for Bars to include the preparation of the bars. Vault touch will be two attempts only.
5. Yurchenko vault values for Seniors
Layout 1/1 = 4.4, Layout 1.5 = 4.8, Layout 2/1 = 5.4; Layout 2.5 = 5.8
6. Yurchenko vault values for Juniors and Hopes
Layout 1/1 = 4.6; Layout 1.5 = 5.0; Layout 2/1 = 5.5; Layout 2.5 = 5.9
7. Sticking bonus program: To be eligible for the bonus see the following event requirements.
 - a. **Vault:** 0.10 for sticking if the start value is 5.4 or greater.
Hopes - 0.10 for sticking if the start value is 4.6 or greater.
 - b. **Bars and Beam:** 0.10 for sticking D dismount or higher
 - c. **Floor:** 0.10 for sticking one of two options. D or higher acro skill stick or a tumbling pass with an E or higher acro skill directly connected to a lower value acro skill after the E or higher as long as the final element sticks.

X. QUALIFYING SCORES

- A. International Senior qualifying score to American/US Classic is 51.00 All Around
- B. 3 Event Senior qualifying score to American/US Classic is 39.00
- C. 2 Event Senior qualifying score to American/US Classic is 26.50
- D. International Junior qualifying score to American/US Classic is a 50.50 All Around
- E. Hopes qualifying score to American Classic is 46.00 for 10-11 year old and 48.50 for 12-13)

XI. AWARDS

- A. Elite Awards for National Qualifiers
 1. Compulsory – No awards are given.
 2. National Qualifier Optionals – International Level Juniors and Seniors will receive All-Around medals only and no individual event medals.
 - a. If there are 5 or less gymnasts competing, award first place.
 - b. If there are 6 or more gymnasts competing, award first through third place.
 - c. Announce the athletes who have achieved the optional qualification score.
 3. Hopes athletes will receive both All-Around and Individual Event Medals.
 - a. If there are 5 or less gymnasts competing, award first place.
 - b. If there are 6 or more gymnasts competing, award first through third place.
 - c. Announce the athletes who have achieved the optional qualification score.

XII. HOPES MODIFICATIONS

- A. Composition Requirements for the 2019 Season for the HOPES Division will follow FIG Requirements with the following changes.
 1. Vault – Raise Yurchenko vault 4.34 to 5.50 start value
 2. Uneven Bars - FIG composition / rule requirements with these alterations:
 - a. Flight from HB to LB and same bar flight will become:
 - 1 release skill of C or higher/ Value of 0.50
 - 1 release skill of B or higher/ Value of 0.50
 - One different grip element per FIG / Value 0.25

- One close bar complete circle element (from group 2,4, and 5)/ Value 0.25
 - 180 degree non flight turn/ Value 0.25
 - Minimum B Dismount - No dismount or A = .00 but give DV/ Value 0.25
- b. FIG deduction for empty swing following a Schaposchnikova will not be in effect.
- c. Hopes athletes may run or take one to two steps under the low bar to mount after presenting with no deduction.
- d. Hopes Athletes:
- Gymnasts will be permitted to squat, pike, or straddle on and jump from low bar to high bar **one time** without incurring the 0.50 deduction. No casting deductions apply to the cast prior to the squat, pike, or straddle on.
3. Beam - FIG composition / rule requirements with these alterations:
- Turn from group 3 as per FIG/ Value 0.25 (instead of 0.5)
 - Minimum C Dismount -No dismount or A or B = .00 but give DV / Value 0.25
4. Floor - FIG composition / rule requirements with these alterations:
- Dance passage as per FIG/ Value 0.25 (instead of 0.50)
 - Minimum C Dismount - No dismount or A or B = .00 but give DV / Value 0.25

2019 National Qualifier
New Element / Vault / Combination Form

Please complete and submit the following form in advance to Annie Heffernon (aheffernon@usagym.org) or to the Technical Director prior to the Orientation Meeting.

Name of Club: _____

Phone number: _____

Apparatus: _____

Gymnast Name: _____

Gymnast Number: _____

Details of New Element, Vault, or Combination: _____

Evaluation: _____