

## Section 1: Age, Level and Mobility

### I. Age Entry & Age Divisions for Individual Competition

#### A. Age Entry:

1. A gymnast's age is determined by how old she will be as of December 31st of the year in which the competition takes place.

Eligible to Compete Age Chart for Levels 3-10 & Xcel	
Xcel	Must turn 6 yrs. old by December 31 <sup>st</sup>
Level 3	Must turn 6 yrs. old by December 31 <sup>st</sup>
Level 4	Must turn 6 yrs. old by December 31 <sup>st</sup>
Level 5	Must turn 7 yrs. old by December 31 <sup>st</sup>
Level 6	Must turn 8 yrs. old by December 31 <sup>st</sup>
Level 7	Must turn 9 yrs. old by December 31 <sup>st</sup>
Level 8	Must turn 10 yrs. old by December 31 <sup>st</sup>
Level 9	Must turn 11 yrs. old by December 31 <sup>st</sup>
Level 10	Must turn 11 yrs. old by December 31 <sup>st</sup>

#### B. Age Divisions:

1. Age divisions are the groupings used in determining the competitive session in which an athlete will compete and the awards categories used in competition.

Competitive Age Divisions Chart for Levels 3-10	
Child A	6 yrs. old
Child B	7-8 yrs. old
Child C	9-10 yrs. old
Junior A (Hopes)	11-12 yrs. old
Junior B	13-15 yrs. old
Senior	16 yrs. old and older

#### C. Verification of Birthdate and Level Eligibility

1. Verification of an athlete's date of birth and their level eligibility will be done by the club administrator **for all new team members each year**. To do so, the Club Administrator will print the team roster from the USA Gymnastics member club administration page.
  - a. Log in to the USA Gymnastics website
  - b. Steps to print:
    - i. Click Club Administration > Club Roster in the left side bar

- ii. Click “I want to...” and select “View my athletes”
- iii. In the status column, click “Active” and then directly above it, click “Update”
- iv. It should look like this:

- v. Scroll down to the bottom of the page and click the “Export” button
  - vi. Print this export (be sure to click the option for the width to fit in one page when printing)
- c. The club administrator must verify that the information for each athlete is correct by checking it against the athlete’s birth certificate or passport **for all new team members.**
  - d. Each parent **of a new team member** must sign next to their child’s name on the roster
  - e. The club administrator must sign and date the verified roster
  - f. When complete, the club administrator must scan and email a copy of their club’s roster to the State Chair. (The full list of state chairmen can be found in the Rhythmic Program Directory)
  - g. The State Chairman will send a copy to the Regional Chair to keep on file for the season.
2. Mistakes in either the gymnast’s date of birth or registered competitive level must be corrected by the club administrator or parent before January 1<sup>st</sup> of the competitive year. A meet director is not obligated to make changes to the schedule and/or rotation after the January 1<sup>st</sup> deadline.

### General Description of Junior Olympic/Elite Competitive Levels

- A. Xcel: Please see the Xcel Handbook for descriptions of Xcel levels. Gymnasts may not compete in both Xcel and JO at the same competition. Note: Exception if an athlete wants to compete different events in Xcel than she does in JO.
- B. Level 3 is the first “evaluation” stage in an athlete’s competitive development. The goal of the Level 3 program is to focus on skill development. Gymnasts compete up to three routines: Floor exercise and two apparatus, which are compulsory by club. Reference the JO Handbook chart of apparatus.

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- C. Level 4 is for the gymnast who can successfully perform the skills and apparatus requirements from Level 3. Gymnasts compete three routines: Floor exercise and two apparatus, which are compulsory by club. Reference the JO Handbook chart of apparatus.
- D. Level 5 is for the gymnast who can successfully perform the skills and apparatus requirements from Level 4. They compete four routines: Floor Exercise and three apparatus. Reference the JO Handbook chart of apparatus.
- E. Level 6 is for the gymnast who can successfully perform the skills and the apparatus requirements from Level 5. They compete four routines: Floor Exercise and three apparatus routines. Reference the JO Handbook chart of apparatus.
- F. Level 7 & 8 are designed to prepare gymnasts for the advanced skills of the FIG program. They compete four routines: Floor Exercise and three apparatus. Reference the JO Handbook chart of apparatus.
- G. Level 9 is for the accomplished rhythmic gymnast who has demonstrated that she can perform the FIG requirements of routine construction and is physically ready for the challenge of full FIG routines.
- H. Level 10 – The top 40 Juniors and top 30 Seniors from the Elite Qualifier, will qualify to Level 10.
  - 1. A Level 10 gymnast will be eligible to enter the Elite Qualifier each year once she attains this status.
  - 2. Any gymnast that attains a Level 10 status will remain a Level 10 regardless of her placement at the Elite Qualifier each following year.
- I. Elite - Junior and Senior gymnasts who qualify to the Elite National Championship will become Elite
- J. FIG Groups
  - 1. Must attend the Rhythmic Challenge as the first step to advance to Elite Championships.
  - 2. Will be awarded in a separate category from JO Groups
  - 3. Must be judged by National and/or Brevet rated judges. Level 7/8 judges may score execution
  - 4. Note: For the 2019-2020 season, all FIG Junior and Senior groups will be allowed to compete with the 2020 or 2021 FIG apparatus. They will be awarded separately based on which apparatus they are competing. International assignments will be considered only for those competing the official 2020 apparatus.

### I. LEVEL 3 AND LEVEL 4 COMPETITION

- A. The Level 3 and Level 4 competitive program will follow the rotation chart for apparatus (as per JO Handbook). Coach is responsible for music properly labeled at all meets. See Junior Olympic Handbook for music guidelines
- B. The Level 3 competition may be held at local/ invitational, and State events as an invitational.
- C. Level 4 competition will be held at local/invitational, State, and Regional events.

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1. Level 4 competition may be held at the Open Championships; this determination will be made yearly by USA Gymnastics.
- D. Local/invitational competitions
  1. Gymnasts may perform one to three routines.
- E. State Competitions
  1. To enter a State Meet, a gymnast must have competed All-Around in at least one USA Gymnastics sanctioned local/invitational meet.
- F. Regional Competition (only applicable for Level 4)
  1. All-Around Competition is required at the Regional meet.
  2. To enter a Regional Meet, a gymnast must have competed All-around in her State Meet.
- G. See Open Championships

### II. Level 5 and Level 6 Competition

- A. The Level 5 & Level 6 competitive program will follow the rotation chart for apparatus (as per JO Handbook). Coach is responsible for music properly labeled at all meets. See Junior Olympic Handbook for music guidelines.
- B. Level 5 & Level 6 competition will be held at local/invitational, State, Regional and Open Championship events
- C. Local Competitions
  1. Level 5 & Level 6 gymnasts may perform one to four events at the local/invitational level.
  2. There is no required minimum qualifying score for Local Meets.
- D. State Competitions
  1. All-Around competition is required at the State level.
  2. To enter the State Meet, a gymnast must have competed All-Around in at least one USA Gymnastics sanctioned local/invitational meet prior to the State event.
- E. Regional Competitions
  1. All-around competition is required at the Regional level
  2. To enter a Regional Meet, a gymnast must have competed All-around in her State Meet.
- F. See Open Championships

### III. Level 7 and Level 8 Competition

- A. The Level 7 & 8 competitive program will follow the rotation chart for apparatus (as per JO Handbook). Coach is responsible for music properly labeled at all meets. See Junior Olympic Handbook for music guidelines.
- B. Level 7 & 8 competition will be held at local/invitational, State, Regional and JO Championship events.
- C. Local Competition

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1. Level 7 & 8 gymnasts may perform one to four events at local meets.
  2. There is no required minimum qualifying score for Local/invitational Meets.
- D. State Competitions
1. All-Around competition is required at the State level.
  2. To enter a State Meet, a gymnast must have competed All-Around in at least one USA Gymnastics sanctioned local meet prior to the State event.
- E. Regional Competitions
1. All-around competition is required at the Regional level.
  2. To enter a Regional competition, a gymnast must have competed All-around in her State meet.
- F. See Junior Olympic Championship Section.

### IV. Level 9, 10 & Elite Competition

- A. The Level 9, 10 & Elite competitive program is determined by the FIG program.
- B. A gymnast may only compete in Level 9 Jr. A/Hope division after having competed at least one year in the USA Gymnastics Junior Olympic Program.
- C. A gymnast may compete with less than four events at Local/invitational and state meets; however, she will not be eligible for All-around awards.
- D. There is no minimum qualifying score for entry into local/invitational, State, and Regional meets.
- E. Level 9 gymnasts will qualify to the Level 9 Classic & Regional Team Championship by attending their State Championships. See Level 9 Classic section.
- F. Level 9 gymnasts will qualify to the Elite Qualifier by placing in the top 40 Juniors or 25 Seniors at the Level 9 Classic. See the Elite Qualifier Section.
- G. Level 9, 10, and Elite gymnasts may qualify to the Elite National Championship at the USA Gymnastics Championships only from the Elite Qualifier or as determined by USA Gymnastics and the Rhythmic Program Committee.

### V. Level Mobility

- A. **2021 Note: Level mobility requirements for levels 3-8 will be waived for the 2020-2021 season.**
- B. To enter into the Junior Olympic development program, an athlete must be a minimum of 6 years old by December 31<sup>st</sup> of the competition year and may enter the appropriate category for her skill level. The coach will make this determination based on the athlete's physical and emotional readiness.
- C. A gymnast may not move down a level once she has entered a State Meet, except by petition to the Regional Board.

- D. The athlete will advance through levels sequentially after having successfully competed through the State Championships, except level 3.
  - 1. Illness/injury and hardship petitions will be accepted by the Regional Chair prior to the start of the next competitive season
- E. The athlete may not skip more than one competition level after competing her first or second year in any category.
  - 1. Example: A level 3 gymnast may skip into level 5. A level 4 gymnast may skip into level 6 after competing successfully at her state meet.
- F. Any gymnast, regardless of her level, may compete as a member of a Junior Olympic Group without detriment to her standing as an individual competitor.
- G. Junior aged athletes may participate in a senior level FIG group as an exhibition only. Only groups with all members conforming to the official Senior age will count toward the official results.
- H. Gymnasts who compete in a FIG JR or SR Group are considered Level 9 Group; Gymnasts in FIG JR or SR Groups who advance to the USA Gymnastics Championships become Level 10-Group. A level 10 group athlete who decides to return to individual competition will resume at whatever her previous individual level was. The only exception will be FIG JR Groups who are named JR Group National Team (\*Qualification TBD) who will be a Level 10 regardless of Individual or Group.

## **VI. Athletes Entering into the JO Program – Xcel, Foreign, Etc.**

- A. Entry level rules for athletes moving into the JO Development Program for the first time
  - 1. Any athlete moving from another program will be allowed to enter the Junior Olympic development program at a minimum age of 6 years old by December 31st of the competition year and may enter the appropriate category for her skill level. The coach will make this determination based on the athlete's physical and emotional readiness.

## **VII. Moving Between the JO Program and Xcel Program**

- A. Some crossover between programs will be accepted.
  - 1. An athlete who has competed in the JO Program and decides to compete for a season in the Xcel program will follow these re-entry guidelines.
    - a. The athlete may enter the JO Program at the same level at which she left the JO Program or at the next level in sequential order.
      - i. Examples: a JO level 3 athlete returns after a season in the Xcel Program, she may re-enter as a Level 3 or a Level 4. A former level 5 athlete may re-enter as a Level 5 or a Level 6.

## Section 2: Types of Competition and Specific Competition Regulations

### Competitive Season

- A. The Rhythmic Gymnastics Individual season begins August 1 of each year.

	Local/Inv.	State	Regional	Open Championship	Junior Olympic Championship	Level 9 Classic	Elite Qualifier	USA Gym Champs
Xcel	X	As an invitational	As an invitational	As an invitational				
Level 3	X	As an invitational						
Level 4	X	X	X	X				
Level 5	X	X	X	X				
Level 6	X	X	X		X			
Level 7	X	X	X		X			X
Level 8	X	X	X		X			X
Level 9	X	X	X			X	X	X
Level 10	X	X	X				X	X
Elite	X	X	X				X	X

### Local / Invitational Meet

- A. May be conducted for Xcel and all Levels: 3-10 individual and for Groups.  
 B. Includes in-house, interclub, and invitational theme meets.

### USA Gymnastics State Championships

- A. Each state must conduct a State Championship for Levels 4 through 9 in all divisions and for Group competition.
1. Each individual State can determine if they will allow level 3s to compete as an invitational.
- B. All-Around competition is required for level 4-9 individuals.
- C. State events may be hosted:
1. As a stand-alone event
  2. As a dual or tri-state competition
  3. In conjunction with an invitational competition
    - a. Note: If a State and invitational event are combined, the rules for State meets take precedence (judging assignments, entry fees, admission, etc.).

### **I. Qualification to the USA Gymnastics State Championships Meet**

- A. The USA Gymnastics State meet is conducted for all athletes in residence of the defined State.
- B. Guests (any athlete who resides outside of the State) may be accepted into the State Meet if the Meet Director and State Director together determine that there is a sufficient amount of time. Guests will be given awards as defined in the Rules and Policies.
- C. To enter a State Meet, the gymnast must have competed All-Around in at least one USA Gymnastics sanctioned Local/invitational Meet. This applies to level 3-9 individual competitors. **2021 Note: Qualification requirements are removed for State & Regional Championships for 2021 only. There will not be any requirement to attend a State Championship prior to the Regional Championship or an invitational prior to the State Championship.**
- D. If a gymnast was injured or ill at the time of the local/invitational qualifying meet, she may petition the State Chair to directly enter the State Meet.

### **II. Date of the State Championships Meet**

- A. All State Meets must be completed at least two weeks prior to the respective Regional Meet. *(Not applicable for the 2019-2020 season).*

### **III. Meet Information and Entry Forms**

- A. Meet information and entry forms for the State Meet, should be sent by the State Meet Director to all State Professional Members no later than, eight (8) weeks prior to the competition.
- B. A contact list can be obtained from the State Chairman.
- C. See Entry Regulations for more details.
- D. See Entry Fees for more details.
- E. The Meet Director must include the format for the submission of D forms. (See the D Forms section for guidelines)

### **IV. Meet Format**

- A. Meet format, meet information and the number of sessions will be dependent upon the number of entries and organized according to the USA Gymnastics Rhythmic Rules and Policies.

## **USA Gymnastics Regional Championships**

- A. Must be conducted for Levels 4-9 in all age divisions and Group competition.
- B. Participating Level 4-8 gymnasts must be registered as All-around competitors.



- C. The regional competition is the qualifying meet for the USA Gymnastics Junior Olympic Championships for levels 6-8 and Open Championships for levels 4-5.

### **I. Qualification to the Regional Championships Meet**

- A. The USA Gymnastics Regional Championships is conducted for all athletes in residence of the defined Region.
- B. Guests (any athlete who resides outside of the Region) may be accepted into the Regional Meet if the Meet Director and Regional Chair determine that there is a sufficient amount of time. Guests will be given awards as defined in the Rules and Policies.
- C. Entry qualification: a gymnast must have competed in the All-Around competition in her State Meet. **2021 Note: Qualification requirements are removed for State & Regional Championships for 2021 only. There will not be any requirement to attend a State Championship prior to the Regional Championship or an invitational prior to the State Championship.**
- D. If a gymnast was injured or ill at the time of the State Meet, she may petition the Regional Chair to directly enter the Regional Meet.
- E. There are no score qualifications to enter the Regional Championships.

### **II. Date of the Regional Championships Meet**

- A. Based on the Junior Olympic Championships, the Regional Board will determine the dates of the Regional Meet. All Regional Meets must be completed at least two weeks prior to the Open Championships and four weeks prior to Junior Olympic Championships.

### **III. Meet Information and Entry Forms**

- A. Meet Information and entry forms for the Regional Meet, should be sent by the Regional Meet Director to all Regional Professional Members and assigned judges, eight (8) weeks prior to the competition.
- B. A contact list can be obtained from the Regional Chair.
- C. See Entry Regulations for more details.
- D. See Entry fees for more details.
- E. The Meet Director must include the format for the submission of D forms. (See the D Forms section for guidelines)

### **IV. Meet Format**

- A. Depending on the number of gymnasts in the Region, it is possible to hold the Regional meet for different Levels on different dates.

- B. Meet format, meet information and the number of sessions will be dependent upon the number of entries and organized according to the USA Gymnastics Rhythmic Rules and Policies

## **USA Gymnastics Open Championships**

- A. Open Championships is an annual national competition for Level 4 and 5 individual gymnasts in all age divisions.
  - 1. Xcel may be included as an invitational.

### **I. Qualification for Individuals and Groups**

- A. Gymnasts in Level 4 and 5 who have participated in their Regional Championships that year are eligible for the Open Championships.
- B. A Qualifying score may be set annually by USA Gymnastics
- C. If Junior Olympic Groups are included in this event, they must qualify through participation in a local/invitational, State, or Regional competition
- D. If a gymnast was injured or ill at the time of the Regional Meet, she may petition the Rhythmic Program Director before the entry deadline.

### **II. Date and Site of the Open Championships**

- A. The dates of the Rhythmic Open Championships will be determined by USA Gymnastics
- B. Clubs wishing to host this event may submit a bid to the USA Gymnastics Rhythmic Program Director unless is run under the direction of USA Gymnastics Events.

### **III. Meet Information and Entry Forms**

- A. Meet information and entry forms will be posted online. The Regional Chair is responsible for sending the links or posting the information on the Regional site.
- B. The Rhythmic Program Director in consultation with the Regional Administrative Committee will determine entry fees unless otherwise determined by USA Gymnastics.

### **IV. Meet Format**

- A. Individuals will compete in a one or two-day competition.
  - 1. Individual All-around, and Individual Event awards will be given as follows:
    - a. All-Around Awards - Medals will be awarded to 50% of the field up to 12<sup>th</sup> place (minimum of top 3) by age groups determined by USA Gymnastics
    - b. Event Awards - Medals will be awarded to 50% of the field up to 12<sup>th</sup> place (minimum of top 3) by age groups determined by USA Gymnastics

- c. Special Awards as approved by the organizing committee. (ex: Top Club, Top Coach, Top Region).
- B. Groups will compete in a one-day competition. The order of the competition will be determined by a pre-meet draw. All group levels are limited to Floor and one other event as designated by the Junior Olympic Technical Committee.
  - 1. Medals will be awarded to 50% of the field up to 6<sup>th</sup> place in each event. Each athlete in the group will receive a medal.
  - 2. Trophies will be awarded to 50% of the field up to 6<sup>th</sup> place for All-Around to each group. (The All-Around score will be determined by the two designated events scores added together.)

### **USA Gymnastics Junior Olympic Championships**

- A. Junior Olympic Championships is an annual competition for qualified Levels 6-8 individual gymnasts in all age divisions. The individual qualifying procedures will be set annually. Inclusion of Junior Olympic Group competition is determined annually by USA Gymnastics

#### **I. Qualification for Individuals and Groups TO the Junior Olympic Championships**

- A. The top 20 Level 6 individual athletes from each Regional Championship will qualify to the Junior Olympic Championship and will comprise their “Regional Teams”.
- B. An additional 48 level 6 All-Stars will be invited, allocated by percentage based on registration numbers for each Regional Championships
- C. The top 14, Levels 7 and 8, individual athletes (regardless of age division) from each Regional Championship will qualify to the Junior Olympic Championships and will comprise their “Regional Teams”.
- D. A gymnast may qualify to the Junior Olympic Championships only through the Regional Championships held in her region of residence.
- E. If there is an All-Around tie in the 14th position (20<sup>th</sup> for Level 6), the gymnast with the highest event score will be named to the Regional Team.
- F. If an athlete qualifies as part of the Regional Team but is unable to attend or chooses not to attend, the next gymnast in rank order will replace her on the team. The Regional Chair is responsible for ensuring that a complete team is in place, prior to the registration deadline.
- G. When Junior Olympic Group competition is included, Groups may compete at the Junior Olympic Optional Championships as long as they have participated in the local/Invitational meet, State or Regional Championships in the current year.
- H. Injury/Illness petitions are not accepted for the JO Championships.
- I. There will be an opportunity to fill any unused Junior Olympic Regional Team spots before the event registration deadline:

1. Regional Chairs will be responsible to report all open spots to the National Office within 1 week after the Regional meet for level 6/7/8 teams.
2. All unfilled spots will be distributed to the Regions in rank order, based on the highest number of regional participants in that level.
3. Athletes who attend in these re-distributed places will be eligible for individual awards only.

## **II. Qualification FROM the Junior Olympic Championships**

- A. The top 22 Level 7s and top 22 Level 8s, regardless of age will advance to the USA Gymnastics Championships.
  1. In the case of a tie, the gymnast with the highest event score will advance.

## **III. Date and Site of the Junior Olympic Championships**

- A. The dates of the Junior Olympic Championships will be determined by the USA Gymnastics.
- B. Clubs wishing to host this event may submit a bid to the USA Gymnastics Rhythmic Program Director unless it is run under the direction of USA Gymnastics Events.

## **IV. Meet Information and Entry Forms**

- A. Meet information and entry forms will be posted online by USA Gymnastics.
- B. The USA Gymnastics will determine entry fees.

## **V. Competition Format**

- A. Individuals will compete in a two-day competition.
  1. Regional Team, Individual All-around, Individual Event, and Group awards will be given as follows:
    - a. Individual AA & Event awards – at the discretion of USA Gymnastics
    - b. Regional Team Awards - Trophies will be awarded to each member of the top 3 Regional teams by Level. The top four scores from each event for each Regional team will count toward the Regional team score.
    - c. Group Medals will be awarded to 50% up to 6 places in each event. Each athlete in the group will receive a medal. Trophies will be awarded to 50% up to 6th place for All-Around to each group. (The All-Around score will be determined by the two designated events scores added together.)

## **USA Gymnastics Level 9 Classic & Regional Team Championship**

- A. An annual competition for all level 9 athletes

### **I. Qualification**

- A. Open to all level 9s who have competed in their State Meet. Note: if a participant's own State Meet is scheduled for after the Level 9 Classic, participation in an invitational will be accepted.
- B. Open to all FIG groups as an invitational

### **II. Competition Format**

- A. 3-day competition
- B. Level 9 Juniors compete 2 events per day (Note: for 2020, JR competitors will compete only 3 events – no rope – at the Level 9 Classic)
- C. Level 9 Seniors compete 4 events in one day

### **III. Qualification Opportunities**

- A. Top 40 Juniors and 25 Seniors move on to the Elite Qualifier
- B. Top 70 Juniors and 20 Seniors will advance to the level 9 competition at the USA Gymnastics Championships
- C. Additional athletes below 70<sup>th</sup> place in the Junior division and 20<sup>th</sup> place in the Senior division should be prepared to attend if level 9s who placed above them at this event qualify as Elite or Level 10 competitors to the USA Gymnastics Championships. A final list of level 9 qualifiers to the USA Gymnastics Championships will be published after the Elite Qualifier.

### **IV. Awards**

- A. In addition to individual awards, Regional Team awards will be given for Level 9s. The top 6 Junior all-around scores and top 3 Senior all-around scores, pulled from all gymnasts in each region, will count toward the regional team score. Gymnasts whose scores contributed to the team score will be called up as the regional team for awards.

## **USA Gymnastics Elite Qualifier**

- A. A National Championships qualifying competition will be held annually for Level 9, 10 and Elite gymnasts, as described in the qualification guidelines below. This is the one qualifying competition held annually for athletes to qualify to the USA Gymnastics Championships.

### **I. Qualification TO the Elite Qualifier**

- B. Open to all Level 10/Elite individual and FIG group athletes
- C. Top 40 Junior Level 9s and top 25 Senior Level 9s from the Level 9 Classic invited
- D. Because the Elite Qualifier is a qualification event for the USA Gymnastics Championships, non-citizens and foreign athletes must request permission for participation from the Rhythmic Program Director. Participation must be approved in writing by the Rhythmic Program Director, prior to the close of the meet's entry deadline.

### **II. Qualification Opportunities FROM the Elite Qualifier**

- A. The specific number of athletes to advance to the Elite competition at the USA Gymnastics Championships will be determined by the Rhythmic Program Director and Rhythmic Program Committee. Any non-citizen/foreign athletes in participation are not eligible for advancement to Elite competition at the USA Gymnastics Championships.
  - 1. Athletes that qualify in the Junior A/Hopes division will compete in the Junior division at the National Championships but will receive separate awards.
- B. The top 30 Level 10 Seniors and top 15 level 10 Juniors, after those who qualify for the Elite Championship, advance to the level 10 competition at the USA Gymnastics Championships.
- C. If a level 9 gymnast achieves level 10 status at this event and places within the top 30 Seniors or top 15 Juniors (after those who have qualified for the Elite Championship), she will advance to the USA Gymnastics Championships as a level 10 competitor.
- D. A gymnast who has previously qualified to the Elite Championship at the USA Gymnastics Championships is eligible to advance as a level 10 competitor to the USA Gymnastics Championships, if she does not qualify that year as an Elite competitor.

### **III. Date of the Elite Qualifier**

- A. The dates will be determined by the USA Gymnastics Rhythmic Program Director.
- B. The Elite Qualifier will be at the latest four weeks prior to National Championships.
- C. Clubs wishing to host this event may submit a bid to the USA Gymnastics Rhythmic Program Director.

### **IV. Meet Entry Forms**

- A. Entry procedures will be posted online.
- B. USA Gymnastics will determine entry fees.

### **V. The Draw**

- A. For the Senior Division a competitive draw will be conducted for all competitors.

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- B. For the Junior Divisions a competitive draw will be conducted for all competitors.
- C. Session rotations will be determined based upon the number of qualified athletes.

### **VI. Meet Format**

- A. Individuals will compete in a one or two day, All-around competition.

### **VII. Awards**

- A. Separate awards will be presented in the Junior A/Hopes, Junior B and Senior divisions. Awards are presented to the top 10 in each division.
- B. Non-citizen athletes will be awarded duplicate awards if they place within the top 6 places.

### **VIII. Technical**

- A. The meet information will include the format for submission of D forms.
- B. The Difficulty forms may be returned to the coaches following the competitions.

## **USA Gymnastics Championships**

- A. An annual competition for qualified Level 7-10 and Elite gymnasts in the junior and senior age divisions and FIG group competitions.
  - 1. Note: For 2020, this event will include Level 9-Elite competitors only.
- B. Gymnasts from the Junior A/Hopes age division who meet the qualification requirements for Juniors will be allowed to compete in the Elite competition at the USA National Championships; however, this age division will compete in a separate division and is not eligible for placement on the Junior National Team.
- C. To enter the USA Elite National Championships, all gymnasts must meet the requirement set forth by the Rhythmic Program Director and Rhythmic Program Committee annually.
- D. In addition to meeting the qualification requirements set forth by the Rhythmic Program Director and Rhythmic Program Committee, athletes in the Elite competition must be citizens of the United States. Non-citizens and athletes who have represented another country in international competition, regardless of citizenship (Foreign Athletes), who are ineligible to represent the United States at the Olympic Games may not participate in the Elite competition at the USA Gymnastics Championships.

## I. Qualification to the USA Gymnastics National Championships

The athletes for the Elite National Championship will be determined from the Elite Qualifier. The Rhythmic Program Committee will determine the qualifying numbers annually. For 2019, 25 Elite Juniors and 20 Elite Seniors will qualify for this event.

- A. Junior A/Hopes and Junior B gymnasts will be considered together for qualification into the USA Gymnastics Championships. Junior A/Hopes will be awarded separately from Junior B and may not earn a place on the Junior National Team. However, Junior A/Hopes may be invited to the Rhythmic Challenge of the following year at the invitation of the International Elite Coaches Committee.
- B. Qualifying Exemptions
  1. Senior Division
    - a. The top 6 Seniors from the Rhythmic Challenge will automatically qualify to the Elite Championships.
    - b. Current National Team athletes in the Senior division unable to compete at the Elite Qualifier due to injury or illness verified by a doctor, or extenuating circumstance verified by the Program Director and the Rhythmic Program Committee, may advance to the Elite National Championships.
    - c. Any gymnast who meets the above criteria and chooses not to compete at Elite Qualifier must notify the Rhythmic Program Director within four weeks of the Elite Qualifier.
  2. Junior Division
    - a. Current National Team athletes in the Junior division unable to compete at Elite Qualifier due to injury or illness verified by a doctor, or extenuating circumstance verified by the Program Director and the Rhythmic Program Committee, may advance to the Elite National Championships. All other Junior athletes must compete at Elite Qualifier to qualify to the Elite Championships.
  3. Injury/Illness petitions for non-National Team athletes are not accepted for this competition

For 2020, the breakdown of athletes competing at the USA Gymnastics Championships will be as follows:

- 20 JR L10
- 35 SR L10
- 80 JR L9
- 20 SR L9

~~The athletes for the Level 7-10 competition at the USA Gymnastics Championships will be determined from the Junior Olympic Championship, Level 9 Classic, and Elite Qualifier.~~



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- A. ~~Highest 22 ranked Level 7s from the Junior Olympic Championships~~
- B. ~~Highest 22 ranked Level 8s from the Junior Olympic Championships~~
- C. ~~Highest 15 ranked Level 10 Juniors from the Elite Qualifier (after those who qualify for the Elite National Championship)~~
- D. ~~Highest 30 ranked Level 10 Seniors from the Elite Qualifier (after those who qualify for the Elite National Championship)~~
- E. ~~Highest 70 ranked Level 9 Juniors from the Level 9 Classic~~
- F. ~~Highest 20 ranked Level 9 Seniors from the Level 9 Classic~~

### II. Date of the USA Gymnastics Championships

- A. The USA Gymnastics Championships must be held after all State and Regional Meets.
- B. The date of USA Gymnastics Championships is determined by USA Gymnastics.

### III. Meet Entry Forms

- A. Entry procedures for the USA Gymnastics Championships will be posted online.

### IV. The Draw

- A. For the Senior Division a single competitive draw will be conducted for all competitors.
- B. For the Junior Division a single competitive draw will be conducted for all competitors.
- C. Session rotations will be determined based upon the number of qualified athletes and/or schedule.
- D. For the Group competition a competitive draw will be conducted for all groups.

### V. Meet Format

- A. Individual: There will be an All-around and Individual Event competition
- B. Group: Will be determined annually by the Rhythmic Program Director

### VI. Awards

- A. Separate awards will be presented in the Elite Junior and Senior divisions.
- B. In the Elite All-Around Competition, the top 3 Seniors and the top 3 Juniors will receive awards.
- C. In the Elite Individual Event Competition, the top 3 Seniors and the top 3 Juniors in each event will receive medals based upon rank.
- D. Level 7-10 All-Around Awards - Medals will be awarded to the top 6 all-around winners by age groups determined by USA Gymnastics

- E. Level 7-10 Event Awards - Medals will be awarded to the top 6 individual event winners by age groups determined by USA Gymnastics
- F. In the Group event awards & recognition are at the discretion of USA Gymnastics

## **VII. USA National Team Selection**

- A. USA Gymnastics Senior Individual National Team will be comprised of the top 10 Seniors in the Elite Senior All-Around Competition.
- B. USA Gymnastics Junior Individual National Team will be composed of the top 12 Juniors in the Elite Junior All-Around Competition.
- C. The selection process for the USA Gymnastics National Group, will be determined by the International Elite Coaches Committee.
- D. Any gymnast on the National Team who is unable to compete at the Championships due to injury or illness, verified by a doctor, or extenuating circumstance, verified by the Program Director and Rhythmic Program Committee, may be invited to participate in National Team camps at her own expense and compete at the Rhythmic Challenge. She is also subject to any official Selection Procedures related to the USA Gymnastics Championships.

## **Rhythmic Challenge**

- A. The top 12 Juniors from the National Championships and the top 12 Seniors from the National Championships are eligible to compete in the Rhythmic Challenge.
- B. All FIG level groups must attend the Rhythmic Challenge as the first step to advance to Elite Championships. *Note: all members of the group must be USA citizens to participate in the Rhythmic Challenge. Groups with non-citizen gymnasts may participate as an invitational, based on availability.*
- C. All participants must be citizens of the United States. Non-citizens and athletes who have represented another country in international competition, regardless of citizenship (Foreign Athletes) are ineligible to participate.
- D. Gymnasts will compete in their valid age-divisions based on the year of the Challenge.
  - 1. If either the Junior or Senior divisions in the year of the Challenge have less than 6 gymnasts, the next gymnast(s) in all-around rank-order from the respective age-division of the Championships will be invited.
- E. National Team members will not pay entry fees
- F. Competition information will be sent to qualified athletes
- G. The Rhythmic Challenge may serve an international selection event per the international competition plan and any official Selection Procedures.

- H. A current National Team member who is unable to compete in the Rhythmic Challenge due to illness, injury or extenuating circumstance, may request permission to verify international readiness at a later domestic event approved by the Program Director and Athlete Selection Committee and may be assigned to international competition upon demonstrated readiness following international selection criteria.

### **International Competitions**

- A. National Team athletes are eligible to be selected by the Athlete Selection Committee for international competition based on criteria established by the IEC.
- B. Only current National Team members are eligible for assignment to FIG-sanctioned events hosted by foreign federations.
- C. The organization of National Team planning and international development is the responsibility of the International Elite Coaches Committee.
- D. Clubs requesting permission to compete at club-level international tournaments must send their request to the Program Director for the Athlete Selection Committee; a gymnast may only request to compete at a club tournament if she has competed at her current level in at least one sanctioned domestic event. Clubs must follow all USA Gymnastics rules and policies in Chapter 1 (N.B.: Chapter 1, Section 3, III).

### **Specific Competition Regulations**

#### **I. Score Inquiries**

- A. Inquiries are allowed with regard to judging concerns on difficulty, execution, and neutral deductions as described below.
- B. All inquiries must go through the Meet Referee via the Meet Director. Inquiries are not allowed: verbally, after the score forms have been returned to the coach, after the gymnast's rotation has concluded, or on another gymnast's score.
- C. Inquires must be submitted to the Meet Director by the coach in writing on the official inquiry form. The Meet Director will then forward it to the Meet Referee or D1 judge (if there is no Meet Referee).
  - 1. Inquires must be submitted before the end of the session; for the last gymnast in the rotation, it must be submitted before the start of the next rotation or the start of the awards.
  - 2. Inquiries are only allowed for
    - a. Levels 7-10 at Regional Championships, USA Gymnastics Championships
    - b. Levels 7-9 at the J.O. Championships, Regional Team Championships

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- c. Levels 9,10 & Elite at the Challenge, Level 9 Classic, Elite Qualifier
- D. Level 9-10 may inquire on the D1-2, D3-4, EA, and/or ET score at Challenge, Level 9 Classic, Elite Qualifier, and USA Gymnastics Championships. Note: all four components of the score must be displayed at these competitions.
- E. If warranted, the Meet Referee will conduct a meeting with the panel in question. The decision of the Jury of Appeal is final and may not be appealed a second time. The score may or may not be adjusted up or down according to the panel's final review.
- F. Members of the Jury of Appeal:
  - 1. Meet Director
  - 2. Meet Referee
  - 3. Panel Judges
  - 4. An Athlete Representative may be present for the review during the Rhythmic Challenge and National Championships
- G. All inquiries must be politely and clearly written on the official form. Discourteous inquiries will be refused.
- H. Methods of settling an inquiry by the Jury:
  - 1. Discussion
  - 2. Voting on a decision
  - 3. Majority vote dictates the final decision
- I. Justifications for changing a posted score
  - 1. If a mathematical, recording, flashing or any other error existed.
  - 2. If time and/or line violations were administered improperly.
  - 3. If the Jury of Appeal, by a majority of votes, decides to penalize a gymnast for improper attire, improper behavior, apparatus violations or, upon review, clearly invalid difficulties.
- J. Both the coach and the gymnast are required to accept the decision of the Jury of Appeal without criticism or comment.
- K. If an apparatus breaks at the Rhythmic Challenge or National Championships the gymnast is automatically given the option to repeat the routine as long as she has placed the replacement apparatus prior to the initial routine (per the rules) and completed the initial routine using the replacement. She may repeat the routine or keep the posted score.
  - 1. The coach must request the opportunity to repeat the routine to the meet director within five minutes of the incident.
  - 2. The gymnast will be fit into the rotation in an appropriate position.
- L. Inquiries at the National Championships: The inquiry on Difficulty or neutral deductions must be submitted to the Program Director or designated staff member before the end of the rotation. The concerned Jury, per the above, will confer and, if necessary, conduct a video review. If there is a score adjustment, it will be posted prior to the start of the next rotation.

## II. Score Forms: D Forms

- A. For all sanctioned events leading up to and including the Regional Championships, score forms for Levels 3-6 and Level 7-10 will be given to the coach at the conclusion of each meet.
  1. Forms must be sorted by club, sealed in an envelope, and given to the registered coach (only) at the end of the final awards ceremony. If the coach is not present, it is up to the meet director how and if the forms will be returned to the coach provided that it is no sooner than after the final awards ceremony.
    - a. Score forms can be given at the end of the last session that a team participates in as determined by the meet director.
- B. D Forms
  1. Computer generated score forms are required for level 7-8. Please see the notes below for use of D Forms for level 9, 10, and Elite athletes
  2. Meet directors may set a deadline for D form submission up to 10 days in advance of local/Invitational, State, and Regional competitions
    - a. A meet director may reduce the deadline for D form submission but not increase it to more than 10 days prior to the competition.
  3. A late fee of \$20 per D form may be charged.
  4. D form submission and late fee procedures for USA Gymnastics National events are determined by USA Gymnastics
  5. Use of Forms for Level 9, 10 & Elite
    - a. Local/Invitational events: The Meet Director may decide if Level 9, 10 & Elite athletes will compete with or without forms at her competition. The form policy must be clearly stated in the competition invitation. If no forms are used, she must secure the appropriate number of judges: minimum 4 judges per panel (1 D1/D2, 1 D3/D4, 1 A, 1 T). USA Gymnastics encourages meet directors to use forms for Level 9, 10 & Elite at local/invitational competitions
    - b. State Championships: State Championships: The State Chair may decide if Level 9, 10 & Elite athletes will compete with or without forms at State Championships. The form policy must be clearly stated in the competition invitation. If no forms are used, the RJC must secure the appropriate number of judges: minimum four judges per panel (1 D1/D2, 1 D3/D4, 1 A, 1 T).
    - c. Regional Championships: The Regional Committee may choose to require the use of Level 9 D forms at Regional Championships. When D forms are used, a single panel of minimum three judges (1-D, 1-A, 1-T) is required. In cases where there are no forms, a single panel of minimum four judges is required (1-D1/2, 1-D3/4, 1-A, 1-T.)
    - d. Elite Qualifier & Level 9 Classic: No forms will be used
    - e. USA Gymnastics Championships: Level 7-10 competition will use forms. Elite Championships will not use forms.

- f. When score forms are used, the D judge can evaluate all D components and the panel requirements will remain as described in Chapter 4: Officials.

## Section 3: Meet Director Responsibilities

### A. General Responsibilities

1. The Meet Director shall follow the USA Gymnastics Rules and Policies for all sanctioned events.
  - a. Note, starting in 2021, all meet directors will be required to complete a Meet Director's Certification Course. The exam will be offered online and will contain the basic guidelines and requirements for hosting a sanctioned event referencing the Rhythmic meet director's guidelines.
2. A meet director must be a professional member and thoroughly versed in the organization and regulations of rhythmic gymnastics competitions
3. The meet director who violates any regulations of the USA Gymnastics Rhythmic Rules and Policies may have disciplinary action taken against him/her.

### B. Pre-Competition Responsibilities

1. Submit a sanction request a minimum of thirty (30) days prior to the meet to the USA Gymnastics Office, along with the sanction fee for all event requests (one form per event requested).
2. Send a copy of the sanction request to the Regional Chairman and the Regional Judging Coordinator.
3. Upon receipt of the sanction request and appropriate fee, the USA Gymnastics Member Services department will forward a sanction packet which includes the following:
  - a. Certificate of Sanction, granting approval. This certificate must be posted during the competition.
  - b. Sanction Report Form
  - c. Coaches' sign-in sheet
  - d. Application for a Certificate of Insurance (for events conducted in an outside facility which requires proof of insurance.) The Meet Director must forward this application directly to the insurance company.
  - e. Incident and Injury report form is a document which **must** be completed in the event an athlete is injured during a sanction event.
    - i. The Meet Director and/or medical personnel must complete the report form. The Meet Director must sign it.

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- ii. A copy of the report form must be given to the coach or parent of the injured athlete before they leave the sanctioned facility.
  - iii. The parent then must submit it to the insurance company. The insurance company will not honor an incident/injury report form that has NOT been signed by the official Meet Director.
4. Request for changes to original Request for Sanction:
  - a. Any changes to a sanction must be requested by written notice to Membership Services. A new sanction certificate will be issued by Membership Services, print a copy for your event.
5. If a sanctioned event is cancelled, the Meet Director must write the word CANCELLED on the Meet Report form, sign it and return it to USA Gymnastics Member Services.
6. Acquire the properly rated and certified judges for qualifying competitions (local, state and regional) from the USA Gymnastics Regional Judging Coordinator and follow procedures stated in the Rhythmic Rules and Policies (“Officials”).
  - a. Arrange travel and hotel accommodations for judging officials.
  - b. At a minimum, meet directors are required to book a double occupancy hotel room when hosting two judges.
  - c. Meals will be provided on site or at local restaurants.
  - d. Meet directors have the option to outfit the judging panel with official meet attire.
7. For non-qualifying events (local and invitational) a meet director may contract judges on her own or use the services of the RJC for a fee of \$15 per judge. The assignment fee must accompany the meet director’s request for judges.
8. Scoring formulas and score form questions should be directed to your respective Regional Chair or Regional Judging Coordinator.
9. Discuss meet logistics (dates, times, number of athletes) with the Regional Judging Coordinator.
10. Make sure appropriate personnel are secured for judges' secretaries, score keepers and line judges
11. Secure a scoring system and display unit that will display the “D” score for Level 7- 10 competitors at Regional and National level competitions. Note: for level 9/10, the D1-2, D3-4, EA, and ET scores must be shown separately at the Rhythmic Challenge, Level 9 Classic, Elite Qualifier, and USA Gymnastics Championships.
12. Discuss and get approval for meet organization with meet referee prior to final printing.
13. Make sure gymnasts are currently registered athletes of USA Gymnastics by using the Meet Reservations system and entered in their proper age groups (Level 4,5,6,7,8,9 & 10). Note: the Meet Reservations system is optional for local/invitational meets and required for all State/Regional events.
14. Verify that coaches are active professional members of USA Gymnastics by using the Meet Reservations system available for all State and Regional sanctioned events.

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15. Verify that all equipment specifications (floor mat) are correct and the equipment is properly installed
16. Make sure all appropriate safety measures are considered.
17. Arrange for appropriate medical staff and resources.
  - a. USA Gymnastics has identified 3 levels of risk: High Risk, Moderate Risk, Low Risk. Each competitive level within each discipline has been assigned to one of these three risk levels. Medical requirements are dictated accordingly.
    - i. High Risk (N/A for rhythmic gymnastics) as defined by the performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds
    - ii. Moderate Risk (RG levels 7, 8, 9, 10, Elite, Advanced Group, FIG Group) as defined by 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 forms
      - 4) 1 medical staff member is required per 100 athletes competing at any given time and minimum of 1 per venue.
        - i. 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
    - iii. Low Risk (RG levels 3, 5, 5, 6, Beginner Group, Intermediate Group, Xcel, HUGS) as defined by 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
  - b. All levels of competition require submission of a completed basic EAP for the gym or venue
  - c. Medical personnel must be an instructor member of USAG and have completed safe sport training and background check unless medical is contracted to a 3<sup>rd</sup> party organization in which case that organization must verify that background checks have been completed on its employees at the event.
  - d. Medical staff are responsible for following their state's scope of practice and practice guidelines
  - e. How to find qualified medical personnel for your meet:



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- i. Ask parents at your gym if they have proper qualifications or know anyone in the community who does
- ii. 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
- iii. 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
- iv. To find an athletic trainer, go to: <https://go4ellis.com/>
- v. To find a sports certified physical therapist go to:  
<https://aptaapps.apta.org//APTAPTDirectory/FindAPTDirectory.aspx>
  - 1) In the search field "Find By Specialist", choose "Sports"
- vi. Call your community's fire department to see if they have EMTs or Paramedics available to work the event
- vii. Call your local orthopedics practice and ask to speak to the practice manager to see if their sports medicine physicians will provide event coverage
- viii. Use your search engine tool to search for "sports event medical professionals near me"

### C. During Competition Responsibilities

1. Ensure that all participating officials and coaches have signed the Sanction Report Form and/or Coaches Sign-in sheet.
2. Be present during the entire warm-up and competition. It is permissible to indicate two meet directors on the Request for Sanction form.
3. Follow all regulations found in the *Rhythmic Program Rules and Policies* and all technical regulations from Rhythmic Program Committee minutes, the *Jr. Olympic Handbook*, and the *Rhythmic Xcel Handbook*.
4. Any changes to the meet format (time of competition, etc.) during the actual competition must be approved by all participating coaches and the State and/or Regional Directors present.
5. Submit any Score Inquiry Forms received no later than 5 minutes following the end of the session, to the Meet Referee.
6. Score tally sheets for Levels 3-6 were developed to assist the judge in calculating the total score, therefore-
  - i. These forms may or may not be given to the coach at the conclusion of the event. The meet referee and meet director will make that determination together.
  - ii. Tally sheets will only be given at the conclusion of the entire competition following all award ceremonies.
  - iii. The meet director is not required to save or mail these tally sheets at the conclusion of their event.

7. If deemed necessary, the meet director may have a parent removed from the venue in the case that their conduct is disruptive to the flow of the event and/or in violation of the principles set for USA Gymnastics members in the Code of Ethical Conduct.

D. Post-Competition Responsibilities

1. Meet directors must submit the official Meet Financial Report Form to the appropriate official as named on the form within 15 days of the competition.
  - a. For invitationals, the Meet Rebate check of 7% of the total entry fees received (with a cap of \$3500) must accompany the report. For State/Regional Championships the Regional Committee may set a rebate of up to \$5 per registered participant. Checks are made payable to: USA Gymnastics Region “X” Rhythmic Program. Rebate checks more than 30 days late will incur a late fee of \$25. A rebate does not apply to national events.
  - b. Regional Chairs must distribute financial reports by December 1<sup>st</sup> of each year documenting Rebate income and uses of these funds.
2. Meet directors must send the Meet Results, within 5 days from the completion of the event to:
  - a. All participating coaches - a full set of results
  - b. State Chairman (local/invitational and state meets) - all-around results
  - c. Regional Chairman (local/invitational, state, regional meets) - all-around results
  - d. Regional Judging Coordinator (all events in region) - all around results
  - e. USA Gymnastics Rhythmic Program Director (regional meets) - all-around results.
  - f. Regional Chair of any guest competitors from a different region (state meets) - all-around results.
3. Meet Directors must send the list of qualifiers to the appropriate official.
  - a. Appropriate State meet directors - from local/invitational events.
  - b. Appropriate Regional meet directors - from state events.
  - c. USA Gymnastics Rhythmic Program Director - from Regional events.
4. Meet directors must be prepared for any duplicate award situation. If duplicate awards are not available at the time of the award ceremony, the meet director is responsible to send the correct place awards directly to the gymnast within 4-6 weeks.

## **Section 4: Entry Regulations, Venue and Format**

### **I. Entry Regulations**

- A. All USA Gymnastics meets must be sanctioned.

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- B. All competitors must be registered with USA Gymnastics and their athlete registration number must appear on the entry form and official score sheets.
- C. All coaches must be a USA Gymnastics Rhythmic Professional Member with current safety certification and background check, and their USA Gymnastics number must appear on the gymnast's meet entry form.
- D. All coaches must have U100 Coaches Certification
- E. Meet information:
  - 1. Meet information must be sent out a minimum of eight weeks before the scheduled event along with a USA Gymnastics meet entry form.
  - 2. Meet information must include level of competition, description of the competition site (including ceiling height, ceiling obstructions), description of competition carpet, and warm-up area, meet format, projected time schedule, housing arrangements, deadline of when the Level 7,8, 9 and 10 score forms are due, etc.
  - 3. State Meet Directors are obligated to send State Meet information to all USA Gymnastics Rhythmic Professional Members in the state.
  - 4. Regional Meet Directors are obligated to send Regional Meet information to all USA Gymnastics registered professional members in the Region.
  - 5. State and Regional Meet Directors are not obligated to send meet information outside of their respective State or Region unless a specific request is made.
- F. Entry fees for Qualifying, State and Regional Competitions:
  - 1. State and Regional meet entry fees are determined annually by the Rhythmic Administrative Committee.
    - a. The maximum entry fee for Level 3-4 for individual competition is \$80.
    - b. The maximum entry fee for Level 5-6 for individual competition is \$105.
    - c. The maximum entry fee for Level 7-10 for individual competition is \$130.
    - d. The maximum entry fee for Group competition is \$25 per athlete/per event.
    - e. Note: In-state competitors will pay State/Regional entry fees. If out-of-State athletes are invited to participate as an invitational, the host may set the invitational entry fee. In-state athletes may be charged an additional fee in order to be awarded at the invitational in addition to the state meet.
  - 2. Entry fees for USA Gymnastics National events are determined by USA Gymnastics
  - 3. Entry fees are refundable up to 50% for State, Regional and National competitions when a doctor's note is accompanied by the request. The request must be submitted by the start of the competition.
- G. Entry Deadlines:
  - 1. Prior to the State and Regional Meet dates, the maximum deadline for receiving any entry is seventy (70) days. The actual deadline date for each competition is to be established by the Meet Director and must be indicated on **meet entry form**.

2. The Meet Director may refuse late entries.
  3. Late Entry: A minimum fine of \$25.00 per individual entry will be charged to individuals whose entry is received after the deadline if entry is approved. No other penalties may be imposed upon late entries.
  4. In the event competition entry fees are required prior to a gymnasts' qualification, the meet director is obligated to make a full refund to the athletes that did not qualify.
  5. For National events, the maximum deadline for receiving any entry will be established by USA Gymnastics.
- H. The Meet Director may refuse an improperly filled out entry
- I. All-Around Qualifying Scores are to be earned from single meets only. Individual Event Scores may not be separated from one meet and added to the Event Scores of another meet for qualification.
- J. Performing members of a Group must be listed on the entry form for Group Competition. If an alternate is designated, that name must also appear on the entry form.
1. An athlete may only compete in 2 different groups per competition.
  2. For each additional group, 50% must be comprised of different members.
  3. Each group must declare a maximum of 5 athletes, plus one alternate, who must compete one event.
  4. All 6 gymnasts are eligible for awards.

## II. Venues: Floor and Facility

- A. Floor regulations
1. For local/invitational and state competitions the competition arena may consist of a wooden floor, a rubber-covered or other sporting gym surface that is even and allows for safe, free movement. The competition area may consist of a carpet layer, needle-felt or similar material (in a neutral color if possible). Spring floors are acceptable for Junior Olympic competitions up through the State Level, provided this information is included in the initial information.
  2. For regional and above competitions a regulation size carpet must be provided. For floors other than wood or a resilient athletic surface a foam pad must be used under the carpet.
  3. The FIG regulations for interior dimensions of the floor area are 13 x 13 meters for both group and individual competition, with a security zone of minimum 1 meter wide, must be met. If the competition takes place on a podium, the security zone width must be increased to at least 2 meters.
  4. The floor area must be clearly marked.
    - a. The marking material (tape, Velcro, etc.) should mark the outer boundary of the floor so that the material itself is in-bounds. In other words, a gymnast must step **over** the line to receive an out of bounds deduction.

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- b. For Level 3 and 4 competition the centerline of the floor must be marked perpendicular to Side 1 when two gymnasts are competing at a time.
  - c. Line judges are not used for Level 3 and 4 competitions and are not required for Level 5 and 6 competition.
- B. Facility regulations
- 1. The Meet Director or Host Organization, in choosing a facility, must consider the safety and welfare of the gymnasts, coaches, meet officials, spectators and all other participants.
  - 2. Admissions for spectators
    - a. Invitational/State/Regional events:
      - i. With Rental of an outside Public Facility:
        - 1) A maximum gate fee for an adult: \$25/day.
      - ii. With use of a home based facility:
        - 1) A maximum gate fee for an adult \$12/day
  - 3. The facility provided must have the following:
    - a. Adequate lighting and heating.
    - b. Official ceiling height, unobstructed, minimum height of 8 meters. (26.2464 feet)
    - c. Suitable space for the competitive area, non-competitive area, spectator area, eating areas, parking areas, etc.
    - d. The central part of the competition facility, approximately 50m x 30m, is reserved for the competition and must be delineated in a visible manner. This designated interior zone is banned to everyone except the following meet personnel: judges, meet director, necessary auxiliary personnel (line judges, timers, runners, flashers, scorers), competing gymnast and gymnasts on deck and their respective coaches. A visible physical barrier should be set up, with the recommended distance being at least 10 feet from the edge of the carpet.
    - e. Adequate bleachers, restrooms, dressing and storage areas.
    - f. Adequate janitorial services.
    - g. First Aid available and immediate access to phone for emergency calls.
- C. Music Regulations
- 1. It is the responsibility of the meet director to provide a good sound system and a trained technician for training and competition.
    - a. An athlete's music is considered private property and they have the right to protect it, therefore, when a local/invitational, State or Regional event requests an athlete's music by electronic upload, with the meet director's approval, the coach may opt not to use this method and provides the host with the proper CD's. (FIG music rule)
    - b. State and Regional meets must provide for all music options even if they have requested music via electronic upload.
    - c. A coach cannot approach the music/production table to change out her originally submitted CD's once the competition has begun without the meet referee's approval.

2. Since recordings can be subject to alterations that can affect the length of the exercise and the quality of the music, it remains the responsibility of the coach to check the sound system prior to the competition and to have additional copies of music.
3. It is the responsibility of the coach to turn in her athletes' music appropriately cued. If the music is not properly set, the judges may take the appropriate deduction.

### III. Meet Format

- A. A well-selected meet format is the key to a successful meet. The Meet Director must select the most suitable format in order to avoid sessions that last over 3 hours. The following factors should be considered when establishing meet format:
  1. Number of Competitors
  2. Number of Age Groups
  3. Number of Levels
  4. Number of Judges
  5. Number of Judging Panels
  6. Number of Events taking place per session
  7. Number and Length of Sessions
  8. Best situation for competitors
  9. Best presentation of the meet for audience satisfaction
  
- B. Structuring the time of a session and event:
  1. Depending upon the number of gymnasts, levels may be combined within one session.
  2. For levels 3-6, if two panels of judges are used, events can be rotated and 1.85 minutes per routine should be calculated.
  3. For Levels 7-10:
    - a. Individual competition: Levels 7-10 with an alternating panel, calculate 2.00 minutes per routine
    - b. Individual competition – Levels 7- 10: with a single panel, calculate 2.50 minutes per routine
    - c. Group competition - 4 minutes
  4. This formula calculates judging time only. It does not involve warm-up time, march in, introductions, awards, etc.
  5. No gym may open before 7:30AM on the day of competition.
  6. Recommendation for warm-up time minimums:
    - a. Level 3-4 warm up time should be at least 45 minutes
    - b. Level 5-10 warm up time should be at least 1 hour
  7. Requirements for maximum session length:

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- a. A level 3-4 session may not exceed 2 hours of competition time.
  - b. A Level 5-6 session may not exceed 2.5 hours of competition time
  - c. A Level 7-10 session may not exceed 3 hours or competition time
8. Competition end time:
- a. No Level 3-6 gymnast may compete after 9:30pm.
  - b. No Level 7-10 gymnast may compete after 10:00pm.
9. With the purpose of helping meet directors adhere to the guidelines of the R&P, judges will only be allowed to judge a total of 12 hours/day. In addition, the meet director must provide a 30-minute lunch and a 30-minute dinner break along with a 10-15 minute break between each 3-hour session.
- a. Standard calculation is 12 hours divided by the recommended minutes/routine will equal how many routines you can schedule per day, per level, using two panels. These calculations can be found above.
  - b. Sanctioned events should run a timeline of approximately 8:00am – 9:30pm. Remember to include additional time for timed warm-ups, march-ins or march through, and awards, as applicable.
10. In meets that cover several days, no gymnast will be required to report back to the competitive area in less than 12 hours from the completion of her session on the preceding day.
11. Any changes to the structuring of a session or event are up to the discretion of the meet director in consultation with the Meet Referee up through Regional Competitions
- a. Changes resulting in a Sanction Violation: When changes are made at the last moment and this change is not communicated to all participants and coaches in a timely manner, resulting in an athlete's inability to arrive in time to compete or depart in time to make travel connections.
- C. General Format Levels 3 & 4
1. A march-in may be held before each session.
  2. The number of competitors allowed to compete simultaneously on the carpet is specified in the Junior Olympic Handbook.
  3. If multiple gymnasts compete simultaneously, in accordance with the Junior Olympic Handbook, gymnasts must be grouped together by club.
  4. The competition order of events will correspond with the International FIG regulations: RFX, rope, hoop, ball.
  5. Level 3/4 scores will be posted.
- D. General Format Levels 5, 6, 7, 8, 9, 10, and Elite
1. A march in may be held before each session.
  2. The number of competitors allowed to compete simultaneously on the carpet is specified in the Junior Olympic Handbook.
  3. Gymnasts should be grouped for competition according to age division and level.

## CHAPTER THREE: COMPETITIVE STRUCTURE

4. The competition order of events will correspond with the International FIG regulations: floor, rope, hoop, ball, clubs, ribbon.
  5. Scores will be shown.
- E. General Format Group Competition
1. J.O. Group entries must compete the apparatus for the current competitive year.
  2. Scores will be shown.
  3. The award ceremony must be held in a timely manner
- F. Draw
1. Must be used to determine the line-up or order of performance for all competitors for all of the events.
  2. The draw must be completed and rotations distributed to coaches prior to the competition
  3. The number of places to be dropped must be determined before the draw and applied equally to all gymnasts based on the draw.
  4. In All-Around competition a gymnast and whenever possible the same club shall not compete as the first competitor in more than one event when alternating between events. If the competition order goes one event at a time, it is permissible for the same athlete to start on two events.
  5. If a gymnast is called to perform immediately after competing, she should be given a recovery period by dropping her position on the list of order of performance by four places. Consult the Meet Referee.
  6. All members of the same age group will be drawn for competitive order in the same session
- Level 7-10
7. Local/invitational, state and regional competitions will have a random draw based on age group and Level of all gymnasts (including guest competitors).
- G. Scoring System Requirements:
1. Scoring for all Sanctioned Events
    - a. These rules are in place to avoid parents taking photos of score forms, eliminating neutral deductions, and changing scores without the meet referee's knowledge or approval.
      - i. Regional Championships will be required to provide a scoring secretary in addition to a score master. This person must be unaffiliated.
      - ii. State and invitational meets should provide an unaffiliated score keeper, if possible. In the case that an unaffiliated score keeper is not available, a parent volunteer without athletes in that session may enter the scores.



2. Scoring System Recommendation for State/Regional Events:
    - a. For quick referencing of scoring data where advancing or qualification information is needed, it is requested that all state and regional events use the KSIS scoring program.
    - b. The KSIS fee for State and Regional events may be paid with regional funds.
  3. Display of Scores:
    - a. A scoring system must display the “D” score for Level 7- 10 competitors at Regional and National level competitions. Note: for level 9/10, the D1-2, D3-4, EA, and ET scores must be shown separately at the Rhythmic Challenge, Level 9 Classic, Elite Qualifier, and USA Gymnastics Championships.
- H. Presentation of Awards
1. At the conclusion of each session and within an appropriate time gymnasts should be recalled for presentation of awards.
  2. Award sequence shall be as follows:
    - a. Event awards: Awards are presented in ascending order beginning with 1st place. In the case of a State/Regional competition with out of state/region competitors, awards are presented beginning with in-State /in-region competitors
    - b. All-Around awards: Awards are presented in ascending order beginning with 1st place. In the case of a State/Regional competition with out of state/region competitors, awards are presented beginning with in-State /in-region competitors
    - c. In the case of a State/Regional competition with guest competitors, guest awards are presented separately. They follow the same award sequence.
  3. Guest athletes are defined as gymnasts who live outside of the State or Region hosting the event. Guest athletes are in a separate award category and receive separate awards (see awards chart).
  4. An appropriate award stand or markers should be used.

## Section 5: Awards

- A. **ALL** USA Gymnastics State and Regional Championships ribbons and medals must be ordered through the official USA Gymnastics supplier. **The design of these awards may vary from year to year.** A meet director **may not** change this format for awards but may, if meet budget allows, present additional local organizing gifts, provided the gift is given to all participants. Athletes advancing to the various Championships should receive a recognition award for qualifying to their Regional Team.
1. Order forms are available from the official USA Gymnastics supplier.

2. The meet director should order awards 4-5 weeks before the competition.
- B. The items shown on the AWARD CHART are the minimum required. Meet Directors are allowed to upgrade their awards if budget permits. State Competition award requirements are as shown on the AWARD CHART.
1. State Competitors- Athletes who reside within the state hosting the event.
  2. Guests- Any athlete who does not reside within the state. The type of awards must be specified in the entry information. (see awards chart)
- C. Regional Competition award requirements are as shown on the AWARD CHART
1. Regional Competitors- Athletes who reside within the region hosting the event.
  2. Guests- Any athlete who does not reside within the region. The type of awards must be specified in the entry information. (See awards chart)
- D. FOREIGN/NON-CITIZEN/GUEST ATHLETES- see definitions, Chapter 1.

**I. Awards at Local/Invitational, State and Regional meets:**

- A. Level 3-10 Award Procedure
1. Individual event (ribbons are the minimum required for state and regional):
    - a. Award 1st-3rd place regardless of the number of athletes in the age division.
    - b. Meet directors will additionally award 50% of the field up to 12<sup>th</sup> place. Meet Directors are encouraged to award all athletes, however, any awards above the minimum required can be a ribbon or medal.
  2. All-around medals:
    - a. Award 1st-3rd place regardless of the number of athletes in the age division.
    - b. Meet directors will additionally award 50% of the field up to 12<sup>th</sup> place. Meet directors are encouraged to award all athletes, however, any awards above the minimum required can be a ribbon or medal.
  3. If there are a large number of athletes in any of the age divisions, it is recommended to divide into smaller sub-divisions by birthdate (Ex: 2000, 2001 etc.) to benefit the athletes by allowing for more age groups and more awards.
  4. Athletes competing in the wrong age group or event session are ineligible for any awards.
- B. Group Awards (State and Regional Competitions)
1. Event award: Each group member including one alternate (if designated) will receive a ribbon for each event based on placement. Meet Directors will award 50% up to 6th place in each level - Beginner, Intermediate, and Advanced.

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2. All-Around Awards: determined by adding the two designated event scores together. Meet Directors will award 1st-3rd place medals to each group member.
3. Awards are given in three levels- Beginner, Intermediate, and Advanced regardless of age groups.

C. Tie Breaking System for Determining Awards for events or All-Around:

1. In the case of a tie in the EVENT competition for Local/invitational, State, and Regional events,
  - a. both athletes are **named the Champions**
  - b. both receive the same award
2. During the presentation of awards, the next place following a two-way tie is skipped. In the case of a three-way tie, the next two places are skipped; and so on.
3. If multiple awards are not available at the time of the award ceremony, the meet director is responsible for sending the correct place award within 4 to 6 weeks.
4. Award Presentation (see Section 4, 4)

D. AWARD CHART – Sanctioned events: Local/Invitational, State & Regional.

Level	Type	Awards- minimum required	Minimum Order
<b>State</b> Levels 3, 4, 5, 6, 7, 8, 9,10	Individual Events and All Around by Age Divisions	1st-3rd place is awarded regardless of the number of athletes in the age category and then 50% of the field up to 12th place	Events: Flat Ribbon All-Around: Medals
<b>Regional</b> Levels 3, 4, 5, 6, 7, 8, 9,10	Individual Events	1st-3rd place is awarded regardless of the number of athletes in the age category and then 50% of the field up to 12th place	Medals
	All Around	1st-3rd place is awarded regardless of the number of athletes in the age category and then 50% of the field up to 12th place	Medals or Trophies – Meet directors are encouraged to award all participants.
<b>Guest/Invitational</b> Levels 3-10	Individual Events and All-Around	1st-3rd place is awarded regardless of the number of athletes in the age category and then 50% of the field up to 12th place	Flat Ribbon (individual events)

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			Medals (All-around)
<b>State Groups:</b> Beginner Intermediate Advanced	Event	1st-3rd place is awarded regardless of the number of groups in the group category and then 50% of the field up to 6th place	Flat Ribbon/each group member
	All Around	50% of the field up to 6 <sup>th</sup> place	AA Medals
<b>Regional Groups:</b> Beginner Intermediate Advanced	Event	1 <sup>st</sup> -3 <sup>rd</sup> place	Medals
	All Around	1 <sup>st</sup> -6 <sup>th</sup> place	Medals
<b>Guest/Invitational Groups:</b> Beginner Intermediate Advanced (at State/Regional events)	Event	1st-3rd place is awarded regardless of the number of groups in the group category and then 50% of the field up to 3rd place	Flat Ribbon/each group member
	All Around	50% of the field up to 3 <sup>rd</sup> place	AA Medals

E. Awards for Local and Invitational Events

1. Additional or Special Theme Awards are at the discretion of the hosting organization.
2. The award plan should be included with the meet information.