

USA Gymnastics Trampoline & Tumbling Regional Association Guidelines

I. Regional Association Structure

A. Regional Guidelines

Each region may develop rules and policies suited to the region; however, it is the responsibility of each Regional Board to operate within the following guidelines and according to the organizational structure provided by USA Gymnastics.

B. Membership

The Member Teams of each state within the region will be members of the region. Regions may charge a nominal fee each year from the teams to provide funds for operating expenses. The Regional Board shall determine this fee at the annual meeting.

C. Board

The Regional Board shall manage the affairs of each Regional Association. Each Regional Board must contain at least the following members: Regional Chair, Regional Secretary, the State Chairs from each state in the region, Regional Technical Committee Chair, Regional Coach's Committee Chair and Athlete Representative.

D. Regional Chair

The Regional Chair is a position elected in the second year of the quad by the T&T Professional Members in the region. Term of office begins January 1 in the third year of the quad. The Regional Chair is in charge of the business and affairs of the Regional Association and will preside at all meetings of the Regional Board.

Requirements to hold the position of Regional Chair:

- Must be a USA Gymnastics Professional Member
- Must have previously served on a State or Regional Board or a State or Regional Committee
- Must have been a Meet Director at a USAG-sanctioned competition within the last four years

Responsibilities of the Regional Chair:

1. Call and preside over the annual Regional Association meeting.
2. Call and preside over all meetings of the Regional Board.
3. Conduct the USA Gymnastics Regional Championship Meet and insure that all official rules and regulations are met. Send the meet results to the State Chairs in the region or post online.
4. Conduct an annual Regional Clinic, notifying the Program Office. Plan the site and date of this clinic in cooperation with the Program Office. The specific content of the clinic shall correspond with the gymnastics priorities of the region: judging, compulsories, coaching techniques, etc.
5. Oversee the naming of the Regional All-Star team and the sizing and distribution of uniforms for the team.
6. Open and maintain the regional USA Gymnastics bank account. Be the principal financial officer of the Regional Association and be on the signature card for the regional checking and/or savings account(s).

7. Submit an annual financial statement and budget to the Program Office.
8. Be responsible for the promotional and public relations development of the trampoline and tumbling programs within the region.
9. Maintain close contact with the State Chairs of the region, passing on all pertinent information and acting as liaison between the State Chairs and the Program Office. Provide leadership to the State Chairs and advise on administrative questions.
10. Oversee the responsibilities of each position on the Regional Board.
11. Provide information to the Regional Board on sites for Regional Championships. Upon approval by the Regional Board, contract the necessary facilities, vendors and services to run the Regional Championships. Serve as Meet Director for Regional Championships.

E. Regional Secretary

The Secretary is a position appointed by and from the members of the Regional Board. The Secretary shall:

1. record the minutes of the meetings of the Regional Board.
2. submit minutes of meetings to the Program Office.
3. work with the Regional Chair to keep an accurate data base/ mailing list of all member teams and potential member teams within the region.
4. assist the Regional Chair with the regional newsletter and other publications and distribution of information.

G. Regional Coach's Committee Chair

The Coach's Committee Chair is a position elected every two years (2007, 2009, etc.) by and from the Regional Coach's Committee. The Coach's Committee Chair shall:

1. serve as the State Coach's Representatives' liaison to the Regional Board concerning technical issues.
2. promote and develop coaches' education throughout the region.
3. conduct coaches' meetings at regional competitions.
4. perform duties as may be assigned by the Regional Chair or the Regional Board.

H. Regional Technical Committee Chair (Judge's Representative)

The Regional Technical Committee Chair is a position elected every two years (2007, 2009, etc.) by and from members of the Regional Technical Committee. The Regional Technical Chair shall:

1. serve as the Regional Technical Committee liaison to the Regional Board concerning technical issues.
2. promote and develop judges' education throughout the region.
3. seat the judge's panel for the Regional Championships.
4. perform duties as may be assigned by the Regional Chair or Regional Board.

I. Athlete Representative

The Athlete representative is a position selected by the national Athlete Committee.

II. Regional Championships

A. The purpose of the Regional Championships

1. To name annual Regional Champions in Trampoline, Double Mini, Tumbling, for Levels 5 through Sr. Elite, and Synchronized Trampoline for Level 10.
2. May serve as the second competition in which athletes, Levels 5 through 10, qualify for the J.O. National Championships..
3. To name members of the Regional All-Star Team comprised of the Level 10 Regional Champions in each discipline, age group and gender. *See III. Regional All-Stars below*
4. To provide an annual location to conduct regional meetings

B. Each region is required to host an annual Regional Championships.

1. The Regional Championships should be held in a different part of the region each year to make it more accessible, unless voted by the Regional Board.
2. Teams within the region may request the opportunity to host the Regional Championships, however, the region retains profits from the meet. The Regional Board may approve an amount or a percentage of the profits to be directed to a club or individual who contributes to the success of the event. (Example: a club provides all labor for setup and teardown or provides all food for the hospitality area.)
3. The Regional Chair serves as the Meet Director, but should delegate responsibilities as needed.
4. Must follow USA Gymnastics Trampoline & Tumbling competition rules.
5. Must take place a minimum of 30 days and a maximum of 45 days before the National Championships. The Senior Program Director or Program Manager must approve any deviation from those dates.
6. May be co-sanctioned with another region, if necessary.

C. Awards for Regional Championships

1. Awards for 1st, 2nd and 3rd place will be standard USA Gymnastics medals from A-1 Awards. A-1 Awards can be contacted at 800-444-9569.
2. Awards for 4th, 5th and 6th place are required, but the type of award is at the discretion of the Regional Chair.
3. Duplicate awards will be given to non-resident foreign athletes. For example, if a non-resident foreign athlete finishes in first place by score, and a U.S. citizen places second by score, both athletes will be given a first place award. The athlete in third place moves to second, and so on. *Resident foreign athletes are entitled to full privilege participation in sanctioned meets up through the J.O. Championships.*
4. Additional awards are at the discretion of the Regional Board (team awards, coach of the year, etc.)
5. Awards are to be made at the conclusion of the competition with appropriate ceremony and announcements.
6. Gymnasts receiving awards must be in competition attire, as required by the Regional Board.

D. Tie-Breaking System

1. If a tie occurs:
 - a. J.O. Program tie-breaking procedures are followed according to the J.O. Code of Points. *See Section VIII Competition Guidelines, rule II. Tie-Breaking System*

- b. Junior and Senior Elite tie-breaking procedures are followed according to the [FIG Technical Regulations](#). See *Section VIII Competition Guidelines, rule II. Tie- Breaking System*
2. Example of distribution of awards if the tie cannot be broken:
 - a. Two competitors are tied for 2nd place.
 - b. Award the 1st place medal to the gymnast with the highest score.
 - c. The 2nd place medals are then presented to the tied gymnasts.
 - d. There is NO 3rd place medal.
 - e. The 4th place award is then presented to the next gymnast, and so on.

III. Regional All-Stars

A. Each region will name a Regional All-Star Team, comprised of the Level 10 Regional Champions in each discipline, age group and gender.

B. A Regional All-Star Team will have no more than 30 total members. Ties will be broken using the Tie-Breaking System.

C. Substitutes

1. If any of the Regional Team members do not attend the J. O. National Championships, the next highest qualifier from the Regional Championships in that discipline, age group and gender will be selected to the Regional Team in rank order.
2. If a region has no Level 10 competitors in an age group, or if the Level 10 competitors choose not to participate, the position may be filled with the Level 9 Regional Champion. Rule 1. above will apply to the Level 9 competitors.
3. If a Regional Championship Team member withdraws from the competition, the Regional Chair can designate an alternate, in writing, to the Meet Referee. This must be done by the conclusion of the warm-ups for the Regional Team competition. No Regional Team changes will be allowed after the conclusion of the warm-up period.
4. Coaches
 - a. Each gymnast will be assisted by his/her personal coach.

D. Regional All-Star Competition at J.O. National Championships

1. A competition will be held between the Regional All-Star teams at J.O. National Championships.
2. Athletes will be grouped in flights of six (6) athletes each, one (1) athlete per region, for each discipline, age group and gender.
3. Competition will consist of the following:
 - a. No minimum requirements; however, the routine/pass cannot exceed Level 10 optional requirements.
 - 1) Trampoline – One 10-skill optional routine
 - 2) Tumbling – One 8-skill optional pass
 - 3) Double Mini – One 2-skill optional pass
4. Starting order will be determined by computer draw.
5. Scoring

- a. Boys: For each discipline, the **two (2)** highest scores from each Regional All-Star Team will be added together to determine the winning total. The highest team total wins.
 - b. Girls: For each discipline, the **two (2)** highest scores from each Regional All-Star Team will be added together to determine the winning total. The highest team total wins.
 - c. Grand Champion (Best Overall Regional All-Star Team): Using the top **two (2)** scores from each discipline, age group and gender in each Region, the scores are added to determine the Grand Champion. The Region with the highest total score wins.
6. Awards
- a. Members of each winning team will receive an award.
 - b. Individuals on the Grand Champion team will receive an award.
 - c. The National Office will determine types of awards.

E. Apparel

1. Each Regional All-Star Team member who competes in the Regional All-Star competition will receive a leotard and warm-up in the Team colors, provided by Elite Sportswear, sponsor of the USA Gymnastics J. O. Program.
2. Personal coaches who participate in the Regional All-Star competition will receive a warm-up in the Regional Team colors, provided by Elite Sportswear, sponsor of the USA Gymnastics J. O. Program.

IV. Meetings

A. Annual Meetings

An annual meeting of the Regional Board shall be held according to the guidelines set forth in the Regional Association Guidelines. The purpose of the annual meeting is to:

1. set the competition/clinic schedule for the upcoming year.
2. discuss any new or old business.

B. Notice and Location of Regional Meetings

Notice and location of Regional Meetings shall be based upon Regional Association rules and policies.

C. Voting Privileges

All members of the Regional Board shall have voice and vote in the affairs of the region.

D. Elections

1. Elections for Regional Chair shall be conducted by the Program Office.
2. Elections for Regional Secretary shall be conducted by the Regional Chair.
3. Elections for State Chairs shall be conducted by the member teams in each state.
4. Election for the Regional Coach's Committee Chair and the Regional Technical Committee Chair shall be conducted by members of the respective committees.
5. Term of office begins January 1 following election.
6. Resignation of the State Chair before the end of the term will require an interim appointment by the Regional Chair. If needed, the Regional Chair will administer a statewide election to select a replacement.

7. The Regional Chair may dismiss a State Chair who is not fulfilling the responsibilities and roles required by his/her position. Should the Regional Chair, in consultation with the Senior Director of the Trampoline & Tumbling Program, determine dismissal is warranted, the Regional Chair will administer a statewide election to confirm the dismissal and select a replacement.
8. Resignation of the Regional Chair before the end of the term will require an interim appointment by the Program Director.
9. The Senior Program Director may dismiss a Regional Chair who is not fulfilling the responsibilities and roles required by his/her position. Should the Senior Director of the Trampoline & Tumbling Program determine dismissal is warranted, the Director will appoint an interim Chair.
10. Dismissal of, or appointment to replace, other Regional Board positions, is decided according to the Regional Rules & Policies.

E. Meetings of the Regional Board

1. The Board shall meet as needed to handle the affairs of the Regional Association between annual meetings.
2. These meetings shall be called and administered according to Regional Association by-laws.

V. Web site

A. Expense of the web site is the responsibility of the regional office.

B. Suggestions for content:

- Competition schedule
- National or regional educational clinics or seminars
- Feature articles on spotlighted teams, coaches, judges or athletes in the state
- Competition results
- Rule updates or clarifications
- Notice of meetings

VI. Regional Promotion

A. It is the responsibility of the Regional Chair and the Regional Board to promote and develop trampoline and tumbling within the region. Promotional activities may include but are not limited to:

1. Distributing information to interested teams via the web site or mail.
2. Setting up appointments and making personal visits to interested teams.
3. Offering regional educational clinics and seminars for coaching and judging.
4. Notifying teams of meetings and competition dates.
5. Developing a positive relationship with the USA Gymnastics State Chairs.
6. Attending or taking part in State or Regional USA Gymnastics Congresses.

VII. Budgets, Checks, Deposits and Funds

The development of the regional budget and funding of the regional organization shall be determined by the Regional Chair and the Regional Board. It is the intention of the National Office to provide suggestions for setting up a regional budget and the funding of the regional organization, but the Regional Board should formulate a plan appropriate to the needs of that region.

A. Expenses of the regional organization may include but shall not be limited to:

1. Regional Office Expense
2. Web site
3. Regional Handbook (if necessary)

4. Athlete Funding
5. Equipment (e.g. Judges Score Cards)

B. Revenues of the regional organization may include but shall not be limited to:

1. Rebates from membership fees (sent from the National Office)
2. Competition entry tax (e.g. \$1.00 per athlete per competition)
3. Team Membership fees
4. Regional Educational Clinics
5. Regional Championships

C. Checks, Drafts, Etc.

All checks, drafts, or other orders for the payment of money, notes or other evidences of indebtedness issued in the name of the Regional Association, shall be signed by an officer or officers of the Association, one of which must be the Regional Chair.

D. Deposits

Procedure to be determined by the Regional Board.

VIII. Additional Sections to be developed by regional association:

- Policies for hosting Regional Championships
- Awards policies (may include which awards should be given at Regional Championships and awards such as Coach of the Year)
- Entry fees for Regional Championships, within the guidelines established by USAG.