

## CHAPTER 7 - XCEL PROGRAM GENERAL MEET INFORMATION

### I. INFORMATION PACKETS

Include the following information and notify all eligible teams by mail or e-mail. Information should also be posted on the host club's website.

1. Name of meet, division(s) competing and date.
2. Host Club and Meet Directors contact information.
3. Entry fee (individual and/or team) and to whom it is payable.
4. Spectator admission fees.
5. Site - address, phone and map.
6. Equipment description: Meet Directors must list all available equipment, including boards. Complete uneven bar measurements (including the full manufacturer's allowances for height and spread) must be stated in pre-meet information and on bid forms for sectional and above meets. If a tumbling strip will be used for competition for Bronze and Silver divisions, that must be stated in the pre-meet information as well.
7. Age Divisions, if known in advance; or procedures for determining age divisions
8. Type of awards and number to be awarded. Also include the day/time of the award ceremonies.
9. Local hotel and transportation information, if necessary.
10. Competition schedule
  - a. If the number of competitors is a known quantity, then specify the schedule.
  - b. If the number of competitors and age divisions is unknown, indicate that a schedule will be sent after all entries have been received. Meet Directors of Invitationals are advised to accept only a predetermined number of athletes to avoid the necessity of conducting competitions during the weekdays, which would require that the athletes miss school.
  - c. Consideration should be given to avoid conflicts with major religious holidays or school when scheduling competitions.
11. Pre-Meet information must specify if one-judge panels will be used.
12. Pre-Meet information for Invitational meets must indicate the format type and regulations regarding team competition.

### II. ENTRY REGULATIONS AND FEES

- A. All gymnastics performers and demonstrators for entertainment/demonstration purposes must be currently registered as a USA Gymnastics Athlete Member or must be covered under the individual club's insurance policy. Any such performance must be conducted before the competition or after the entire competition is completed and no evaluation is allowed. No gymnastics performance for "exhibition" is allowed during the competition
  - If any non-gymnastics performers (individual or group) will be participating, the host club is advised to obtain proof of insurance for that individual/group.
- B. Event specialists and All-Around athletes may participate in sanctioned USA Gymnastics Xcel competitions.
  1. For all Xcel divisions, Individual Event Specialist (IES) competition may be conducted up to and including regional meets, at the discretion of the respective State and Regional Administrative Committees (SAC / RAC). IES competitors may compete and be ranked amongst the all-around competitors; may be counted in the team score; and would receive duplicate awards in the case of a tie for event placement (ties involving IESs are NOT broken).
  2. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to higher level meets by achieving an average score equal to the average of the All-Around qualifying score. If the qualification is by number or percentage, such individuals could be added as additional athletes provided they achieve an average score that meets or exceeds the average score achieved by the lowest qualifier.
  3. In all sanctioned USA Gymnastics State and Regional Championships, IES shall be placed first on the event she is competing using the following steps:
    - a. Organize gymnasts into squads.
    - b. Draw for starting events and flights.
    - c. Place the IES first on the event she is competing within the squad.

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- No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
- C. Non-citizens living and training in the United States, who are not current or past National Team members for a foreign country, may participate in all USA Gymnastics sanctioned Xcel events. For additional information regarding foreign athlete participation, refer to Chapter 2.
- D. In any USA Gymnastics sanctioned competition, each team/club must have at least one (1) active coach on the floor. Every coach on the floor at a sanctioned USA Gymnastics competition MUST be a USA Gymnastics Competitive Coach Member (formerly known as Professional or Junior Professional Member).
- E. Entry Fees and Deadlines
1. It is recommended that competition entries are received, AND a competition schedule published at least 4-6 weeks prior to the first day of competition. Entries should include:
    - a. Competitors name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
    - b. The name(s) and USA Gymnastics Competitive Coach Member number (formerly known as Professional number) and Safety Certification expiration, Background Check expiration, U110 , U112, U113 and U100 Certifications of all participating coaches.
    - c. ALL FEES PAID IN FULL.
    - d. An athlete is considered registered/entered in a competition only when her name is listed on the club's entry form and The Meet Director has received valid payment.
  2. Meet Directors may not refuse entries from competitors who wish to enter a competition that serves as a Sectional Meet or any competition that serves as a qualifier to State Championships and above if all registration procedures and entry fees are PAID IN FULL.
    - EXCEPTION: If the competition fills to maximum participant capacity, the Meet Director may consider accepting additional entries if/when space becomes available.
  3. Fees for Xcel pre-sectional qualifiers, sectional, State and Regional Championships should be determined by the fixed expenses (facility, awards, judging expenses, equipment rental, trainer) and divided by the guaranteed (or approximated) number of competitors.
  4. Entry fees for pre-sectional qualifiers, sectional meets, and State Championships are determined by the SAC, with the approval of the Regional Administrative Committee Chairman (RACC).
    - Entry Fees for Xcel State Championships:  
Maximum = \$85.00 (Bronze, Silver, Gold)  
Maximum = \$95.00 (Platinum and Diamond)  
Unless approved change by the RACC
  5. Entry fees for State/Regional Championships are determined by the SAC / RAC.
  6. State / Regional entry fee refunds are at the discretion of the State Administrative Committee Chairman (SACC) / RACC.
  7. Cancellation Policy - The Meet Director should make the best effort to refund all or part of the entry fee in the event that severe weather or a shortage of judges would cause a cancellation of a competition.

### MEET FORMATS, NUMBER OF COMPETITORS, AND WARM-UP TIMES

#### I. MEET FORMATS AND NUMBER OF ATHLETES

##### A. Types of Competition Formats

The only acceptable meet formats are listed in this publication. Any ideas for new formats should be submitted to the National Xcel Committee Chairman (NXCC) for consideration and/or approval and possible inclusion in future *Rules & Policies*.

##### 1. Traditional Formats:

- a. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym, with the timed warm-ups on all four events first, then competition on all four events (30-second TOUCH WARM-UPS are required).
- b. Meets in which the open stretch and timed warm-ups on all four events are conducted in a warm-up gym, then the gymnasts move to a competition gym in order to compete on all four events. (30-second TOUCH WARM-UPS are always required when the timed warm-ups are conducted on apparatus other than the competition apparatus.)

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- The apparatus must be identical to the competitive gym, with the exception of the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
- c. When using either of the above formats, if squads consist of 13 or more Bronze, Silver, or Gold gymnasts or 9 or more Platinum or Diamond gymnasts, the squad MAY be divided into two sub-groups for the competition warm-ups (30-second touch.) The first half takes their 30-second TOUCH WARM-UPS, and then competes; then the second half takes their 30-second TOUCH WARM-UPS and competes. TOUCH WARM-UPS on Beam and Floor may be staggered.
- Taking the 30-second TOUCH WARM-UP in this instance is at the discretion of the personal coach and MUST be allowed, if desired.
2. Modified Traditional FORMAT (alternating warm-up and competition):  
Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there is only one set of apparatus. The timed warm-ups immediately precede competition on each event (this format eliminates the requirement of a 30-second TOUCH WARM-UP).
- When squads consist of 13 or more Bronze, Silver, or Gold gymnasts or 9 or more Platinum or Diamond gymnasts, the squad MAY be divided into two sub-groups. The first half takes their timed warm-ups, and then competes; then the second half takes their timed warm-ups and competes. TOUCH WARM-UPS on beam and floor may be staggered.
3. Non-Traditional Formats:
- a. Meets that have two sets of apparatus (one for competition and a duplicate set for warm-ups) either in the same or in separate gyms and that alternate the warm-ups and competition, one event at a time. (Capitol Cup type format)
- 1) Timed warm-ups on the first event for the first four squads (Flight 1) are conducted on the warm-up apparatus, then Flight 1 goes to the competitive equipment to compete on their first event while the next four squads (Flight 2) warm-up their first event. The two flights continue to alternate between warm-ups and competition until all eight squads have completed all four events.
  - 2) 30-second TOUCH WARM-UPS are required since timed warm-ups are not conducted on the competition apparatus.
- b. Meets which have two sets of apparatus in one gym and in which the first four squads (Flight 1) have timed warm-ups and competition on one set of apparatus, while the second four squads (Flight 2) have timed warm-ups and competition on the other set of apparatus. (Modified Capitol Cup)
- 1) As soon as the squads in Flight 1 finish timed warm-ups on their first event and begin competition, the four squads in Flight 2 begin their timed warm-ups on their first event. Once Flight 1 completes competition on the first event, the judges move to the other set of apparatus to judge Flight 2. The two flights continue to alternate between warm-up and competition until all eight squads have completed all four events.
  - 2) Since the timed warm-ups are conducted on the competition apparatus immediately preceding the competition on the event, 30-second TOUCH WARM-UPS are not required.
- c. For both of these non-traditional formats, the total number of athletes assigned to the corresponding Flight A and B squads cannot exceed 20 for Platinum and Diamond, and 24 for Bronze, Silver, and Gold. If there are 9 or more (Platinum and Diamond) or 13 or more (Bronze, Silver, Gold) in one of the squads, they are not allowed to split timed warm-up within their squad.
- If the number of athletes in any one session is less than 40, the athletes may be divided into six or seven squads, leaving one or two events (either warm-up gym or competition gym) per rotation empty.
- d. If a separate gym is used as a warm-up gym, the apparatus must be identical to the competitive gym, with the exception of the Floor Exercise. If a spring tumbling strip is used instead of a full Floor Exercise area, it must be a minimum of 60' long and 8' wide.
- e. When at all possible, the Meet Director at USA Gymnastics sanctioned Invitationals should assign teams that are split into two squads in the same flight and on "opposing" events. For example, if Team A is in two squads, Team A is assigned on Vault and Beam or Bars and Floor in the same flight, NOT Vault and Bars or Beam and Floor.

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- f. It is acceptable to have a combination of non-traditional and modified non-traditional formats in the same session.
  - Example: Use a warm-up gym and competition gym for UB, BB, and FX but have 2 VT stations in the competition gym.
- B. Determining Meet Format and Schedule
  1. Select the type of format based upon number of athletes, number of divisions, number of gymnasiums and amount of apparatus available.
    - Bronze, Silver, and Gold meets with 73-96 gymnasts in a session and Platinum and Diamond meets with 57-80 gymnasts in a session must use some type of non-traditional format in order to remain within the 5-hour maximum time in the gym.
  2. Gymnasts shall be grouped in sessions (and/or squads) first according to Division.
  3. There is no specific maximum number of judgments PER DAY per panel of judges. The limit to the total number of competitors per day is determined by the number of gymnasts allowed per session based upon which type of format is used, along with the following time restraints. The schedule of the competition must provide for the following:
    - a. The 15–30-minute general warm-up may not begin before 8:00 A.M. (General stretch and bar settings).
    - b. Must conform to the maximum number of judgments per SESSION per panel of judges (see chart).
    - c. The competition must be scheduled to end by 10:00 PM. If the meet continues past 10:00 PM due to extenuating circumstances, the Meet Director must submit an explanation in writing to the RTCC, with a copy to the SACC (or RACC for Regional Championships), as well as to USA Gymnastics Member Services.
      - The Meet Referee must make a note of the time infraction on the Sanction Report Form.
    - d. Gymnasts should be on the floor (including warm-ups and competition) no longer than five (5) hours when performing a single set of optional exercises in one (1) session.
      - 1) Considering the ages of the athletes in Bronze, it is recommended that the session be no longer than 2½ hours in length, including warm-up time.
      - 2) If an athlete competes in two different sessions in one day, she must be provided adequate rest time between sessions.
  4. **REQUESTS TO EXCEED THE ALLOWABLE NUMBER OF JUDGEMENTS PER SESSION WILL NOT BE CONSIDERED.**
    - a. If the event is a State-qualifying event, additional sessions and/or days must be added.
    - b. In the case of an Invitational, the Meet Director must either place clubs on a wait list or they must change their format to allow for more than four panels of judges or more than one gym.
  5. Allow adequate time for awards ceremonies (depending on the number of age divisions, number of awards to be given, and if a separate awards area is available) between sessions when calculating total time for competition to ensure that no gymnast will compete after 10:00 P.M.

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### C. Scheduling Guidelines

#### 1. BRONZE COMPETITION

- **Example with 60 competitors**

Traditional Format with a Timed Warm-up:	Approximate TOTAL Time=	2 hrs. 40 min.
Open Stretch & Bar Settings	15- 30 min.	= 30 min.
Timed Warm-up	30 seconds per gymnast	= 30 min.
Line up, march-in	10 min.	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 30 min.
	(Maximum of 1 vault per gymnast)	
Competition	1 min. per gymnast	= 60 min.

#### 2. SILVER COMPETITION

- **Example with 60 competitors**

Traditional Format with a Timed Warm-up:	Approximate TOTAL Time=	3 hrs. 25 min.
Open Stretch & Bar Settings	15- 30 min.	= 30 min.
Timed Warm-up	45 seconds per gymnast	= 45 min.
Line up, march-in	10 min.	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 30 min.
	(Maximum of 2 vaults per gymnast)	
Competition	1½ min. per gymnast	= 90 min.

#### 4. GOLD COMPETITION

- **Example with 72 competitors**

Traditional Format	Approximate TOTAL Time=	4 hrs. 50 min.
Open Stretch & Bar Settings	30 min.	= 30 min.
Timed Warm-up	1 minute per gymnast	= 72 min.
Line up, march-in	10 min.	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 36 min.
	(Maximum of 2 vaults per gymnast)	
Competition	2 min. per gymnast	= 144 min.

#### 5. DIAMOND AND PLATINUM COMPETITION

- **Example with 56 competitors**

Traditional Format	Approximate TOTAL Time=	4 hrs. 50 min.
Open Stretch & Bar Settings	30 min.	= 30 min.
Timed Warm-up	1½ minute per gymnast	= 84 min.
Line up, march-in	10 min	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 28 min.
	(Maximum of 2 vaults per gymnast for Platinum)	
Competition	2.5 min. per gymnast	= 140 min

#### 5. DIAMOND COMPETITION

- **Example with 56 competitors**

Traditional Format	Approximate TOTAL Time=	5 hrs.
Open Stretch & Bar Settings	30 min.	= 30 min.
Timed Warm-up	2 minutes per gymnast	= 112 min.
Line up, march-in	10 min	= 10 min.
TOUCH WARM-UP	30 seconds per gymnast	= 28 min.
	(Maximum of 3 vaults per gymnast for Diamond)	
Competition	2.5 min. per gymnast	= 140 min

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**REFERENCE CHART: TYPES OF FORMATS, WARM-UP TIMES AND MAXIMUM NUMBER OF COMPETITORS**

Type of Format	Description	Warm-up time		Xcel Only Maximum # of competitors per session per panel of judges	Combined Xcel/Dev Maximum # of competitors per session per panel of judges
		Bronze, Silver, Gold	Diamond, Platinum		
<b>Traditional</b>	Either one competition gym <b>OR</b> a warm-up and a competition gym.  Warm-up all 4 events in the warm-up gym or in the competition gym; then compete all 4 events.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up  30-second touch is required.	Platinum Division: Maximum 1½ minute timed warm-up  Diamond Division: Maximum 2-minute timed warm-up  30-second touch is required	Bronze, Silver, Gold only: 72 Diamond, Platinum only: 64 A combination of B, S, G divisions and D, P in the same session: 64	A combination of B, S, or G and Dev Levels 1-5: 72 A combination of B, S, or G and Dev Levels 6-10: 64 A combination of P or D and Dev Levels 1-5: 64 A combination of P or D and Dev Levels 6-10: 64
<b>Modified Traditional Format #1 and Modified Traditional #2</b>	Modified Traditional #1 - One set of equipment in the competition gym. No warm-up gym. Modified Traditional #2 – One Vault, one set of bars, two balance beams, and one floor exercise mat in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. The judges move from the “A” beam to the “B” beam for competition.  Timed warm-ups immediately preceding competition on that event.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up  No 30-second touch.	Platinum Division: Maximum 1½ minute timed warm-up  Diamond Division: Maximum 2-minute timed warm-up  No 30-second touch.	Bronze, Silver, Gold only: 72 Diamond, Platinum only: 64 A combination of B, S, G divisions and D, P in the same session: 64	A combination of B, S, or G and Dev Levels 1-5: 72 A combination of B, S, or G and Dev Levels 6-10: 64 A combination of P or D and Dev Levels 1-5: 64 A combination of P or D and Dev Levels 6-10: 64
<b>Non-Traditional (Capitol Cup)</b>	2 gyms (warm-up & competition)  Timed warm-up on each event immediately preceding competition on that event.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up  Plus 30-second touch on the competitive equipment.	Platinum Division: Maximum 1½ minute timed warm-up  Diamond Division: Maximum 2-minute timed warm-up  30-second touch is required	Bronze, Silver, Gold only: 96 Diamond, Platinum only: 80 A combination of B, S, G divisions and D, P in the same session: Maximum of 80	A combination of B, S, or G and Dev Levels 1-5: 96 A combination of B, S, or G and Dev Levels 6-10: 80 A combination of P or D and Dev Levels 1-5: 80 A combination of P or D and Dev Levels 6-10: 64
<b>Modified Non-Traditional (Modified Capitol Cup)</b>	2 sets of equipment in the competition gym (No warm-up gym).  Flight 1 squads compete on one set; Flight 2 competes on other set. Timed warm-ups immediately precede competition on each event.	Bronze Division: Maximum 30 sec. timed warm-up Silver Division: 45 sec. timed warm-up Gold Division: 1-minute timed warm-up  No 30-second touch	Platinum Division: Maximum 1½ minute timed warm-up  Diamond Division: Maximum 2-minute timed warm-up  No 30-second touch.	Bronze, Silver, Gold only: 96 Diamond, Platinum only: 80 A combination of B, S, G divisions and D, P in the same session: Maximum of 80	A combination of B, S, or G and Dev Levels 1-5: 96 A combination of B, S, or G and Dev Levels 6-10: 80 A combination of P or D and Dev Levels 1-5: 80 A combination of P or D and Dev Levels 6-7: 80 A combination of P or D and Dev Levels 8-10: 64

\*If a squad has more than one division competing, timed warm-up will be determined by the combined total number of minutes allowed for each level.

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- D. Competitive format and draw: Procedures after entries have been received.
1. The use of random draw within squads falls under the jurisdiction of each respective SAC or RAC.
  2. The SAC may decide the competitive format and draw procedures for pre-sectional and sectional meets ONLY to allow the draw for sessions to be determined by either age divisions or by club teams.
    - If the draw is conducted by teams, awards are given for all levels and/or age divisions competing in each session.
  3. The draw for sessions at State and above Championship competitions is to be determined by age divisions.
    - a. The SAC determines specific guidelines that determine the order of competition for the age divisions and/or competitive divisions (for example, by random draw or youngest to oldest) for State Championships.
    - b. Using the pre-determined State guidelines, the Meet Director and SACC, (or other State Administrative Committee Members designated by the SACC), conduct the draw to determine the order in which the age divisions will be conducted.
    - c. The format and number of athletes for State and Regional competitions must be approved by the RDPCC and RTCC.
      - 1) For State/Regional Championships: the maximum number of gymnasts per session may be exceeded by a small percentage for special circumstances, with the approval of the RTCC, RXCC and the RACC for State Championships and by the NTCC and the NXCC for Regional Championships.
      - 2) It is the Meet Director's responsibility to contact the appropriate officers (State Championship Meet Directors contact the SACC; Regional Championships Meet Director contact RTCC). The State or Regional officer(s) will then contact the appropriate individuals, as stated above, for final approval.
  4. Club team competition format and draw shall be determined by the:
    - a. Meet Director for Invitationals and local meets.
    - b. SAC for the Pre-sectional qualifiers, Sectional and State Championships.
    - c. RAC for Regional competitions.
  5. Alphabetize teams and assign competitive numbers for each gymnast, designated by age divisions and/or competitive divisions. Each competitive division and/or age division should be designated by a specific number sequence, if possible.
    - a. If only achievement awards are given, the gymnasts are not required to compete within designated age divisions.
    - b. To assign competitor numbers, first determine all athletes in the same age division, listed alphabetically, first by team, then by last name.
  6. Determine the number of gymnasts per session based on type of competition, and allowable number of gymnasts per squad. The number of gymnasts per squad is determined by dividing the total number of gymnasts in the session by four in a traditional format, by five if a "bye" rotation is used, or by 8 in a non-traditional (Capitol Cup) format. (See Competition Formats)
  7. Draw for team placement into necessary number of squads. All members of the same age division and/or competitive division from the same team will be drawn for competitive order in the same squad in the same session.
    - a. Priority - keep competitive divisions and/or age divisions in the same session and, if possible, the same squad(s).
    - b. If warm-ups are conducted in a separate gym or on a separate set of apparatus in the same gym alternating with competition (non-traditional format), all athletes on the same team MUST be drawn in the same squad(s) within the same flight (in the same gym).
    - c. No team (club) should be drawn into more than two squads in any one session, unless the total number of gymnasts from that club exceeds the number of gymnasts that would be drawn into two squads.
      - If there are several age divisions and/or competitive divisions within the same session, teams may be drawn for placement in one or two squads.
    - d. The Meet Director should always consider the safety of the athlete first to determine the best format for the competition.
  8. Draw for starting events for each squad.

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9. Order of Events
  - a. FIG Olympic competitive order is Vault, Uneven Bars, Balance Beam, and Floor Exercise.
  - b. In the case of only one squad or 4 squads (1 panel or 4 panels of judges), the squad(s) will rotate in Olympic order.
  - c. If only 2 events compete simultaneously (2 panels of judges), it is recommended that Vault and Bars run first, followed by Beam and Floor Exercise.
10. Draw for competitive order by taking the numbers of all gymnasts assigned to that squad and draw randomly. No one gymnast shall compete as the first performer of the competition in more than one event.
  - a. If more than one competitive division must be drawn in one squad, all athletes of the same competitive division must compete consecutively. When rotating to the next event, the first competitor of a division would be dropped to the last spot.
  - b. In the case of team Invitationals in which the order of competition is drawn by team and the coach decides the competitive order of the gymnasts, all teams in the squad would compete gymnasts of one competitive division, then repeat the team order with the next competitive division of gymnasts.
11. To determine the competitive order when rotating to the next event, the number of places to be “dropped” must be applied uniformly per session and is based on  $\frac{1}{4}$  of the number of competitors in the largest squad in that session.

### Examples:

#### 6 or less gymnasts in a squad – drop one (1) spot

Gymnast 1 – V  
Gymnast 2 – UB  
Gymnast 3 – BB  
Gymnast 4 – FX

#### 7-11 gymnasts in a squad – drop two (2) spots

Gymnast 1 – V  
Gymnast 2  
Gymnast 3 – UB  
Gymnast 4  
Gymnast 5 – BB  
Gymnast 6  
Gymnast 7 - FX

#### 12+ gymnasts in a squad – drop three (3) spots

Gymnast 1 – V  
Gymnast 2  
Gymnast 3  
Gymnast 4 – UB  
Gymnast 5  
Gymnast 6  
Gymnast 7 - BB  
Gymnast 8  
Gymnast 9  
Gymnast 10 – FX  
Gymnast 11  
Gymnast 12

- In the case of a squad being reduced in numbers due to gymnasts scratching prior to the start of competition, it may be necessary to re-define the start order on each event for that squad only if the original number of dropped places is more than  $\frac{1}{4}$  of the number of gymnasts in that squad.
12. The order of competition (start lists) must be distributed to all coaches and judges and posted at the competition site.

## II. MEET WARM-UPS

### A. Pre-Meet (Timed) Warm-Ups

1. A 15–30-minute general/open warm-up time is required. The Uneven Bars are available to obtain settings only (Tap Swings). The apparatus is NOT available for warm-up during the general warm-up time. Marking mount distances or practicing run-up onto the board is allowed. The Floor Exercise mat and other matted and open areas may be used for locomotor warm-up activities, such as running, and for skill warm-up that can be performed in a confined space. Line drills on Floor involving simple elements are allowed; however, tumbling on the diagonal is not allowed.
2. Timed Warm-Ups
  - a. Rotations are determined by the following formula:
    - 1) Bronze Division: Maximum of 30 seconds X number of gymnasts per squad
    - Silver Division: 45 seconds X number of gymnasts per squad
    - Gold Division: 1 minute X number of gymnasts per squad
    - Platinum Division: 1½ min. X number of gymnasts per squad
    - Diamond Division: 2 min. X number of gymnasts per squad

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- 2) The amount of time for Vault and Floor Exercise pre-meet warm-ups is determined by the number of athletes in the largest squad of the session multiplied by the allotted time per gymnast. (see charts below).
- 3) If a squad has more than one division competing, the timed warm-up will be determined by the combined total number of minutes allowed for each division (see charts below).

*Example 1:*

Squad	# gymnasts	Division	Warm-up Time
A	10	All Gold	10 min (10 x 1.0)
B	10	All Gold	10 min (10 x 1.0)
C	10	All Gold	10 min (10 x 1.0)
D	10	8 Gold, 2 Platinum	11 min (8 x 1.0 plus 2 x 1.5 min)

In Example 1, all squads would have 11 minutes (time of the largest squad) for vault and floor.

*Example 2:*

Squad	# gymnasts	Division	Warm-up Time
A	10	All Bronze	5 min (10 x 30 sec.)
B	10	All Silver	7.5 min (10 x 45 sec.)
C	10	All Silver	7.5 min (10 x 45 sec.)
D	10	6 Bronze, 2 Gold, 2 Platinum	8 min (6 x 30 sec. plus 2 x 1.0 plus 2 x 1.5)

In Example 2, all squads would have 8 minutes (time of the largest squad) for vault and floor.

- b. Bar settings (adjustments) are NOT included in the warm-up time; however, if a club or group of athletes chooses to block time, the clock will not stop within the block time. At all sanctioned events, only one gymnast at a time can be on the bars for any part of the warm-up period (this would include timed warm-ups and 30-second touch.)
- c. Block time will be allowed on Bars and Beam only at the discretion of each individual coach for teams that have several gymnasts in one squad. Individual gymnasts from different teams may join together to block time, if they so desire.
  - 1) When using a "warm-up/compete" format (one gym and one set of apparatus) with timed warm-ups immediately preceding competition on each event, gymnasts may "block" time.
  - 2) At USA Gymnastics sanctioned competitions that use a draw for individual competitive order, the first athlete to compete MUST warm-up first, whether she chooses to block or to take individual warm-up time. If the first athlete blocks warm-up time with additional athletes in the squad, those athletes will warm-up with the first competing athlete.
  - 3) Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on balance beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed.
- d. Block time for timed warm-ups is not allowed on Vault or Floor Exercise.
 

\*Note: The entire squad warms up at the same time for Vault and Floor. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.

  - At the Bronze division it is recommended that the vault warm-up be divided by the mat configurations used within the squad. For example: the first gymnast to compete uses a 16" mat stack. All gymnasts using this configuration warm-up together (30 seconds per gymnast – guaranteed one vault per gymnast). At the conclusion of the first group, the warm-up time will stop to allow coaches to set up the next mat configuration. All gymnasts using this mat configuration warm-up together (30 seconds per gymnast – guaranteed one vault per gymnast).

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- e. Vault Warm-Up Procedures: The time will begin when the gymnast stands on the table to do a skill/jump off the table. If the gymnast does not do a skill/jump off the table, the time will begin when the gymnast begins running toward the table and touches the spring board. Warm-up drills i.e. "Handstand hops" and a "run by" without touching the board is NOT included in the warm-up time and will be allowed as long as performing these drills does not delay the competition. Excessive delay of "warm-up drills" when the timer is ready could result in a deduction.
- f. Floor Exercise Warm-up Procedures for meet formats that provide only one floor exercise mat for competition (or one floor and a tumbling strip):
- 1) For Bronze, Silver, and Gold divisions, squads with 12 or fewer gymnasts: warm-up all 12 gymnasts (time based on division of the gymnasts).
  - 2) For Bronze, Silver, and Gold divisions, squads with 13 or more gymnasts: warm-up half the squad, then compete. Warm-up the second half of the squad, then compete. Time is based on the division of the gymnasts.
  - 3) For Platinum and Diamond divisions, squads of 8 or fewer gymnasts: warm-up all 8 gymnasts, then compete (1 ½ minutes per gymnast for Platinum, 2 minutes per gymnast for Diamond).
  - 4) For Platinum and Diamond divisions, squads of 9 or more gymnasts: warm-up half the squad, then compete. Warm-up the second half of the squad, then compete (1 ½ minutes per gymnast for Platinum, 2 minutes per gymnast for Diamond).
  - 5) For non-traditional formats, the total number of athletes assigned to the corresponding Flight A and B squads cannot exceed 20 for Platinum and Diamond, and 24 for Bronze, Silver, and Gold. If there are 9 or more (Platinum and Diamond) or 13 or more (Bronze, Silver, Gold) in one of the squads, they are not allowed to split timed warm-up within their squad.
  - 6) With any allowable size squad: warm-up athletes between competitive routines.
    - a) When using this option, the Meet Director **MUST** assign an adult monitor to regulate the number of athletes warming up at any one point in time and to keep track of the competitive order. It is not a responsibility of the judges.
    - b) A gymnast is allowed to start warming up when there are only six more competitors ahead of her. This gives each athlete 5 turns on the Floor mat prior to her time to compete and there will be no more than five athletes warming up on the floor at any one point in time.
    - c) Example with 8 gymnasts per squad: When the first squad in Flight A warms up on Floor, the first six athletes will warm-up together (6 x 2 minutes=12 min.). Once competition begins, the 7<sup>th</sup> athlete will warm-up while judges evaluate #1 gymnast; after each subsequent routine, another athlete will be added to warm-up.
    - d) This procedure may also be used for the TOUCH WARM-UP.
    - e) If a coach determines that the athletes have not had adequate warm-up time in between routines, he/she can request of the Chief Judge to either have a short block of time for a squad or partial squad to warm-up, or for the judges to slow down to allow for up to 30 seconds between exercises.
- g. If an athlete (or team) disregards the timer and exceeds the warm-up time, the timer must report the infraction to the Meet Director or Meet Referee. This would be considered as the warning and any subsequent infraction would result in a 0.20 penalty.
- h. Warm-up rotation order
- 1) Traditional format: Squads start the timed warm-ups on their second competitive event and rotate in Olympic order to finish warm-ups on their first competitive event.  
EXAMPLE: Warm-up order: UB, BB, FX, V  
Competitive order: V, UB, BB, FX
  - 2) When "Bye Squads" are used, timed warm-ups must be in the same order as the competitive rotation.
- i. If timed warm-ups are conducted in a separate Warm-up gym, all equipment (warm-up and competition) must be identical (with the exception of Floor Exercise, where a tumbling strip made with the same type springs, foam and carpet as the FX mat may be used in the warm-up gym). Each board must be marked for a specific gym and event.

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- j. If a gymnast arrives late to a competition due to circumstances beyond her control (traffic delay, weather-related), every effort should be made to allow the athlete to compete. She should be provided a safe and effective warm-up without upsetting the flow of the ongoing event. Provided that she has arrived for her designated session/age division, her scores will be valid for all individual and team rankings.
- B. Competition (30-Second Touch) Warm-Ups
1. The TOUCH WARM-UPS are conducted as follows:
    - a. Vault: TOUCH WARM-UPS are not controlled by time, but rather by a guaranteed maximum number of vaults per gymnast.
      - 1) Bronze Division: each gymnast is guaranteed a maximum of one (1) TOUCH WARM-UP vault.
      - 2) Silver, Gold, and Platinum Divisions: each gymnast is guaranteed a maximum of two (2) TOUCH WARM-UP vaults.
      - 3) Diamond Divisions: each gymnast is guaranteed a maximum of three (3) TOUCH WARM-UP vaults.
      - 4) Each gymnast is allowed to stand on the vault table and jump (or salto) off ONE TIME ONLY, in addition to their specific number of allowable vaults.
      - 5) After presenting to the judges, the gymnasts are allowed ONE "runback" from the board before the vault attempts are counted.
    - b. Bars: A 30-second warm-up per gymnast is allowed; the setting of the bars is NOT included in the "touch" warm-up time.
    - c. Beam: 30-seconds per gymnast.
      - TOUCH WARM-UPS on beam only may also be staggered.  
Example: For competitions using the Modified Traditional format, the first three gymnasts warm-up on beam, then athlete #1 competes. Then the 4th gymnast warm-ups while the judges evaluate the score for the first gymnast. After each subsequent routine, the next gymnast in rotation order will warm-up.
    - d. Floor Exercise: All gymnasts in the squad (or half the squad in the case of large squads) warm-up simultaneously for a time period determined by multiplying the number of gymnasts by 30 seconds.  
Example: 5 gymnasts will be given 2½ minutes as a group to warm-up.  
\*Note: The Meet Director may choose to use the option of conducting the warm-ups in between the competitors.
  2. A TOUCH WARM-UP on the competitive equipment prior to each event is required for:
    - Any competitions that do not conduct timed warm-ups on the competitive equipment.  
\*Note: Any meets that are conducted with timed warm-ups directly preceding competition on each event are NOT REQUIRED to have TOUCH WARM-UPS.
  3. For Traditional format meets: In the case of large squads (9 or more Platinum or Diamond gymnasts; 13 or more Bronze, Silver, or Gold gymnasts), the squad MAY be divided into two (2) groups. The first half takes a TOUCH WARM-UP and then competes; then the second half takes a TOUCH WARM-UP and competes.
    - The option to alternate competition with the TOUCH WARM-UPS (staggered touch) may also be used, at the discretion of the Meet Director.
  4. The TOUCH WARM-UPS are not required to be in competitive order.
    - a. The first athlete to compete must be given the opportunity to touch first.
    - b. Athletes will be allowed to take the TOUCH WARM-UP in any order to expedite the one-TOUCH WARM-UP, but each athlete must still be individually timed 30-seconds on Bars and Beam.
    - c. On vault, the athletes may warm-up in any order, but each athlete is still guaranteed the division specified maximum number of vaults (Bronze 1 vault; Silver, Gold, and Platinum 2 vaults; Diamond 3 vaults).
    - d. If the TOUCH WARM-UP on Beam is staggered with warm-ups between competitive routines, the TOUCH WARM-UP must be in competitive order.
  5. A gymnast is not required to take the TOUCH WARM-UP.
  6. In the case of an unavoidable delay in the competition (i.e. electrical power outage, serious injury, etc.), the Chief Judge (and/or Meet Referee and Meet Director) may allow an additional TOUCH WARM-UP for those athletes who have already taken the 30-second touch but have had to wait an unreasonable amount of time. The safety of the athletes must be the primary concern.

### III. SPECIFIC COMPETITION PROCEDURES

Included below are rules for Athletes, Coaches, Judges, Meet Personnel and Spectators.

- A. There shall be no more than 20 minutes between the end of timed warm-ups and the start of competition (or the 30-second touch competition warm-up).
- B. Gymnasts should march from event to event, with the squad presenting itself to the Chief Judge. Exception: Competition formats that include continuous rotation do not require a formal march or presentation to the judges.
- C. ONLY competing gymnasts and their coach(es) are allowed onto the competition area, and ONLY during the session in which they are competing.
  1. The only additional people allowed on the competition floor are those directly involved with the running of the event (e.g., trainers, scorers, flashers, runners, etc.).
  2. Coaches should make child care arrangements for their offspring, unless the child is old enough to act in a volunteer capacity at the competition.
- D. At all sanctioned competitions the coach of Platinum and Diamond gymnasts may display OR verbally announce the vault number of the vault that she intends to perform. Vault numbers can be displayed using any number of ways, examples: score flashing unit, white board, chalk board, etc.
- E. If a gymnast is injured prior to or during the competition, and is unable to compete in all four events, she must touch the apparatus of the event(s) in which she is unable to compete. By receiving a score of zero or higher, she has the right to continue in the competition.
  1. If the gymnast does not present to the Chief Judge and touch the apparatus on the next event(s), she will be considered as withdrawing (scratching) from the meet and thus forfeits her right to continue but is eligible for awards on the events she competed.
  2. If a gymnast is injured during the competition and is unable to compete in any additional events, she is not required to "touch" the apparatus on the remaining events. She is, however, still eligible to receive awards on any events completed prior to withdrawing (scratching).
- F. Scoring
  1. Base score will be established at the judges' meeting at Sectional and above competitions with the use of the Technical Committee base score video.
  2. It is recommended that each judge must either independently input their score electronically or submit the score in writing on a separate score slip. If only one keypad is available per event, both judges must write their own score and both (or all four) scores should be entered electronically to ensure an accurate average score. At all sanctioned meets, there MUST be a written back-up (in the form of a verification heat sheet) to record the individual judges' scores, neutral deductions and the final average score. In order to ensure accurate results, both vaults scores should be entered into electronic scoring system, especially at qualifying and championship competitions.
  3. Open scoring is defined as either electronically flashing each judge's score or by writing each judge's score on each athlete's competitor card. The SAC determines if open scoring is allowed at Xcel State Championships. The RAC determines if open scoring is allowed at Xcel Regional Championships.
  4. Start Values are to be flashed for all Divisions at all Competitions:  
Procedures for Flashing Start Values:
    - 1) Each judge should independently determine a Start Value.
    - 2) The Start Value and the final score should be recorded on the judging slip and sent via the runner to the Chief Judge.
    - 3) Each judge should flash the Start Value on the Start Value flashing unit as soon as the Chief Judge receives ALL judges' scores.
    - 4) Start Values do not have to match. A conference MAY be called to determine if the Start Value needs to be adjusted, either up or down.
    - 5) If the Start Value is changed as a result of a conference, the adjusted Start Value should be re-flashed.
    - 6) See Meet Organizational Guidelines, Clerical Committee for additional procedures for the flashing of Start Values. These guidelines can be found on the USA Gymnastics website at <https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/w-meetorgguide.pdf>
  5. Judges may score in 0.05 increments at all USA Gymnastics sanctioned competitions.

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6. A final score of 4.00 will be awarded for any Vault, Bars, Beam or Floor Exercise routine that would result in a score equal to or less than four points (4.00). This does not include circumstances that require the event to be voided (score 0.00).
    - At State Championships and above, all void (optional) vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
  7. Once the final average score is submitted to the scoring system, it may not be changed unless an inquiry is submitted and results in a score change.
    - a. A Chief Judge may change a score after submission to the scoring system IF a neutral deduction (such as out of bounds or overtime) was inadvertently not applied. This change must occur prior to the end of the rotation. The coach must be notified of the score change and if possible, the new score should be displayed to the public.
    - b. If a judge realizes that a gymnast was mistakenly judged using the incorrect rules for her level, the routine may be re-evaluated using the appropriate rules to determine the correct Start Value and specific compositional deductions, based on the judges' shorthand. This re-evaluation must occur within 5 minutes of the end of the competition for that session. The judging panel must notify the Meet Referee and the scoring personnel that the re-evaluation is to occur. The coach must be notified immediately of any score change.
    - c. If there is a clerical error when entering scores electronically, the score may be officially changed by the end of the session.
    - d. Recommendation that, for State Championships and above: In extenuating situations, the Meet Referee has the authority to allow a judging panel to review a routine to verify that Special Requirements were fulfilled. The coach must be notified that a review will occur. No additional deductions are allowed to be taken by a judge after the review if the special requirement(s) in question is (are) awarded.
  8. All-Around Score (AA)
    - For all Xcel divisions: All-Around is the total score for the four optional events.
  9. Individual Event Finals Score: The format and qualification procedures for the Finals competition are determined by the Meet Director and must be published in advance.
    - a. Finals may be conducted at Invitational meets.
    - b. The Individual Event score/rankings are determined during the optional All-Around competition.
  10. Team Score
    - a. The method used to calculate the team score must be described clearly in the meet information for Invitational meets.
    - b. For USA Gymnastics Pre-Sectional Qualifiers, Sectionals and State club/team competitions, the SAC shall determine the method used for determining team score. Some options are:
      - 1) Limit the number of gymnasts on a team and count all scores. (Example: 6-member team, or 3-member team, all scores count.)
      - 2) Specify the number of gymnasts on a team and count all scores but one on each event. (Example: 6-member team, 5 scores per event count.)
      - 3) Allow an unlimited number of gymnasts per team; specify number of scores per event to count.
- G. Inquiry Regulations
1. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based only on the following:
    - Awarding of Start Value, specific "falls", neutral deductions or unusual occurrences.
      - A flash from a camera is not a valid reason to allow a gymnast to repeat a routine.
  2. The Meet Director must provide inquiry forms at a place designated at the coaches meeting. The form is also available:
    - a. On the USA Gymnastics website under Women's Program – Forms:  
<https://usagym.org/PDFs/Forms/Women/inquiry.pdf>
    - b. From your SACC.
  3. Inquiries must be submitted to the Meet Director or Meet Referee within 5 minutes of the completion of the squad's competition on that event.
    - a. No fee may be charged to submit an inquiry.
    - b. Coaches need to be aware that an inquiry allows for a second evaluation, which may result in:

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- 1) no change in score
  - 2) the score being raised
  - 3) the score being lowered.
- c. Exception to the 5-minute to submit inquiry rule:
- 1) If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
  - 2) If an athlete begins her fourth event, is injured during the routine and unable to complete her fourth event, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.  
Example: Regional Qualifying Score = 34.00. Required Petition Score = 35.00. The athlete must achieve a three-event score totaling 26.25.  
Example: Regional Qualifying Score = 35.00 Required Petition Score = 36.00. The athlete must achieve a three-event score totaling 27.00.
  - 3) These processes listed in 1) and 2) above DO NOT APPLY:
    - a) for mobility purposes, OR
    - b) if qualification to the State or Regional Championships is by percentage or designated number per age group.
4. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach. The coach may not approach the judge regarding the inquiry during the competition.
5. No video review is allowed at any Xcel competition during the processing of an inquiry unless the following criteria are met:  
At all sanctioned Xcel competitions for all Divisions, a coach can request video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) in the event that the inquiry involves possibility that the judges missed an element that would affect the Start Value. The video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.
- a. If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.
  - b. The Meet Referee must inform the judging panel that a video review will be initiated as well as the final decision.  
Examples:
    - 1) All judges did not record a full turn on BB.
    - 2) One or more judges recorded a 1/1 twist instead of 2/1 twist on FX.
    - 3) To verify if the gymnast grasps or touches the bar with one or two hands before falling on a release element.
    - 4) To verify if the gymnast lands on the bottom of the feet first on a Vault, Uneven Bar/Beam dismounts, Beam Acro elements that finish on top of the beam (foot/feet), and Floor Exercise saltos.
      - a) immediate video review is allowed (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. Review must be completed prior to attempting the second (2nd) vault.
    - 5) To consider spotting deductions.
    - 6) To consider floor line violations.
    - 7) To consider floor exercise overtime deductions.
      - In order to submit an inquiry for an overtime deduction, a coach MUST provide a video of the routine in question.
6. If administrative procedures (see below) were not properly followed on a submitted inquiry, the coach may petition the Jury of Appeals for a review within 5 minutes of the end of the rotation/competition or the return of the inquiry form whichever occurs later. A video review, if available, may be considered by the Jury of Appeals. All videos must be reviewed in regular time. Slow-motion video WILL NOT be considered.

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Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.

7. Procedures for Inquiries:
  - a. Properly written inquiry form by the coach.
  - b. Inquiry submitted in a timely manner to the Meet Referee or Meet Director.
  - c. Inquiry reviewed/answered by the judging panel of the event in question.
  - d. Inquiry returned to Meet Referee or Meet Director.
  - e. Meet Referee or Meet Director returns inquiry to coach by hand or by a pre-defined inquiry return procedure.
- H. Jury of Appeals
  1. The Jury of Appeals is needed to resolve problems in certain situations. The Jury of Appeals for local meets and State Championships is comprised of the following individuals:
    - a. Meet Director (non-voting, if question relates to his/her gymnast)
    - b. Meet Referee (President of the Jury)
    - c. Chief Judge of the Event in question
    - d. If available, one USA Gymnastics representative (Elected State or higher Committee member or any Regional or National Officer)
  2. Methods of settling a case by the Jury:
    - a. Discussion
    - b. Voting on a decision
    - c. Majority vote dictates the final decision
  3. Jury of Appeals for Regional competitions shall include the Meet Director (unless affiliated with the inquiry), the Meet Referee, and the USA elected Administrative Officers.
- I. Justification for changing a score as a result of a conference, inquiry or Jury of Appeals:
  1. If an error (mathematical, recording, or flashing) exists.
  2. If the average score was computed from scores that were out of range.
  3. If time and/or line violations were administered improperly.
  4. If the Jury of Appeals decides to penalize the gymnast for improper attire or behavior, or the coach for improper behavior.
- J. Audience/Spectator Regulations
  1. Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
  2. Spectators are not allowed to use flash photography during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
  3. Drones are not permitted during the pre-meet warm-ups or competition, as this may endanger the performing athletes.
  4. Spectators shall not disturb the order of the meet, its competitors and its officials. Individuals causing violations shall be asked to leave the competition site.
  5. The spectators shall not carry food or drinks into the spectators' area, if so directed.
  6. Children (offspring) of coaches and/or judges should not be on the competition floor unless performing a specific duty, such as "runner" or "score flasher."
- K. Participant Regulations
  - The use of cell phone for verbal conversation is PROHIBITED while on the "field of play". Coaches are permitted to record their OWN gymnasts' exercises for personal use but should not in any way interfere with the competition.  
Exception: Walkie-talkies for the Meet Director and host club personnel and medical personnel are allowed.
- L. Music Regulations
  1. Music failures/errors that occur before the athlete has started the routine can be corrected and the correct music restarted.
  2. Procedures for music failure during the routine due to technical failure
    - a. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to **resume from point of music failure** or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music **if the decision is to accept score.**

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- b. The gymnast may stop her performance immediately and request permission from the Chief Judge continue from the point of interruption/music failure. Once permission is granted, after a reasonable amount of rest time, the gymnast may perform from point of interruption or the series / combination when music failure occurred. No score would be given for a partial routine, all deductions prior to the equipment/music failure will still be applied.
3. Floor music must be downloaded onto a mobile device for competition to avoid interruptions/failure to play/errors. Accessing music via cellular or internet connections is not allowed. Streaming music using Wi-Fi or Bluetooth will not be allowed.

### M. Invitationals

All USA Gymnastics-sanctioned Invitationals are governed by the *Women's Program Rules and Policies*, safety guidelines and judging criteria. They may be held at the local, State, Regional, National and International club level.

#### 1. Types of Invitationals

- a. Individual or team Invitationals which specify certain competitive divisions. Because all rules pertaining to that competitive division are followed, scores at such Invitationals may be used to qualify to Sectionals or higher (as determined by the SAC or RAC), may be used in injury petitions and may be used for mobility purposes.
- b. Any Invitational involving athletes from foreign countries must contact the USA Gymnastics Member Services for USA Gymnastics and/or FIG procedures. For more information regarding foreign athlete participation, please refer to Chapter 2.

#### 2. Rules and Procedures for Invitationals

The following deviations from USA Gymnastics Local, Sectional, and State Qualifying procedures will be allowed at any Invitational:

- a. The Meet Director must publish the following in the pre-meet information:
  - 1) The age divisions and schedule for awards for each competitive division.
  - 2) Spectator admission fees and gymnast's entry fees.
  - 3) Judging Panels (1 judge, 2 judge, 4 judge, Members, etc.)
- b. Teams may determine the competitive order of their gymnasts for each event.
- c. Teams may be comprised of gymnasts from different age divisions and/or different competitive divisions.
- d. Each team may block time for TOUCH WARM-UP, based on 30 seconds per gymnast for bars, beam and floor exercise. If athletes chose to block time on bars, the clock will not stop for the setting of the bars. Vault TOUCH WARM-UP is based on a specific number of vaults (1 for Bronze; 2 for Silver, Gold, and Platinum; 3 for Diamond).
- e. For all sanctioned events that have multiple sessions of the same competitive division vying for the same individual awards and team awards, athletes must be judged by the same judging panels. This does not apply to overall team awards with combined competitive divisions of competition.
- f. Non-citizens and foreign athletes are eligible for awards at all Invitationals. It is not required to give duplicate awards for non-citizens/foreign athletes. A non-citizen training as a member of a U.S. club may also be included in a Club's Team Score. For Information regarding Foreign Athlete (Elite or non-elite) participation in the Development Program, please refer to Chapter 2.
- g. If All-Star teams (teams comprised of athletes from different clubs/teams) are allowed to compete for team score, the Meet Director must indicate this in the pre-meet information.
- h. Team competition at Invitational meets:

The Meet Director may determine the format and draw for Club team competition.

  - 1) A draw will be made to determine which teams will start on each event. If there is more than one team per squad, the teams will draw for order of competition within the squad.
  - 2) Each team may determine the competitive order of its gymnasts.
  - 3) The team may be comprised of gymnasts from different age divisions and/or different competitive divisions, depending upon the type of Invitational.
    - In the case of team Invitationals in which different competitive divisions are competing within the same squad and receiving separate awards, all teams in the squad would compete gymnasts of one competitive division, then repeat the team order with the next competitive division of gymnasts.

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- 4) If All-Star teams (comprised of athletes from different clubs) are allowed to compete for team score, this must be indicated in pre-meet information.
  - 5) Awards for the separate age divisions and/or competitive divisions are not required.
  - i. Individual Event Finals Competition (at Invitationals)
    - 1) The Meet Director, Technical Director and/or Meet Referee conduct a random draw.
    - 2) If running one event at a time, competition proceeds in Olympic order.
    - 3) If two events run simultaneously, it is recommended to conduct Vault and Bars competition first, followed by Beam and Floor Exercise.
    - 4) If two events run simultaneously, and a gymnast is drawn for the same or similar competitive order in both events, she will be dropped down in the rotation for her second event in order to provide adequate warm-up and recovery time.
  3. Gymnasts going out of order - Clarification: There is no deduction for athletes competing out of order. At Invitational meets that use a competitive start list, the coach may change the order if it would facilitate the use of equipment on the same setting. The Meet Director and the coaches within the squad must approve this.
- N. Sanction Violations – see Chapter 3.

## AWARDS

The minimum numbers and/or types of awards that must be distributed are listed below. A Meet Director may present more awards, but not less, than those listed. Non-citizens living and training in the United States, who are not current or past members of a foreign national team, may participate in all USA Gymnastics sanctioned Xcel events and are eligible for awards. For more information regarding foreign athlete participation, please refer to Chapter 2.

### I. INDIVIDUAL AWARDS

- A. All Xcel Divisions – the Meet Director is required to give a minimum of 40% of each age division for individual events and in the All-Around.
- B. Competition with IES included:

Whenever IES are included in a competition, the IES compete and are ranked amongst the All-Around competitors. However, if there is a tie between an IES and an All-Around athlete, the tie is NOT broken. Both athletes would receive identical awards.

Example for the vault event:

  1. First place athlete's score is 9.40.
  2. Next highest score is 9.30, earned by two athletes - one competing in the AA and the other competing as an IES. This tie is not broken; both gymnasts receive the 2<sup>nd</sup> place award.
  3. The next highest scoring athlete earns a 9.20 and would then receive the 4<sup>th</sup> place award.
- C. If the draw for sessions is by club teams, awards for all age divisions must be presented at each session.
- D. A SACC may request that the RACC grant a deviation from these minimum recommendations based on financial conditions of the State Championships. The RAC may choose to deviate from these minimum recommendations based on financial conditions of the Regional Championships.
- E. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for division mobility.

### II. TEAM AWARDS

- A. Team awards are to be determined by the SAC for Sectionals through State Championships and by the RAC for Regional Championships.
- B. Should be awarded for each division (Bronze, Silver, Gold, Platinum, Diamond). Divisions should not be combined for Team Awards.
  - If a state does not have enough gymnasts in one or more Divisions to have a team competition, Divisions may then be combined for team awards. In order to do this, the SACC must request permission from the RACC.
- C. State Team Competition for Regional Championships:
  1. Regional Championships: State Team awards may be presented (at the discretion of the RAC).
  2. Club Team Awards may be presented at the discretion of the RAC.

### III. AWARD TIE BREAKING SYSTEM

This system is to be used when awarding trophies or engraved medals. It may also be used when awarding ribbons; however, if financial conditions permit, it is strongly recommended that duplicate awards be presented.

#### A. Recognition of tied gymnasts

1. If there is a tie for first place, BOTH GYMNASTS are champions and should be announced as such, although one will receive the second-place award if duplicate awards are not possible.
2. In the case of ties for other places, the gymnasts will be announced as being tied for that rank; however, the tie-breaking procedure determines which gymnast receives the higher award, if duplicate awards are not given.
3. All gymnasts who tie for a place receive an award. When there is a tie for the last place awarded, the tie-breaking procedure is used to determine which gymnast will receive the award that day. Duplicate awards should be sent, within one month, to the remaining tied gymnasts.

#### B. Distribution of Awards: Example of tie for first place:

1. Award the first-place medal by one of the tie breaking procedures.
2. The second-place medal is then presented to the tied gymnast.
3. There is NO second-place ranking.
4. The third-place medal is then presented to the next gymnast, and so on.

#### C. Tie-Breaking Procedures for Presentation of Awards

For meets that cannot provide duplicate awards for placement, the tie-breaking system should be used.

However, whenever there is a tie, the computer should be programmed to skip the next place (example, Tie for 1<sup>st</sup> - both gymnasts are recognized as 1<sup>st</sup> place winners, with one gymnast receiving the gold, the other silver based on the tie-breaking procedure. The next highest scoring gymnast receives the 3<sup>rd</sup> place award, and no 2<sup>nd</sup> place award is presented.)

##### 1. Ties in the All-Around

- a. The gymnast with the highest individual event score receives the award for the tied place.
- b. If the gymnasts are still tied, then the gymnast with the second highest individual event score receives the award.
- c. If the gymnasts are still tied, then the gymnast with the third highest individual event score receives the award.
- d. If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.

##### 2. Ties in the Individual Events

- a. The gymnast with the highest All-Around total receives the award for the tied place.
- b. If the gymnasts are still tied, then the flip of a coin in the presence of both coaches will break the tie for the award.

##### 3. Ties at Individual Event Finals (New Life) at Invitationals

- a. The gymnast with the highest preliminary score on that event receives the award for the tied place.
- b. If still tied, then the gymnast with the highest All-Around score from the preliminary competition receives the award for the tied place.
- c. It is recommended that tied gymnasts receive duplicate awards. Use the above tie-breaking criteria if duplicate awards are not given for financial purposes or if duplicate awards are not available at the competition. The gymnast receiving the lower place award should be sent a duplicate award, if not available at the competition.

##### 4. Ties in Team Score

- a. The team with the highest team score on a single event receives the award for the tied place.
- b. If still tied, the team with the next highest team score on an event receives the award for the tied place.
- c. If still tied, continue to the next highest of the events.
- d. In case of a tie for last awarded place, both teams are to receive awards. Use the tie breaking procedures to determine which team receives the award that day and send a duplicate award to the members of the other team.
  - In the case of a tie for the overall State Team Champion award, both states will be announced as co-champions.

## SELECTION OF COMPETITION HOSTS FOR QUALIFYING EVENTS

### I. BIDDING FOR A USA GYMNASTICS COMPETITION

Bid forms for State and Regional Championships are available through the respective SACC and RACC.

- A. Xcel Pre-Sectional Qualifiers, Sectional and State level competitions: send a completed bid form to the SACC.
- B. Xcel Regional competitions: send a completed bid form to the RACC.

### II. CRITERIA FOR SELECTION OF COMPETITION HOSTS

After all the bids are received, they are ranked, and the host named. The aim is to provide equal opportunity to all applicants and to grant the event to the optimal host organization. Several factors are considered.

- A. The host organization must have successful event organizational experience and the reputation of operating according to the highest of ethical standards.
- B. The geographic location of the meet is to be rotated from time to time.
- C. The total schedule and location of State and Regional Championships for that year.
- D. The Meet Director MUST be a USAG Meet Director Member with current U101, U110 and U113 and criminal background check, and also must be certified as a Meet Director.
- E. The host organization and the Meet Director must guarantee the best organizational set-up for a quality event, according to the *Women's Program Rules and Policies*.
- F. The host organization must be responsible for any financial loss it may incur.