What's New?
NEW Elite Mobility Process

- To be responsive to feedback that the current system is prohibitively expensive, time-consuming, and difficult for event organizers.
- To reduce cost to participants both through a reduced point system and cost and through reducing the risk of multi-day trips where an athlete has one chance to reach mobility or may not do so.
- To reduce pull on event organizers to provide full mobility panels, especially where there are multiple events held in a short timeframe.
- To reduce pull on a finite set of highly-ranked judges.
- To utilize virtual processes and resources developed during the pandemic.
- To add a focus on developing key developmental skills and performing them safely and proficiently.

NEW Elite Mobility Process

- Athletes must demonstrate proficiency in the previous level.
- Athletes must have achieved the qualification score to nationals in the level they are currently competing (See Section V, E.5 or Section VI, 2.A.10).
- Submission of required skill passes performed with proficiency. Fulfilled through virtual submission of skills to the Elite Committee via the New Mobility System.
- Apply for mobility using mobility form.

Moving Into and Within the Elite Program
Elite Mobility Information

- Movement from Youth Elite to Junior Elite and from Junior Elite to Intermediate Elite is based on athlete age and does not have a mobility requirement.
- R&P: Check out the full details in Section VI; this section provides the skills, combinations, and drills that are required.
- Forms; Application form and details for submission of videos.

NEW - National Qualification

- Regional Champion in each age group and level will automatically qualify to Stars & Stripes or USA Gymnastics Championships.

New - Equipment Requirements

**IDEAL / FULL SPECIFICATIONS**
- Meet host can meet all height, length and matting requirements
- Has full matting

**MINIMUM SPECIFICATIONS**
- Provides opportunity for meet host to host in-gym competitions or provide options for facilities that may not have full height or length for ideal specifications but can still safely hold a USAG meet.
New – JumpStart Testing & Sanctions

- The Program Committee received feedback that many states would like to participate in JumpStart but have not because of the expense of testing.
- If there is only one club participating and they are testing in their home club, there is no need to purchase a sanction as all athletes are covered under the club’s insurance.
- If a JumpStart tester travels to each individual club to provide testing, there is no sanction required as the club insurance would cover the athletes participating.
- If there are athletes from multiple clubs testing, then the State would need to purchase a sanction for the testing.

New Tie Breakers

What scores to Use and When

Reminder How the CoP Refers to Scores

Types of Scores
- "D" score refers to the degree of difficulty in one routine
- "E" score refers to the execution of one routine
- "S" scores refer to the synchronization in one routine
- "HD" is used to score the horizontal displacement in one routine
- "T" score refers to the time allotted in one routine
New Tie Breakers

- Trampoline Level 1-7:
  - Highest sum of the two individual judges
  - The highest individual judge's score
  - Remain tied

- Tumbling & Double Mini Level 1-7:
  - Highest E score of the first routine
  - Highest Individual judge's score of the second routine
  - Highest Individual judge's score of the first routine
  - Remain tied

Competition Cards

MINIMUM JUDGING PANEL MODIFICATIONS

MEETING THE NEEDS OF LOCAL, STATE AND REGIONS
R&P New Requirements for Judges Panels

Check out Section VII for the specifics for each type of event and the requirements for the panel configurations.

Judges Panel Configurations for the Different Events have been revised

- Eligibility
- Developmental Mobility
- State Championships
- Regional Championships
- National Events

- Chair of the panel
- Execution Judges
- Difficulty
- Time of Flight
- Horizontal Displacement
- Video Judges

Elite Challenge Changes

- Only Intermediate and Senior Elite Athletes will have synchro competition

- Revise the schedule
- Once entries are received, we will do our best to accommodate all levels with a session warm-up if time allows.
Qualification to Nationals

**DEVELOPMENTAL**
- 2 Eligibility competitions prior to State & Regionals
- Must attend both State & Regionals
- Must Achieve Qualification score at either State or Regionals
- Winner of Regional Championships

**ELITE LEVELS**
- 2 Eligibility competitions Prior to Nationals
- Must attend 2 of the 3 State, Regional and Elite Challenge
- Must achieve Qualification score at any of these 3 competitions
- Members of a Jr or Sr National Team

Dress Code Clarifications - Athletes

- Synchronized Trampoline
  - Leotard of like design and color
  - Nam es on the back is acceptable
  - Both must wear short or trampoline shorts

- Elite Competition
  - During competition only: leotards or compression shorts

- Hair
  - Self-hair decoration - all manner allowed as long as there is nothing that can cause injury. If the athlete wants to braid, Exception: Fan registration allows bows with rubber band attachment are acceptable.
  - Bun or Braid - hair must be secured close to the head. This could be done in a bun or braid that may hang down the back for acrobatics or tumbling passes.
Coaches
Dress Code
Reminders

Training day is the only day the shorts are allowed on the field to play. The following are not allowed:

- No Short Shorts
- No Sleeveless Shirts
- No Tank Tops
- No Flip Flops

Let’s talk National Events

- What can we do to help?
  - Communicate with more than the person who does the entries
  - There will be additional verification processes
  - We will post entries online prior to the release of the schedule and alert parents to check for their athlete’s information
  - Athletes may be added late if there is room in the flight
  - Athletes may be added – they may not compete within the flight but will be judged by the same judges and included in the final results

National Events & Changes

- Why is your accuracy when registering your athletes and coach so important?
  - Working to provide a quality competition has so many layers
  - Schedules for all venues are dependent on what is happening in other venues
  - Awards
  - Everything from security to medical staff schedule
  - More work for our scoring personnel on the front end
Elite Competitions

When scheduling your competition, for safety reasons please do your best to schedule all Elite competition as close to the training sessions as possible.

Petitions To Nationals

- Where Can I Find the Petition Process?
- Who can Petition?
- When and Where are Petitions due?
- How does the Process Work?

Who Can Petition in the Development Program?

**Level 10 and Open**
- Current Level 10 and Open athletes earning the top spots in the USA Gymnastics Championships who competed Level 10 in the same discipline at the previous USA Gymnastics Championships but aged into Open may petition in this case, a video verification may be included with the petition showing proficiency at the new level.
- Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships where mobility was required to compete in the same level (for example, Level 7 - Level 10) are not eligible to petition to USA Gymnastics Championships.
When and Where are Petitions Due

• The petition must be submitted in writing to the T&T Program Director using the official form as soon as possible after the athlete determines his/her inability to compete or participate in any event. However, the petition and the required documentation will be rejected if received after the entry deadline. Petitions received after the entry deadline will be rejected. Athletes may not enter USA Gymnastics Championships until the petition is accepted (please allow up to 5 business days). Entry to USA Gymnastics Championships will be at the price point and conditions applicable when the event is accepted.

• The petition must state the specific injury, illness or unusual circumstance which prohibits the athlete from competing in the qualifying event (a substitute performance is considered competing). However, if a substitute is allowed to compete in the qualifying event, a signed and dated letter must accompany the petition from a physician that states the diagnosis, previous limitations, and clearance to compete in the USA Gymnastics Championships.

How Does the Petition Process Work?

A $25.00 non-refundable administrative fee must accompany the petition.

• The Development Committee Chair, Program Director, and Athlete Selection Representative will review the petition. They will be considered expeditiously if possible. The petition will be reviewed and decided on as soon as possible. The decision of the Development Committee Chair, Program Director, and Athlete Selection Representative is final.

• Athletes who are unable to qualify due to injury or unforeseen circumstances may petition to enter the USA Gymnastics Championships. The petition must be submitted in accordance with the approved petition procedure.

• Only athletes who placed 1st–3rd at the same event at the previous USA Gymnastics Championships will be eligible to petition to participate in the current USA Gymnastics Championships.
Who Can Petition in the Elite Program?

Elite Level Athletes

- The following athletes will be eligible to petition to USA Gymnastics Championships:
  - Athletes who competed in the same level at the previous USA Gymnastics Championships.
  - Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships, but aged into their current level (for example, YE 13 to 14 to JE). In this case, a video verification must be included with the petition, showing proficiency at the new level.
  - Athletes who competed in a lower level in the same discipline at the previous USA Gymnastics Championships, where mobility is required to compete in their current level (for example, IE to SE) are not eligible to petition to USA Gymnastics Championships.

How Does the Petition Process Work?

- A $25.00 non-refundable administrative fee must accompany the petition.
- The Elite Committee Chair, Program Director and Athlete Selection Representative will decide petitions. Petitions will be considered as expeditiously as possible. The decision of the Elite Committee Chair, Program Director and Athlete Selection Representative is final.

- Senior, Intermediate, Junior and Youth Elite athletes are required to have placed either 1st, 2nd or 3rd, or the top 50 percent, in the same discipline at the previous USA Gymnastics Championships, to be allowed to petition to participate in the current USA Gymnastics Championships.
- The petition must be submitted in writing to the T&T Program Director or using the official form as soon as possible after the athlete determines that he/she is unable to compete, and prior to the entry deadline. Petitions received after the entry deadline will be rejected. Entry to USA Gymnastics Championships will be at the price point and conditions applicable when the entry is accepted.
- The petition must state the specific injury, illness or unusual circumstance which prohibits the athlete from competing in the qualifying event (a salute is not considered compensation for this purpose, however a substantial performance as evidenced by a coach, club or previous competitions determines that the athlete is not able to compete). The decision of the petition is based upon evidence submitted by a coach, club or previous competitions determined that the athlete is not able to compete. Entry to USA Gymnastics Championships.
A Place for Everyone

**ADAPTIVE PROGRAM**
- Athletes with physical limitations
  Coaches can apply to the Technical Committee for modifications to current routines and rules using the form provided on the website.

**HUGS**
- Athletes with special needs
  Coaches use the HUGS Code of Points with all complete routine requirements and rules included.
Judging Clarifications

Competition Card Penalties

**Tumbling & Double Mini**
- The deduction for missing or incomplete competition cards
- The 0.2 penalty will be taken from the 1st routine

**Trampoline**
- The deduction for missing or incomplete competition cards
- Level 9 – Open: 0.2 pts penalty will be taken from the 1st routine
- YE – Jr: 0.2 pts penalty will be taken from the 2nd routine
- IE – Sr: 0.2 pts penalty will be taken from both routines
Inquiry Process

JURY OF APPEAL
• Each judge will view independently
• Judges will know the level, the skill or penalty in question but will not receive information on what the coach/athlete feels the call should be
• If the video is inconclusive, then the original judges’ call will stand

PROCESS
• The process for coaches/athletes remains the same
You may appeal your own athlete or another athlete

Instability Deductions

Trampoline
• A turn taking too much time
❖ Turning too quickly to the judges 0.2
❖ For each movement, regardless of the size of the step or bounce (this includes not stepping on the trampoline bed): and 0.1. Upper body movement that is trying to create stability up to 0.2
❖ Instability in the out-bounce is 0.1
Total Instability is 0.3 if there is instability in BOTH the out-bounce and after landing

Tumbling & Double Mini
• A turn taking too much time
❖ Turning too quickly to the judges 0.3
❖ For each movement, regardless of the size of the step or hop: 0.1 for each movement
❖ Upper body movement that is trying to create stability up to 0.1 for each movement

Many athletes turn too quickly and lose valuable points. Be sure your athlete understands:
❖ They must have completed their routine before turning to salute the judges
❖ Which means they must be stable and stand still for approximately 3 seconds
❖ Judges are required to take this deduction according to the Code of Points
Clarifications During the Year

All Clarifications During the Year Including:
- Development Program Clarifications
- Elite Program Clarifications
- Routine Requirement Clarifications
- Judging Clarifications

Will be updated in the respective document and posted on the Errata for coaches & judges.

2023
Seize the Moments
Opportunity is Knocking!