

There are important updates to the 2011-2012 Women's Program Rules and Policies. ***All italicized bold type indicates a change from or an addition to the 2010-2011 Rules & Policies.***

All coaches, judges, meet directors, and even gymnasts need to be aware of these important updates. You may also look up the Rules & Policies to view these updates as well as the document in its entirety at:

[http://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2011\\_2012\\_w\\_rulespolicies.pdf](http://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2011_2012_w_rulespolicies.pdf).

## Competition Updates

Coaches:

Function ONLY as a coach during competition. They may not serve in a dual capacity (i.e. Coach/Judge, ***Coach/Announcer, etc.***). (p. 13, I. C.)

***The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play.*** (p. 13, I. D. 4.)

Junior Professional Membership:

***Junior Professional Membership is available only for coaches or judges who are 16-17 years of age and are coaching at Level 4 and above USA Gymnastics sanctioned events.*** (p. 4, IV. A.)

***Jr. Professional members must be accompanied by a Professional member in order to be on the field of play as a coach.*** (p. 4, IV. A. 2.)

Introductory Coach Membership:

***Introductory Coach Membership is open to any Level 1, 2, 3 and Xcel (PREP) coach or gymnastics professional who is a minimum of 18 years of age.*** (p. 4, V. A.)

Junior Introductory Coach Membership:

***Junior Introductory Coach Membership is open only to coaches who are 16-17 years of age and are coaching at Level 1, 2, 3 and Xcel (PREP) Optional.*** (p. 4, VI. A.)

***Jr. Introductory Coach members must be accompanied by a Professional/Introductory Coach Member in order to be on the field of play as a coach.***

Judges:

***The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play.*** (p. 14, II. D. 5.)

Serve only in the capacity of an official during warm-ups and competition. They may not act in a dual capacity (i.e. coach/judge, **parenting**/judge, **Meet Director/Judge**, **Announcer/Judge**, etc.). (p. 14, II. E.)

**Be considerate of the Meet Director's equipment by refraining from wearing footwear that could be damaging to the mats and/or floor.** (p. 14, II. P.)

**Refrain from soliciting invitations to judge specific competitions by making direct contact with the Meet Director.** (p. 14, II. Q.)

Gymnasts:

Hair secured away from the face **so as to not obscure her vision of the apparatus.** (p. 17, II. I. 2.)

**The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play.** (p. 17, II. L.)

#### Athlete & Club Eligibility and Residency Regulations

The **physical** location of the gymnast's **training facility** determines the residency of the gymnast. If the gymnast resides in one state and her **training facility** is located in another neighboring state, the following regulations exist. A gymnast may compete in the State Meet based upon: the state in which her **training facility** is **physically** located. (p. 19, I. B.1., 2.a. 1.)

A club **MUST** compete in the State Meet(s) of the state in which the **training facility is physically** located. (p. 19, I.B.3.)

**Exception: If a non-citizen athlete is also a National Team Member from another country and has followed the FIG regulations according to her stature, she is allowed to compete in the Jr. Olympic Program and represent her US club up to and including Regional Championships.** (p. 19 II., A.)

#### Requirements for Level Eligibility & Advancement

All gymnasts must reach the minimum age for the level **before competing in any USA Gymnastics sanctioned competition** (see chart on page 19). (p. 24, II. B. 1.)

**Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.**

**Example: Level 4 State meet date is Dec. 1; the last Level 4 State Qualifier is November 17. The gymnast will turn the minimum age for level 4 (6 yrs. old) on November 28<sup>th</sup>. She is**

**ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Level 4 State Championships that season.** (p. 24, II. B. 3. a. 2.)

### Competition Structure

**Any Pre-Sectional or Sectional meet that directly qualifies a Level 6 gymnast to a State meet MUST be judged by a two-judge panel.** (p. 30, II. C. 6.)

### Hosting a Competition

**An athlete is considered registered/entered in a competition only when her entry form and valid payment have been received by the Meet Director.** (p. 41, I. F. 1.)

**Meet Directors must list all available equipment, including boards.** (p. 42, II. A. 6.)

Under types of competition formats: When using either of the above formats, if squads consist of 13 or more Compulsory gymnasts or 9 or more Optional 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 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.** (p. 43, II. B. 1.c.)

**\*Note: If a session has more than one level competing, the timed warm-up time will be the time designated for the highest level.** (p. 45, 6.)

**A final score of 1.00 will be awarded for any Compulsory or Optional Bars, Beam or Floor Exercise routine that would result in a score of equal to or less than one point (1.00).** (p. 51, IV. H. 4.)

**No video review is allowed at any Jr. Olympic competition during the processing of an injury unless the Jury of Appeals is involved.** (p. 52, IV. J. 5.)

**Procedures for Inquiries:** (p. 52, IV. J. 6.)

- 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.

**The use of cell phones (for talking, texting, etc.) or any type of wireless communication device is prohibited while on the "field of play".** If a call must be made, it should be done outside the

field of play. **Exception: Walkie-talkies for the Meet Director and host club personnel and medical personnel are allowed.** (p. 52, IV., N.)

#### Injury or Illness Petitions

If a gymnast **is unable to compete at the Sectional or any local State-qualifying Meet (or cannot compete in the All-Around at State Meet) due to injury or illness prior to or during the State Meet** her coach may petition the State Administrative Committee Chairman to allow the athlete to directly enter the State Championships.... (p. 55, II. A.)

If a gymnast **is unable to compete at the State Meet (or cannot compete in the All-Around at State Meet) due to injury or illness prior to or during the State Meet**, her coach may petition the Regional Technical Chairman (or Regional Technical Assistant) to allow the athlete to directly enter the Regional Championships.... (p. 56, III. A.)

Coaches must notify their Regional Administrative Committee Chairman by FAX or E-mail **NO LATER THAN** the Monday following the State Championships of any athletes they intend to petition to Regionals. (p. 56, III. C. 1.)

**The complete Injury/Illness petition form and required documentation** must be sent to the Regional Technical Committee Chairman.... (p. 56, III. C. 2.)

If the gymnast was injured at the State Championships, the entry fees and form should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State meet. (Fees will be returned **within three weeks** if the petition is not accepted.) (p. 57, III. C. 4.)

If an athlete is unable to compete at the Level 10 Regional meet (**or cannot compete All-Around at the Regional Meet**) due to injury or illness.... (p. 57, IV. A.)

**The complete Injury/Illness petition form and required documentation** must be received within two (2) days (**by Tuesday**) following the Level 10 Regional meet. (p. 57, IV. B. 2.a.)

#### Jr. Olympic Awards

For Level 5, If Achievement awards are given, the **State Administrative Committee** will determine the guidelines for scores. (p. 59, I. B. 1.a.)

#### Apparatus Requirements for Elite and Junior Olympic Competitions

**All equipment and matting used at a USA Gymnastics-sanctioned competition must be manufactured by a recognized gymnastics supply company.** (p. 85, I. E.)

**An 8" skill cushion may be used in the bar dismount area for compulsory competition.** (p. 85, I. F. 2.)

At Levels 1-6, any manufactured mat, skill cushion or **padded** spotting/**skill** block may be used for mounting purposes. (p. 86, I. G. 5.a.)

At Levels 7-10, a manufactured mount mat (mount trainer) or **folded panel mat** may be used instead of a board for mounting purposes. (p. 85, I. G. 5.b.)

#### Xcel (P.R.E.P. Optional) Program

The **Xcel (previously known as P.R.E.P.)** Optional Program is designed to offer a broad-based, affordable competitive experience.... (p. 63, I.)

**Athletes planning to compete in both the Xcel program and the JO Levels 1-10 program in the same competition year should register as a regular Athlete Member at the highest level for which they are eligible.** (p. 63, II. A. 2.c.)

**The above fees are in effect ONLY if the entry fee charged was \$35.00 or less.** If **Xcel** Optional competitors are included in the same session(s) as Jr. Olympics (Levels 1-10) competitors, the USA Gymnastics Judges' Compensation Package will be in effect, **regardless of the entry fee paid by the Xcel gymnasts.** (p. 64, III. G.)

#### Sanctioning a USA Gymnastics Event

When a Meet Director and/or other Professional, **Jr. Professional or Introductory Coach** member(s) participating in the event fails to follow the USA Gymnastics Women's Rules and Policies, actions will be taken against the Meet Director and/or the individual offenders by the USA Gymnastics Office. (p. 66, III.)

**The individual and the Meet Director, as well as the club the coach represents, will be sent a letter of warning from USA Gymnastics. The accused individual will have 30 days to respond.** (p. 67, III. A. 3.c.)

**Failure to respond within the 30-day period will result in an automatic fine.** (p. 67, III. B. 1.)

**Fines apply only to the individual and/or the Meet Director.** (p. 67, III. B. 7.)

**The State Administrative Committee Chairman will be notified of any violations by e-mail.** (p. 67, III. B. 10.)

There are 2 areas that coaches, judges, meet directors, gym owners, etc. should be aware of so these are included as a reminder.

## II. PRE-MEET ORGANIZATION

A. **MEET INFORMATION PACKET:** Include the following information and notify all eligible teams by mail or email. Information should also be posted on the host club's website.

1. Name of meet, level(s) of competition and date.
2. Host Club, Meet Director, Meet Director's cell phone number
3. Entry fee (individual and/or team) and to whom it is payable.
4. Spectator admission fees.

Maximum spectator fees for Level 9 East/West and JO Nationals:

	1 Session	<b>1 &amp; 2 Day Weekend</b>	<b>3 Day Weekend</b>
Adults	\$15	\$25	\$35
Children/Seniors	\$10	\$20	\$30

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. When awarding sectional and above meets, consideration will be given to those facilities that can provide a wider bar setting.
7. Age Divisions, if known in advance; or procedures for determining age divisions
8. **MEDICAL PERSONNEL/PROCEDURES:**
  - a. For local/sectional meets, the Meet Director **MUST** provide a first aid kit and ice, as well as an organized plan for dealing with medical emergencies.
  - b. For State and Regional meets, it is strongly recommended that qualified medical personnel (physician, trainer, physical therapist, nurse, etc.) be available at all times during warm-ups and competition.
  - c. At Level 9 East/West Championships and Jr. Olympic Level 10 National Championships, medical personnel must be present for all training and competition sessions.
  - d. It is recommended that a small first-aid kit (containing tape, gauze or band-aids) be provided at each event so these items can be accessed quickly.
  - e. An Incident/Injury Report Form is included in the Sanction packet and should be duplicated for use at the competition. Additional forms are available through Member Services and can also be found on the website under Member Services - Forms.
    - 1) The Meet Director must fill in the Sanction number and sign the forms before supplying them to the medical personnel.
    - 2) The medical personnel will then complete their portion of the form as needed and give the form to the coach or parent of the injured athlete.
    - 3) The parent/guardian is responsible for submitting the completed form to the insurance company.
9. Type of awards and number to be awarded. Also include the day/time of the award ceremonies.
10. Local hotel and transportation information, if necessary.
11. Competition schedule
  - a. If the number of competitors is a known quantity, then specify 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 pre-determined 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.

12. Compulsory Levels 1 - 6 *and Xcel/PREP Optional* competitions - Pre-Meet information must specify if one-judge panels will be used.

13. Pre-Meet information for Invitational meets must indicate the "type" of invitational and regulations regarding team competition.

### III. 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.

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#### 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 1st - both gymnasts are recognized as 1st place winners, with one gymnast receiving the gold, the other silver based on the tie-breaking procedure. The next highest scoring gymnast receives the 3rd place award and no 2nd place award is presented.)

##### 1. TIES IN THE ALL-AROUND (COMPULSORY OR OPTIONAL)

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 - COMPULSORY ONLY OR OPTIONAL ONLY

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.

\* \*Here are updates that are very specific to certain programs.

### Competition Structure

Level 9 Eastern/Western Championships, Level 10 National Championships, JO-NIT, etc.

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### Elite Eligibility & Advancement

***An Elite gymnast may petition to drop back to the JO Program by sending a “reason for change” letter FROM HER COACH to the National Junior Olympic Chairman.***

- 1. All petitions must be received at least two weeks prior to the Level 10 State Meet.***
- 2. The National Jr. Olympic Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen and the Regional Technical Committee Chairman.***
- 3. Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during that Elite competitive year (through Championships of the year in which she competes Level 10).*** (p. 25, II. C. 4. 1-3)

### International/FIG Rules for Participation

This entire section has been updated and can be found on pp. 7-8.

More information on Foreign Athlete Participation updates can be found on p. 70.

### Assignment of Meet Officials

Annual CPE credits are required to be assigned ***to judge any USA Gymnastics competition***, as well as to test up from Level 7/8 to Level 9 or Level 9 to Level 10. (p. 74, IV. B. 1.)

***USA Gymnastics and NAWGJ elected officers (State, Regional & National Chairman/Directors) are exempt from CPE requirements for the years in which they hold office.*** (p. 74, IV. B. 5.)

***Annual*** Miscellaneous CPE credit: A maximum number of CPE hours may be acquired for the following miscellaneous activities.... (p. 75, IV. B. 6.d.)

CPE Coordinators must be proficient in Excel ***spreadsheets***. (p. 75, IV. B. 6.b.)

Should a judge exceed the minimum number of CLINIC hours ***required of their rating*** in an accreditation year, they may carry forward the appropriate number of clinic hours allowed ***as designated by their rating***. (p. 76, IV. 7.g.)