

Coaches

Register to become a professional member through USA Gymnastics at www.usa-gymnastics.org

Complete your pro membership by becoming safety certified. You must take the safety course either online or by attending a course taught by a National Safety Instructor. This certification needs to be renewed every four years. You also must complete a background check through USAG. This needs to be done every 2 years.

Athletes

Each of your athletes must be registered with USA Gymnastics if they are planning to compete. You may do this online or you may send in the registration forms. Your club does not have to be registered with USA Gymnastics in order for them to compete; however, there are benefits to being a member club. Check the USA Gymnastics website for a current list of benefits and cost. If during the season, the gymnast moves up a level, the coach needs to call USAG and let them know.

Register your athletes and club with South Dakota USAG. Athlete's registration fee is \$15 per athlete (\$10 for Level 1 & 2 & Xcel athletes) and a \$100 per club and is due by October 1st. The late registration fee is \$20 per athlete. Please make the check out to SD USAG and send the payment to 519 Enchantment Rd. Rapid City, SD 57701

Xcel Program

Please refer to the USA Gymnastics website for all information concerning Xcel

Junior Olympic Program

Mobility

Every season, coaches must show proof that their gymnasts have met the qualifying score to move to the next level. If a gymnast moves up mid-season, a copy of the meet results that show an adequate AA must be send to Dave Peters.

-Level 3 & 4 gymnasts do not have a qualifying score, so no mobility needs to be done

-Level 5- must have scored a 31.00 AA as a Level 4. If done so at the previous years state meet, nothing needs to be done. If not, you need to send a copy of meet results that show an adequate AA to Dave Peters.

-Level 6- must have scored a 31.00 AA as a Level 5. If done so at the previous years state meet, nothing needs to be done. If not, you need to send a copy of meet results that show an adequate AA to Dave Peters.

-Level 7- must have scored a 31.00 AA as a Level 5 or 6. If done so at the previous years' state meet, nothing needs to be done. If not, you need to send a copy of meet results that show an adequate AA to Dave Peters.

-Level 8- must have scored a 34.00 AA as a Level 7. If done so at the previous years state meet, nothing needs to be done. If not, you need to send a copy of meet results that show an adequate AA to Dave Peters.

-Level 9- must have scored a 34.00 AA as a Level 8. If done so at the previous years state meet, nothing needs to be done. If not, you need to send a copy of meet results that show an adequate AA to Dave Peters.

-Level 10- must have scored a 34.00 AA as a Level 9. If done so at the previous years state meet, nothing needs to be done. If not, you need to send a copy of meet results that show an adequate AA to Dave Peters.

Declaration Date

Each gymnast can "try" a level through the month of Jan. However, the coach must declare by Feb. what level the gymnast will compete for the remainder of the year.

If you have an unusual situation, such as a gymnast who needs to drop back a level or a high school gymnast who needs to move up, you need to read the USAG Rules & Policies and also contact Dave Peters

Continue your education

National Congress- site changes each year and is hosted by USA Gymnastics. More information on this event is available in the Technique Magazine you will receive with your professional membership or at www.usa-gymnastics.org.

Regional Mini Congress- you can go to www.region4gymnastics.com to find dates and location. This is always a GREAT weekend with lots of information that will help out all aspects of your club.

State clinics- the SACC will organize state clinics and get information out to the clubs

Various coaching certifications are available through the USAG. Check on line for the courses available.

General Competition Helpful Hints

Professional Member Dress Code- Dress in appropriate attire that reflects the best image of gymnastics. At all USA Gymnastics sanctioned events, the coaches' dress code is as follows: Closed toe athletic shoes; Athletic warm-up pants or "Dockers-style" pants (No jeans). Athletic or tailored shorts that are of a reasonable length (7" inseam). No holes, tears or short shorts. Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts). No hats or visors.

Do not arrive at a competition more than 15 minutes prior to the Open Stretch. Many facilities are not even open until this point and it will eliminate frustration

Conduct a meeting for your team parents. Let them know that if they have concerns over a score, spelling of their child's name, pronunciation, etc. that they are to come to you, their child's coach, NOT the host organization. It is up to the coach to handle all such matters. Parents are NOT allowed to question a judge or come down on to the competitive area.

ONLY coaches and judges with Professional numbers, athletes who are competing in that session, and the workers scheduled are allowed in the competition area.

No flash photography is allowed! Please make sure your parents understand.

Read through the Rights and Obligations of Athlete Members in the USAG Rules and Policies (R&P) with your athletes.

Talk to your athletes about what to do if the music stops while competing on floor, their hair ribbon falls out during competition, and what to do if they should have a fall.

Look over your athlete roster before competition begins at a meet and make any age division corrections immediately!

Meet Host Check List

It's essential that you understand the rules and regulations in the USAG Rules & Policies (this can be accessed online)

DATES (set the date as soon as possible to help secure judges for your meet)

_____ Determine approved date for the event.

_____ Contact the State Chairperson and State Judging Director with the event date.

FACILITY / EQUIPMENT

_____ Secure facility and provide appropriate insurance binders.

_____ Provide all appropriate equipment for the level of competition being held.

_____ Determine appropriate supplies needed (score flashers, judge's slips, calculators, pencils etc. See Rules and Policies book.)

SANCTIONS / JUDGES REQUEST

_____ Complete your Meet Directors certification.

_____ Apply for a sanction at www.usa-gymnastics.org
_____ Send Judge's Request for necessary officials (the sooner you do this, the better chance you have to get judges) to the State Judging Director and include with it a \$40 check made out to the State Judging Director

MEET INFORMATION

_____ Prepare meet information and send to all surrounding clubs
_____ Refer to Rules and Policies book for specific guidelines.

MEET SCHEDULE / PROGRAMS

_____ Determine maximum entries and decide on times.
_____ Prepare a schedule of events and send to coaches and judges at least two weeks prior to the event.
_____ Secure an efficient meet scoring program and create a meet program.

MEET PERSONAL

_____ Assign appropriate flashers, runners, timers, scorers, etc.
_____ Prepare a job description and post at station.
_____ Determine appropriate attire and behavior of all meet personnel.

CONFIRM USAG NUMBERS

_____ gymnasts
_____ coaches

It is your responsibility to not allow gymnasts/coaches on the floor without a valid USAG number

AWARDS

_____ Determine your awards budget.
_____ Order awards well in advance of competition.
_____ Identify awards procedures and location. Have an award script at the computer, an announcer, and an awards presenter identifying which age groups and awards are given.

AFTER MEET

_____ Fax signed sanction report form, judges sign-in sheet, and coaches sign-in sheet to USAG at 317-692-5212) must be done within 24 hours
_____ Send \$1 per athlete and a copy of the sanction form to the SACC within 1 week of your competition

SD State Meet

Qualifying to the State Meet

South Dakota has a state meet for Levels 3- 10. Levels 3 through 10 must qualify for the state meet.

The qualifying scores to the State Meet is 31AA at any meet during the season:

Level 8-10: may qualify as an event specialist. In order to do this, the gymnast must compete on less than 4 events during the season and have scored an 8.6 or higher on each event that wish to compete at state.

State Meet Site

The state meet will rotate from the east side to the west side of the state every year as long as there is someone willing to host the meet that can fulfill the necessary site and equipment requirements for the highest level of competitor competing for South Dakota. These requirements are listed in the USAG Rules and Policies.

*A bid form must be completed in its entirety and submitted to the SACC by July 1st.

*Meet site must be an out of gym facility. (Example: High School gym)

*Due to inclement weather: the state meet will be held if 2/3's of the qualifying athletes are represented.

Requirements of a club to host the State Meet

*The club must have past experience in hosting an optional level meet.

*Must hold a meet directors certification prior to bidding for the meet.

*Must Submit \$6 per athlete to the RACC at the conclusion of the state meet with a copy of the results.

*Is required to fill out a financial report form at the conclusion of the state meet

*Purchase medals 50% deep

Duties and Responsibilities of the State Administrative Committee regarding the State Meet

*Determine the State Meet site based on the bids that are received on time.

*Determine the state meet judges if more than the minimum number is available for hire (8).

*The SACC will order all medals needed for the State Meet based on the number of entries in each age division

*Determine age divisions for the state meet.

*The SACC is responsible for doing the competitive draw for the state meet using the rules established in the USAG R & P.

*Will be responsible for making sure all rules and regulations are upheld at the State Meet.

Qualifying to Regional Gymnastics Championships

Only Level 8 gymnasts and above may qualify to Regional Gymnastics Championships. The format for Level 8 gymnasts is listed below. Level 9 & 10 gymnasts MUST score a 34.00 AA or above at the State Meet to qualify to Regional Championships. All coaches and gymnasts who qualify to the Regional

Championships must be prepared to fill out the registration forms and pay for the competition entry fee at the conclusion of the State Meet.

New Level 8 Format for Regional Championships

Level 8 Super Team Session (Saturday Evening Competition)

The top 9 gymnasts from SD regardless of age

The top 8 gymnasts will represent SD

The 9th place gymnast will be placed together in an 8th 'all-star' flight.

The top 5 scores from all 9 gymnasts on each event will determine team scores.

Capitol cup format with four judge panels.

Gymnasts will be divided into 2 age groups (Junior/Senior) for individual awards.

Level 8 Individual Sessions (Sunday Competition)

Level 8 gymnasts that scored 34.00 AA at their state meet and did not compete in the Saturday evening session.

Guarantee of 180 (provided we have 5 or fewer sessions of level 9 & 10 gymnasts)

*Event Specialist- if an athlete competes at the state meet as an event specialist, she may qualify to regionals if a 9.0 or higher is scored at the state meet. The gymnast may not petition to regionals and they may not qualify to nationals.

*Injury Petitions to State, Regionals, or Nationals must follow USAG guidelines.

Please contact your state chairman as soon as possible.