

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **Coaches**

Register to become a professional member through USA Gymnastics at [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

Complete your pro membership by completing safety certification, U100, U110, and a completed a background check through USAG. These things have to show completed online to be able to coach on the floor at a competition. Each gym must also be registered as a club and all gym owners must have a Pro membership.

## **Athletes**

Each of your athletes must be registered with USA Gymnastics if they are planning to compete. Parents must complete this online after the gym sends the family a link to register. Your club must also be registered with USA Gymnastics in order for them to compete. 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 change their level online with USAG.

Register your athletes and club with South Dakota USAG. Athlete's registration fee is \$15 per athlete for Level 3-elite and \$10 for Level 1 & 2 & Xcel athletes. There is also a \$100 per club and is due by December 15st. The late registration fee is \$5 additional per athlete. If you are a first year club the \$100 fee is waived. Please make the check out to SD USAG and send the payment to 710 East Kay Ave. Mitchell, SD 57301

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **Xcel Program**

Please refer to the USA Gymnastics website for all information concerning Xcel. South Dakota offers a State Meet for Bronze-Diamond. Our State recommends that Bronze athletes be given a participation award like Level 3. Please inform Teams registering for your meet whether bronze will get places with scores flashed or if they will be just given participation awards only. Please notify teams registering if team awards will be given for Xcel.

Xcel athletes qualify to State with a **31.00** at any meet. If it is at an out of state meet, please send official results from the meet to Dave Peters at [gymnastgmg@yahoo.com](mailto:gymnastgmg@yahoo.com).

### **Mobility, Age requirements, and JO transfer restrictions**

Bronze - must be age 5 - from JO Level 1-2

Silver - must be age 6 - from JO Level 1-3

Gold - must be age 7 - scored a 31 at silver or from JO Level 3-4

Platinum - must be 8 - scored a 31 at Gold or from JO Level 5-6

Diamond - must be 9 - scored a 31 at Plat. or from JO Level 7-10

-Gymnasts with no previous competition experience and are under 14 must enter at Bronze or Silver division.

-Gymnasts that have competed in any other type of gymnastics programs and are under 14 can petition to the State Administrative Committee to enter Gold.

-Gymnasts that have competed in High School **and** are over 14 can petition to the State Administrative Committee to enter Platinum or Diamond.

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **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 sent to Dave Peters. -Level 3 gymnasts do not have a qualifying score, so no mobility needs to be done.

To move to:

Level 5- must have scored a **34.00 AA** as a Level 4.

Level 6- must have scored a 31.00 AA as a Level 5.

Level 7- must have scored a 31.00 AA as a Level 5 or 6. (You may skip Level 6).

-Level 8- must have scored a 34.00 AA as a Level 7.

-Level 9- must have scored a 34.00 AA as a Level 8.

-Level 10- must have scored a 34.00 AA as a Level 9.

If the athlete achieved these scores 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. [gymnastgmg@yahoo.com](mailto:gymnastgmg@yahoo.com)

### **Declaration Date**

Each gymnast can "try" a level through the month of Jan. However, the coach must declare by Feb. 1 what level the gymnast will compete for the remainder of the year. If you

## **SOUTH DAKOTA USA Gymnastics Rules and Policies**

compete a level prior to Feb. 1 and are dropping back a level please notify the SACC in writing by Feb. 1.

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 contact the SACC, Audra Rew at [audra.rew@gmail.com](mailto:audra.rew@gmail.com).

Currently High School Gymnasts that are 14 can send videos for approval and start at Level 6 or 7 and then follow the rest of the qualifying procedures to move up.

### **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](http://www.usa-gymnastics.org).

Regional Mini Congress- you can go to [www.region4gymnastics.com](http://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.

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **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.

Please remind parents not to contact the host team for meet schedules or questions about their athlete.

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.

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

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **Meet Host Check List**

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

We highly recommend that you use the USAG Meet Reservation system to register for all meets.

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.

\_\_\_\_\_ Register your meet on USAG Meet Reservation System.

\_\_\_\_\_ Register your meet with NAWJ, and mail appropriate fees to Joanne Runge so judges can be found.

\_\_\_\_\_ Mail out a meet invitation to Teams before July is best in our State so Teams can set their meet schedule.

## **FACILITY / EQUIPMENT**

\_\_\_\_\_ Secure facility and provide appropriate insurance binders.

\_\_\_\_\_ Provide all appropriate equipment for the level of competition being held. NOTE new SILVER Vault and Level 6-7 changes.

\_\_\_\_\_ 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.

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

\_\_\_\_\_ Apply for a sanction at [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

\_\_\_\_\_ Register your meet on Meet Reservation Systems at USAgymnastics.org.

\_\_\_\_\_ Register on NAWJ for a meet Judge's Request for necessary officials (the sooner you do this, the better chance you have to get judges).

## **MEET INFORMATION**

\_\_\_\_\_ Prepare meet information and send to all surrounding clubs

\_\_\_\_\_ Refer to Rules and Policies book for specific guidelines. Time limits & max athlete participants etc.

## **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 (Using Meet Reservation system solves this issue.)

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

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **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



# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **SD State Meet**

### **Qualifying to the State Meet**

South Dakota has a state meet for Levels 3- 10 and Xcel. All levels must qualify with a 31.00 AA 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 around the State trying to get to west side of the state every third 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.

### **Requirements of the Site for the State Meet**

\*An intent to bid the State meet must be submitted to the State Chair Audra Rew by March 1. In the intent would be an expected site and meet director.

\*A bid form must be completed in its entirety and submitted to the SACC by April 1 with a decision to be announced by April 15.

\*Meet site must be an out of gym facility and must have a solid surface to place the equipment on and adequate seating for spectators. (Example: High School gym)

\*Must be able to host all Junior Olympic levels and Xcel Levels in a 3 day or less meet format.

## **SOUTH DAKOTA USA Gymnastics Rules and Policies**

\*Need to list the format being used and whether you can supply equipment or will be renting equipment.

\*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). A preference to South Dakota judges is given if they are the appropriate level.

\*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.

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **Qualifying to Regional Gymnastics Championships**

### **XCEL REGIONALS:**

#### **Qualifying Scores (must be achieved at the State Meet)**

- 35.5 – Bronze / Silver
- 34.0 – Gold
- 33.5 – Platinum / Diamond

For updates about the Xcel Program: <https://usagym.org/pages/women/pages/xcel.html>

### **LEVEL 6-7 REGIONALS:**

Must register your athletes usually in January to the meet and cancel if needed.

34.00 AA at State Meet

There are NO Event Specialists at Level 6/7 Regionals.

The procedure for Petitions to Regionals will be as follows:

- USAG Injury **Petition Rules** are available download (.pdf)
- Download the **USAG Petition Form**
- Per R&P page 78 You must notify RTCC (Linda Thorberg) and JOCC (Paige Roth) of ***the intent to petition by the MONDAY*** after the state meet. All required ***paperwork must be submitted within 3 days*** of the completion of your State Meet. (By Wednesday following)
- Submit the Petition form with a copy of your meet results to Linda Thorberg – R4-TCC (Email Only – **Linda4rtc@aol.com**)
- Gymnasts wishing to petition must enter the Regional **Championships** at their State Meet and pay the entry fee. It should be noted on the entry form that they are a Petition.

## **SOUTH DAKOTA USA Gymnastics Rules and Policies**

- If the Petition is not approved the entry fee will be refunded. The Level 6 & 7 Petition score is a 35.00 AA.

### **LEVEL 8-10 REGIONALS:**

Level 8-10 34.00 AA at State Meet or Level 9-10 a 9.00 for Event Specialists at the State Meet – A specialist is an athlete that declares to be a specialist while entering the state meet. She must also compete in 3 events or less. **No petitions will be accepted for specialists to Regionals.**

The procedure for Petitions to Regionals will be as follows:

- USAG Injury **Petition Rules** are available download (.pdf)
- Download the **USAG Petition Form**
- Per R&P page 78 You must notify RTCC (Linda Thorberg) and JOCC (Paige Roth) of ***the intent to petition by the MONDAY*** after the state meet. All required ***paperwork must be submitted within 3 days*** of the completion of your State Meet. (By Wednesday following)
- Submit the Petition form with a copy of your meet results to **Linda Thorberg – R4-TCC** (Email Only – Linda4rtc@aol.com)
- Gymnasts wishing to petition must enter the Regional **Championships** at their State Meet and paid for. It should be noted on the entry form that they are a Petition.
- If the Petition is not approved the entry fee will be refunded.

Level 8, 9 & 10 Petition score is a 35.00 AA.

Questions regarding these petition procedures may be directed to the JO Chair

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.

# **SOUTH DAKOTA USA Gymnastics Rules and Policies**

## **QUALIFYING WESTERNS LEVEL 9:**

### **\*\*Regional Team Competition Format**

The number of age groups is 16 , with seven (7) athletes per region per age division qualifying. #8 is the first alternate. (Total of 112 athletes) There will be 8 sessions of competition with 2 age groups per session.

Points will be awarded based on each age groups team placement for each region.

The age groups to Westerns will be posted on this website as well as meet sites.

Questions regarding these procedures may be directed to the JO Chair.

## **QUALIFYING NATIONALS LEVEL 10:**

The number of age groups is 12 with seven(7) athletes per region per age division qualifying. **\*Assuming they meet the criteria\*(34.00 AA Score)**

Each session will include one age divisions of fifty-six (56) gymnasts.

The number 8 gymnast is the 1st Alternate (We encourage 1st Alternates to attend and be prepared for the JO meet if called up – **(Alternates attending and training will receive apparel and training camp discount)**

- Receives all the Regional Apparel – **\*\*National GK Apparel may not be awarded**
- Should fill out paperwork for JO's – indicate alternate
- Is allowed to workout with her Team on Training Day

The number 9 gymnast is the 2nd Alternate.

- Should fill out all paper work for JO's – indicate 2nd alternate

# SOUTH DAKOTA USA Gymnastics Rules and Policies

- Should size for apparel, but does not receive apparel unless picked up to compete

The age groups to JO Nationals will posted on this website as well as state and region sites.

## 4 FOR 4 LEOTARDS

Any Gymnast hits all 4 events at either Level 10 Nationals or Level 9 Westerns receives a leotard with “4 for IV” on it in recognition of their accomplishment.

Here is how you decide if you earned a 4 for 4 leotard: *(Please remember this is an honor system, we rely on the coaches holding their athletes and themselves to the requirements listed in awarding the leotard. This program is meant to reward “Hitting” at the national meets. We are in a team competition and hitting the routines, vs gambling on new skills is the point of this award.)*

The official decision regarding 4 for 4 leos is made by the athletes coach. We will not be accepting contacts from parents in regard to the 4 for 4 leotards. We ask that all inquiries and submissions come from the coach or club.

I explain the procedure for deciding if the athlete earned one as a three question process:

1. Did she make the routine as it was supposed to be made?
2. Did she receive credit for the start value that was planned?
3. Was the routine completed without falls or major errors/wobbles?

If you can answer yes to all of those questions then you qualify for a leo.

All leotards will be shipped directly to the clubs this year! This will expedite the process.

The deadline for submission is June 30th. **Failure to submit the form by that date will mean your athletes will not receive their leotard.** Please make sure that you only have one coach per club to fill out the form. Last year we had duplicates and parents filling out the forms with different info than the coaches. If we are in doubt of any information we will call the coach.