

UNITED STATES ASSOCIATION of INDEPENDENT GYMNASTIC CLUBS

2011-2013 USAIGC CODE OF POINTS

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USAIGC's College Bound Optional Only Competitive Program

Six (6)* Optional Level's for All Around Gymnasts & Individual Event Specialists

*Copper, Bronze, Silver, Gold, Platinum, Premier

USAIGC POLICIES

USAIGC Club Eligibility Rules and Requirements

1. Only USAIGC Membership Clubs in good standing may participate in **any** USAIGC sanctioned competition/event **throughout the United States, Bermuda, Canada & South Africa**. Sanctions are **FREE** to all membership clubs in **good standing** for competitions, events, exhibitions, clinics or any activity that is under the jurisdiction of the USAIG.
2. A fully completed Club Registration Form must be on file with the USAIGC Office **prior to any Membership Club** and/or **the Membership Club's Gymnasts** participate in a USAIGC sanctioned competition or event.
3. All USAIGC Club Members are listed on **WWW.USAIGC.COM** The Membership Clubs IGC Identification Number, Address, Expiration Date, Phone Number(s) and E-mail address, if provided are listed.
4. **USAIGC Club Membership includes:** entire Members Club's Staff (there is **NO USAIGC Individual Membership fee**), Hard Copy of USAIGC Code of Points, Participation in EXCLUSIVE USAIGC Club/Business Owners Programs, Coaches/Instructors Education Programs, Participation in the USAIGC Club Owners Insurance Program, Free Competition and Event Sanctions, enrollment in our USAIGC Staples Business Advantage Program and participation in the USAIGC Budget Rent-A-Car Program.

USAIGC Gymnasts Eligibility Rules and Eligibility

1. Gymnasts participating in any USAIGC sanctioned competition/event must be registered with the USAIGC **for the current competitive year (July 5- July 4 the following year)** and **MUST** be a team member of a USAIGC Club in good standing.
2. A fully completed Athlete Registration Form must be on file with the USAIGC Office prior to any gymnast participating in a sanctioned **USAIGC** competition/event. USAIGC Gymnasts are listed under their respective USAIGC Club. Club Owners, Coaches and Meet Directors can view **athlete information with a password** provided by the USAIGC to Member Club Owners & Meet Directors upon e-mail request.
3. USAIGC Meet Directors will use their password to access the USAIGC Club Athlete list to check USAIGC Gymnasts IGC number, DOB and Competition Level.

TERMINATION

Club: The **USAIGC** reserves the **right to terminate** any USAIGC Club Member for **unethical or unprofessional conduct**.

Owner/Coach*: The USAIGC can prohibit and or terminate a USAIGC Coach/Club Owner from participating in any sanctioned **USAIGC** competition and event for unethical conduct, unprofessional behavior, inappropriate dress or rudeness.

Gymnast: The USAIGC reserves the right to terminate any USAIGC Gymnast for unethical conduct, poor sportsmanship and/or conduct during any USAIGC Competition or Event.

Offender List*

The National Gymnastics Governing Body (USAG) website lists individuals who may not coach nor be in the presence of children. **The USAIGC is an Association Member of the NGB** and recognizes and enforces the NGB list of undesirables. Any individual whose name appears on the NGB list **MAY NOT** participate under any circumstances in the USAIGC Program. The USAIGC instructs USAIGC Club Owners to check the NGB website four times a year for the protection of our gymnasts and their businesses. **The USAIGC is currently working on a program for its Membership Clubs to address the vigilance of safe guarding our minors.**

USAIGC Competitive Optional Only Program

The USAIGC must adhere to the USA Amateur Athlete Act. The USAIGC is open to all gymnasts interested in

participating in our Optional Only College Bound Competitive Program as an All-Around Gymnast and/or as Individual Event Specialist. Gymnasts with previous competitive experience **MUST** be placed in the appropriate USAIGC competitive level based on the USAIGC competition rules and skill requirements for each level. The gymnasts' appropriate competitive level is the coach's responsibility. The critical factors for USAIGC level placement include: gymnast's current skill level, current competitive level in their previous gymnastic program and their competitive history. Any *Coach* who has a question as to the level of their gymnast must e-mail the USAIGC Office for a determination. Gymnasts can start on ANY USAIGC Competitive Level based on their gymnastic history. **If a gymnast is placed in the wrong competitive level, the USAIGC will move that gymnast to the proper competitive level.**

1. Copper Level

The USAIGC primary **competitive entry level** for our Membership Clubs recreational gymnasts who have **no prior competitive experience**. Copper is a **skill restrictive level**. These competitive gymnasts will follow the recommended USAIGC policy of long-term skill development for the mastery of the basic core skills as well as developing strength, flexibility and conditioning. **Recommended Practice Time** 3-4 hours per week based on the numbers of gymnasts per team, amount of available equipment, number of coaching staff.

2. Bronze Level

The USAIGC beginner competitive level for gymnasts with basic competitive experience, and who have successfully competed as a Copper Level Gymnasts and/or who have a basic skill level from other competitive programs. Silver is a skill restrictive level. Training sessions should adhere to the USAIGC policy of long-term skill development for the mastery of the basic core skills as well as developing strength and conditioning. **Recommended Practice Time** 5-6 hours per week based on the numbers of gymnasts per team, amount of available equipment, number of coaching staff.

3. Silver Level

USAIGC Gymnasts who satisfactorily competed in the Bronze Level may move into the Silver level **when their coach** feels they are prepared and have mastered the necessary skills to compete on this level. This **decision is based on** the gymnasts' competitive scores and success from the Bronze Level or another competitive program, the level of their skill competence, strength and the long-term developmental plan the Coach has established for the gymnast. **FYI: No Regional Qualifier** from any other gymnastics program should be in the USAIGC Silver Level. **Recommended Practice Time 6-8 hours** based on numbers of gymnasts per team, amount of available equipment, number of coaching staff and level of the athlete.

4. Gold Level

Gymnasts who have satisfactorily competed in the Silver Level may move into the Gold level **when their coach** feels they are prepared and have mastered the necessary skills from another competitive program. This **decision is based on** the athlete's competitive scores from the Silver Level or another competitive program, their level of their skill competence, strength and the long-term developmental plan the Coach has established for the gymnast. Gold Level gymnasts will be "seasoned competitors" with a minimum of 2- 5 years in a competitive program. **Time Recommended** 8-10 hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

5. Platinum Level

Gymnasts who have satisfactorily completed in the Gold Level may move to the Platinum level **when their coach** feels they are prepared and have mastered the necessary skills from another competitive program. The Platinum competitive requirements are modified rules of the **NCAA Collegiate Competitive Rules**. The USAIGC **Coach decides** when their athletes are ready to move to the Platinum Level based on their competitive scores from the Gold Level or another competitive program, their skill mastery, and the long-term developmental plan the Coach has established for the gymnast. Platinum Level gymnasts are "seasoned competitors" with an eye on Collegiate Gymnastics/Education. Success on this level will determine when the gymnast moves to the final level of USAIGC competition. The Gymnasts will have a minimum of up to 5-6 years of USAIGC experience. **Practice Time Recommended** 12 – 15 hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

6. Premier Level

USAIGC Gymnasts who have satisfactorily completed the Platinum Level may move to the highest USAIGC Competitive level when their **coach feels** they are fully prepared to compete at this level and have mastered the necessary skills from another competitive program. The Premier Level **follows the NCAA Collegiate Competitive Rules**. The USAIGC **Coach decides** when their athlete is ready to move to the Premier Level based on their competitive scores and skills from the Platinum Level or another competitive program and their skill mastery. This level is the final phase of the athlete's long-term skill developmental plan that the Coach and gymnast have established. **Recommended Practice Time 15-16** hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

USAIGC Training & Competition Schedule *Recommendation*

The USAIGC **recommends** a defined training and competitive season for USAIGC Athletes. Intelligent training models must be established. The USAIGC strongly recommends a long-term training and competitive program that must include: a competitive cycle of training, a competition season, planned recovery time and new skill development for their gymnasts, as well as down time to do anything but gymnastics. **Club Owners & Coaches** must plan out a gymnastics season that could begin 30 days after the first day of the opening of school allowing the gymnasts' time to adjust to school while providing club owners time to focus on a successful gymnastics opening. The USAIGC Competitive Season would end a week before our USAIGC National Championship, except for National Qualifiers. A minimum two-week summer break is recommended after our National Championship, followed by an optional "summer training program". Burn out is the biggest factor in gymnasts leaving our sport.

COMPETITION POLICIES

QUALIFYING to USAIGC STATE, REGIONAL & NATIONAL CHAMPIONSHIP

- A. USAIGC Gymnasts qualify to their State or Regional Championship from ANY Sanctioned USAIGC Competition in the United States, Bermuda, Canada or South Africa.
- B. USAIGC Gymnasts qualify to our National International Championship from ANY State and/or Regional Championship in the United States, Bermuda, Canada or South Africa.
- C. *All USAIGC Sanctioned Competitions must have at least one additional USAIGC team for the competition to count as one of the required three/two competitions needed for qualification to State/Regional Championship.*
- D. All Sanctioned USAIGC Invitational Competitions are qualification meets for State/Regional Championship anywhere in the USA, Bermuda, Canada & South Africa. The USAIGC Team Cup & Individual Event Invitational counts as one of the required competitions.

Required Number of USAIGC Competitions Gymnasts must compete in BEFORE their State Championship.

A. Copper, Bronze, Silver and Gold Level gymnasts must compete in a **MINIMUM of 3 USAIGC sanctioned competitions** in a single season anywhere in the USA, Bermuda, Canada & South Africa prior to their respective State/Regional Championship *with at least one additional outside club participating in the competition*. The State/Regional Qualifying score needs to be obtained once.

B. All **Platinum & Premier Gymnasts** must compete in a **MINIMUM of 2 USAIGC sanctioned competitions** in a single season anywhere in the USA, Bermuda, Canada & South Africa prior to their respective State/Regional Championship. The State/Regional Qualifying score needs to be obtained once.

C. States West of the Mississippi River, except California that conducts a USAIGC League that the USAIGC endorses,, will create a Regional Schedule with participation in at least 2 USAIGC sanctioned competitions in a single season anywhere in the USA, Bermuda, Canada & South Africa prior to their respective State/Regional Championship. These States and Countries can fly in a USAIGC "National Official" to judge an in-house competition for two teams. The State/Regional Qualifying score needs to be obtained once.

D. Gymnasts must attain the National Championship qualification score at the State and/or Regional Championship

E All USAIGC 16+ Year Old Gymnasts can qualify directly to the National Championship from any USAIGC recognized National Invitational Competitions hosted in outside facilities.

F. If a gymnast does not compete in a single USAIGC sanctioned competition during the current competitive year they CANNOT attend a State/Regional Championship nor qualify to the National Championship unless they meet the requirements of petitioning.

Age Determination

The athlete's date of birth on the day of the competition is the age division in which the athlete competes. At the

USAIGC National Championship, the athlete's age on the first day of their All-Around Competition is the age division in which the athlete will compete in for the **entire** National Championship, including Individual Event Finals if qualified.

Skill Identification

As per USAIGC Code of Points for Copper, Bronze, Silver & Gold Competitive Levels. Platinum & Premier Competitive Levels will use the USAG JO Code of Points for skill level identification ONLY. Premier Level follows the NCAA competitive rules and our Platinum Level uses modified rules from the NCAA competitive rules as listed in this code

Petitions

Petition requests are to be sent to the USAIGC Office via e-mail for State, Regional and the National Championship. The petition must be detailed and verified with documentation. A USAIGC athlete **who has not participated in any USAIGC sanctioned competition WILL NOT be allowed to petitioned to the State, Regional or National Championship** unless the gymnast participated at the previous years USAIGC National Championship and has a doctor's certification for no gymnastics competition since that time.

Drop Back

A Coach may petition the USAIGC National Office via e-mail, to drop a gymnast back one level prior to the start of the competitive season. Gymnasts who successfully competed in the previous years National Championship may not drop back a level.

Mandatory Move-Out

The USAIGC is a College Bound Competitive Program, we believe in intentionally slowing down the learning curve so a gymnast peaks as a high school junior or senior. For this reason, the USAIGC has **no mandatory move out score**. The decision to move a gymnast to the next level is that of the coach based on the skill level of their gymnast

Mobility Rules

a. A USAIGC All-Around gymnast who qualifies to their USAIGC State Championship may move up to the next competitive level in the same or following season. If the gymnast and Coach decide to move up to the next competitive level during the current competitive season as an All-Around Gymnast the gymnast can no longer compete on their previous level **once she competes as an All-Around in the next Level up**.

b. An Individual Event Specialists (non all-around gymnasts) may compete on a maximum of two events at the State / Regional and National Championship.

Individual Event Specialists

The USAIGC promotes and encourages Individual Event Competition at all USAIGC competitive levels. Individual Event Specialists qualify to our State, Regional and National Championship following the same qualification procedures as our All-Around Gymnasts. Collegiate Gymnastics is built upon the Individual Event Specialist and this is a great opportunity for our **High School Gymnasts** to continue there training and participate in a National Gymnastics Program.

a. **Individual Event Specialists** may compete in two different competitive levels in progressive competitive order for a maximum of 4 events, duplicating no event. Example: Bronze Vault and Balance Beam, Silver Uneven Bars & FX.

All-Around Gymnasts Competing Individual Events on two Different Competitive Levels

A USAIGC gymnast **may compete on two competitive levels**. They may compete on one level as an All-Around Gymnast and the next level up as an Individual Event Specialist on no more than two events. **Example:** A Bronze All-Around gymnast competes All-Around and then competes as a Silver individual event specialist on a maximum of two events. Gymnasts taking advantage of this unique opportunity **MUST UNDERSTAND** that IF her Individual Event Scores on Four Competitive Events (different events) during the competitive season equals the State qualifying score of this higher competitive level, that gymnast must compete as an All-Around Gymnast on the higher level she attained those Individual Event scores on at her State/Regional and National Championship. Meet

Directors must get their scores onto the USAIGC Result Page immediately after the competition. State/Regional/Championship Meet Directors will track All-Around Qualifiers our Individual Event Specialists via the Result Page.

Qualification Scores

USAIGC athletes can qualify from ANY USAIGC sanctioned local/Invitational competition and the USAIGC Team Cup & Individual Event Invitational into their USAIGC State or Regional/Championship from ANYWHERE in the USA, Bermuda, Canada & South Africa providing the qualification score is made once AND there the gymnast has competed in three competitions prior to the State/Regional Championship.

All-Around Qualification Scores

Copper Level

29.00 AA from local to State / Regional Championship
31.00 AA from State or Regional Championship to National Championship

Bronze Level

31.00AA from local to State / Regional Championship
33.00AA from State or Regional Championship to National Championship

Silver Level

31.00AA from local to State / Regional Championship
33.00AA from State or Regional Championship to National Championship

Gold Level

31.00AA from local to State / Regional Championship
33.00AA from State or Regional Championship to National Championship

Platinum Level

31.00AA from local to State / Regional Championship
33.00AA from State / Regional Championship to National Championship

Premier Level

32.00AA from local to State / Regional Championship
34.00AA from State / Regional Championship to National Championship

All-Around Gymnasts not qualifying to their All Around State Championship may enter the State/Regional Championship as an Individual Event Specialist on a maximum of two events if they have scored the individual event qualification score once.

Individual Event Specialists Qualification Scores

Copper

7.5 per event from local to State / Regional Championship
8.5 per event from State / Regional to National Championship

Bronze, Silver, Gold, Platinum & Premier

7.5 per event from local sanctioned competition to State / Regional Championship once.
8.5 per event from State / Regional Championship to National Championship

State Championship Qualifying Options

USAIGC Clubs can combined State Championships, to reduce costs and increase the numbers of competitors providing each State must recognize their individual State Champions. Example: Western USAIGC Clubs could come together and create a Western USAIGC League and hold a Western Regional Championship. Bermuda has participated in the New York State Championship and can compete in any State Championship in the USA. Any questions please e-mail Paul Spadaro @ paul.spadaro@USAIGC.com

State/Regional Championship Qualification Requirement.

USAIGC Sanctioned Competitions **must have at least one additional team** in a sanctioned competition for the competition to count as one of the required three/two competitions needed for qualification to State/Regional

Championship. This rules does not pertain to USAIGC States with three or less clubs; states where the distances between USAIGC clubs is quite far and our International Clubs. Hint: This is where a Regional Championship works perfectly.

National Championship Qualification

Qualification to the USAIGC National /International Championship is from the USAIGC **State Championship and/or any USAIGC Regional Championship**. Gymnasts may compete in **BOTH** the State & Regional Championships. The USAIGC recommends that all USAIGC Clubs attend their respective State Championship. IF a club cannot attend their State Championship you must notify the Meet Director of the State Championship you are planning to attend and request permission to enter the State Championship. Awards must be separated by State.

USAIGC Sanction Policies

Local, Invitational, State, Regional & National Competitions: are open to every USAIGC Club Member and USAIGC Gymnast in good standing. No gymnast can be refused entrance into ANY sanctioned USAIGC Competition.

Competition Fees

Athlete Entry Fees

The USAIGC does not set entry fees, but expects USAIGC Meet Directors to be sensitive to the entry fees and what the gymnast and parents are getting in return for the entry fee. At the same time Coaches and parents must realize it is expensive to host gymnastic competitions in or out of the private club.

Admission Fees

The USAIGC does not set admission fees for USAIGC competitions but we hope that the USAIGC National Championship admission prices set an example for all USAIGC Host Clubs. The USAIGC offers reasonable admission, specially priced passes, discounts for children, family pricing **and include a program for each gymnast.**

Team Fees

Can be charged IF you are giving out Team Awards: Banners, Trophy's, etc. A Club must have a "Team" to pay a Team Fee. This information needs to be provided in the competition information.

USAIGC Invitational Entry Fees with One Judge Panels

USAIGC Invitational Competitions using a one-judge panel for USAIGC Gymnasts **MUST** charge a lower priced entry fee than gymnasts competing with a two judge panel. Recommended Discount: 15%-20% discount from the entry fee based on two judge panels should be taken.

Fee Guidelines*

All-Around Gymnasts

Local: one judge panel up to \$45.00* per gymnast

State Championship: two judge panel up to \$65.00 per gymnast

Regional Championship with two-judge panel up to \$75.00 per gymnast

National Championship \$105.00 **includes a USAIGC National Championship Program for each gymnast**

National Championship Copper Level \$80.00 - there are NO Individual Event Finals for our Copper Level

*outside facility may charge a higher fee do to additional costs

Individual Event Specialist

Local: up to \$12.50 per event

State Qualification Meet up to \$18.50 per event

USAIGC National Championship **\$26.50 per event, includes a USAIGC National Championship Program for each gymnast**

Awards

Local, State/Regional Awards

USAIGC Medals for Local, State/Regional Competitions are available through, A-1 Awards, Indianapolis, Indiana To order USAIGC A-1 Medals: e-mail **Jami@a-1awards.com** and request the USAIGC Medals needed for your local or State/Regional Competitions. **Medal Sizes:** State/Regional Medals are large medals. USAIGC local medals are smaller but all have the USAIGC Logo on them. The USAIGC wants consistency in awarding our competitors on the

local, State and Regional Competitions. A-1 does an excellent job in getting our awards out **and have SUPPORTED the USAIGC since DAY ONE. Let's show them our support.**

USAIGC NATIONAL & INTERNATIONAL CHAMPIONSHIP

All-Around Finals & Individual Event Qualification

The first day of competition for all competitive levels is the All-Around Championship set-up by level and age groups, included in this group are the Individual Event Specialists for the same competitive level and age group. The Top Ten Gymnasts for age groups with 40+ gymnasts and 25% of the age division of 39 or less gymnasts qualify to the Individual Event Finals on Day Two OR the last session of the same day.

All Around National International Championship Awards

The Top Ten Gymnasts for each level and age group of 40+ and 25% of the age division of 39 or less receive plaques. The USAIGC will then medal 100% of the USAIGC All-Around National Qualifiers.

National International Individual Event Finals

Held either the next day or the day of the All-Around Championship. (If it is the same day the competition is the last session of their first day of All-Around Competition). This happened for the first time in 2011. The 2012 National/International Championship is posted on our WWW.USAIGC.COM

Medals are given out in rank order to all National Individual Event Finalists. All ties for the last spot for Individual Event Finals go into finals. No scores carry over from day one competition. It is "new life". No gymnast may be up FIRST on EVERY Individual Event in Finals.

One Individual Event Championship Per Gymnast

No Gymnasts may compete on the same event on two different competitive levels for Individual Event Finals. The Gymnast/Coach must decide which Individual Event Championship the gymnast wants to compete in and declare that when the Individual Event Finalists are being announced on Day One Competition.

Coaches with Gymnasts in more than one squad for Individual Event Finals may have their gymnast drop-down the competition order and wait for their coach. The Coach must alert the Officials to this situation so the gymnast warms-up in the proper order.

National Team Championship Awards

Teams will be designated as either a "small team" or a "large team" based on the number of gymnasts per level. The number of scores counting will be listed on the National/International Entry Form. The Top Ten (10) Teams in both divisions will be awarded banners. Each Club attending the USAIGC National/International Competition with three or more gymnasts per level pay a Team Fee per level

Senior Plaques

The USAIGC recognizes its High School Graduating Seniors from ALL competitive levels. These gymnasts are recognized on their first day of competition. It is the Coaches responsibility to forward the graduating gymnasts information to the USAIGC. There is a place on the National Entry Form for Graduating Seniors information.

Gymnast of the Year Award

For Gymnasts 16+ years of age. The Coach submits the nominee's name and credentials 30 days prior to the National Championship.

SANCTIONING USAIGC COMPETITION & EVENTS

Sanctioning Competitions & Events is FREE

Procedures: Sanctioning Club must be a USAIGC Club Member in good standing to apply for a sanction.

Click on **Sanctioned Procedures** from our website. ALL USAIGC Sanction procedures are listed on the opening page. Click the sanction form box at the top of the page, fill out sanction form and submit it. Your competition or event will automatically be posted on our **Calendar of Competition and Events Page** on our web site and you will receive a confirmation. The **Calendar of Competition and Events Page** allows ALL USAIGC Club Members to view your competition information. If you do not want to use the on-line sanction form you can fax **or e-mail** the information to the National Office and the USAIGC Office will post the information for you.

Entering USAIGC Athletes into Local / Invitational Sanctioned USAIGC Competitions

A USAIGC athlete entry form *is posted at the top of the sanction page*. For a USAIGC Athlete to enter a Sanctioned USAIGC Competition the athletes Club must be a member in good standing with an active IGC Club Number before the Gymnastics Club can register their gymnasts into a USAIGC sanctioned competition.

Entry form must include:

Club Name, USAIGC Club ID, Address, Phone/Fax Number, E-Mail, Coaches Attending, Gymnasts Full Name, DOB, USAIGC Athlete Membership Number, Competition Level, All-Around or Individual Event Specialist and the entry fees made out to the host club.

State/Regional and National Championships

For a USAIGC Athlete to enter a Sanctioned USAIGC Competition the athletes Club must be a member in good standing with an active IGC Club Number before they can register their gymnasts into a USAIGC sanctioned competition.

Entry form must include:

Club Name, USAIGC Club IGC Number, Address, Phone/Fax Number, E-Mail, Coaches Attending, Gymnasts Full Name, DOB, USAIGC Athlete IGC Number, Competition Level, All-Around or Individual Event Specialist, AND the date, sanctioned USAIGC Competitions the gymnasts scored the qualification score PLUS TWO/ONE ADDITIONAL USAIGC COMPETITIONS* they participated in. ***The THREE/TWO locations, dates & scores, one being the qualification score, MUST BE INCLUDED on the entry form for each gymnast.** The entry form and fees are mailed to the host club 48 hours after you fax or e-mailed your roster to the Meet Director. The Deadline is two weeks prior to the competition.

Refunds

No refunds will be given after the scratch date posted by the USAIGC Meet Director. The USAIGC Club is responsible for payment of all athletes listed on the entry form UNLESS they were scratched prior to the Scratch Date.

Educational Fees: The \$4.00 Educational Fee per gymnast collected from all USAIGC sanctioned competitions has been changed as follows:

A. Educational Fees will be collected ONLY from all USAIGC sanctioned competitions with 26AA gymnasts or more. Individual Event Specialists doing up to 2 events in a sanctioned USAIGC competition will not count toward the educational fees unless these gymnasts are doing All-Around on another level.

B. Sanctioned In-house USAIGC Club Competitions (no more than two teams) will not pay the \$4.00 Educational Fee providing there are no more than 25 gymnasts competing total.

C. USAIGC Competitions/Invitational Competitions held in the host clubs facility will continue to pay the \$4.00 per gymnast educational fee. USAIGC Competitions held in outside facilities will pay a \$3.00 per gymnast educational fee.

E. All USAIGC State / Regional Championships will pay a \$3.00 educational fee per gymnast

Meet Directors Responsibilities

Accepting a USAIGC Sanction, legally binds the USAIGC Meet Director and **Host Club** to the Competitive Rules & Policies set forth by the USAIGC **Membership** posted on our web site. The acceptance of the sanction means the Meet Director is capable of the organization and running of the sanctioned event and that the facility meets or exceeds any and all safety concerns set-forth and accepted by the Gymnastic Community for the Competitive Levels being hosted.

The USAIGC Meet Director is responsible for:

1. Verifying each Club is a USAIGC member in good standing
2. Verifying each gymnast entered in the Sanctioned Competition: (a) is a registered USAIGC athlete with their own Athlete IGC Number (b) gymnast represents a USAIGC Club Member in good standing (membership current), the gymnast is registered in their correct competitive level. ***Verification by the USAIGC Meet Director is accomplished by using the password on our Club & Athlete Membership page.***

IF a Meet Director **cannot confirm** a Club and/or Athlete is a USAIGC Member they will have the Coach put into writing that the facts listed on the entry form are correct. The Meet Director would fax or e-mail this information to the National Office for confirmation. The Club and their athlete(s) will be allowed to compete. The USAIGC believes in the professionalism of its members. **USAIGC Coaches are responsible** for sending accurate information to the

Meet Director and are responsible for the integrity of their gymnasts and their personal conduct on the competitive floor.

USAIGC Warm-Up & Compete Format

For USAIGC State and above Championships, the following warm-up and compete format will be followed. The USAIGC reminds ALL Coaches that a warm-up IS NOT a workout. It is the Coach's responsibility to train their athletes for our warm-up and compete format. This is also the warm-up format for our National Championships. ***Floor-Exercise Mat is to Stretch ONLY Prior to the start of competition, prior to the warm-up and compete format. The gymnasts may ONLY STRETCH on the Floor-Exercise Mat. No tumbling may be performed at this time. No gymnastic skills may be performed at this time. Teams that have a stretching routine may do those stretching routines in the competitive gym off the competitive floor-exercise mat.***

Presenting To Officials / Warm-Up & Compete Format

When the Coach and gymnasts present to the officials table prior to the warm-up/compete everyone must be present and remain at the officials table UNTIL the officials finish the explanation of the warm-up and compete format and the competition order has been decided upon.

Copper, Bronze & Silver Competition Levels Warm-up & Compete Format

Vault - 2 warm-up vaults per gymnast then compete either in competition order OR by table height

UB – 60 seconds warm-up per gymnast either in competition order OR by bar settings.

Copper Level may take 45 seconds per gymnast (to be determined at coach's meeting)

Balance Beam – Bump in (two beams – required for State and above Competitions). 60 seconds per gymnast **in competition order** on the non-competitive beam and then a 30 second touch on the competitive beam.

Procedure: The first 3 gymnasts in competition order to warm-up on the non-competitive beam first, then those same three gymnasts touch in competition order on the competition beam. Once the three gymnasts have completed their touch, the competition begins. The remaining gymnasts bump in while the judges are scoring. **No split touch or blocked time is allowed for beam.**

FX – 5-6 minutes open time. Gymnasts **may tumble in between** the officials scoring.

Split Touch is allowed with 12 or more gymnasts in the squad. With a split touch, tumbling between the officials scoring will take place **ONLY** with one half of the squad at a time. The first “half of the squad that is competing,” **warms-up, then competes. When the first half finishes competing the second half of the squad follows the same procedure.** Floor Exercise does not have to split if the Coaches are in agreement.

Going Out of Competition Order If the Coaches agree to go **out of competition order** for VAULT & BARS the first gymnast up in competition order starts the event on her setting and gymnasts with those exact settings warm-up and compete first, followed by the next gymnast up on her setting. It is the Coaches responsibility to make sure the officials know the order!

Gold, Platinum & Premier Competition Levels Warm-up & Compete Format

Vault - 3 warm-up vaults allowed; then compete in competition order OR by the table height

Gold Level Gymnasts may take 2 competitive vaults.

Platinum & Premier follow the Collegiate Rules with ONE Vault with a second vault allowed if the gymnast falls on her first vault. If a second Vault is taken on the Platinum & Premier level, the second Vault Score counts.

UB – 90 seconds warm-up per gymnast in competition order OR by the bar **settings**

Balance Beam: Bump In – **90 seconds warm-up** per gymnast on the non-competitive beam, 30 seconds on the competitive beam in competition order. **Procedure:** First 3 gymnasts in competition order warm-up on the non-competition beam (90 seconds), then go to the competitive beam in competition order for a 30 second touch on the competitive beam. Once the three gymnasts have completed their touch, the competition begins. The remaining gymnasts bump in while the judges are scoring. **No split-touch nor blocked time allowed on Balance Beam**

FX – 6-8 minutes depending on number of competitors in the squad. Gymnasts may tumble between the officials scoring.

Split Touch with **10** or more gymnasts in the squad. With a split touch, tumbling between the officials scoring will take place **ONLY** with one half of the squad at a time. The first “half of the squad that is competing,” **warms-up, then competes. When the first half finishes competing the second half of the squad follows the same procedure.**

Floor Exercise does not have to split if the Coaches are in agreement

Going Out of Competition Order If the Coaches agree to go **out of competition order** for VAULT & BARS the first gymnast up in competition order starts the event on her setting and gymnasts with those exact settings warm-up and compete first, followed by the next gymnast up on her setting. It is the Coaches responsibility to make sure the officials know the order!

Competition Equipment Specs

Copper & Bronze: Gymnasts have no equipment or mat spec's on the Uneven Bars, Balance Beam and Floor Exercise. The Copper and Bronze Level Coach can set the equipment to any height (uneven bars, balance beam) needed to accommodate the gymnast to perform their routines safely. Additional matting may be added for Uneven Bars, Balance Beam and Floor Exercise by the Coach providing the mats provide an even and safe landing.

Silver & Gold

Vault

Runway Length: 60' – 82' based on the gymnasts training distance and the vault skill being performed

Table Heights: minimum 100cm – maximum 135cm measured from the runway to the center top of the vault table.

Matting: 18 feet from far side base of table – not butting up against a wall

Uneven Bars

Height of high bar and low bar & the width (distance) between bars must safely accommodate the gymnast size, skill level, skills being performed and safety. The Coach must set the Uneven Bars based on the training height and width that the gymnast has safely performed on in their gymnastic club. Mounting Distance: 12'-16' Matting: up to 6 by 36' under uneven bars

Balance Beam

Gymnasts can compete on balance beam heights between 100cm –135cm. Height must be at increments of the locking mechanisms set by the manufacturer. Mounting Distance: 12'-16' Matting: Complete area under the balance beam 15' wide by 15.5' per manufacturer and 7.5' by 12' at the end of the beam not butting a wall

Floor Exercise

12 meters X 12meters is mandatory except for the Copper level which may use a smaller floor area based on their routine. All manufacturers specs must be followed.

Platinum & Premier

NCAA rules for apparatus, spec's, matting & mounting

Equipment and Procedures

a. Sting Mats are no longer allowed for use as a Round-Off (RO) entry hand placement for vault. The only allowable entry pads are the TAC-10 PO pads.

b. No chalk marks on the vault runway. If a mark is necessary, then removable tape or Velcro will be allowed

c. 1 3/8" padded vault runway is required for all competition and must extend a minimum of 82' from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82' IF AVAILABLE).

Exceeding the length of the manufactured runway will result in a .10 deduction from the gymnasts score.

Exceptions to the minimum requirement will be made in cases where institutions cannot provide 82' of runway due to venue limitations in which case the host institution must notify visiting team(s) in competition information flyer.

Uneven Bar:

d. Low bar must be adjustable to 165 centimeters and the high bar adjustable to 245 centimeters without the bar height adapters.

e. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications **or those being used in a USAIGC competition.**

f. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (specialist). If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as it is safe to do so. However, the time should not exceed five minutes. (Note: Common sense and safety must always prevail.)

Uneven Bars & Balance Beam

g. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 ½ feet, from the base or leg of the respective apparatus. If more than 27 1/2' feet of matting exists, the maximum run distance may be used.

h. If a plywood board is used under the springboard for mounting bars and beam, then it must be a ½" plywood board with a non-skid surface on both sides.

Balance Beam

i. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnasts' hands and feet as needed for safety.

j. A minimum of 15 1/2' feet must be available on the dismount end of the beam.

Floor Exercise

k. A chalk arc line may be placed on the corners of the floor exercise mat.

l. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.

m. Only one of the following mats: Sting mat, 4" Throw mat, 8" Skill Cushion or one of the allowable mats may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). The use of more than one mat in combination shall incur a .30 deduction for improper use of equipment.

Landings

Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat prior to presenting to the judges or failing to show a controlled landing prior to turning to present to the judges will result in a deduction)

Uniform Guidelines – All USAIGC Levels

a. Deduction of **.20** for leotard above the hipbone. A warning must be given first.

b. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules or face a **.20** deduction off the individual's score.

Jewelry Guidelines - All USAIGC Levels

Gymnasts are only permitted to wear one stud per ear. **No other jewelry is permitted.**

After a warning, a .20 deduction will be taken from the gymnasts score for each occurrence.

Unsportsmanlike Conduct – All USAIGC Levels

The following procedures may be executed by any judging panel, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet.

Gymnast's unsportsmanlike conduct:

1. First time: warning, MR is notified

2. Second time: MR notified and a **.20** deduction taken from the gymnasts' score for that event by either the MR or chief judge.

Coach's unsportsmanlike conduct:

1. First time: verbal warning

2. Second time: MR notified and a **.50** deduction taken from the Team Score by the Meet Referee for each violation.

3. Third Time Coach will be removed from the competition floor and the Team will forfeit its Team Scores.

