

USA Gymnastics Alabama

2025 - 2026

Rules & Policies



Updated July 2025

Alabama USA Gymnastics State Administrative Committee

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State Meet Qualifying Scores

Level	All-Around (AA) Qualifying Score	Specialist Event Score	Notes
Levels 1– 8	Level + 22.00 AA	N/A	Ex: Level 3 = 25.00 AA
Levels 9 & 10	32.00 AA	9.0 on the event	

State Meet Entry Fees

Level/Division	2025 - 2026 Fee	2026 Compulsory	2027 Optional/Xcel
Levels 1– 5	\$113.00	\$120.00	TBD
Xcel Bronze/Silver	\$113.00	N/A	\$135.00
Levels 6 – 10 & Xcel Gold/Plat/Diam/Sapph	\$128.00	N/A	\$135.00
TEAM FEE	\$50.00	\$50.00	\$50.00

State Meet Dates and Sites

Meet Type	Dates	Location	Host
Compulsory (L1-5)	Dec. 5-7, 2025	Multiplex at Cramton Bowl	Armory Athletics
Optional/Xcel	March 27-29, 2026	Cullman, Omniplex	Cullman Gymnastics & Bama Bounders

Program & Level Declaration Dates

Level / Division	Declaration Date
Levels 1-2-3-4-5	November 20, 2025
Levels 6-7-8-9-10 & all XCEL Divisions	March 12, 2026

Alabama Athlete Registration Fees

All competing gymnasts must submit the annual Alabama USA Gymnastics Athlete Registration Fee.

Fee Amount	Due Date (Compulsory)	Due Date (Optional/Xcel)	Late Fee	Payment Method
\$20.00	September 1st (Annually)	January 1st (Annually)	\$5.00 per month	MeetMaker site

- This is a one-time payment per athlete per year. Gymnasts transitioning between Compulsory and Optional/Xcel levels do not need to pay again if already submitted.
- HUGS athletes are exempt from the Athlete Registration Fee.
- Failure to pay the registration fee by the State Meet entry deadline for the athlete's level or division will result in ineligibility to compete at the State Meet.
- MeetMaker fees for the Athlete Registration Fee will be paid by the clubs.

Regional Qualifying Scores & Apparel

Regional Qualifying Scores

Level/Division	Qualifying Score/Method	Notes
Level 9 & 10	35.00 AA at Alabama State Meet	
Level 9 Specialist	9.25 on event	
Level 10 Specialist	9.25 on event	
Level 6, 7 & 8	By percentage from Alabama State Meet	Percentages determined by Region 8
Gold, Platinum, Diamond, Sapphire	By percentage from Alabama State Meet	Percentages determined by Region 8
Bronze and Silver	No regional competition	

Regional Entry Fees and Apparel

Item	Covered by ALUSAG	Athlete Responsibility
Entry Fees	All Regional State Team members (L6-8, Xcel G/P/D), All L9/10 regional qualifiers	All-star qualifiers, Individual Event Specialists
Apparel	State Team members (L6-8, Xcel G/P/D)	Additional apparel for All -Star qualifiers (at SAC discretion)

- **Commitment to Compete:** Athletes accepting apparel and named qualifiers must compete unless excused due to verified medical condition or family emergency.
- **Club Reimbursement:** Clubs are responsible for reimbursing ALUSAG for apparel and entry fees if withdrawals do not meet valid conditions.
- **Withdrawal Fine:** \$50 fine to ALUSAG for withdrawal without valid medical/family reason.
- **Club Apparel:** Clubs with a gymnast on the Regional State Team receive two shirts per level (max four per gym).
- **ALUSAG Online Store:** Apparel for purchase available Feb/Mar, Aug/Sep, Nov/Dec.

USA Gymnastics Alabama Competition Calendar

Competition Season and Scheduling

- **Competition Season:** August 1 - July 31.
- **Competition Scheduling:** First-come, first-served basis starting January 1st.

Qualifying Competition Deadlines

Meet Book	Submission Period for 2026 -2027 Season	Flyer Receipt Deadline	Distribution Month
Fall Meet	Jan 1, 2026 - May 1, 2026	June 1	July
Spring Meet	N/A	September 1	September

Qualifying Competition Restrictions

- Requests submitted after May 1st may not qualify as state qualifiers (limited to mobility).
- Meet directors/organizations with outstanding USAG or Alabama USA Gymnastics fees cannot schedule qualifying competitions until payments are complete.

Alabama NAWGJ Meet Scheduling Process

To initiate the process of securing judges for your upcoming gymnastics meet, please follow these steps:

1. **Online Meet Request:** Visit www.gymjas.com and create a new Meet Request Form. This form will be "pending" until the booking fee is received.
2. **Judge Booking Fee:** A fee of \$5 per requested judge must be submitted to finalize your meet request.
3. **Confirmation and Updates:** Upon receiving the fee, your meet will be marked as "Accepted" on the website. You will receive email updates with assignments and relevant information. Kindly acknowledge receipt.

Important Notes:

- Completing the Meet Request Form and submitting the fee constitutes your agreement with the Alabama NAWGJ.

Payment Methods	Mailing Address for Checks	Contact Information
Check (payable to "AL NAWGJ") Venmo (@kuhl-stephanie) PayPal (kuhlsteph21@gmail.com)	Stephanie Kuhlmann 104 Raphael Semmes West Spanish Fort, AL 36527	Phone: (251) 554-2961 Email: kuhlsteph21@gmail.com

Sanctioning and Competition Requirements

General Requirements

- All competitions must adhere to the most recent National Sanctioning Guidelines established by USA Gymnastics (<https://usagym.org/women/rules/>).
- All sanctioned qualifying competitions for Levels 4 - 10 and all Xcel divisions must be open to participation by all member clubs in Alabama.
- Qualifying competitions for Levels 4 - 10 and all Xcel divisions must utilize a minimum of two

judge panels per event.

- Levels 1-3 competitions may utilize a single judge panel, but this must be clearly communicated in pre -competition materials.
- All sanctioned qualifying competitions are eligible to qualify athletes for the Alabama USA Gymnastics State Meets.

Concurrent Sanctioned Event Policy

- USA Gymnastics sanctioned event sessions CANNOT be run concurrently in the same session with a non-USA Gymnastics sanctioned event.
- Any non-USA Gymnastics session(s) must be conducted either prior to or following all USA Gymnastics sanctioned sessions on each competitive day.

Mobility Competitions

General Mobility Rules

- Mobility meets may qualify for State Meet at the SAC's discretion, if sanctioned.
- A sanction can be obtained for a meet with only one participating club/team; use Gymjas for judge requests.
- All USA Gymnastics rules and policies must be adhered to for mobility meets.
- Mobility -only meets will not be on the Alabama competition calendar.
- Level 4 and 5 mobility meets may use a single judge panel, but this is **not** permissible for State Meet qualification.
- Two judge panels are required for all optional levels (6 - 10) and all Xcel divisions during mobility competitions.

Mobility Scores (DP - Developmental Program)

(Refer to Page 77 in 2024- 2025 Rules & Policies for full details)

Level	Mobility Requirement	Notes
Level 1– 3	No score required	
Level 4	34.00 AA required to move to Level 5	
Level 4 (Direct to L6)	36.00 AA at 2 separate sanctioned meets to move to Level 6	
Level 5	32.00 AA required to move to Level 6 or 7	

Level 6	32.00 AA	Athletes may skip this level
Level 7	32.00 AA required to move to Level 8	
Level 8 & 9	34.00 AA required to move to next level	

Mobility Scores (XCEL)

(Refer to Page 70 in 2024 - 2025 Rules & Policies for full details)

Division	Mobility Requirement	Notes
New XCEL Athletes	May enter at Bronze, Silver, or Gold	
Gold to Platinum	32.00 AA at Gold or 8.50 for IES	
Platinum to Diamond	32.00 AA at Platinum or 8.50 for IES	
Diamond to Sapphire	32.00 AA at Diamond or 8.50 for IES	

Mobility between DP and XCEL

- **XCEL to DP:** There is no direct mobility into the DP program from XCEL. All XCEL athletes must enter DP program at Level 4 or below.

DP Level	XCEL Entry Division
Level 1-2	Bronze, Silver, or Gold
Level 3	Silver or Gold
Level 4	MUST enter at Gold
Level 5, 6, 7	MUST enter at Platinum
Level 7-8	MUST enter at Diamond
Level 8-10	MUST enter at Sapphire

- **Petition for Lower Division:**
 - DP Level 8 or below: Coach may submit a "reason for change" letter to the State Administrative Committee Chairman for approval.
 - DP Level 9 or 10: Coach may submit a "reason for change" letter to the Regional Technical Committee Chairman for approval.

Dropping Back Through Levels

Dropping Back Through DP Levels

- The State Administrative Committee (SAC) establishes a "declaration" date for each competitive level. The highest level competed after this date determines the athlete's level for the season.
- If an athlete does not qualify for State Championships, they may submit a formal written petition for a level reduction for the subsequent season.
 - **Levels 7 and below:** Petitions to SAC (decision is final).
 - **Levels 8, 9, and 10:** Petitions to Regional Administrative Committee (RAC) for determination.
- Once an athlete has competed at the State Championship level, she is ineligible to petition for a level change.

Dropping Back Through Xcel Divisions

- If an athlete who competed at Xcel State Championships or a higher level desires to reclassify to a lower division, her coach must submit a formal "reason for change" letter.
 - **Bronze, Silver, or Gold divisions:** Letter to State Administrative Committee Chair for SAC consideration.
 - **Platinum, Diamond, or Sapphire divisions:** Letter to Regional Technical Committee Chair for RAC review.

Declaration Date

The Alabama State Administrative Committee has determined that the designated declaration date(s) for the 2025 -2026 season are as follows:

Level / Division	Declaration Date
Levels 1-2-3-4-5	November 20, 2025
Levels 6-7-8-9-10 & all XCEL Divisions	March 12, 2026

- "The highest division/level competed at a USA Gymnastics sanctioned competition AFTER the declaration date will determine the program (Xcel / DEV) for which the athlete can compete for the remainder of that season."
- Athletes may not drop back during the season after the declaration dates.
- Athletes may not drop back after competing in a State competition at that level.
- Athletes who move up a level from the previous year and compete after the declaration date, then wish to drop back, must petition to the SACC and Regional Tech & DP Chairman for approval.

USA Gymnastics Competitions – State Meets

General Information

- Alabama USA Gymnastics will host state meets for Levels 1 - 10 and XCEL.
 - **Fall Season:** Levels 1, 2, 3, 4, 5.
 - **Spring Season:** Levels 6, 7, 8, 9, 10 and all XCEL divisions.
- Athletes may compete in one state meet in the fall and one in the spring.
- ALL levels must qualify for their State Meet at a meet in the State of Alabama (effective 2023 - 2024 season). Special cases considered individually.
- Athletes may enter as many qualifiers as they want.
- Athletes competing at Levels 6, 7, 8, 9, 10, and XCEL who have qualified in at least one Alabama qualifier may submit scores from out -of-state competitions. Clubs are responsible for prompt submission of out -of-state scores to the State Chair.

Individual Event Specialists (IES)

Level	Qualifying Score
Level 8/9/10	9.0 on event

Entry Fees for 2025 Compulsory -2026 Optional/Xcel State Competitions

Level/Division	Fee	Team Fee
Level 1-5	\$113.00	\$50.00
Xcel Bronze/Silver	\$113.00	\$50.00
Levels 6 – 10/Xcel Gold/Plat/Diam/Sapph	\$128.00	\$50.00

- Entry deadlines are 3 – 4 weeks prior to event date or as posted on State calendar.
- Entry deadlines are strictly enforced, and late fees (\$25 per gymnast) will be imposed.
- Clubs should register all athletes planning to attend, regardless of qualification status. Refunds issued if athlete fails to qualify, provided State Chair is notified by 5:00 PM on Monday following final competition weekend.
- All state meet registrations and payments must be completed through the USA Gymnastics Meet Reservation System and MeetMaker website. Entries are not complete until all fees are paid. MeetMaker fees are paid by the entering clubs.
- Clubs submitting late entries for unqualified athletes will not compete until all entry and late fees are paid.
- Clubs entering after the competition draw may be accommodated, but athletes will be placed in available sessions. Athletes placed outside their age group will not be eligible for awards, team scoring, or regional qualification.

Late Fees for State Meet Competitions

Late Entry Fine (per athlete)	Club Fine (per late entry)	Fine for two late State Meets (same season)
\$25.00	\$100.00	\$500.00

- See the Alabama calendar on the USAG-Alabama website for dates, information, and deadline dates for all State Meets – www.alausagym.com.

Meet Formats at State Competitions

- **Levels 1 – 5:**
 - Athletes divided into age groups by birth date.
 - Compete according to draw by Alabama State Committee (alternating youngest to oldest in even years, oldest to youngest in odd years, or as determined by SAC).
- **Levels 6 - 10 & Xcel State Meets:**
 - Athletes divided into age groups by birth date.
 - Generally compete youngest to oldest; actual schedule determined by SAC and Meet host.
 - Level 10 generally competes in the last session on Friday or Saturday evening.

State Team Competition Rules

- Clubs enter Team competition by paying the team entry fee with their entry.
- Clubs may not enter Team competition after divisions announced.
- Divisions for Compulsory State Meet (L1 -4) and Xcel Bronze, Silver, Gold may be used at other levels/divisions as determined by SAC.

Team Division	Criteria (subject to change)
Large Team	10 or more gymnasts entered
Small Team	9 or less gymnasts entered

- Once team divisions announced, a club may not move to a smaller division due to scratches. Clubs ADDING athletes may be moved to a larger division. Club divisions announced AFTER scratch deadline.
- Athletes entering with one team then moving to another will not count toward team score at State Meet.
- **Number of Counting Scores for Team Competition:** 3 scores will count for all levels and all divisions.

State Meet Awards

- **Team State Banners:** Based on 50% plus one per Level and Division, max 10 places (unless determined otherwise by SAC).
- **State Meet Individual Awards:** Events: 50% plus 1; All-Around: 100%. Awards must be purchased from A - 1 Awards.

State Meet Bids

- Bid forms available on Alabama USA Gymnastics website: <https://www.alausagym.com/forms> .
- Due to State Chair by Nov. 15.
- Bids must include all required information, including venue contract/letter.
- State meets governed by Alabama USA Gymnastics committee.
- Meet Director must submit completed financial report within 60 days of competition (<https://static.usagym.org/PDFs/Forms/Women/financial.pdf>).
- State Meet hosts pay \$5 per athlete fee to ALUSAG within 10 days of completion (by check or Square Platform). ALUSAG will issue invoice.

Judges – Rules for Alabama Qualifying and State Competitions

General Judge Assignment

- All qualifiers assigned judges by NAWGJ Alabama per State Committee criteria.
- Requests for specific judges honored if specified on Gymjas form and if the judge is available.
- A judge will not be assigned if meet director indicates they do not want that judge assigned .
- Assigners work together using requests, location, availability, rating, and ALUSAG criteria.
- Judges may not "solicit" competitions from Meet Directors or inquire about assignments.

State Meet Assignments

- Alabama USA Gymnastics State Committee selects all judges for state meets.
- All required paperwork (availability form, CPE form, in -gym card) must be current.
- The final list of judges must be approved by SAC quorum before contracts sent.
- SAC approves panel assignments and Meet Referee assignments for all State meets.
- State Meet Availability Forms must be filed by SJD or RTCC deadline and made available to SACC for judge selection.

State Meet Levels	Judge Panels (per event)
Levels 1 – 8 & XCEL	2 judge panels
Levels 9- 10	4 judge panels

Criteria for Judges Selection for USA Gymnastics State Meets

1. Adherence to all USA Gymnastics and Alabama Rules and Policies at all sanctioned competitions.
2. Alabama USA Gymnastics member for at least 2 years (NAWGJ Alabama membership required if NAWGJ is assignor).
3. Actively judged in Alabama for a minimum of 2 years.
4. National and Regional assigned judges will be assigned to state meets at their assigned levels when possible.
5. Location of State Meet site considered (expense to Meet host for travel).
6. Consider clinics attended & in -gym time.
7. Other considerations:
 - Availability form for state meets submitted by deadline date.
 - Chief Judge requirements.
 - Rating and experience.
 - Volunteer work.
 - Efficiency and consistency at competitions.
 - Professionalism (with meet host, meet referee, other judges, coaches/athletes).

Judging Contracts Broken for State Meets

If a judge pulls off a State Meet for which the assignment has already been accepted for any reason other than a medical or family emergency, that judge cannot be assigned to a State Meet for the following year. The SJD or the Assignor should notify the State Committee who will address each situation case by case.

Alabama Clubs and Program of the Year

- State committees select clubs and program of the year; each state sets criteria.
- Region selects Regional program of the year from state nominees.
- The Alabama State Committee will determine:
 - Compulsory Club of the Year
 - Optional Club of the Year
 - Xcel Club of the Year
 - Program of the Year (DP)
 - Xcel Program of the Year
- The Program of the Year and Xcel Program of the Year will be submitted as Alabama's nominees for the Regional vote for the DP and Xcel Region 8 Programs of the Year.
- Awards given at the Annual Awards Reception.

Alabama USA Gymnastics Committee

Committee Structure and Responsibilities

- Composed of 9 elected representatives; may include members appointed by State Chairman and approved by SAC – number of committee members may be changed by SACC
- Elections held in Spring every 2 years; next election in 2027.
- Responsible for organization and rules of State competitions, judge selection, educational opportunities, and enforcement of USAG rules/policies at sanctioned events in Alabama.
- List of State Administrative Committee posted on the Alabama USA Gymnastics website.

State Committee Chair Contact Information

Role	Name	Email	Website
SACC	Mike Holdefer	mike.alsacc@gmail.com	www.alausagym.com

2025 – 2027 Alabama USA Gymnastics State Administrative Committee Members

Name	Club/Location	Email
Meg Henry	None/Pike Road	gymstarcoach@gmail.com
Erin Kightlinger	Bama Bounders/Northport	bamabounders@hotmail.com
Deb Kornegay	None/Birmingham	debgk@me.com
Christie Leigh McHugh	Auburn Gymnastics Academy/Auburn	aga.clhill@gmail.com
Benjo Morrow	Titans/Wetumpka	benjo98@outlook.com
Helen Nabors	Mountain Brook/Leeds	hbnabors@gmail.com
Tiffanie Reed	ARK WinGs/Trussville	tbennet3@yahoo.com
Jessica Sedgwick	Prattville YMCA/Prattville	jsedgwick@prattvilleymca.org
Sarah Smith Hargrave	Huntsville Gymnastics Center/Huntsville	sarah.behel@gmail.com
Stephanie Kuhlmann	N/A	kuhlsteph21@gmail.com

14. National and Regional Links

- All National Rules & Policies for USA Gymnastic competitions:
<https://static.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2024/rulespolicies.pdf>
- All National Committee minutes: <https://usagym.org/women/minutes/>
- All Regional rules for Region 8: www.region8gymnastics.org