

# USA Gymnastics Alabama Rules & Policies

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## At a Glance

### **State Meet Qualifying Scores**

Add 22.00 to Level for Level 1 – 8 (Ex Level 3= 22.00+3=25.00AA)

Level 9 & 10 must have a 32.00 AA to qualify.

Specialist at level 8, 9 & 10 – 9.0 on the event

### **State Meet Entry Fees**

\$108.00 for Levels 1 – 5

\$108.00 for Level 6 & XCEL

\$118.00 for Levels 7 – 10

TEAM FEE: \$50.00 All Levels

### **State Meet Dates and Sites**

Compulsory State Meet (Level 1 -5)

Dec. 1-3, 2023, in Montgomery at the Multiplex at Cramton Bowl - Host: Armory Athletics

Optional/Xcel State Meet

March 15 – 17, 2024, in Tuscaloosa at the Belk Activity Center – Host: Bama Bounders

### **Program & Level Declaration Dates**

NOVEMBER 17, 2023 FOR ALL COMPULSORY LEVELS

MARCH 1, 2024 FOR LEVEL 6-10 & XCEL

### **Alabama Athlete Registration Fees**

All competing gymnasts must pay the annual Alabama USA Gymnastics Athlete Registration Fee. For Compulsory gymnasts it is due annually by September 1. The deadline for Optional and Xcel athletes is January 1. The fee is also only paid once per year for each athlete. So, if they transition from Compulsory to Optional or Xcel and have already paid as a Compulsory, they do not have to pay again. The fee is \$18 per athlete and must be paid on the MeetMaker site. If the fee is not paid by the State Meet deadline for the athlete's level, they will be ineligible for competition.

### **Regional Qualifying Scores**

Level 9 & 10 – 35.00 AA scored at the Alabama State Meet

Specialists: Level 9: 9.25 Level 10: 9.25

Level 6, 7 & 8 – by percentage from Alabama State Meet – percentages determined by Region 8

Gold, Platinum, Diamond, and Sapphire - by percentage from Alabama State Meet

***Bronze and Silver do not go to the regional competition.***

## Regional Entry Fees and Apparel

Alabama USA Gymnastics pays the regional entry fees for all Regional State Team members (Level 6-8, Xcel Gold, Platinum, and Diamond) as well as the entry fee for all Level 9/10 regional qualifiers. All star qualifiers (those not on the State Team) pay their own entry fees. Entry fees are not paid for Individual Event Specialists.

Alabama USA Gymnastics will provide apparel for State Team members for Level 6/7/8 and Gold, Platinum, and Diamond. The apparel vendor is selected by the Region 8 Committee. Additional apparel may be provided by the State Committee at their discretion.

All Alabama clubs that have a gymnast qualify for the Regional State Team (Level 6-8, Xcel Gold, Platinum, and Diamond) will be given 2 shirts per level with a max of 4 per gym.

There will be an opportunity to purchase additional Alabama apparel for anyone that wishes to purchase it from our online store.

## USA Gymnastics Alabama Competition Calendar

- Competition Season: August 1—July 31<sup>st</sup>
- Competitions are placed on the calendar on a first come basis beginning January 1<sup>st</sup>
- Dates and Deadlines to place a competition on qualifying calendar for 2024-2025  
JANUARY 1, 2024 TO MAY 1, 2024
- All requests for qualifying competitions must include the following:
- Request for Judges
  - All requests should be made through the Judge Assignment website – see below
  - Meet directors may request judges by name or request that a judge not be assigned to their competition.
  - This must be done on the form when the request is filed.
  - Fees that are due with judges Request Form - \$5.00 per judge requested - payable to Alabama NAWGJ (nonrefundable)
  - Competition requests received after MAY 1st for the upcoming season may not be considered State Qualifiers & may only be used for mobility purposes.
  - Meet Directors or Organizations that have not paid USAG fees/and or fines and Alabama USA Gymnastics fees will not be able to place any competitions on the Qualifying calendar until all fees are paid in full.

## Requesting Judges for Meets

Login to [www.gymjas.com](http://www.gymjas.com) and create a new [Meet Request Form](#). This is the first step in getting your meet on the judging schedule. The Meet Request form will be considered a "pending" request for judges until a booking fee is received. The judge booking fee is \$5 per judge requested. Upon receiving the booking fee, the meet will be marked as "Accepted". You will be able to see the status of this meet request on this web site.

This meet request form together with the fee is considered your contract with Alabama NAWGJ.

The judge fee should be mailed to:

Gayli Craver, 128 Spearpoint Lane, Meridianville, AL 35759

Phone: (256) 503-8595, Email: [gcraver6@gmail.com](mailto:gcraver6@gmail.com)

The check should be made out to AL NAWGJ.

Assignments and updates will be e-mailed to the Meet Director. A reply is requested when information has been received.

## Sanction Guidelines

- All National sanction guidelines must be followed
- Rules and Policies are available at [www.usagym.org](http://www.usagym.org)
- All sanctioned qualifying competitions must be open to all Alabama clubs
- All qualifying competitions must use 2 judge panels per event for Levels 4-10
  - Levels 1-3 may use 1 judge panels, but this information must be in pre-meet information
- All qualifying competitions may be used to qualify to the Alabama USAG State meets
- Non USAG sessions (AAU or other organizations) must be completed before or after ALL USA Gymnastic sessions or follow the USA Gymnastics guidelines for concurrent competitions.

## Mobility Competitions

Mobility meets may be used to qualify to an Alabama USA Gymnastics State Meet at the discretion of the State Administrative Committee only if the meet is sanctioned.

- May have only one club (team) competing to obtain a sanction.
- Mobility meets must follow all rules and policy of USA Gymnastics
- Mobility only meets will not be placed on the Alabama calendar.
- Level 4 & 5 may use one judge panel for mobility meets but not for qualification to State Meet
- All optional levels require 2 judge panels for mobility competitions.
- It is highly recommended that these meets use the Request for Judges procedure above.

## Mobility Scores

### **DP (Page 76 in 2022-2023 Rules & Policies)**

Level 1 – 3: no score required      Level 4 – entry level 34.00 required to move to level 5  
Level 4 can move directly to Level 6 by scoring a minimum 36.00 AA at 2 separate sanctioned meets  
Level 5 – 32.00AA required to move to level 6 or 7      Level 6 – 32.00AA (athletes may skip this level)  
Level 7 – 32.00AA required to move to level 8      Level 8 & 9 – 34.00AA required to move to next level

### **XCEL (Page 49 in 2022-2023 Rules & Policies)**

**New XCEL athletes may enter at Bronze, Silver, or Gold.**

Mobility score to move to GOLD is 31.00AA at Silver  
Mobility score to move to Platinum is 32.00AA at Gold or 8.50 for IES  
Mobility score to move to Diamond is 32.00AA at Platinum or 8.50 for IES  
Mobility score to move to Sapphire is 32.00AA at Diamond or 8.50 for IES

## Mobility between DP and Xcel

There is no mobility into the DP program from XCEL.  
All XCEL athletes must enter DP program at level 4 or below.

Mobility from DP into XCEL program  
DP athletes at Level 1-4 MUST enter at Gold.

DP athletes at level 5, 6, 7 MUST enter at Platinum

DP athletes at level 7-8 MUST enter at Diamond

DP athletes at level 8-10 MUST enter at Sapphire

If a DP Level 8 or below athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the State Administrative Committee Chairman for approval. If a DP Level 9 or 10 athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the Regional Technical Committee Chairman for approval.

## Dropping Back Through DP Levels

The State Administrative Committee must determine, prior to the beginning of the competitive year, a designated "declaration" date for each level. The highest level in which the athlete competes in a sanctioned competition after the "declaration" date designates her level for the remainder of the current season.

If a gymnast does not qualify to the State Championships, she may petition to drop back one Level at the beginning of the next competitive season by submitting a formal written request to:

- a. For Levels 7 and below, the petition is sent to the SACC, and the final decision is by the SAC.
- b. For Levels 8, 9 and 10, the petition is sent to the RACC, and the final decision is determined by the Regional Administrative Committee (RAC).

Once an athlete competes in the State Championships in a level, she is not allowed to drop back.

## Dropping Back Through Xcel Divisions

The State Administrative Committee must determine, prior to the beginning of the competitive year, a designated "declaration" date for each division. The highest division in which the athlete competes in a sanctioned competition after the "declaration" date designates her division for the remainder of the current season.

If the athlete competed at an Xcel State Championships (or higher) and wishes to drop back through the divisions, her coach must submit a "reason for change" letter.

- a. For Bronze, Silver, and Gold Divisions, the "reason for change" letter is sent to the State Administrative Committee Chairman to be considered by the State Administrative Committee.
- b. For Platinum and Diamond Divisions, the "reason for change" letter is sent to the Regional Technical Committee Chairman to be considered by the Regional Administrative Committee.

## Declaration Date

Declaration date is the date that the athlete declares their program/level/division for the rest of the competitive season and for state meet qualification.

- **November 17, 2023: Levels 1- 2-3-4-5**
- **March 1, 2024: Levels 6-7-8-9-10 & all XCEL Divisions**

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 that move up a level from the previous year and compete in competitions after the declaration date and then want to drop back must petition to the SACC and Regional Tech & DP Chairman for approval.

## USA Gymnastics Competitions – State Meets

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. Rules and procedures for special cases will be considered on an individual basis. This is to be effective beginning in the 2023-2024 season.
- Athletes may enter as many qualifiers as they want.

Athletes at Level 6, 7, 8, 9 & 10 & XCEL, in addition to qualifying in at least one Alabama qualifier, may also provide scores from out of state competitions if they are higher than their in-state qualifying score in order to increase the percentages for Alabama qualifiers to Regionals. Out-of-state scores should be submitted to the State Chair as soon as possible after the conclusion of an out of state meet. Clubs are responsible for providing these scores to the State Chair on time.

## Individual Event Specialists (IES)

Level 8/9/10 Specialist: 9.0 on event to qualify to State Meet as an IES

Clubs must declare that an athlete is a specialist on entry form by the State Meet Entry deadline if they are only qualifying as an IES.

## Entry Fees for State Competitions

Level 1- 5: \$108.00    Level 6: \$108.00    XCEL: \$108.00    Levels 7 – 10: \$118.00  
Team Fee all Levels: \$50.00

Entry deadlines are 3 – 4 weeks prior to event date or as posted on calendar

Entry deadlines are strictly enforced, and late fees (\$25 per gymnast) will be imposed.

Clubs should enter all athletes that plan to attend the state meet even if not yet qualified – as you may use competitions after the deadline date to qualify to a state meet – if the athlete does not achieve the qualifying score a refund will be given provided the State Chair is contacted by 5 PM the Monday after the last weekend of competition.

**CLUBS WILL NEED TO REGISTER FOR ALL STATE MEETS ON USA GYMNASTICS MEET RESERVATION SYSTEM AND ALL PAYMENTS ARE MADE THROUGH THE MEETMAKER WEBSITE – ENTRIES ARE NOT CONSIDERED COMPLETE UNTIL ALL FEES ARE PAID IN FULL -**

If a club enters late including athletes that are NOT yet qualified, the Club will not be allowed to compete in the State meets until all entry fees and late fees have been paid in full.

Clubs that enter after the draw has been done may be allowed to enter the competition however, athletes will be placed into any session that works for the competition. Athletes that need to be placed in sessions that are not their age group will not receive awards or count for team.

## Late Fees for State Meet Competitions

### Late Fees

\$25.00 late fee per athlete will be assessed for late entries plus a \$100 club fine.

A \$500 fine will be assessed if a club is late for both State Meets in the same competition season (August 1 – July 31)

See the Alabama calendar on the USAG-Alabama website for dates, information and deadline dates for all State Meets – [www.alausagym.com](http://www.alausagym.com)

## Meet Formats at State Competitions

### Levels 1 – 5

Athletes will be divided into age groups by birth date and will compete according to the draw that will be done by the Alabama State Committee - Alternating youngest to oldest or oldest to youngest or as determined otherwise by Alabama State Committee – normally old to young in odd years/young to old in even years. OR age groups in each level may be done by random draw (6/23)

### Levels 6, 7 & 8 and XCEL Silver, Gold, Platinum & Diamond State meets

- Athletes will be divided into age groups by birth date and will compete according to the schedule that will be done by the Alabama State Committee

### Levels 9 & 10 State meets

- Athletes will be divided into age groups by birth date and will generally compete youngest to oldest however actual schedule will be determined by SAC and Meet host.
- Level 10 seniors will generally compete in the last session on Friday or Saturday evening

## State Team Competition Rules

Clubs enter the Team competition by paying the team entry fee with their entry.

Clubs may not enter the Team competition after the divisions for the State meet have been announced.

Divisions will be used at the Compulsory State Meet for Levels 1-4 and may be used at the Optional/Xcel State Meet unless a Level/Division has insufficient entries as determined by the State Committee

### Divisions

Large Team – 10 or more gymnasts entered in that Level



Small Team – 9 or less gymnasts entered in that Level

Once team divisions have been announced a club may not move to a smaller division due to scratches - Clubs that ADD athletes may be moved to a larger division. Club divisions will be announced AFTER the scratch deadline date for State Meet

Athletes that enter a state meet with one team and then move to compete with another team will not count toward the team score at the 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 unless determined otherwise by State Committee

State Meet Individual Awards - Events: 50% plus 1 State medals for all levels - All Around – 100%

## State Meet Bids

- Bid forms will be available on the Alabama USA Gymnastics website <https://www.alausagym.com/forms>
- Bid forms for State Meets should be available by mid-summer and are due back to the State Chair on or before Nov. 15
- Bids must include all required information including a contract or a letter confirming the venue for the dates of the meet.
- State meets are governed by the Alabama USA Gymnastics committee.
- Please review the regulations for bidding and hosting a state meet that are contained in the cover page for the bid.
- State Meet hosts will pay a \$5 per athlete fee to Alabama USA Gymnastics within 10 days of the completion of the State Meet.

## Judges Selection – Rules for Alabama Qualifying and State Competitions

All qualifiers will be assigned judges by NAWGJ Alabama as per criteria set by the Alabama USA Gymnastics State Committee. Requests for specific judges will be honored if specified on the judge's request form in GYMJAS and if judge is available.

A judge will not be assigned to the meet if this request is indicated on the judge's request form by the meet director.

Assigners will work together to assign competitions using meet director's requests, location, availability, rating, and Alabama USA Gymnastics criteria as guidelines.

Judges may not "solicit" competitions from Meet Directors. Judges are not allowed to ask a Meet Director why they were not assigned to their competition or ask to be assigned to their competition.

## State Meet Assignments

- The Alabama USA Gymnastic State committee is responsible and required by R&P to select all judges for the Alabama state meets.
- All paperwork required (availability form, CPE form and in-gym card) must be current.
- The final list of judges must be approved by a quorum of the Alabama USAG State committee before contracts may be sent to judges.
- The Alabama State Committee will also approve panel assignments and Meet Referee assignments for all State meets.
- Number of Judges at State meets:
  - 2 judge event panels: Levels 1 – 6 & XCEL
  - 4 judge event panels: Levels 7-10
- In Gym Card
  - The Alabama committee requires all judges that are interested in being considered for an optional Alabama state meet to file an in-gym card (6 hours) at the level that they wish to be considered for (Level 10 in gym will satisfy all levels)
  - If a judge has filed an in-gym card with the Region this will satisfy the requirement
    - State Meet Availability Forms - must be filed for ALL state meets by the deadline date of September 1<sup>st</sup>.

## Alabama Clubs and Program of the Year

- State committees are responsible for the selection of the clubs and program of the year.
- Each state may set their own criteria for selection.
- The region will select the Regional program of the year from the state nominees.
- Alabama State Committee will determine a Compulsory Club of the Year, Optional Club of the Year, and Xcel Club of the Year. In addition, the Committee will select a Program of the Year which will be submitted as the Alabama Program of the Year for the Regional vote.
- The Clubs and Program of the Year Awards will be given at the Annual Awards Reception.

## Alabama USA Gymnastic Committee

- The Alabama committee is made up of 8 elected representatives and members appointed to the committee by the Alabama State Chairman
- Elections are held every 2 years for committee positions - the next election is in 2025.

- The Alabama committee is responsible for the organization and rules of State competitions, selection of judges, educational opportunities, enforcement of all USAG rules and policies at all sanctioned USA Gymnastics events in Alabama.
- The list of the State Administrative Committee is posted on the Alabama website.

## National and Regional Links

All National Rules & Policies for USA Gymnastic competitions are available at:

[https://static.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2022/2022\\_2023\\_w\\_rulespolicies.pdf](https://static.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2022/2022_2023_w_rulespolicies.pdf)

All National Committee minutes are available at: <https://usagym.org/women/minutes/>

All Regional rules for Region 8 are available at the Region 8 web site: [www.region8gymnastics.org](http://www.region8gymnastics.org)

## State Committee Chair Contact Information

Mike Holdefer, SACC: [mike.alsacc@gmail.com](mailto:mike.alsacc@gmail.com)

Website: [www.alausagym.com](http://www.alausagym.com)

## 2023 – 2025 Alabama USA Gymnastics State Administrative Committee

Jessica Earnest (Birmingham) - [jessicachapman10@yahoo.com](mailto:jessicachapman10@yahoo.com)

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