

ALABAMA OPTIONAL & XCEL STATE CHAMPIONSHIPS 2026



Cullman Gymnastics and Bama Bounders are hosting the Alabama Optional/Xcel State Meet at the Omnplex in Cullman on the weekend of March 27-29, 2026.

Where: Cullman Onmplex, 1634 Field of Miracles Dr, Cullman, AL 35055

When: Friday March 27 - Sunday March 29, 2026

Who: Level 6, 7, 8, 9, 10 gymnasts who have achieved the qualifying score and meet the qualifying rules in Alabama Competition Rules and Policies regarding in-state participation. Xcel gymnasts who have participated in at least one meet in state.

State Meet Entry Fee: Level 6-10/Gold/Platinum/Diamond/Sapphire - \$128 – Bronze/Silver - \$113. Team fee is \$50 per level.

Area Hotels To be announced

How to Enter: All entries must be submitted through USA Gymnastics Meet Reservations and entry fees paid via Meet Maker

Meet Directors: Grace Gorham – Cullman Gymnastics - cullmangymnasticsteam@gmail.com
Eric Kightlinger – Bama Bounders – meets@thebamabounders.com
Mike Holdefer – Alabama USA Gymnastics – mike.alsacc@gmail.com

Meet Format: Modified Traditional or Modified Capital Cup – TBD by entries

Equipment: Two full sets of equipment. AAI - provided by The Equipment Guy kenny@theequipmentguy.net

Trainer: Certified Athletic Trainer available all weekend/all sessions.

Website: www.alausagym.com

Age determination: Age determined as of culminating meet in Level. (See page 2)

Awards: Individual Awards based on USAG rules. Team Awards in each level. The top 3 scores count.

Schedule: To follow the receipt of the entries.

Admission: \$10 for adults; \$5 for children 6-12; 5 and under free.

Entry Deadline: February 27, 2026 **Level/Division/Program Declaration Deadline:** March 12, 2026

Regular Scratch Deadline: March 9, 2026 by 5 p.m. (CT)

Non-Qualified Scratch Deadline: Monday March 16, 2026 by 5 PM (CT) - If you have a gymnast who has not qualified for State Meet yet, enter them anyway and if they have not qualified by the last meet of the year, notify us by 5 p.m. on Monday, March 16th for a full refund for only those gymnasts that did not qualify.

“Event Specialist” category is allowed at Alabama Optional Championships - same entry fee and no petitions.

Level 9 & 10 – must declare prior to start of competition at State Meet entry deadline and cannot compete in four events. Event qualifying score is:

Level 9 & 10 - 9.00

Level 6, 7, 8 – must declare prior to the start of competition at State Meet and cannot compete in four events. No Event Specialist category at Regionals. Event qualifying scores are:

Level 6	8.50
Level 7	8.50
Level 8	9.00

Xcel – not required to compete All-Around to qualify or participate in State Championships. Therefore, there is no Event Specialist at State Meet for Xcel. Qualification to Regionals by All-Around scores with no Event Specialist category.

Qualifying Scores:

Level 6 – 28.00 AA / Level 7 – 29.00 AA / Level 8 30.00 AA / Level 9 & 10 – 32.00 AA

Age Determination Date:

Level 6/7/8 – 4/17/2026 / Level 9 – 5/1/2026 / Level 10 – 5/8/2026 / Xcel S/G/P/D – 5/1/2026

2023 Regional and National Dates/Sites:

Level 9/10 Regionals – April 13-16 – Bradenton Convention Center Center, Palmetto, FL

Level 6/7/8 Regionals – April 28-30 – Gas South Center, Duluth, GA

Xcel Regionals – May 5 – 7 – Savannah Convention Center, Savannah, GA

Level 9 Easterns – May 5-7 – Savannah Convention Center, Savannah, GA

DP Nationals – May 11-14 – Oklahoma City Convention Center, Oklahoma City, OK

Regional Apparel Sizing:

All clubs entering the State Meet will receive a form from Alabama USA Gymnastics requesting GK sizing information for their athletes. If an athlete qualifies to regionals as a team member or All-Star, the coach must have the form ready to turn in to Mike following the session. GK sizing information will be provided if needed.

If you have any questions or need further information, please do not hesitate to contact us. Check the Alabama USA Gymnastics website regularly for updates.

We look forward to seeing all of you at our State Championships.

Grace, Eric, & Mike