



OREGON

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Oregon State Policies and Procedures Handbook

The USA Gymnastics Oregon State Administrative Committee complies with all Rules and Policies of USA Gymnastics as outlined in the official Rules and Policies and Operating Code published by USA Gymnastics. All Professional Members are subject to the USA Gymnastics Code of Ethics and are expected to comply with the standards of conduct established by the guidelines of USA Gymnastics and USA Gymnastics Oregon. The information contained within this handbook is specific to the state of Oregon and based on USA Gymnastics current Rules and Policies document.

USA Gymnastics Mission Statement

Encourage participation in all aspects of gymnastics
Support athletes in their pursuit of competitive excellence
Generate public awareness of the sport of gymnastics
Commitment to Customer Service throughout the organization

USA Gymnastics is the National Governing Body (NGB) for the sport of gymnastics in the United States, consistent with the Ted Stevens Olympic & Amateur Sports Act, the Bylaws of the United States Olympic Committee and the International Gymnastics Federation. The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

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Policies Regarding Development Program Athlete Competition

Age Requirement for Athletes

- Level 1 Athletes must have reached their 4th birthday at the time of competition;
- Level 2 Athletes must have reached their 5th birthday at the time of competition;
- Level 3 Athletes must have reached their 6th birthday at the time of competition;
- Level 4-7 Athletes must have reached their 7th birthday at the time of competition;
- Level 8 and 9 Athletes must have reached their 8th birthday at the time of competition;
- Level 10 Athletes must have reached their 9th birthday at the time of competition.

Levels of Competition in Oregon

Participation is currently available in Levels 2-10 Development Program through the following championship levels:

- Level 2–6 State Championships
- Levels 7–8 Region 2 Championships
- Level 9 Western National Championships
- Level 10 National Championships

Level 1 competition is encouraged at the individual gym level. Invitational competitions are encouraged to include this level, however, there is no championship competition for Level 1 at this time.

All invitational competitions are also encouraged to consider including an Xcel Level during the Winter/Spring competition season, and to keep those sessions separate from the Developmental Program whenever possible.

Athlete Mobility Requirements

All athletes must complete 75% proficiency at Level 3 in order to move to Level 4 of the DEVELOPMENT PROGRAM competitive program.

All gymnasts in Level 4 must achieve an all-around score of 34.00 in a sanctioned competition to be eligible to advance to Level 5. Athletes in Levels 5, 6 and 7 must achieve an all-around score of 32.00 in a sanctioned competition to be eligible to move to the next level. All gymnasts in Levels 8 and 9 must achieve a score of 34.00 in a sanctioned competition in order to be eligible to move to the next level. More details can be found in the current Rules and Policies for USA Gymnastics.

Event Specialists

Event Specialists may compete at the Optional levels. According to USA Gymnastics Rules and Policies; **no specialists** are permitted at Levels 3-5. Compulsory gymnasts must compete all 4 events in order to qualify for championship meets.

- An Optional gymnast may compete 1, 2, or 3 events.
- Level 6-10 gymnasts can qualify to State on any or all of the events that they are competing. Level 9-10 gymnasts can qualify to Regionals on any or all of the events they are competing.
- Event specialists must be declared to the State Administrative Committee Chairman by the drop back date. (Feb. 20, 2023).
- Specialist must receive duplicate awards at state competitions.
- Specialists can count toward the team scores.
- Qualifying scores to State for event specialists are an 8.75 on each event that they are competing. The qualifying score to Regionals is currently a 9.0 on each event that they are competing at the state meet.
 - When petitioning to Regionals, a score of 9.25 must have been achieved during the competitive season.
- The mobility score between all levels that allow event specialists is an 8.5 on each event.
- If an athlete is returning to all-around competition after advancing levels as an Event Specialist, they will be required to return to their last all-around competition level to achieve at least one qualifying score before the mobility requirement is met. One minimum all-around score must be achieved for each level of advancement.

Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of 12 years of age is eligible to petition by submitting a formal written request to the State Administrative Chair for entry into Level 7 and below. The petition must be accompanied by a video that demonstrates her skill level. Refer to Chapter 2 for Foreign Athlete Participation in the Development Program.

Dropping Back Levels

Any gymnast who has previously competed in the Developmental Program, but has been inactive for one or more years must contact their State Administrative Committee Chairperson for proper entry regulations. The options are:

- a. Remain at the previous level;
- b. Move up one level if they achieved the mobility score;
- c. Move down one numerical level without petitioning.

See the State Calendar for drop-back dates each year. (Feb. 20, 2023).

Contact the State chair with any information regarding gymnasts returning after an absence of more than one competition year.

Gymnasts who have attempted to advance a level may move back prior the drop back date without petitioning. Check this year's competitive calendar for the specific date for this competition season.

If a gymnast does not qualify for State Championships, she may petition to drop back one level at the beginning of the next competitive season. For Level 7 and below, petitions are sent to the State Administrative Committee Chairperson to be

considered by the committee. Petitions for Levels 8, 9, and 10 are sent to the Regional Technical Chairperson.

Judging Requirements for Developmental Program Meets

For Levels 1-5, one-judge panels are allowed for mobility; for qualification to State, two-judge panels must be used for Level 5 and above.

Policies Regarding Xcel Athlete Competition

Age Requirement for Athletes

- Bronze: Athletes must have reached their 5th birthday at the time of competition and may enter Xcel from Development Program Level 1 or 2.
- Silver: Athletes must have reached their 6th birthday at the time of competition and may enter Xcel from Development Program Level 1, 2 or 3.
- Gold: Athletes must have reached their 7th birthday at the time of competition and may enter Xcel from Development Program Level 3 or 4.
- Platinum: Athletes must have reached their 8th birthday at the time of competition and may enter Xcel from Development Program Level 5, 6 or 7.
- Diamond: Athletes must have reached their 9th birthday at the time of competition and may enter Xcel from Development Program Level 7, 8, 9 or 10.

Levels of Competition in Oregon

Participation is currently available up to the State Championship level for all Xcel levels.

- Xcel athletes qualify to the State Championship by competing all-around at two USA Gymnastics sanctioned competitions during the regular season.

Athlete Mobility Requirements

All gymnasts in Xcel Silver, Gold and Platinum must achieve an all-around score of 31.00 in a sanctioned competition to be eligible to move to the next level.

Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of 12 years of age is eligible to petition by submitting a formal written request to the State Administrative Chair for entry into Level 7 and below. The petition must be accompanied by a video that demonstrates her skill level. Refer to Chapter 2 for Foreign Athlete Participation in the Development Program.

Event Specialists

Platinum and Diamond Xcel athletes may be event specialists on any number of events. Qualification to the State Championships requires competition in 2 sanctioned events as a declared specialist. Bronze, Silver and Gold may not compete as specialists except for medical reasons with documentation. In order to be considered as an event specialist, the Bronze, Silver or Gold Xcel gymnast must submit a detailed letter to the State Administrative Committee from a doctor outlining limitations requiring event specialization.

Dropping Back Levels

Any gymnast who has previously competed in the Xcel Program and attempted to advance a level may move back prior the drop back date without petitioning. Check this year's competitive calendar for the specific date for this competition season. (Feb. 20, 2023).

If a gymnast has previously competed at an Xcel State Championships, she may

petition to drop back one level at the beginning of the next competitive season. For Xcel Gold and below, petitions are sent to the State Administrative Committee Chairperson to be considered by the committee. Petitions for Xcel Platinum and Diamond are sent to the Regional Technical Chairperson.

Judging Requirements for Xcel Meets

Invitational meets may utilize one-judge panels for Xcel only sessions of any level. Judges must be rated Level 7/8 to judge Xcel levels Platinum and Diamond at all meets.

Championship Meet Guidelines and Procedures

This section serves as a guide for championship meet hosts and should be the first resource for questions regarding championship meets. The guidelines outlined here are specific to Oregon and may not apply to other states. Further details regarding championship meet host responsibilities can be found in the USA Gymnastics Rules and Policies.

Qualification Procedures:

- ALL Rosters must be submitted to the State Administrative Committee prior to the beginning of the competitive season.
 - **Deadline for all roster submissions is November 1, 2022.**
 - **Rosters may be updated any time during the competitive season.**
- **Xcel Program, All Levels:**
 - Competitors must compete all-around at two USA Gymnastics sanctioned competition during the regular season. Event Specialists must declare by the drop back date (Feb. 20, 2023) and compete in two USA Gymnastics sanctioned competitions.
- **Level 2-8 qualification to State Championships:**
 - Competitors must achieve a minimum of a 33.0 all-around two weeks prior to the state competition. Gymnasts must compete all four events to qualify. Levels 6-8 Event Specialists must be declared by the drop back date (Feb. 20, 2023) and can qualify by achieving an 8.75 on each event they choose to compete.
- **Level 9-10 qualification to State:**
 - Level 9 and 10 competitors must achieve a 32.0 minimum at least two weeks prior to the state championship meet, as per USA Gymnastics Rules & Policies.
 - Event Specialists must be declared by the drop back date (Feb. 20, 2023)) and can qualify by achieving an 8.75 on each event they choose to compete.
- **Qualifying procedures to Level 7-10 Regionals:**
 - Level 7 and 8 competitors must be in the top percentage (determined by Region 2) of the all-around gymnasts in their State competition (regardless of age group) to qualify to the Regional Championship. There are no petitions accepted to Level 7 and 8 Regionals due to qualification by percentage.
 - Level 9 gymnasts must score a 34.0 at their State meet to qualify to the Regional Championships;

- Level 10 gymnasts must score a 34.0 at their State meet to qualify to the Regional Championships;
 - Level 9 and 10 Event Specialists may qualify to Regionals by scoring a 9.0 on any event at their State championship. If petitioning for Regionals, Level 9 and 10 Event Specialists must present a score of 9.25 for consideration.
- **Qualifying procedures to Level 9 Westerns:**
 - The top 7 athletes, scoring a 34.0 or higher in the Region in each of 16 age groups will qualify to Level 9 Western Nationals. In the case of a two-way tie in any age division, the tie-breaking procedure will be applied to determine the rank-order of athletes. The 8th place athlete will qualify and compete as an individual. There are no petitions to Westerns.
 - **Qualifying procedures to Level 10 Nationals:**
 - The top 7 athletes, with a score of 35.0 or higher at Regionals in 12 age divisions will qualify to Level 10 Development Program Nationals. Any gymnasts who tie for 7th will also qualify. There are no petitions for Development Program Nationals.
 - **Qualifying to State at an out-of-state meet:**
 - Gymnasts may qualify to a championship meet at an out-of-state competition providing the following requirements are met: The club must submit the meet results to the state chair before the drop back date, and the meet results must be submitted to the state chair within one week of the out-of-state competition to verify the appropriate score was achieved.

Considerations for awarding championship meet bids

- Completion of the meet bid form that is submitted by the deadline.
- Off-site meets will receive preference.
- Location (north/south) depending on previous year's championship meets.
- By submitting the bid, the potential host club is confirming that the club is in good financial standing and has no current financial issues that could affect its ability to successfully host the event.
- Once the bid is accepted, the host agrees to follow the schedule and parameters set forth by the State Committee. Any and all changes, including team awards, session times and meet flyer, must be approved by the committee.
- The bid form must be accompanied by a signed Letter of Confirmation that the dates have been secured at the facility.
- Two sets of equipment (except for floor) are REQUIRED for all championship meets.
- After reviewing championship meet bids and discussing selection criteria, the State Administrative Committee will conduct a vote at the June meeting to

award the meets.

Championship Meet Information Packet

- **The meet information packets for championship meets and logo must be sent to the State Chair and be approved BEFORE being sent out to attending clubs.** This should happen at least one month before the competition.
- Items that must be included in the meet information packet: Entry fee and who it is payable to; spectator admission fees; meet site address, phone number, and map; equipment description (including vault runway thickness); type and number of awards being given; and local hotel information.
- All state meet logos must be approved by USA Gymnastics via the State Chair.
 - Logos must include the USA Gymnastics state logo in its original form (no alterations to color, size, dimensions or font). The USA Gymnastics logo cannot be integrated in the state meet logo design.
 - Further detail regarding logo approval can be obtained by contacting the State Chair.
 - Logos must be submitted for approval at least one month before the competition.
- **Entry Fees:** State meet entry fees are determined by USA Gymnastics:
 - Compulsory State & Xcel Bronze, Silver, Gold: \$85
 - Optional State & Xcel Platinum and Diamond: \$95
 - Petitions may be submitted to the Regional Chair for higher meet entry fees if necessary due to costs incurred by the host gym. Contact the RACC directly for the appropriate form.
 - Championship meet entries are due to the USA Gymnastics meet reservation system by noon following the last meet of the regular season. Gyms who do not submit rosters by this deadline will be charged a \$25 per athlete late fee for the first offense and \$50 per athlete for all following offenses. The collected late fee will be split between the State Committee and the championship meet host.
 - All payments should be submitted to the championship meet host club with a postmark no later than the Wednesday following the last meet of the regular season.
- **Awards**
 - Medals for state championship meets are regulated by the USAG rules and policies and must be ordered through A-1. All other awards for state competitions are regulated by the State Administrative Committee and are ordered by the State Administrative Committee Chairperson.
 - Ordering of all placement awards for all State competitions is the responsibility of the State Chairperson. Team Awards and achievement/participation awards are the responsibility of the host club but must be approved by the State Committee. Please

communicate with your State Chairperson should you wish for them to fulfill this responsibility for your club.

- **Individual Awards**
 - **Xcel Program and Level 2-10 State:** Placement awards will be given to the top 50% of each age group or to 10 places after they have been split into groups of no more than 25. Medals will be given for all placements for all levels for All-Around.

- **Event Specialists**
 - At the developmental program championship meet, event specialists at levels 6 through 10 are allowed to compete and are to be given **duplicate** awards from those competing all-around as stated in the Rules and Policies. Event specialist's scores can be used for team scores. Qualifying score to state for event specialists is an 8.75. Event specialists must be declared to the tabulator by the drop back date. There are no Level 2-5 event specialists. Mobility scores are still determined by all-around scores according to Rules & Policies.
 - There are no event specialist allowed or awards for Bronze, Silver and Gold Xcel at the State Championship level. At the Xcel championship meet, event specialists at the Platinum and Diamond level are allowed to compete and are to be given **duplicate** awards from those competing all-around as stated in the Rules and Policies. Event specialist's scores can be used for team scores. Qualifying score to state for event specialists is an 8.75. Event specialists must be declared to the tabulator by the drop back date.

- **Team Awards:**
 - Xcel and Levels 2-10 State team awards are decided by the top three scores per event per team, and the top five teams will be awarded. **Team awards are provided by the championship meet host, with the approval of the State Chairperson.**

- **Age Divisions:**
 - **Development and Xcel Program:**
 - Age groups for each competition are established by dividing the athletes by actual birth date into approximately equal groups by a pre-determined maximum number of athletes per age division (25).
 - Meet Directors must publish or post online the meet schedule/age divisions as soon as possible after the entry deadline.

- **Meet Format:** Meet formats for state championships are dictated by Rules and Policies.

- **Conducting the Draw:** The grouping for sessions for these meets must be conducted by random draw by the Oregon State Administrative Committee Chair. The gymnasts must be divided into age groups of 25 or less and session times are decided by draw. The division of teams into rotations, starting events, and the order of the gymnasts within the rotations will also be decided by random draw at all culminating Championship meets.
 - **Championship Meet Schedule:** For compulsory and optional state meets, the schedule may be determined by the meet host with approval by the State Committee. The preferred schedule is Level 6 and 7 on Friday, Level 8-10 on Saturday, with no optional competition taking place on Sunday.
 - **Warm up Specifications:** Please review the Rules & Policies for warm-up specifications.
- **Equipment Specifications**
 - The state board suggests, if at all possible, that your equipment be matching when using two sets of equipment during a competition. If it is not possible, please contact your State Chairperson **before your information is sent out to the clubs**. For other equipment specs, please refer to the current Rules and Policies.
- **Scoring**
 - At Optional State all judge's scores must be flashed. Vault numbers must also be flashed at Optional State, so please have an extra flasher available.
- **Facilities**
 - Separate judges and coaches hospitality must be available at all State Meets.
- **Dress Code**
 - At State meets and above, the dress code is as follows: Athletic shoes with rubberized soles; athletic warm-up pants or "Docker-style" pants (no jeans); or 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 are allowed.
- **Financial Report and Results**
 - Financial reports for State Meets are due two weeks after the competition. The form is available at usagym.org in the member services section. Results for Level 8, 9, and 10's will be required to be reported to the Regional Championship host. Please also email results to the web site administrator and State Chair at: usagymoregon@gmail.com
 - An administrative fee of \$5.00 per gymnast (Region) and \$2.00 per

gymnast (State) are charged as state administrative fees for all championship meets. The State Administrative fee of \$2 per gymnast is also applicable to local invitationals as well. State administrative fees may be waived for host gyms with \$5000 or less profit.

- **Judge Selection Procedures**

- Xcel State Championships will have two judge panels and a stand-alone meet referee. Judges for Xcel State Championships must be Level 7/8 rated for Platinum and Diamond sessions.
- Compulsory State requires two judge panels and a stand-alone meet referee.
- The Optional State meet requires four judge panels and a stand-alone meet referee.

State Administrative Committee Recommendation for Xcel, Development Program Compulsory and Optional State, and Regional Judge Selection

- List active judges by years at their highest rating. Rotate judges who have judged for 2 cycles with a National rating into the rotation schedule for State and Regional positions.
- One position at the Level 7 Regional competition can be assigned to a first cycle National judge. If there is not a judge at that rating available, then a judge from our 8/9/10 list will be rotated in that slot.
- All judges must be current with CPE and all NAWGJ and USAG professional requirements as well as being professional with coaches, gymnasts, meet Directors, etc., without complaint or concerns.
- All judges need to have judged a minimum of 4 meets at the level they will be judging at the championship meets, to be considered and put into the rotation schedule for the following year.
- Volunteer positions and participation in state and regionals events will also be considered.