

USA Gymnastics Oregon State Policies and Procedures Handbook



**OREGON**

## Contents

Oregon State Policies and Procedures Handbook .....	3
USA Gymnastics Mission Statement .....	3
State Administrative Committee Members .....	4
Region 2 Committee Members .....	4
Policies Regarding Development Program Athlete Competition.....	5
Age Requirement for Athletes .....	5
Levels of Competition in Oregon .....	5
Athlete Mobility Requirements.....	5
Event Specialists .....	6
Dropping Back Levels.....	6
Judging Requirements for Developmental Program Meets.....	7
Policies Regarding Xcel Athlete Competition .....	8
Age Requirement for Athletes .....	8
Levels of Competition in Oregon .....	8
Athlete Mobility Requirements.....	8
Event Specialists .....	8
Dropping Back Levels.....	8
Judging Requirements for Xcel Meets .....	9
Championship Meet Guidelines and Procedures .....	10
Qualification Procedures: .....	10
Considerations for awarding championship meet bids .....	11
Championship Meet Information Packet.....	12
State Administrative Committee Recommendation for Xcel, Development Program Compulsory and Optional State, and Regional Judge Selection .....	15

# **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 4<sup>th</sup> birthday at the time of competition;
- Level 2 Athletes must have reached their 5<sup>th</sup> birthday at the time of competition;
- Level 3 Athletes must have reached their 6<sup>th</sup> birthday at the time of competition;
- Level 4-7 Athletes must have reached their 7<sup>th</sup> birthday at the time of competition;
- Level 8 and 9 Athletes must have reached their 8<sup>th</sup> birthday at the time of competition;
- Level 10 Athletes must have reached their 9<sup>th</sup> 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 6–8 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 with any prior competitive experience in any system must enter the DEVELOPMENT PROGRAM at Level 4.
- 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 may skip level 5 if **two** All Around scores of a 36 have been achieved at a sanctioned event. Level 6 can be skipped if a 32.00 is achieved at Level 5. Athletes in Level 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 to be eligible to move to the next level. More details can be found in the current Rules and Policies for USA Gymnastics.
- Individual Event Specialists can advance at Level 7 thru 9 to the next level with an achieved score of 8.5 at their current level.

## **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 in. Level 7-10 gymnasts can qualify to Regionals at State on any or all the events they are competing. (See qualifying procedures on page 11).
- Event specialists must be declared to the State Administrative Committee Chairman by the drop back date to compete at State as an event specialist. (Feb. 16, 2026). Any level 8,9, or 10 who did not declare as a specialist for the Optional State Meet but achieves a score of a 9.0 on any event at State may compete at the Regional Meet on those events.
- Specialists can count toward 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 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 3 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. 16, 2026).

**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 to the drop back date without petitioning. Check out 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 8 and below, petitions are sent to the State Administrative Committee Chairperson to be considered by the committee. Petitions for Levels 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 5<sup>th</sup> birthday at the time of competition and may enter Xcel from Development Program Level 1 or 2.
- Silver: Athletes must have reached their 6<sup>th</sup> birthday at the time of competition and may enter Xcel from Development Program Level 1, 2 or 3.
- Gold: Athletes must have reached their 7<sup>th</sup> birthday at the time of competition and may enter Xcel from Development Program Level 3 or 4.
- Platinum: Athletes must have reached their 8<sup>th</sup> birthday at the time of competition and may enter Xcel from Development Program Level 5, 6 or 7.
- Diamond: Athletes must have reached their 9<sup>th</sup> birthday at the time of competition and may enter Xcel from Development Program Level 7, or 8.
- Sapphire: Athletes must have reached their 12<sup>th</sup> birthday at the time of competition and may enter Excel from the Development Program Level 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 achieving a minimum score of a 32.00 AA at a sanctioned competition during the season.

## **Athlete Mobility Requirements**

All gymnasts in Xcel Platinum, Diamond, and Sapphire must achieve an all-around score of 32.00 in a sanctioned competition to be eligible to move to the next level; or an 8.5 as an individual event specialist.

Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of 14 years of age is eligible to petition by submitting a formal written request to the State Administrative Chair for entry into Xcel Platinum, Diamond, or Sapphire. The petition must be accompanied by a video that demonstrates her skill level. Refer to Chapter 8 for Xcel Program.

## **Event Specialists**

Platinum, Diamond, and Sapphire 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. 16, 2026).

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 Bronze, Silver and Gold only sessions. Two judge panels are needed with a minimum rating of Level 7/8 judge for Xcel levels Platinum, and Diamond; for Sapphire a level 9/10 judge must be utilized 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 December 1<sup>st</sup>, 2025.**
  - **Rosters need to be updated via the Google drive link throughout the competitive season.**
  - **Levels must be kept accurate on USA Gymnastics Club Roster**
  - **Oregon Registration Fee of \$30.00 per athlete due December 1<sup>st</sup> must be paid to USAG Oregon**
- **Xcel Program, All Levels:**
  - Competitors must achieve a minimum of a 32.0 All Around two weeks prior to the State Competition. Gymnasts must compete all 4 events to qualify. Xcel Platinum Event Specialists must be declared by the drop back date (Feb 16, 2026).
  - All event specialist would need to qualify to state by achieving an 8.75 on each event they choose to compete.
  - Seniors in high school automatically get to attend Regionals, regardless of score, if they competed at their State meet.
  - Diamond and Sapphire do not need to declare; they can qualify to regionals out of the state meet with an 8.75 on any event.
- **Level 2-7 qualification to State Championships:**
  - Competitors must achieve a minimum of a 32.0 all-around two weeks prior to the state competition. Gymnasts must compete all four events to qualify.
  - Levels 6-7 Event Specialists must be declared by the drop back date (Feb. 16, 2026) and can qualify by achieving an 8.75 on each event they choose to compete.
- **Level 8-10 qualification to State:**
  - Level 8-10 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 do not need to declare but they must qualify by achieving an 8.75 on each event they choose to compete.

- **Qualifying procedures to Level 7-10 Regionals:**
  - Level 6-10 gymnasts must score a minimum of a 34.0 at their State meet to qualify to the Regional Championships.
  
- **Specialists qualifying to Regionals**
  - Any Level 8-10 athlete that was not declared a specialist and achieves a score of 9.0 on any event at their respective state meet, may compete at the regional meet on those event(s).
  - Any level 6-7 athlete must be declared a specialist by their respective state declaration date and score a 9.0 on their respective events in their state meet to qualify for the regional meet.
  - If petitioning to the regional meet as a specialist, a score of 9.25 must have been achieved during the competitive season.
  
- **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 8<sup>th</sup> place athlete will qualify as an alternate. 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 7<sup>th</sup> 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 meet location is required.
- 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. Two gyms, 4 sets of equipment required if bidding on Compulsory/Optional State.
- 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:
  - State meet fees must be approved by SAC and RAC.
  - 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 the Monday following the last meet of the regular season. Gyms who do not submit rosters by this deadline will be charged a \$50 per athlete late fee. The collected late fee is paid to 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. Failure to comply, or communicate arrangements with the meet host, is subject to the \$50.00 per athlete late fee.

- **Awards**
  - Medals for state championship meets are regulated by the USAG rules and policies and must be ordered through A-1. All Team awards for state competitions are regulated by the State Administrative Committee and are ordered by the host club.
    - 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.
  
- **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 "Dockers-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](http://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: [coachkkottek@gmail.com](mailto:coachkkottek@gmail.com)
- An administrative fee of \$5.00 per gymnast (Region) is charged as regional administrative fee for all state championship meets.
- **NEW! In lieu of a state administrative fee each club is charged a club fee of \$30 per athlete which is due by Dec 1, 2025.**

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

- **Judge Selection Procedures for State Meets**

- 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, and a L9 for Sapphire sessions.
- Compulsory and Optional State requires two judge panels and a stand-alone meet referee.

- **Judge Selection Procedures for Regional Meets**

- The state committee requires judges selected for regionals to judge a minimum of 4 different DP optional competitions that have Levels 8-10 athletes the year prior to being selected and the year that they are selected.
- Rotate judges with a Brevet, National and Level 10 judges that have had a Level 10 rating for a minimum of 3 years. The "new" judges (such as a new National or any Level 10) that are in the rotation will be assigned to the Level 7 regional meet before being placed into the 8/9/10 sessions. We will not assign more than 2 "new" judges at one time.
- One or more Level 7 regional positions can be assigned to any of the judges that are Brevet through Level 10.
- All judges need to be current with CPE, NAWGJ, and USAG professional requirements as well as being professional with coaches, gymnasts, meet directors and have no complaints or concerns.
- A judge must have been available and chosen by the USAG Oregon State Committee from the previous years' Optional State meet to go into the rotation cycle for regionals the following year.
- If selected to Regionals, the judge must be available for all sessions of the Oregon Level 8-10 state meet.
- If selected to Regionals for the level 6 sessions, and the competition is out of State, the judge must be available to volunteer at some of the 7/8/9/10 sessions.