



The USA Gymnastics Alaska Handbook is intended to clarify those areas left to state discretion by the USA Gymnastics Rules and Policies and to clarify procedures to implement the rules. The State handbook will be updated yearly by the USA Gymnastics Alaska State Administrative Committee (SAC) and USA Gymnastics State Administrative Committee Chair (SACC), to be in accordance with any changes to the R&P, Operating Code and State policy changes. Nothing herein is intended to change any policy outlined in USA Gymnastics Rules and Policies. No deviation from the Handbook is allowed without the prior approval of the USA Gymnastics Alaska State Administrative Committee

Table of Contents

- A. Committee Members and Duties
- B. General duties of the SAC
- C. Alaska Competition Information
- D. Selecting Judges for Competitions
- E. 2025 Alaska State Championships
- F. 2025 Dates/Locations for Championship Meets
- G. 2024-2025 USAG Alaska DP Program of The Year

A. Committee Members and Duties

State Administrative Committee Chair (SACC)

**This is a brief overview of the SACC duties. See the Operating Code and State Chairmen's handbook for the full list of duties.*

Charlene Moss (4-year term ends July 1, 2026)

Phone: 907-230-7368

Email: cmoss@charlenemoss.com

Duties: As Alaska's SACC, Charlene's duties will include, but are not limited to:

- Track athletes within their states to make sure the rules of USA Gymnastics are followed. Tracking will include:
 - o the age of athletes
 - o the movement between levels and programs
 - o the qualifying scores to all state meets held
 - o move up meets from year to year
- Represent their respective State's opinions at the regional level
- Manage the finances of their respective State
 - o have an approved budget
 - o post a financial report yearly
- Maintain a state website
- Communicate to their members:
 - o using e-mail or regular mail as their first mode of communication.
 - o social media can be used, but not as the main way of communicating with members
- Have a State Committee:
 - o the composition of this committee can be determined by each State
 - o only elected members to the State Committee can vote on issues
 - o the State Chair only votes in case of ties
- to represent Alaska's opinions at all the USAG Regional Administrative meetings.

Committee Member – Briana Biden

(2-year term: Sep 1, 2024 ends Aug 31, 2026)

Phone: 907-347-0634

Email: brewbiden@yahoo.com

Duties: Author of the USAG Alaska State Handbook

Briana will update the USAG Alaska State Handbook yearly to be in accordance with any changes to the R&P, Operating Code, and State Policy Changes.

Committee Member – Melissa Chan

(2-year term: Sep 1, 2024 ends Aug 31, 2026)

Phone: 907-982-1698

Email: melissa@denaligymnastics.com

Duties: Camps/Clinics/State Meet Advisor/Region Gear

Melissa will network with other gym owners, coaches, judges, etc. to coordinate camps and clinics for Alaska. She will be available to advise the host of State Meet each year should they have questions on meet operations, or anything else. She will also order Region gear to distribute to qualifying athletes and sell to spectators.

Committee Member – Elliott Marlow

(2-year term: Sep 1, 2023 - Aug 31, 2025)

Phone: 907-229-8028

Email: emarlow@anchoragegymnastics.org

Duties: State calendar/Schedule, Event, & Venue Coordinator

Elliott is responsible for keeping the State Calendar current for all USAG clubs in Alaska. He will also act as a liaison, if needed, to aid the host of any large invitational, state, or regional competitions in obtaining and scheduling venues that are offsite of any Alaska gymnastics clubs.

Committee Member – Allison Reed

(2-year term: Sep 1, 2023 - Aug 31, 2025)

Phone: 907-952-0984

Email: reedcreek@gmail.com

Duties: Xcel Rep/Social Media/Qualifying Score Verification

Allison will keep the SAC members current with all Xcel updates and

news. She is also the admin on the primary USAG Alaska Social Media platforms to keep USAG members current. Additionally, Allison will track athlete scores throughout the season to make sure the USAG rules are followed.

Committee Member – Joslyn Seekins
(2-year term: Sep 1, 2023 - Aug 31, 2025)

Phone: 907-590-0548

Email: joslynseekins@gmail.com

Duties: Program of the Year Analyst

Joslyn will annually analyze the rubric used for the POY in Alaska to be sure the committee is keeping current with the latest needs and trends for the gyms within Alaska.

B. General Duties of the State Administrative Committee (SAC)

All Committee Members are to adhere to the following:

- Be a USA Gymnastics professional member in good standing who will work on a consistent basis for their term educating, organizing, promoting membership, and communicating to the members in our state. You are representing coaches, judges, and business owners. You will be aiding the entire Alaska State Committee in promoting the relationship and unity between all the membership.
- Attend all State Committee meetings, and general membership meetings, or send a qualified representative. Failure to attend two consecutive meetings will result in dismissal from your position.
- Maintain confidentiality regarding all discussions and issues at any board meeting, and to maintain consistency, should only discuss issues after minutes from the meeting have been approved and published.
- Be organized and follow through with projects delegated to you from the USA Gymnastics Alaska State Chair. Take responsibility for your commitment, as well as be willing to delegate tasks expected of you throughout your term, and work with other board members and

professional members.

- Must have access to email and respond to all communications (email or other) in a timely fashion, or request that the State Chair respond on behalf of the USAG Alaska SAC.
- Must attend and assist with the Alaska State Championships and/or Clinic (if applicable). Will be asked to assist at any educational clinics, as needed, which are hosted by USA Gymnastics Alaska.
- Work for state unity and the betterment of gymnastics in your state, maintaining a positive professional attitude always and uphold to the ethical standard of USA Gymnastics.
- Must govern the state using the USA Gymnastics Rules and Policies and the Operating Code.
- Must have a positive, professional attitude always and uphold to the ethical standards of USA Gymnastics
- Assumes responsibility to communicate with all club owners, coaches, and judges in your section.

4. Election Procedures

The election of the USA Gymnastics Alaska State Administrative Committee is done in July every year. Each position represents one vote. The State Chair may appoint committee positions that are non-voting and serve in an advisory capacity only.

Call for nomination will be sent to all professional members. Any nomination not filled out completely or containing false information will be disqualified.

Election will be done online. If only one person is nominated for a position the State Chair will cast the deciding vote on those positions and no formal election will be conducted.

5. Committee Meeting Dates

The Committee members will meet at least three times a year, and at any other time deemed necessary by the State Chair. State Committee meetings are closed unless otherwise stated. Should a professional member have a specific reason to address the committee, accommodations will be made. Members are encouraged to contact the appropriate committee members to discuss any questions, concerns or problems that may arise.

6. Finances

- The SACC will track finances and present financial reports to the committee throughout the year to review and approve. These financial reports will include, but are not limited to: Administrative fees, Entry/Meet fees, regional expenses, Hospitality expenses, Gifts, and other Misc. expenses.
- State Administrative fees will be collected prior to each competition season from each gym in the amount of \$35 for each competitor.

7. Website/Facebook

USA Gymnastics Alaska will contract and maintain a website and Facebook page for USAG Alaska.

Web address: www.usagymnasticsalaska.com

Facebook page: USA Gymnastics Alaska

The website and FB page will be the two main sources of information concerning competitive gymnastics in the State of Alaska. Every effort will be made to keep the both the website and FB page up to date.

Please also refer to the website for educational materials. Under the education tab you will find the State Library with a lot of educational materials.

8. State Clinic

Each year the USA Gymnastics Alaska Committee will sponsor a centrally located State Clinic, or vote to allocate funds to distribute to each individual gym within the state to serve as an educational opportunity for each gym to bring clinicians into to their own gyms.

9. Clubs

AKtion Gymnastics – Palmer, AK

Anchorage Gymnastics Association – Anchorage, AK

Arctic Gymnastics Center – Anchorage, AK

Denali Gymnastics – Wasilla, AK

Gymnastics Inc – Fairbanks, AK

Ketchikan Gymnastics – Ketchikan, AK

River City Gymnastics – Soldotna, AK

Southeast Gymnastics – Juneau, AK

10. TOPs

The purpose of the TOPs National Program is to build physical abilities and technically sound fundamentals for 8-10 year old female athletes. While strength and flexibility continue to develop, the athletes will learn compulsory routines which include the root skills required for elite level development. Form, execution, and shapes are the primary focus of the program.

The TOPs Program is the beginning of the path for an elite athlete and assists in developing a well-prepared athlete as she moves forward.

Physical abilities testing will take place from August to October for the 2024 season. The 2025 TOPS season will run from June – December 2025. Athletes will test the age they are on December 31, 2024.

For more information on testing dates and age eligibility, please contact the Alaska TOPS manager:

Heidi Thornton at Denali Gymnastics

C. Alaska Competition Information

1. Alaska Competition Calendar

The USA Gymnastics Alaska State Calendar shall be discussed and meets will be determined based on each gym's input at the general membership meeting held at the close of State Championships in March. The calendar is updated as needed throughout the year.

2. Reporting Meet Results

Meet hosts in the State of Alaska are required to send the competition results and a copy of the sanction to the State Chair. Results must be sent within seventy-two hours after the conclusion of the meet.

3. State Meet Qualifying Scores and Level Mobility scores

State Meet qualifying scores will be determined by the SAC each year prior to the competition season.

Mobility scores will be based on information in the current R&P.

Scores that have been put into the MyUSAG app will be used to determine eligibility for State Meet and Level Mobility. If a gym plans to use out of state meets for qualification purposes, or qualifying scores have been achieved at a sanctioned meet that did not use the MyUSAG

app, please verify that the host used at least a 2-judge panel (when required) to meet our state's qualification requirements. You must also email those meet results to the State Chair.

4. State Championship Meet Bids

The following criteria will be used by the SAC in selecting state hosts:

- Bids must be submitted and signed by the club owner.
- Meet Director must be a professional member in good standing.
- Facility and Equipment
- Cost of entry/admission
- Continued financial good standing with USAG Alaska and Region 2
- Meet format: modified capital cup/capital cup (modified capital cup is preferred)
- Positive working relationship with USA Gymnastics Alaska, club support of USA Gymnastics State program
- Geographic location, club location: specific confirmed meet location is required
- Successful event organizational experience and the reputation of the operating according to the highest ethical standards (successfully hosted large, multi-session meets), reputation of the club.
- State Meet Bids are due no later than **November 30, 2024**
- Per Rules and Policies: Any committee member that works for a club that is bidding for a State Championship Meet, must leave the meeting for the discussion and the vote for the meet the club they work for is bidding.

Any USA Gymnastics Alaska Registered club in good financial standing with USAG Alaska and Region 2 are eligible and may bid on a State Championship meet.

5. Meet Directors

The Meet Reservation System provided by USA Gymnastics must be used for all USAG Sanctioned meets. This ensures that clubs can only register current athletes and coaches. (Per USAG beginning 2019-2020 season)

D. Selecting Judges for Competitions

1. Meet Host Request for Local and Invitational Judges

Meets that have been input into the GymJas assigning system will allow the State Judging Assignor to assign available judges to their meets. Failure to input your meet in a timely manner could cause difficulty in obtaining enough judges to adequately run a meet. Judges will be assigned to meets based on availability they have input in the GymJas assigning system. (Every effort will be made to fill every meet in the system. When the local judge pool has been depleted, with club permission, out of area judges will be used to fill the meets.) Judges are assigned by proximity to the club as well as the level of the judge unless you specify otherwise. Judges will be paid an hourly fee, according to their rating, with a minimum payment of three hours PER DAY, per USA Gymnastics Rules and Policies. The assignor will make every effort to fulfill any special request, however there is no guarantee. The Meet Director may also request specific judges. Per USA Gymnastics Rules and Policies clubs may also assign judges to specific events at their invitationals. The USA Gymnastics Judges Compensation Package will be used at all sanctioned competitions.

2. Selection of State Championship Judges

The USA Gymnastics Alaska State Administrative Committee, per the USA Gymnastics Rules and Policies, selects judges for state competitions. All State Meets are a two-judge panel with a separate meet referee.

3. Selection of Region 2 DP & Xcel Championship Judges

All eligible judges will be sent an application to apply for DP and/or Xcel Regional Championships each year. At this time, based upon the number of judges in the state of Alaska with National Level Ratings, only National level judges will be considered for selection to judge at the Region 2 DP Championships. National level judges and Level 10 rated judges will be considered for the Xcel Regional Championships. The SAC will select and place applicants in ranking order for the State Chair to submit to the RTCC by July 1 each year.

Ranking is done to allow for eligible alternate judges to step in should there be travel issues, illness, or other reasons that selected judges are unavailable.

The USAG Alaska SAC has developed criteria for the selection of judges to represent Alaska at Region 2 Championship meets. The following forms will be emailed to all eligible USAG judges:

- Criterion for Regional State Judge Selection Alaska
- Rubric for Regional Judges Evaluation
- Region 2 Upcoming season's Judge's Availability & Experience Resume & Judges Application to be considered for National, Westerns, and Regionals
- Judge's Experience form for Level 8-10 Optional/College Meets Judged
- Judge's Education form for Sanctioned Clinics Attended
- Judge's Education form for Practice Judging Levels 8-10 Optional/College
- Judge's Education form for Volunteer Work

The criteria will be based upon points earned over a 3-year period (current season + past 2 years). The selection will be based upon:

- Judging Experience – 25%
- Judges Education – 25%
- Alaska SAC – 50%

Evaluation: Judges will submit a Judge’s Application to be considered to represent Alaska at the Region 2 meet, attaching a copy of their filled-out forms for their Judges Experience and Judges Education. A rubric laying out the way points are earned will be used for evaluation.

- Points will be given to each judge on a “Judges Experience Rubric.” After the points are totaled, judges will be ranked in this category.
- Points will be given to each judge on a “Judges Education Rubric.” After the points are totaled, judges will be ranked in this category.
- Consideration of a recommendation of judges ranked by the NAWGJ Board.
- Consideration of a recommendation of judges ranked by Head Coaches (one per gym), who have competing athletes at levels 8-10. A list of eligible judges would be provided.
- Consideration of a Rotation of all qualified judges ranking in the top 6.
- The SAC requires Regional Judges Selected to judge a minimum of 4 DP optional meets during the current season. A minimum of three of the four meets must be in state DP optional meets.
- Statement of Expectation: The SAC expects the Regional Judges selected to be available for all sessions of the Alaska State Meet from Friday thru the end of all Alaska State Competition Sessions.
- Statement of Expectation: The SAC expects the Regional Judges selected to be available to volunteer for all Regional Sessions not assigned to judge.

The USAG Alaska SAC will evaluate all available data and rank the judges eligible for selection. Rotating judges ranked within the top 6 will also be taken into consideration.

E. 2025 Alaska State Championships

1. Developmental Program (Level 2-10) Qualifications

Qualifying to State Championships 2025

- Level 2-4: 32.00 AA in one meet with a 1-judge panel
- Level 5-10: 32.00 AA in one meet with a 2-judge panel
- Event Specialist to State (Level 8 and above): 8.5 per event

2. Xcel (Bronze – Sapphire) Qualifications

Qualifying to State Championships 2025

- Bronze/Silver: 32.00 AA in one meet with a 1-judge panel
- Gold/Platinum/Diamond/Sapphire: 32.00 AA in one meet with a 2-judge panel
- Xcel Event Specialists State Qualification: One score of 8.5 or higher on event to qualify to State Championships

3. Draw

All State Championships will be divided into approximate equal sized age groups by birthdate by the host. There should be efforts made to keep the same number of age groups in each session of the meet. The USA Gymnastics Alaska Committee has determined that the competition order will be a randomized draw.

The order of gymnasts and events shall be conducted by the State hosts and witnessed by a USA Gymnastics Alaska Committee member, the State's Meet Director, or the State Chair. Event Specialist must be first to compete and should not be first up on more than one event when possible.

Team Awards: 3 scores on each event per team will count for the team score.

4. Awards/Financial Reports

DP Awards

- Level 2-10: Event Placement – 50% +1
AA placement – 100%

Xcel Awards

- Silver/Gold/Platinum/Diamond/Sapphire: Event Placement – 50% +1
AA placement – 100%

State Meet Hosts are responsible for the cost of All-Around and Individual Event awards, using the official USA Gymnastics medals per the Rules and Policies to meet the 50% award requirement. The host must e-mail their order for the official state medals to the State Chair no later than 10 days prior to the State meet. Ties are not broken at State Championships. Duplicate awards are presented. The state will cover the cost of the Team Award Banners and the Team Award Plaques.

Financial Report:

State Meet host, must submit a meet financial statement no later than 14 days following their meet to the State Chair.

F. 2025 Dates/Locations for Championships

Declaration Date for both DP and Xcel will be **February 22, 2025** (MUST INCLUDE Program/Level/Event Specialists by this date). State entry fees due 30 days before meet weekend for all gymnasts qualifying by that date. For gymnasts qualifying after that date, but before the last qualifying weekend (two weekends prior to the State Meet) you must email the host to register the gymnast and send the entry fee the Monday following the qualifying weekend. A late fee of \$25 per athlete will be charged for any late entries to the State meet. Meet host must send out meet information including site, entry fee amount, due date,

and tentative level competition days by EMAIL to all clubs in the state at least 30 days before the meet weekend to allow for travel arrangements to be made.

1. 2025 State Championships:

Levels: **Optional Levels** 6-10

Compulsory Levels 2-5

Xcel Levels: Bronze, Silver, Gold, Platinum, Diamond, Sapphire

Date: March 21, 22, 23, 2025

Host: TBD

Location: TBD

Entry Fee: TBD

Last Qualifying Weekend: March 8, 2025

Qualification Score: 32.0AA, IES – 8.5

Declaration Date: February 22, 2025

2. 2025 DP Regional Championships & Meet Qualifications

Level 6: If applicable, Alaska Gyms may choose to register any Level 6 gymnasts to participate at the DP Region 2 Level 6 Invitational.

Levels: 7-10

Date: April 11, 12, 13, 2025

Location: Portland Expo Center – Portland, OR

Entry Fee: TBD

Qualification Level 7/8: 34.00 AA at State Meet.

- The number qualifying will be broken into equal size sessions
- If possible, there will be three (3) age groups per session.

USAG Alaska State Handbook

Petition for Level 7/8: Follow the R&P guidelines

Qualification Level 9/10: 34.00 AA at State Meet.

- Athletes meeting the criteria of petitioning into Regional Championships will also advance to Regional Championships.
- See requirements for petitions in USAG Gymnastics R&P.

Qualification for Level 7/8/9/10 IES:

- Any Level 9 or 10 athlete that was not declared a specialist and achieves a score of 9.0 on any event at their respective state meet, mat compete at the regional meet on those event(s).
- Any Level 7 or 8 athlete must be declared a specialist by the state's declaration date and score a 9.0 on their respective events in their state meet to qualify to 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.

Petitions with 3 event score at a state meet.

- The form is at [Powerpoint Presentation \(usagym.org\)](https://www.usagym.org) – Updated Feb. 2023

3. 2025 Xcel Regional Championships

Levels: Gold, Platinum, Diamond, Sapphire

Date: April 25, 26, 27, 2025

Location: The Pavilion Oregon State Fairgrounds – Salem, OR

Entry Fee: TBD

Qualification Gold: % of a % for a total from the State meet

- with 75 athletes per session and
- 4 sessions (no IES) with 4 age groups per session if possible
- awards to 8th place. (Approximately 55%).

Qualification Platinum: 35.00 AA at State meet

- with not more than 64 athletes in a session
- with 4 age groups per session, if possible.
- awards to 8th place (50%).

Qualification Diamond: 34.00 AA at State meet

- with not more than 64 athletes in a session
- with 4 age groups per session, if possible.
- awards to 8th place (50%).

Qualification Sapphire: 34.00 AA at State meet

- with not more than 64 athletes in a session,
- with 4 age groups per session, if possible
- awards to 8th place (50%)

IES at Diamond – Platinum – Sapphire

- a. Qualifying Score of 8.5 at State Meet.
- b. Petitioning IES athletes will need a score of 8.75.
- c. No petitioning is allowed into the Meet if a % of a %.
(Currently Gold division only)

4. 2025 DP Westerns

Date: May 2025

Location: TBD

5. 2025 DP Nationals

Date: May 2025

Location: TBD

G. 2024-2025 USAG Alaska DP Program of the Year

1. Alaska State Program of the Year: Summary

USA-Gymnastics mandates that each state develops a system to identify a gym which has excelled in athletic achievement, sportsmanship, participation within the gymnastics community and growth/retention. The information below is Alaska's program of the year for the 2024-2025 competition year. Points awarded through the process described in this document will be weighted 60% toward athletic achievement and 40% for growth/retention, sportsmanship, and community service.

Athletic Achievement points are awarded as follows:

- A. Placement and all-around scores for athletes in Levels 7 – 10 at state meet and regional meet (if applicable).
- B. Bonus points are awarded for athletes who advance to the Region 2 Meet.
- C. Bonus points are awarded for athletes who advance to level 9 Westerns and Level 10 Nationals.

Growth/Retention points are awarded as follows:

- A. Increase in number of gymnasts in Levels 7 – 10 adjusted for loss of seniors.
- B. Graduating seniors who are participating in the DP Program.

Sportsmanship Points are awarded as follows:

- A. One vote per gym present at the Alaska State Optional Meet.
- B. One collective vote from the Judging community, from each session that includes levels 6-10, at the Alaska State Optional Meet.

Community Service points are awarded as follows:

- A. Points for donating space/gym/coaches to gymnastics-related events for which no revenue is received.
- B. Points for hosting gymnastics meets that benefit a charity.

Points will be tabulated as outlined in the document and the Program of the Year will be submitted to Region 2 after the last day of the Region 2 Meet.

2. Alaska DP Program of the Year

I. Statement of Intent:

To be a successful candidate for the Alaska State DP Program of the Year, a gym should demonstrate a high level of success in athletic

achievements at Levels 7 - 10. The following point system has been adopted to assign points based on an individual gymnast's achievements for the current season, while also recognizing a gym for their excellence in growth/retention, sportsmanship, and community service. The goal is to reward programs with a high level of excellence and a broad depth of program using a quantifiable method. Points accrued by each gym will be used as a factor when determining the Alaska State Program of the Year. To be eligible for Program of the Year consideration a gym must be current with all fees associated with USA-Gymnastics programs, including state administrative fees.

The point system is a resource for the State Committee to use and intended to be used as a **guide** in the selection process, recognizing that some of the intangible reasons for a program's selection (or exclusion) may not be quantifiable. The State Committee cannot identify all circumstances where the point total may be overridden by a committee vote, but reserves the right to do so. This system of determining the state program of the year is in effect for the 2024-2025 competitive season and will be reviewed and reworked pending additional input from Alaska's Professional Membership.

II. Responsibilities:

The Alaska State Chair is responsible for compiling and entering data into the point system with assistance from other members of the state committee.

III. Term and Process:

- a. Term: The Alaska State DP Program of the Year will be calculated annually based on results from the Alaska State Optional Meet and the Region 2 Championship Meet. Also considered are "Additional Factors" such as the growth of the program, retention of gymnasts, sportsmanship, and community service. "Additional Factors" will be calculated yearly from one Regional Meet to the next Regional Meet.
 - i. Athletic excellence is weighted at 60%
 - ii. Additional Factors are weighted at 40%

- b. State Program of the Year submissions must be made to the Regional DP Coordinator as soon as the state determines their Program of the Year but no later than the last day of the Region 2 Meet.

IV. Rules:

a. Athletic Excellence (60%)

i. State Meet:

Points are earned for placements at Levels 7, 8, 9, & 10 per the table listed in Appendix One.

Rationale: A strong program should have depth at all levels.

ii. Regional Meet:

Points are earned for Levels 7, 8, 9, 10 at the Regional Championships per the table listed in Appendix One. The minimum scores listed below are in effect for all levels at the Regional Meet. Rationale: The focus is on excellent performances.

1. Events: must score a minimum of 8.50 to accrue points.
2. All-Around: must score a minimum of 34.00 to accrue points.
3. Specialists' scores will accrue towards their gym based on their placement within their age group.

b. Additional Factors (40%)

i. Growth of Program/Retention:

1. The number of USAG registered Athletes from the previous year's Optional State Meet will be calculated for Levels 7, 8, 9, 10 and compared to the number of athletes who qualify for

the current competitive year's state meet. Five points will be awarded for each gymnast above the previous year's number. An adjustment will be made for graduating seniors. No points will be subtracted if a gym's numbers decline. See examples in Appendix three.

2. Each gym will also receive bonus points for graduating seniors at a rate of 20 points per graduating senior in the DP Program. In the event that a gymnast is injured during her senior year, her gym will accrue points if she competed in at least one DP Meet during the competitive season.

ii. Sportsmanship: Gyms will be awarded points based on one vote by the women's program head coach per gym present at the Alaska State Optional Meet AND one collective vote from the Judging community, from each session that includes levels 6-10, at the Alaska State Optional Meet per Appendix Two. Ballots will be marked with a first, second and third choice. Votes will be ranked. Items to be considered (but not limited to):

1. Gyms who are supportive of their teammates without negatively impacting gymnasts from other gyms or judges.
2. Gyms who cheer for gymnasts from other gyms.
3. Good sportsmanship on the award podium.
4. Coaches who work well with each other to set equipment.

- iii. Community Service:** Community Service is defined as donating use of a gym and/or staff time for a non-revenue producing, gymnastics related function. Ten points will be awarded per occurrence. Examples of Community Service are
1. Hosting the NAWGJ Judge’s Open.
 2. Hosting a fund-raising meet where profits are donated to a charity.
 3. Hosting Special Olympics training and competition
 4. Hosting a state clinic.

Community Service points are accrued from the Regional Meet of the previous year to the Regional Meet of the current year.

Appendix One: Post Season Point accrual tables:

State Meet Events and All-Around:

Placement	Events		All Around
First	3		6
Second	2		4
Third	1		2

Bonus Points: Qualifying to Regional meet:

- a. Level 7’s and 8’s with a score of 36.00 or above: 3 points
- b. Level 7’s and 8’s with a score of less than 36.00: 1 point
- c. Level 9’s and 10’s: 5 points

Region 2 Championship Meet:

Placement	Events		All-Around
First	6		12

USAG Alaska State Handbook

Second	4		8
Third	2		4

Bonus points: **Qualifying to Level 9 Westerns: 10**
 Qualifying to Level 10 Nationals: 20

Appendix Two: Sportsmanship Award:

To be voted on at the Optional State Meet by coaches and judges. Each head judge and chief judge will be given a ballot. Three gyms are to be selected, ranked first, second and third. Points will accrue based on placement on each ballot.

Ballot Ranking		Final Placement	
First	3 Points	First	10
Second	2 points	Second	7
Third	1 point	Third	5

Appendix Three: Examples of gym growth/retention calculations

- A. Gym A had 9 gymnasts competing in levels 7 – 10 last year. This year they have only 7 with none lost to graduation. Gym A gets no points for growth and retention.
- B. Gym B had 5 gymnasts competing in levels 7 – 10 last year. This year they have 7 gymnasts competing levels 7 – 10. Gym B earns 10 points (5 points per additional gymnast) in the growth/retention category.
- C. Gym C had 15 gymnasts competing in Levels 7 – 10 last year. Three of those gymnasts graduated. Gym C's growth and retention basis from the previous year is 12. This year Gym C has 13 gymnasts competing levels 7 – 10. Gym C earns five points for growth and retention.