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Region 3 Newsletter – December 2025

Reflecting on 2025 and Looking Ahead

As we close another exceptional year, we would like to take a moment to reflect on the many accomplishments that made 2025 such a successful and memorable year for Region 3. From outstanding regional competitions to highly successful camps, and from State Meets through Regionals, Westerns, Nationals, international competitions, Region 3 athletes continued to excel at every level.

These achievements are a true reflection of the dedication and commitment of our athletes, coaches, judges, volunteers, and the entire gymnastics community. Thank you for the time, passion, and professionalism you bring to our sport. Together, you have helped make 2025 a year to be proud of across Region 3.

We look forward to building on this momentum and another exciting and successful year in 2026. Wishing everyone a Happy New Year from Region 3!

2025 Region 3 Camps

The 2025 Region 3 camps, held in Colorado and at two locations in Texas, were a tremendous success. Athletes from across the region benefitted from high-level instruction, gaining valuable insight from collegiate coaches and in-depth critiques provided by our judges. In addition to skill development, the camps offered a positive, collaborative, and unifying experience for athletes throughout the region.

These camps also serve an important role in supporting Region 3 fundraising efforts, helping ensure our athletes are outfitted in high-quality apparel for postseason competitions as they proudly represent our region. We extend our sincere gratitude to the many volunteers who contributed their time and expertise, as well as to the clubs and athletes whose participation made these camps possible. Your support truly made an impact on the continued success of Region 3.

Region 3 2026 High Performance Camps

July 18-19 2026 -
WOGA Frisco, TX
High Performance Camp
Level 6-10, XP-XSa Athletes

Oct. 24th-25th, 2026
Pearland Elite - Pearland, TX
High Performance Camp
Level 6-10, XP-XSa Athletes

November 14-15, 2026
CGI, Aurora, CO
High Performance Camp
Level 6-10, XP-XSa Athletes

July 18
College Bound Showcase

June 13 - 14, 2025
Peak Athletics
Highlands Ranch, Colorado

Register [here](#)



CONGRESS: - Region 3 Regional Congress - **NO testing at Reg 3 In-Gym Congress** - a valuable and engaging educational experience and excellent opportunity for professional development.

[2026 WAG Brevet & National Judges Study Session/Mock Exam and Testing Information](#)

The 2026 Brevet and National Judging Exams will be hosted at four Regional/National Congress events. Judges are not required to register for Congress to attend the study session/mock exam or to complete any portion of the testing process. Testing Dates & Locations Below is the schedule of testing sites, listed in chronological date order:

-  Region 4/5 Congress in Lombard, IL [Click here](#) for details.
-  Region 8 Congress in Duluth, GA. [Click here](#) for details.
-  Region 6/7 Congress in Bethlehem, PA. [Click here](#) for details.
-  National Congress in Phoenix, AZ [Click here](#) for details.



Refresher Clinics posted on Reg 3 website:



XCEL: Education Opportunities

Xcel participation continues to grow nationwide making Xcel education an increasingly valuable resource for judges as they prepare for the upcoming season. USAG online educational courses offer a flexible and efficient way to review Xcel divisions, allowing judges to complete course work on their own time and at their own pace.

All Judges, especially those who are officiating State and Regional Championships are highly encouraged to complete the following courses:

[J110: 2021-26](#) Women's Xcel Bronze/Silver/Gold Judges' Course

[J220: 2022-26](#) Women's Xcel Platinum/Diamond/Sapphire Educational Course

KNOW

the

RULES

M. **ADDITIONAL MATTING ON FLOOR EXERCISE:**

1. **ONLY TWO (2) SUPPLEMENTAL MATS MAY BE UTILIZED PER FLOOR EXERCISE ROUTINE.**

[Found on page 83 rules and policies](#)

2. Allowable matting includes;

4-INCH SKILL CUSHIONS/THROW MATS - REQUIRED TO BE PROVIDED BY MD (2)	1. Two (2) 4-inch skill cushions/throw mats are allowed to be used during the routine. 2. One (1) 4-inch skill cushion/throw mat per tumbling pass may be used for take-off and/or landing. 3. May be stacked on top of each other for a single tumbling pass.
STING MAT - REQUIRED TO BE PROVIDED BY MD (1)	1. May be used for take-off and/or landing. 2. If using in addition to supplemental matting - MUST BE UNDER OR ON TOP - Only if placed under or on top of supplemental matting: STING MAT DOES NOT COUNT AS ONE OF THE TWO (2) ALLOWABLE MATS.
8-INCH SKILL CUSHION - NOT REQUIRED TO BE PROVIDED BY MD	1. May be used if available - If using 8-inch skill cushion, may only use one (1) 4-inch skill cushion 2. No more than a total of 8 inches + a sting may be stacked.

Dev and Xcel Code of Points-Floor Exercise: Placement of additional matting allowed on Floor Exercise:

All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started. A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun. Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.

- This matting rule does NOT apply to Compulsories, Level 1-5.
- There is NO deduction for a coach / athlete adjusting a mat once the Floor Exercise routine has begun.
- An additional reminder - from the Dev Code of Points; General page 9 and Floor page 25
- 0.30 (CJ deduction) - Coach on FX area (inside border markings)
No deduction if coach / athlete is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.).



- All rule changes from the 2025 May committee meetings can be found [HERE](#).

No Dismount: Recommendation to remove the 0.30 deduction for no dismount.

Xcel – This affects bars and beam.

Dev – This affects bars, beam, and floor (Levels 6-10)

2022-2026 Development Program Code of Points

Beam - 47: Group 1 Mounts:

1.109 Back hip pullover to front support Beam mount must come **from one or two feet** for a "A" Value Part

Xcel Beam Mount: 2022-2026 Xcel Program Code of Points

From side stand front- From cross stand facing end of beam with take-off from **one or two feet, knee, or seat-back** hip pull-over to front support.

Judging Panel:

A two (2) judge panel is required at the Platinum, Diamond, and Sapphire Divisions for all mobility and qualifying meets.

A one (1) judge panel may be used for mobility at Bronze, Silver, and Gold.

KNOW

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RULES

Continued

Rules and Policies:

Chapter 10 page 75:

III. SPRINGBOARD / MOUNTING SPECIFICATIONS A. APPLICABLE TO BOTH DEVELOPMENT AND XCEL PROGRAM:

c. **Refer to your equipment supplier for acceptable spring configuration.**

R&P Reminders - These are being shared due to confusion brought forward from the community.

Minimum age requirements (R&P, page 40)

All athletes must reach the minimum age for the level or division BEFORE competing in any USA Gymnastics sanctioned competitions.

Xcel minimum age requirements can be found on page 60 and Dev can be found on page 64.

The system will not let a club register for a sanctioned competition in a level or division if that athlete has not yet reached the minimum age.

2. Athletes competing for same medals

Page 39 states: For all sanctioned events that have multiple sessions of the same level vying for the same individual awards and team awards, athletes must be judged by the same judging panels. This does not apply to overall team awards with combined DEV levels / Xcel divisions of competition.

What does this mean? - If an event has more than 1 session of athletes who are attempting to qualify on to another event, all athletes must be judged by the same judging panels.

2022-26 Dev Program Code of Points

Appendix 4 [Uneven Bars Symbols](#) (revised July 2025)

Appendix 5 [Beam Symbols](#) (revised July 2025)

Appendix 7 [Level 6-8 Cheat Sheet](#) (revised July 2025)

Appendix 8 [Level 9-10 Cheat Sheet](#) (revised Aug. 2025)

Appendix 13 [Level 8-10 Optional Vault Score Sheet](#) (revised July 2025)

Appendix 14 [Level 6-7 Optional Vault Score Sheet](#) (revised July 2025)

Appendix 15 [Level 8-10 Compositional Guidelines](#) (revised November 2025)

Replacement Pages . . [Large Book](#) | [Mini Book](#)

Regional Meet Bids

[Region 3 Regional 2027 Meet Bid Form](#)

IMPORTANT: Submissions for meet bids due NO later than March 1st, 2026

Meet Bids will be awarded by approximately March 20th, 2026

REGIONAL MEET WEEKEND DATES TO BE BID ON:

April 8-11, 2027- Level 9/10 Regionals 2027

April 16-18, 2027-Level 6, Level 7 and Level 8 Regionals 2027

April 23-25, 2027- Xcel Gold Regionals 2027

May 7-9, 2027- Platinum/Diamond/Sapphire Regionals 2027

2027 Region 3 Judges' Regional Availability with P.I.E.



We have begun reviewing the elements of the P.I.E. (Preparation – Involvement – Experience) as we enter the next four-year cycle. An updated version will be distributed in January.

In the meantime, please keep a record of all judging activity, as this will make completing the Google Form much easier when it becomes available.

This form collects information regarding Judges' Regional Availability along with P.I.E. data, which is compiled and shared with the SACC to assist with State and Regional meet assignments.

Future Championship Dates

Region 3 Calendar

2026

March . . .	27-29	Last weekend for Level 9/10 State Championships	Various Cites
April	5	Easter	
April	9-12	Level 9/10 Regional Championships	Kansas City, KS
April	17-19	Level 6 All Star, Level 7 & 8 Regional Championships . .	Oklahoma City, OK
April	24-26	Xcel Plat/Dia/Sapp Regional Championships	Denver, CO
Apr/May . .	30-3	Level 9 Western Championships	Boise, ID
May	1-3	Xcel Gold Regional Championships	Galveston, TX
May	8-10	DP Level 10 National Championships	Oklahoma City, OK

2027

March . . .	19-21	Last weekend for Level 9/10 State Championships	
March . . .	28	Easter	
April	8-11	Level 9/10 Regional Championships	
April	16-18	Level 6, 7 & 8 Regional Championships	
April	23-25	Xcel Gold Championships	
May	6-9	Level 9 Western Championships	
May	7-9	Xcel Pla/Dia/Sap Regional Championships	
May	14-16	DP Level 10 National Championships	

2028

March . . .	17-19	Last weekend for Level 9/10 State Championships	
April	6-9	Level 9/10 Regional Championships	
April	16	Easter	
April	21-23	Level 6, 7 & 8 Regional Championships	
April	27-30	Level 9 Western Championships	
April	28-30	Xcel Gold Championships	
May	4-7	DP Level 10 National Championships	
May	5-7	Xcel Plat/Dia/Sapp Regional Championships	





2026 Team USA Elite Calendar of Events – Tentative

Updated 10/29/25

Event Date	Event Title	Location
January, 2026 January 5-8 January 9-12 January 16-18 January 23-25 January 30 – February 1	National Team Camp Elite Developmental Camp Vegas Cup Elite National Qualifier Biles Invitational Elite National Qualifier Next Era Elite National Qualifier	Crossville, TN Crossville, TN Las Vegas, NV Houston, TX Seattle, WA
February, 2026 February 2-5 February 13-15 February 19-20 February 20-22	National Team Camp Rochester Classic Elite National Qualifier Winter Classic Elite National Qualifier Winter Cup	Crossville, TN Rochester, NY Louisville, KY TBD
March, 2026 March 3-9 March 3-9 March 12-15 March 16-19 March 23-30	International Gymnix (JR) American Cup Mixed Gender Team Antalya World Cup Elite Developmental Camp Jesolo Trophy (JR and SR)	Montreal, Canada TBD Antalya, Turkey Crossville, TN Jesolo, Italy
April, 2026 April 9-12 April 12-15	Croatia World Cup National Team Camp	Osijek, Croatia Crossville, TN
May, 2026 May 15-18 May 19-22 May 29-31	National Team Camp Elite Developmental Camp/Qualifier Elite National Qualifier	Crossville, TN Crossville, TN TBD
June, 2026 June 12-14 June 25-28	Elite National Qualifier American Classic	TBD TBD
July, 2026 July 16-20	U.S. Classic	TBD
August, 2026 August 4-10	U.S. Championships	Phoenix, AZ
September, 2026 September 10-13 September 14-17 September 29- October 1	Elite Developmental Camp Elite Developmental Invite Camp World Championships and Combs La Ville Selection (Youth Olympic Games)	Crossville, TN Crossville, TN Crossville, TN
October, 2026 October 12-26	World Championships	Rotterdam, NLD



October 12-15 October 15-18	Elite Developmental Invite Camp Elite Developmental Camp	Crossville, TN Crossville, TN
November, 2026 Nov 1 – Nov 11 November 6-8 or 13-15 November TBD November 15-18	Youth Olympic Games Combs La Ville (Juniors only, Hopes – self-funded) Arthur Gander/Swiss Cup Combined Elite Developmental and National Team Camp	Dakar, Senegal France Switzerland Crossville, TN
December, 2026 December 2-4 December 5-7	TOPS B Camp TOPS A Camp	Crossville, TN Crossville, TN

[Click here](#) for a list of 2026 Nastia Liukin Cup Qualifier Invitationals.



2026 – 2028 DEV / NCAA POST-SEASON

2026

Program	Event	Thursday	Friday	Saturday	Sunday
	NCAA Conference meets			March 21 st	
Dev	Last weekend for 9/10 State		March 27 th	March 28 th	March 29 th
	NCAA Regional meets			April 4 th	
Passover: April 1st – 9th, Easter – April 5th					
Dev	Last weekend for 9/10 Regionals <small>*3 weeks until East/West, 4 weeks until Nationals*</small>		April 10 th	April 11 th	April 12 th
	NCAA / USAG Collegiate Nationals		April 10 th	April 11 th	April 12 th
	NCAA National Championships			April 18 th	
Dev	Level 9 Westerns: Boise, ID Level 9 Easterns: Savannah, GA	April 30 th Training	May 1 st Competition	May 2 nd Competition	May 3 rd Competition
Dev	Level 10 Nationals: Oklahoma City, OK	May 7 th Set-up	May 8 th Training; All-Star session	May 9 th Competition	May 10 th Competition
Memorial Day: May 25th					

2027

Program	Event	Thursday	Friday	Saturday	Sunday
	NCAA Conference meets			March 20 th	
Dev	Last weekend for 9/10 State		March 19 th	March 20 th	March 21 st
Easter: Sunday, March 28th					
	NCAA Regional meets			April 3 rd	
Dev	Last weekend for 9/10 Regionals <small>*4 weeks until East/West, 5 weeks until Nationals*</small>		April 9 th	April 10 th	April 11 th
	NCAA / USAG Collegiate Nationals		April 9 th	April 10 th	April 11 th
	NCAA National Championships			April 17 th	
Passover: April 21st – 29th					
Dev	Level 9 Easterns / Westerns	May 6 th Training	May 7 th Competition	May 8 th Competition	May 9 th Competition
Dev	Level 10 Nationals	May 13 th Set-up	May 14 th Training; All-Star session	May 15 th Competition	May 16 th Competition
Memorial Day – Monday, May 31st					

2028

Program	Event	Thursday	Friday	Saturday	Sunday
	NCAA Conference meets			March 18 th	
Dev	Last weekend for 9/10 State		March 17 th	March 18 th	March 19 th
	NCAA Regionals		March 30 th	April 1 st	April 2 nd
Dev	Last weekend for 9/10 Regionals <small>*3 weeks until East/West, 5 weeks until Nationals*</small>		April 7 th	April 8 th	April 9 th
	NCAA / USAG Collegiate Nationals		April 7 th	April 8 th	April 9 th
	NCAA National Championships	April 13 th	April 14 th	April 15 th	
Passover: April 10th – 18th, Easter: Sunday, April 16th					
Dev	Level 9 Easterns / Westerns	April 27 th Training	April 28 th Competition	April 29 th Competition	April 30 th Competition
Dev	Level 10 Nationals	May 4 th Set-up	May 5 th Training; All-Star session	May 6 th Competition	May 7 th Competition
Memorial Day – Monday, May 29th					