

# North Carolina Men's Gymnastics Rules and Policies



**2009 – 2010 Season**

***\*ALL CHANGES ARE IN YELLOW\****

***UPDATED SEPTEMBER 2009***

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# NC STATE REGISTRATION FEE

## ***STATE REGISTRATION FEE***

Each NC gymnast must pay a \$10 registration fee (payable to *NC Men's Gymnastics*). This fee is due September 1<sup>st</sup> of each year. One check per gym is preferred. A \$10 per gym late fee will be assessed for checks received after September 1<sup>st</sup>.

## COMPETITIVE MEETS

### ***MEET BIDS***

All meet bids must include a proposed schedule, the equipment that will be available in the gym, meet entry fees, and admission fees. If multiple bids are made, a vote will be taken at the State's Coaches Meeting during the NC State Clinic to determine the meet sites.

### ***OVERVIEW OF MEET INFORMATION TIMELINE***

#### **6 weeks prior to competition:**

- Pre-Meet Information Sent out to gyms and NC State Director

#### **3 weeks prior to competition:**

- Meet entries must be postmarked and sent to host gym
- Contact NC Judging Coordinator to discuss judging needs for your meet

#### **2 weeks prior to competition:**

- Final Schedule will be sent to gyms and host

### ***MEET INFORMATION ON NC MEN'S WEBSITE***

Preliminary and Final Meet Information needs to be emailed to State Chairman on time in order to have it on website by the following deadline. The *preliminary information sent via email six weeks prior to the meet*, and the *final information sent via email two weeks* before the meet. Please send it in Word format.

### ***PRE-MEET INFORMATION***

At least **SIX WEEKS** prior to the meet date, Meet Directors must send out a meet packet which includes **only**; dates of competition, gymnast and team entry fees, admission fees, Available Equipment including runway length and surface type and host hotel information. ***TENTATIVE SCHEDULE IS NOT TO BE INCLUDED*** with the pre-meet information.

### ***MEET ENTRIES***

**Meet entries must be postmarked 3 weeks before a meet.** Coaches must include their gyms USAG Club # on the form. Gymnasts should be separated by level either on separate entry forms or with a line skipped between levels. **Entry forms must be typed.** A late entry fee of **\$10.00/ gymnast and \$30.00/ team** will be enforced and paid to host gym.

**IF A LATE FEE IS NOT PAID, then the offending gym may not participate in that meet or any other NC meet until paid!** (*Passed at the State Meeting 8-11-07*)

*\*\*\*Late entries will be accepted at the discretion of the Meet Director.*

The entry fee for **Qualifying Meets** will be **\$50.00/gymnast** (\$47 + \$2 State head tax + \$1 USAG Head tax+\$1 MISGP Donation).

The entry fee for **State Meet** will be **\$60.00/ gymnast** (\$54 + \$5 State head tax + \$1 USAG Head tax+ \$1 MISGP Donation).

**Team entry fees** at all North Carolina Meets can have a **max fee of \$40.00 for each team entered**. Team awards should be reflective of cost for team entry.

**State Clinic** entry fees will be **\$40.00/ gymnast** (\$39.00 go to the State funds + \$1 USAG Head tax).

***\*\*\*If a Meet Director wants to charge a higher entry fee for a meet, they must submit a written proposal to the State Director stating why the additional fee needs to be charged. The Men's Program Director as well as the State Director must approve the proposal for a higher fee.***

### ***OVERVIEW OF MEET DIRECTOR COST FOLLOWING A MEET:***

**NC State Head Tax:** {Payable to: **NC Men's Gymnastics**}

\$2.00 per gymnast for NC Qualifiers/ \$5.00 per gymnast for NC State Championships

**Level 4 Participating Ribbon:** {Payable to: **NC Men's Gymnastics**}

\$0.20 per ribbon (Formula for cost: (# or level 4 gymnast x 6) x \$0.20= Fee of Ribbon)

**USAG Head Tax:** {Payable to: **MEN'S ACADEMIC SCHOLARSHIP FUND**}

\$1.00 per gymnast competing in meet {be sent back with Sanction Report to USAG office}

**MIGSP Donation:**

\$1.00 per gymnast

Information on whom to pay and where to send it can be found at [www.migsp.org](http://www.migsp.org)

**Judging Fees:**

All expense for the 6 main judges used in each session. {Mileage, Session Fee, Meals (if Needed) and Hotel (if needed)}

Mileage, Hotel (if needed), Meals (if needed) for the extra 3 judges per session

{The state and judging association will cover the session fee for the 3 extra judges}

### ***STATE HEAD TAX***

The head tax will be as stated in the *Meet Entries* section: \$2.00/ gymnast in Qualifying Meets and \$5.00/ gymnast at State Championships. This money must be sent with the Sanction Report to the State Director within 48 hours of end of the last session. Tardiness in sending the Sanction report and fees could jeopardize your ability to receive future USAG Sanctions.

## ***USAG HEAD TAX***

A **\$1.00/ gymnast head** tax must be sent to USAG for **all** Sanctioned events with the original Sanction report form. The USAG head tax will be put into the **MEN'S ACADEMIC SCHOLARSHIP FUND**. Tardiness in sending the Sanction report and fees **will** jeopardize your ability to receive future USAG Sanctions.

## ***MIGSP DONATION***

A **\$1.00 fee per gymnast** will be donated following the meet to the Men's Intercollegiate Gymnastics Scholarship Program. This fee can be sent by check or via the MISGP website ([www.migsp.org](http://www.migsp.org)).

## ***ADMISSION FEES***

Admission fees at all meets that are held in the gym of the host club, including the State Championship shall be:

Children under 5	<b>FREE</b>
Children (6 – 12)	<b>\$3.00 per day</b>
Adults (13 & up)	<b>\$6.00 per day</b>

**\*\*\*No special admission fee for families\*\*\***

**\*\*\*Host club may set admission fees for meets held outside of the host gym\*\*\***

**Programs:** The cost of programs should be reflective of the quality and content. All programs should contain a list of competitors, rotation sheets, and score sheet.

## **MEET FORMALITIES**

### ***MEET FORMALITY & HOSPITALITY***

Meet Directors should follow all guidelines for meet formality & hospitality that are stated in the USAG Rules and Policies. Remember efforts should be made to make each meet a memorable event for the gymnast and parents. It is suggested that coaches make it a team policy that no competitors leave until all awards are given out for the session in which they have competed. At all meets, it is recommended that the awards ceremony begin with the highest-level competitors in a given session.

**\*\*\*It is recommended that Meet Directors schedule the Optional session first on Saturday to allow gymnast who also judge to compete prior to a judging session.**

### ***CAPITOL CUP FORMAT***

Optional Level and Level 4 will follow a Capital Cup Format during the meet. Meet director may choose to use the capital cup format for other levels, but are not required to do so.

**\*\*\*Optional Gymnast will have a 10-minute warm-up before each event.**

**\*\*\*LEVEL 4's will have 1 touch for warm-up on each event before compete on that event (Voted at the NC State Meeting in August 06)**

### ***GYMNAST ATTIRE AT MEETS***

\*\*\*Gymnast must be in appropriate competition attire during the entire meet; this includes *Warm-ups* and the *Awards Ceremony*.

\*\*\*Gymnasts are not allowed in the competitive area **without** a shirt or jersey covering their upper body.

\*\*\*No jewelry or hats are allowed on gymnast during the entire meet.

\*\*\*Uniforms must meet USAG Men's R&P Guidelines (<http://www.usa-gymnastics.org/PDFs/Men/Rules/Rules%20and%20Policies/v-joprogram.pdf>)

### ***COACHES ATTIRE AT MEETS***

\*\*\*Must have closed toe shoes (no sandals)

\*\*\*Pants must be; Slacks, Warm-up bottoms or Hemmed Shorts (No denim or "Cargo Shorts) (as per USAG R&P 07-08)

\*\*\*Shirts must have collar and have respective Team or State Logo

\*\*\*No hats

*Violators may be asked to leave the competitive floor*

### ***ADDITIONAL JUDGES AT COMPULSORY COMPETITIONS***

There will be 6 judges plus 3 JO judges for all compulsory meets. The host gym will cover the hotel, travel, and meals for the extra 3 judges. The state funds will cover the session fee for the extra 3 judges.

### ***APPROACHING JUDGES DURING COMPETITION***

It is highly recommended that compulsory coaches take the JO Judging Course and optional coaches take both the JO Judging Course and the National Judging Course. However, any coach wishing to approach a judge during all North Carolina competitions can do so, but must do so in a non-confrontational manner. To keep meets moving along, please take questions and concerns to the meet referee and/or reserve them for after the competition if possible.

### ***CONFRONTATION WITH JUDGES DURING COMPETITION***

Argumentative confrontation with judges **will not** be tolerated during or after any North Carolina Competition. Judges will give one warning to the coach in question, if the coach continues in any way, the judge will deduct .2 from the coaches Team or gymnast's all around score. If a coach persists confronting a judge after being given the .2 deduction, the Meet or State Director will remove them from the competitive floor for the rest of the competition.

\*\*\*Judges ***must*** post ***START VALUES*** for all Optional Gymnasts in order to make approaches less frequent.

\*\*\*Any complaints about scores or deductions should be taken to the Meet referee or Head judge.

## **INCLEMENT WEATHER**

When inclement weather is expected on a meet weekend, meet schedule adjustments will be determined by the Meet Director in coordination with the State Chair.

## **COMPETITION LEVEL CLARIFICATION**

**PLEASE REFER TO THE LATEST UPDATES TO KNOW CURRENT LEVEL AND AGE GROUPS.** This information can be found on the NC State Website

([www.ncmensgymnastics.com](http://www.ncmensgymnastics.com)) or the USAG website on the Men's Program page ([www.usagymnastics.org/men/](http://www.usagymnastics.org/men/))

**AGE IS BASED OF SEPTEMBER 1, 2009**

### **DIFFERENCES IN AGE GROUPS IN NORTH CAROLINA:**

#### **Level 4 Age Groups In North Carolina:**

- **6 Year Old** - \*This is an age group in NC Only so if you take these athletes outside of NC they will be competing in the 6-7 year old age group\*
- **7 Year Old** - \*This is an age group in NC Only so if you take these athletes outside of NC they will be competing in the 6-7 year old age group\*
- 8 – 9 Year Olds
- 10 – 11 Year Old
- 12+ Year Old

#### **Level 5 Age Groups In North Carolina:**

- 7-9
- 7 – 9 Rookie - \* Division in North Carolina Only\*
- 10 -11
- 10 – 11 Rookie - \*Division in North Carolina Only\*
- 12+

(Please see Level 5 Rookie Section for explanation of Rookie Status)

#### **Level 6 - 10 Age Groups In North Carolina:**

- NC will follow all division set by USAG in 09-12 JO Program

### **LEVEL 5 ROOKIES**

Any first year Level 5 under age 12 can compete in the Rookie division until until the NC State Championship. Starting with the 08-09 Season a gymnast classified as a Rookie will be able to stay in the Rookie Division during the entire season {if the coach chooses to do so}. **There will be NOT BE A ROOKIE DIVISION AT THE NC STATE CHAMPIONSHIP MEET.** There will not be a rookie division for Level 5 competitors ages 12 and up.

The Rookie division is designed to let the newcomers compete amongst themselves until their level of proficiency is adequate to compete with the experienced Level 5's. Coaches must specify Rookie division on the meet entries or these boys will be competing at the regular Level 5 level. **In addition, a coach**

must state rookie on the entry form at the gymnasts' **first** meet for them to be eligible to compete in the rookie division throughout the season.

**\*\*\*A 2nd year Level 5 or a Level 5 that has qualified to the State Meet, as a Level 5 is no longer considered a Rookie.**

**\*\*\*There is no Level 5 Rookie division at the NC State Championships.**

### ***SPECIALISTS***

Gymnasts will be allowed to compete as specialists at the State, Regional, and National levels. **Gymnasts who wish to compete as a “specialist” must be designated as a “specialist” on the meet entry form.** Specialists may qualify to the State Meet by scoring 1/6 of the qualifying score for their level on all events except floor and vault. Floor and Vault specialists must score 1/6 of the qualifying score plus an additional half point. Specialists will qualify to the Regional and National Championships in accordance with USAG Rules and Policies.

### ***FOREIGN GYMNASTS***

USAG guidelines state in JO Rules Update #4 on November 10, 2005 that participation by USA Gymnastics non-citizen athlete members are:

- • Non-citizen USA Gymnastics athlete members are allowed to compete/participate in USA Gymnastics sanctioned events with **full privilege and receive awards** up to and including the Junior Olympic National Championships (no duplicate awards necessary)
- • USA Gymnastics Junior Olympic, Junior Elite or Senior Elite USA Team members must be United States citizens.
- The club is responsible for sending a letter to the foreign athletes home country stating the gymnast will be competing for your gym. A draft letter and address for the other gymnastics federation can be found on the USAG website ([www.usa-gymnastics.org](http://www.usa-gymnastics.org))

## **AWARDS INFORMATION**

### ***OVERVIEW OF AWARDS***

**Meet Directors are responsible for the following at NC Qualifier:**

Medals must be given for All-Around awards, and the meet director has the choice on how to handle event awards

Traditional Awards for Level 5R, Level 5, Level 6, Level 7, Level 8, Level 9, and Level 10

**Event Awards - 1<sup>st</sup>-3<sup>rd</sup> Place Medals, Ribbons for 4<sup>th</sup> place and down on event**

**AA – 1<sup>st</sup> – 3<sup>rd</sup> Place Medals, Ribbons for 4<sup>th</sup> place and down in all-around**

All-Around Awards only for Level 4

NC State Director will bring Participation Awards for Level 4

Team Awards for all levels {Please refer to which age groups count for the Team Award}

**{LEVEL 5R and LEVEL 5 combined for LEVEL 5 Team Award}**

**Meet Directors are responsible for the following at NC State Championships:**

All medals must come from **A-1 Awards** for the State Championships

***There is no Level 5R division at the NC State Championships.***

Traditional Awards for Level 4, Level 5, Level 6, Level 7, Level 8, Level 9, Level 10 and should follow USAG Guidelines

\*Event Awards -1<sup>st</sup>-3<sup>rd</sup> Place Medals, Ribbons for 4<sup>th</sup> place and down on event

\*AA – 1<sup>st</sup> – 3<sup>rd</sup> Place Medals, Ribbons for 4<sup>th</sup> place and down in all-around

**All Level 4's will receive a medal and recognition during the all-around awards**

Awards for Team Awards for all levels

### **LEVEL 10 THROUGH LEVEL 5 AND LEVEL 5 ROOKIE**

All gymnasts at the above levels will receive awards at the conclusion of each meet as dictated by the Rules and Policies during an awards ceremony. The minimum number of places to be awarded will follow Rules and Policies.

### **MEDALS**

**Medals must be given at qualifiers for All-Around Awards.**

**Medals must be given for 1<sup>st</sup> – 3<sup>rd</sup> on individual event awards.**

**\*4<sup>th</sup> Place and down on individual events will be ribbons\***

**\*\*\*In accordance with USAG Rules and Policies award medals will be given at the State Meet for all places in individual events and the All-Around.**

**\*\*\*The Meet Director for the State Meet must order all medals through the national medal company *A-1 Awards* 1-800-444-9569.**

### **LEVEL 4 AWARDS**

Level 4 competitors will receive *Achievement Ribbons* on each event **only at NC Qualifiers**. Immediately following the event, the judge will hand the ribbons to the coaches so they can distribute them to their gymnasts. **Meet directors need to have judge's assistant on the event to write the following information on the ribbon for the gymnast: gymnast #, event name, and score.** (*The easiest way to do this is to use mailing labels*)

### **LEVEL 4 RIBBONS SCORE RANKING**

<b>14.00 – 16.00</b>	<b>BLUE RIBBON</b>
<b>12.00 – 13.95</b>	<b>RED RIBBON</b>
<b>10.00 – 11.95</b>	<b>WHITE RIBBON</b>
<b>8.00 – 9.95</b>	<b>YELLOW RIBBON</b>
<b>1.00 – 7.95</b>	<b>GREEN RIBBON</b>

**\*\*\*\*All-Around Award medals will still be given during the Awards ceremony at all qualifiers. At the State Meet for Level 4, individual event and All-Around Placement awards will be given as they are for other Classes.**

**\*\*\*\*ALL LEVEL 4's will be recognized with a medal during the all-around part of awards during the NC State Championships.**

**\*\*\*\*STATE MEET AWARDS FOR LEVEL 4's – On event there will be medals for**

### ***TEAM TROPHIES For NC Meets***

<b>LEVEL</b>	<b>AGES</b>	<b>SCORES COUNTED</b>	<b>MINIMUM NO. AWARDED</b>
<b>4</b>	<b>6-11</b>	<b>Top 3 scores</b>	<b>Top 3 places</b>
<b>5</b>	<b>7-12+</b>	<b>Top 3 scores</b>	<b>Top 3 places</b>
<b>6</b>	<b>8-18</b>	<b>Top 3 scores</b>	<b>Top 3 places</b>
<b>7</b>	<b>10-18</b>	<b>Top 2 scores</b>	<b>Meet directors will decide</b>
<b>8</b>	<b>12-18</b>	<b>Top 2 scores</b>	<b>number of places to</b>
<b>9</b>	<b>12-18</b>	<b>Top 2 scores</b>	<b>award at levels 7-10.</b>
<b>10</b>	<b>14-18</b>	<b>Top 2 scores</b>	

Meet directors may determine the size of the team trophies.

## **2009 - 2010 QUALIFYING SCORES TO STATE MEET**

State qualifying scores for the 2009 - 2010 State Meet will be as follows:

Level 4	Automatically qualify if they competed All Around in at least 3 North Carolina Qualifiers
Level 5	Automatically qualify if they competed All Around in at least 3 North Carolina Qualifiers
Level 6	Automatically qualify if they competed All Around in at least 3 North Carolina Qualifiers
Level 7	Automatically qualify if they have competed All Around in at least 2 North Carolina Qualifiers
Level 8	Automatically qualify if they have competed All Around in at least 2 North Carolina Qualifiers
Level 9	Automatically qualify if they have competed All Around in at least 2 North Carolina Qualifiers
Level 10	Automatically qualify if they have competed All Around in at least 2 North Carolina Qualifiers

Specialists may qualify at their level by scoring 1/6 of the qualifying score except for specialists on floor and vault who must score an additional 1/2-point.

**Gymnasts must be designated as a “specialist” on the meet entry form.**

## **STATE MEETINGS**

### ***ATTENDANCE***

All coaches are encouraged to attend all State Meetings.

### ***VOTING PRIVILEGES***

**Each gym** is entitled to **one vote**. Coaches may submit agenda items to the State Director prior to the meeting and may vote by mail.

# SPECIAL ANNUAL AWARDS

## ***LEONARD CLEMMER AWARD (ATHLETE OF THE YEAR)***

The Athlete of the year should be a senior gymnast who not only possesses great gymnastics ability but who also is an outstanding scholar with at least a 3.0 GPA. The gymnast receiving the award should be a role model to our states younger gymnast and involved in community activities. Voting for Athlete of the Year will take place at the State Meet.

## ***COACH OF THE YEAR***

The Coach of the Year should be an individual who is not only building a program that develops fine gymnasts, but also fine citizens. Information about the award will be sent to coaches annually and they may submit nominations. Voting for Coach of the Year will take place at the State Meet.

There will be two categories for this award: Compulsory Coach of the Year and Optional Coach of the Year.

## ***ACADEMIC ALL-AMERICAN AWARD***

Each year coaches should check with High School Students, 9th - 12th, within their gym to see if anyone would be eligible for this Academic Award. See the National Rules and policies for more Information. Due date for applications is now April 1. Applications will be available on the NC Men's Website ([www.ncmensgymnastics.com](http://www.ncmensgymnastics.com)) or the USAG Website ([www.usa-gymnastics.org](http://www.usa-gymnastics.org))

## ***NC. ACADEMIC ALL-AMERICAN AWARD***

Applicants must be in at least 3<sup>rd</sup> grade and have an annual GPA of 3.5 or higher. Submit a completed application form with \$10.00 fee and coaches signature, along with a recommendation letter from a schoolteacher. A **copy** of the gymnast's most recent report card must also be sent to verify the 3.5 GPA. **Applications due by March 1<sup>st</sup> of each Year.**

Application will be on the NC Men's Website ([www.ncmensgymnastics.com](http://www.ncmensgymnastics.com)).

Send to:	NC Men's Gymnastics Attn: Benji Stern 5400 Atlantic Springs Road Raleigh, NC 27616
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The Gymnast will be awarded 2 certificates at the State Championships, one for his gym to display and one for his family to keep.