

I. Section 1: Age, Level and Mobility

I. AGE DIVISIONS FOR INDIVIDUAL COMPETITION

- a. Competitive Age: Levels 3-8 have age divisions at Local/Invitational, State & Regional Championships. A gymnast's age is determined by how old she will be as of December 31st of the year in which the competition takes place.
- b. Level 3 ONLY: Child 5 years of age: Must be 5 years old on the day of competition to be eligible to compete. These athletes may apply for the Introductory Membership.
 - i. Child A: 6-7 years of age: a gymnast MUST be 6 years old on the day of competition to be eligible to compete. USA Gymnastics athlete membership will not be processed until the athlete's sixth birthday.
 - ii. Child B: 8-9 years of age: a gymnast MUST compete at age 7 in the Child B Division if she will turn 8 by December 31st of the year in which the competition takes place
 - iii. Child C: 10-11 years of age: a gymnast MUST compete at age 9 in Child C Division if she will turn 10 by December 31st of the year in which the competition takes place.
 - iv. Junior A: 12-13 years of age: a gymnast MUST compete at age 11 in the Junior Division if she will turn 12 by December 31st of the year in which the competition takes place.
 - v. Junior B: 14-15 years of age:
 - vi. Senior: 16 and over: a gymnast MUST compete at age 15 in the Senior Division if she will turn 16 by December 31st of the year in which the competition takes place.
- c. Competitive Age: Levels 9-10
 - i. Hope: 11-12 years of age: must be 11 years of age by December 31st of the calendar year.
 - ii. Junior: 13-15 years of age: must be 13 years of age by December 31st of the calendar year.
 - iii. Senior: 16 and over: a gymnast MUST compete at age 15 in the Senior Division if she will turn 16 by December 31st of the year in which the competition takes place.

II. GENERAL DESCRIPTION OF COMPETITIVE LEVELS

- A. Level 3 is the first "evaluation" stage in an athlete's competitive development. The goals of the Level 3 program are to focus attention on skill development not the score. Gymnasts compete Floor and apparatus routines, which are compulsory by club. Up to 4 gymnasts compete on the floor at the same time from the same club.
- B. Level 4 is for the gymnast who can successfully perform the skills and routines from Level 3. Gymnasts compete Floor and apparatus routines, which are compulsory by club. Up to two gymnasts from the same club will compete at the same time.
- C. Level 5 is for the gymnast who can successfully perform the skills from Level 4. The Floor and 3 apparatus routines are optional. Gymnasts will compete one at a time.
- D. Level 6 is for the gymnast who can successfully perform the skills from Level 5. They compete optional Floor and 3 other optional apparatus routines. Gymnasts compete one at a time.

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- E. Level 7 & 8 is designed to prepare gymnasts for the advanced skills of the FIG program. They compete optional Floor and three other optional apparatus routines.
- F. Level 9 is for the accomplished rhythmic gymnast who has demonstrated that she can perform basic FIG requirements and is ready for the challenge of full FIG routine requirements.
- G. Level 10 is the level for those gymnasts who qualify to the USA National Championships.
 - 1. Any gymnast that attains a Level 10 status will remain a Level 10 regardless of her qualification to National Championships each following year.
 - 2. A Level 10 gymnast will be eligible to enter the National Qualifier each year once she attains this status.
- H. The top 12 athletes (junior and senior) in the All-Around competition at USA National Championships earn Elite status.

1. LEVEL 3 AND LEVEL 4 COMPETITION

- B. The Level 3 and Level 4 competitive program will follow the rotation chart for apparatus (as per JO Handbook).
- C. The Level 3 competition will be held at local & invitational events **only**.
- D. Level 4 competition will be held at local, state, and regional events. Level 4 competition may be held at the Open Championships; this determination will be made yearly by USA Gymnastics.
- E. Local competitions
 - 1. Gymnasts may perform one to three routines. Coach is responsible for music properly labeled at all meets.
- F. State Competitions - Level 4 ONLY
 - 1. To enter a State Meet, a gymnast must have competed All-Around in at least one USA Gymnastics sanctioned local meet.
 - 2. Gymnasts may compete in any State Meet (provided the meet is open); however, competition in the State of a gymnast's residence must take precedence over out-of-residence meets.
- G. Regional Competition – Level 4 ONLY
 - 1. All-Around Competition is required at the Regional meet.
 - 2. To enter a Regional Meet, a gymnast must have competed All-around in her State Meet. If a State Meet is not held in a gymnast's state-of-residence, the gymnast must compete All-around in a State Meet outside of her state-of-residence.
 - 3. Gymnasts may compete in any Regional Meet (provided the meet is open); however, competition in the Regional Meet of a gymnast's residence must take precedence over out-of-residence Regional Meets.

2. LEVEL 5 AND LEVEL 6 COMPETITION

- A. The Level 5 & Level 6 competitive program will follow the rotation chart for apparatus (as per JO Handbook).
- B. Level 5 & Level 6 competition will be held at local, state, regional and Open Championship events

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- C. Level 5 & 6 will compete at JO Compulsory Championships.
- D. **Local Competitions**
 - 1. Level 5 & Level 6 gymnasts may perform one to four events at the local level, however; a gymnast must perform the Floor routine in order to compete any of the additional events. Coach is responsible for music properly labeled at all meets.
 - 2. There is no required minimum qualifying score for Local Meets.
- E. **State Competitions**
 - 1. To enter the State Meet, a gymnast must have competed All-Around in at least one USA Gymnastics sanctioned local meet.
 - 2. Gymnasts may compete in any State Meet (provided the meet is open) however; competition in the State Meet of a gymnast's residence must take precedence over out-of-residence State competitions.
- F. **Regional Competitions**
 - 1. All-around competition is required at the Regional level
 - 2. To enter a Regional Meet, a gymnast must have competed All-around in her State Meet. If a State Meet is not held in a gymnast's state-of-residence, the gymnast must compete All-around in a State Meet outside of her state-of-residence.
- G. See Junior Olympic Championships

3. LEVEL 7 AND LEVEL 8 COMPETITION

- A. The Level 7 & 8 competitive program will follow the rotation chart for apparatus (as per JO Handbook).
- B. Level 7 & 8 competition will be held at local, state, regional and JO Championship events.
- C. **Local Competition**
 - 1. Level 7 & 8 gymnasts may perform one to four events at local meets; however, a gymnast must perform the Floor routine in order to compete any of the additional events. The Coach is responsible for music properly labeled at all meets.
 - 2. There is no required minimum qualifying score for Local Meets.
- D. **State Competitions**
 - 1. To enter a State Meet, a gymnast must have competed All-Around in at least one USA Gymnastics sanctioned local meet.
 - 2. Gymnasts may compete in any State Meet (provided the meet is open); however, competition in the State Meet of a gymnast's residence must take precedence over out-of-residence State competitions.
- E. **Regional Competitions**
 - 1. All-around competition is required at the Regional level.
 - 2. To enter a Regional competition, a gymnast must have competed All-around in her State meet. If a state meet is not held in gymnast's state of residence, the gymnast must compete All-around in a state meet outside her state of residence which has been designated by the Regional Board.
- F. See Junior Olympic Championship Section.

4. LEVEL 9, 10 & ELITE COMPETITION

- A. The Level 9, 10 & Elite competitive program is determined by the FIG program.
- B. A gymnast may only compete in Level 9 Hope division after having competed at least one year in the USA Gymnastics Junior Olympic Program.
- C. A gymnast may compete with less than four events at Local and state meets; however, she will not be eligible for All-around awards.
- D. There is no minimum qualifying score for entry into local, state, and regional meets.
- E. Level 9 gymnasts must qualify to the National Qualifying competition by attending her Regional Championships.
- F. Level 9, 10 and Elite gymnasts may qualify to the USA National Championships only from the designated qualifying competitions, as determined by the Rhythmic Program Director and the Rhythmic Program Committee.

III. LEVEL MOBILITY

- A. A gymnast may not move down a level once she has entered a State Meet, except by petition to the Regional Board.
- B. Any gymnast, regardless of her level, may compete as a member of a Junior Olympic Group without detriment to her standing as an individual competitor.
- C. Any gymnast who has been officially assigned to represent the USA as a member of an FIG Junior or Senior Group may return to individual competition as a Level 10.

II. Section 2: Types of Competition and Specific Competition Regulations

I. COMPETITIVE SEASON

- A. The Rhythmic Gymnastics Individual season begins August 1 of each year.

II. LOCAL INVITATIONAL MEET

- A. May be conducted for Level 3-10 individual and for group.
- B. Includes city or county meets, dual or triangular, and invitational meets.

III. USA GYMNASTICS STATE CHAMPIONSHIPS

- A. Must be conducted for Levels 4 through 8 in all divisions and for Group competition.
- B. All-Around competition is required for Level 4-8 individuals.

I. QUALIFICATION TO THE USA GYMNASTICS STATE CHAMPIONSHIPS MEET

- A. The USA Gymnastics State meet is conducted for all athletes in residence of the defined State.
- B. Guests (any athlete who resides outside of the State) may be accepted into the State Meet if the Meet Director determines that there is a sufficient amount of time. Guests will be given awards as defined in the Rules and Policies.
- C. To enter a State Meet, the gymnast must have competed All-Around in at least one USA Gymnastics sanctioned Local Meet. This applies to all Levels 4-8 individual competitors.

- D. Injury petitions are accepted for State Meets.

II. DATE OF THE STATE CHAMPIONSHIPS MEET

- A. All State Meets must be completed at least two weeks prior to the respective Regional Meet.

III. MEET INFORMATION AND ENTRY FORMS

- A. Meet information and entry forms for the State Meet, should be sent by the State Meet Director to all State Professional Members, no later than eight (8) weeks prior to the competition.
- B. A contact list can be obtained from the State Chairman.
- C. See Entry Regulations for more details.
- D. See Entry Fees for more details.
- E. The Meet Director must include the format for the submission of D forms. A late penalty of \$25.00 per athlete can be required prior to an athlete's participation for any forms received after the deadline.

IV. MEET FORMAT

- A. Meet format, meet information and the number of sessions will be dependent upon the number of entries and organized according to the USA Gymnastics Rhythmic Rules and Policies.

IV. USA GYMNASTICS REGIONAL CHAMPIONSHIPS

- A. Must be conducted for Levels 4-9 in all age divisions and Group competition.
- B. Participating Level 4-8 gymnasts must be registered as All-around competitors.
- C. The regional competition is the qualifying meet for the USA Gymnastics Junior Olympic Championships and Open Championships

I. QUALIFICATION TO THE REGIONAL CHAMPIONSHIPS MEET

- A. The USA Gymnastics Regional Championships is conducted for all athletes in residence of the defined Region.
- B. Guests (any athlete who resides outside of the Region) may be accepted into the Regional Meet if the Meet Director determines that there is a sufficient amount of time. Guests will be given awards as defined in the Rules and Policies.
- C. Entry qualification: a gymnast must have competed in the All-Around competition in her State Meet.
- D. If a gymnast was injured or ill at the time of the State Meet, she may petition the State Chair and the Regional Chair to directly enter the Regional Meet.
- E. There are no score qualifications to enter the Regional Championships for Levels 9 and 10.

II. DATE OF THE REGIONAL CHAMPIONSHIPS MEET

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Based on the Junior Olympic Championships, the Regional Board will determine the dates of the Regional Meet. All Regional Meets must be completed at least two weeks prior to the Junior Olympic Championships.

III. MEET INFORMATION AND ENTRY FORMS

- A. Meet Information and entry forms for the Regional Meet should be sent by the Regional Meet Director to all Regional Professional Members and assigned judges eight (8) weeks prior to the competition.
- B. A contact list can be obtained from the Regional Chair.
- C. See Entry Regulations for more details.
- D. See Entry fees for more details.
- E. The Meet Director must include the format for the submission of D forms. A late penalty of \$25 per athlete can be required prior to an athletes' participation for any forms received after the deadline.

IV. MEET FORMAT

- A. Depending on the number of gymnasts in the Region, it is possible to hold the Regional meet for different Levels on different dates.
- B. Meet format, meet information and the number of sessions will be dependent upon the number of entries and organized according to the USA Gymnastics Rhythmic Rules and Policies

V. USA GYMNASTICS OPEN CHAMPIONSHIPS

- A. Open Championships is an annual national competition for Level 5 and 6 individual gymnasts in all age divisions and the Junior Olympic Groups in the Beginner division. The inclusion of Level 4 gymnasts will be determined annually by USA Gymnastics

I. QUALIFICATION FOR INDIVIDUALS AND GROUPS

- B. Gymnasts in Level 5 and 6 who have participated in their Regional Championships that year and Beginner Groups are eligible for the Open Championships.
- C. Injury petitions must be submitted to the Rhythmic Program Director before the entry deadline.

II. DATE AND SITE OF THE OPEN CHAMPIONSHIPS

- A. The dates of the Rhythmic Open Championships will be determined by the USA Gymnastics
- B. Clubs wishing to host this event may submit a bid to the USA Gymnastics Rhythmic Program Director unless it is run under the direction of USA Gymnastics Events.

III. MEET INFORMATION AND ENTRY FORMS

- A. Meet information and entry forms will posted online. The Regional Chair is responsible for sending the links or posting the information on the Regional site.

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- B. The Rhythmic Program Director in consultation with the Regional Administrative Committee will determine entry fees unless otherwise determined by USA Gymnastics

IV. MEET FORMAT

- A. Individuals will compete in a one or two-day competition.
1. Individual All-around, and Individual Event awards will be given as follows:
 - a. All-Around Awards - Medals will be awarded to the top 12 all-around winners for Levels 5 and 6.
 - b. Event Awards - Medals will be awarded to the top 12 individual event winners for Levels 5 and 6.
 - c. Special Awards as approved by the organizing committee. (ex: Top Club, Top Coach, Top Region).
 - B. Groups will compete in a one-day competition. The order of the competition will be determined by a pre-meet draw. All group levels are limited to Floor and one other event as designated by the Junior Olympic Technical Committee.
 1. Medals will be awarded to 50% up to 6 places in each event. Each athlete in the group will receive a medal.
 2. Trophies will be awarded to 50% up to 6th place for All-Around to each group. (The All-Around score will be determined by the two designated events scores added together.)

VI. USA GYMNASTICS JUNIOR OLYMPIC CHAMPIONSHIPS

Junior Olympic Championships is an annual competition for qualified Level 7 and 8 individual gymnasts in all age divisions and Junior Olympic Groups for the Intermediate & Advanced Divisions. The individual qualifying procedures will be set annually.

I. QUALIFICATION FOR INDIVIDUALS AND GROUPS

- A. The top 8 Levels 7 and 8 individual athletes in rank order (regardless of age division) from each Regional competition will qualify to the Junior Olympic Championships. The top 8 comprise the "Regional Team".
- B. A gymnast may qualify to the Championships only through the Regional Championships held in her region of residence.
- C. If there is an All-Around tie in the 8th position, the gymnast with the highest event score will be named to the Regional Team.
- D. Additional qualification places: Each region will be allotted a pre-determined number of individual places per level to compete for individual rankings but not as part of the Regional team based on the Region's percentage of athletes. Each Region's additional numbers will be determined by the Rhythmic Administrative Committee and submitted to each Regional Chair in advance of the Regional Championships.
- E. If an athlete qualifies as part of the Regional Team but is unable to attend or chooses not to attend, the next gymnast in rank order will replace her on the team and the next All-Star

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in rank order will be invited (in compliance with the total number of allotted All-Stars for that level). The Regional Chair is responsible for ensuring that a complete team is in place.

F. Intermediate and Advanced Groups may compete at the Junior Olympic Optional Championships as long as they have participated in the Invitational, State or Regional Championships in the current year.

G. Injury Petitions: If an athlete is injured or ill at the time of the Regional Championships and cannot compete, she may petition to her Region's board via the Regional Chair. All injury petitions must be accompanied by a physician's note.

II. DATE AND SITE OF THE JUNIOR OLYMPIC CHAMPIONSHIPS

A. The dates of the Junior Olympic Championships will be determined by the USA Gymnastics.

B. Clubs wishing to host this event may submit a bid to the USA Gymnastics Rhythmic Program Director unless it is run under the direction of USA Gymnastics Events.

III. MEET INFORMATION AND ENTRY FORMS

A. Meet information and entry forms will be posted online by USA Gymnastics.

B. The USA Gymnastics will determine entry fees.

IV. MEET FORMAT

A. Individuals will compete in a two-day competition.

1. Regional Team, Individual All-around, Individual Event, and Group awards will be given as follows:

a. All-Around Awards - Medals will be awarded to the top 8 all-around winners for Levels 7 and 8.

b. Event Awards - Medals will be awarded to the top 8 individual event winners for Levels 7 and 8.

c. Regional Team Awards - Trophies will be awarded to each member of the top 3 Regional teams by Level (Level 7 and 8). The top four scores from each event for each Regional team will count toward the Regional team score.

d. Group Medals will be awarded to 50% up to 6 places in each event. Each athlete in the group will receive a medal. Trophies will be awarded to 50% up to 6th place for All-Around to each group. (The All-Around score will be determined by the two designated events scores added together.)

VI. USA GYMNASTICS NATIONAL QUALIFYING COMPETITION

A. A National Championships qualifying competition will be held annually for Level 9, 10 and Elite individual gymnasts.

I. QUALIFICATION TO THE NATIONAL QUALIFIER:

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- A. One qualifying competition will be held annually for athletes to qualify to the U.S. National Championships.
- B. All Level 9 gymnasts who have participated in the All-Around Regional Championships are eligible to compete in National Qualifier. The top 6 (rank order) Juniors/Hopes and the top 4 (rank order) Seniors will comprise the "Regional Team." The top 2 junior scores and the top 2 senior scores by event will count toward the Regional team score
- C. The National Qualifier will serve as the Level 9 Championships for the Level 9 Regional Teams.
- D. The specific number of athletes to advance to the U.S National Championships will be determined by the Rhythmic Program Director and Rhythmic Program Committee.
- E. Athletes that qualify in the Hopes division will compete in the Junior division at the National Championships but will receive separate awards.

II. DATE OF THE NATIONAL QUALIFIER

- A. The dates will be determined by the USA Gymnastics Rhythmic Program Director.
- B. The National Qualifier will be at the latest two weeks prior to National Championships.
- C. Clubs wishing to host this event may submit a bid to the USA Gymnastics Rhythmic Program Director.

III. MEET ENTRY FORMS

- A. Entry forms will be posted online.
- B. USA Gymnastics will determine entry fees.

IV. THE DRAW

- A. For the Senior Division a competitive draw will be conducted for all competitors.
- B. For the Junior Division a competitive draw will be conducted for all competitors.
- C. Session rotations will be determined based upon the number of qualified athletes.

V. MEET FORMAT

- A. Individuals will compete in a two day, All-around competition.

VI. AWARDS

- A. Separate awards will be presented in the Hopes, Junior and Senior divisions for Levels 9 and 10.
- B. Awards are presented to the top 10 in each division.
- C. Non-citizen athletes will be awarded in separate award categories to the top 6 in each division or 50% of the field of competitors.

VII. TECHNICAL

- A. The meet information will include the format for submission of D forms.
- B. The Difficulty forms may be returned to the coaches following the competitions.

VII. USA GYMNASTICS- NATIONAL CHAMPIONSHIPS

- A. An annual competition for qualified Level 9, 10 and Elite gymnasts in the junior and senior age divisions and FIG group competitions.
- B. Gymnasts from the Hopes age division who meet the qualifications requirements for juniors will be allowed to compete in the USA National Championships; however, this age division does not compete in a separate division and is not eligible for the Junior National Team.
- C. To enter the USA National Championships, all gymnasts must meet the requirement set forth by the Rhythmic Program Director and Rhythmic Program Committee annually.
- D. The top 8 Seniors and the top 8 Juniors in the All-Around competition will comprise the USA Gymnastics Rhythmic National Gymnastics Team for Individuals.

I. QUALIFICATION TO THE USA GYMNASTICS- NATIONAL CHAMPIONSHIPS

The athletes will be determined from the National Qualifier. The Rhythmic Program Committee will determine the qualifying numbers annually.

- A. Hope and Junior gymnasts will be considered together for qualification into the VISA Championships. Hopes will be awarded separately from Juniors and may not earn a place on the Junior National Team. However, Hopes may be invited to the Rhythmic Challenge of the following year at the invitation of the International Elite Coaches Committee.
- B. Petitions: If a gymnast was injured or ill at the time of the qualifying meet, she may petition the Rhythmic Program Committee to be allowed to compete in another qualifying meet. A copy of the petition is to be sent to the USA Gymnastics Rhythmic Gymnastics Program Director and it will then be forwarded to the Rhythmic Program Committee for action.
- C. Qualifying Exemptions
 - i. Current National Team athletes in the Junior and Senior divisions who qualify for international selection events are not required to compete in the Qualifier and will automatically advance to the National Championships.
 - ii. Current National Team athletes injured at the time of the Qualifier may advance to the National Championships (with doctor verification).

II. DATE OF THE NATIONAL CHAMPIONSHIPS

- A. The National Championships must be held after all State and Regional Meets.
- B. The date of the National Championships is determined by USA Gymnastics.

IV. III MEET ENTRY FORMS

Entry forms for the National Championships will be posted online.

IV. THE DRAW

- A. For the Senior Division a single competitive draw will be conducted for all competitors.

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- B. For the Junior Division a single competitive draw will be conducted for all competitors.
- C. Session rotations will be determined based upon the number of qualified athletes and/or schedule.
- D. For the Group competition a competitive draw will be conducted for all groups.

V. MEET FORMAT

- A. Individual: There will be an All-around and Individual Event competition
- B. Group: Will be determined annually by the Rhythmic Program Director

VI. AWARDS

- A. Separate awards will be presented in the Junior and Senior divisions.
- B. In the All-Around Competition the top 8 Seniors and the top 8 Juniors will receive awards.
- C. In the Individual Event Competition, the top 6 Seniors and the top 6 Juniors in each event will receive medals based upon rank.
- D. In the Group event awards & recognition are at the discretion of the Program Director.

VII. USA NATIONAL TEAM SELECTION

- A. USA Gymnastics Senior Individual National Team will be comprised of the top 8 Seniors in the Senior All-Around Competition.
- B. USA Gymnastics Junior Individual National Team will be composed of the top 8 Juniors in the Junior All-Around Competition.
- C. The selection process for the USA Gymnastics National Group will be determined by the International Elite Coaches Committee.
- D. Any gymnast on the National Team who is unable to compete at the Championships due to injury or illness, verified by a doctor, may be invited to participate in National Team camps at her own expense and compete at the Rhythmic Challenge.

VIII. RHYTHMIC CHALLENGE

- A. The top 12 Juniors from the National Championships and the top 8 Seniors from the National Championships are eligible to compete in the Rhythmic Challenge.
- B. Gymnasts will compete in their valid age-divisions based on the year of the Challenge.
 - a. If either the Junior or Senior divisions in the year of the Challenge have less than 6 gymnasts, the next gymnast(s) in all-around rank-order from the respective age-division of the Championships will be invited.
- C. National Team members will not pay entry fees
- D. Competition information will be sent to qualified athletes
- E. The Rhythmic Challenge may serve an international selection event per the National Team Training Plan and any official Selection Procedures.

IX. INTERNATIONAL COMPETITIONS

- A. National Team athletes are eligible to be selected for international competition based on criteria established by the IEC.
- B. Only current National Team members are eligible for assignment to FIG-sanctioned events hosted by foreign federations.
- C. The organization of National Team planning and international development is the responsibility of the International Elite Coaches Committee. Clubs requesting permission to compete at club-level international tournaments must send their request to the Program Director for IEC review and follow all USA Gymnastics rules and policies in Chapter 1, Section III, 3, C.

X. Specific Competition Regulations: Score Inquiries

- A. Inquiries are allowed with regard to judging concerns regarding on: Difficulty and neutral deductions.
- B. All inquiries must go through the Meet Referee via the Meet Director. Inquiries are not allowed: verbally, after the score forms have been returned to the coach, after the gymnast's rotation has concluded, or on another gymnast's score.
- C. Inquires must be submitted to the Meet Director by the coach in writing on the official inquiry form. The Meet Director will then forward it to the Meet Referee or D1 judge (if there is no Meet Referee).
 - 1. Inquires must be submitted before the end of the session; for the last gymnast in the rotation, it must be submitted before the start of the next rotation or the start of the awards.
 - 2. Inquiries are possible for Levels 7-9 at Regional Championships
 - 3. Inquiries are possible for Levels 7-8 at the J.O. Championships
 - 4. Inquiries are possible for Levels 9-10 at the National Qualifier and U.S. National Championships
- D. If warranted, the Meet Referee will conduct a meeting with the panel in question. The decision of the Jury of Appeal is final and may not be appealed a second time.
- E. Members of the Jury of Appeal:
 - 1. Meet Director
 - 2. Meet Referee (organizer of the judges)
 - 3. Panel Judges
 - 4. An Athlete Representative may be present for the review during the Rhythmic Challenge and National Championships
- F. All inquiries must be politely and clearly written on the official form. Discourteous inquiries will be refused.
- G. Methods of settling an inquiry by the Jury:
 - 1. Discussion
 - 2. Voting on a decision
 - 3. Majority vote dictates the final decision
- H. Justifications for changing a posted score
 - 1. If a mathematical, recording, flashing or any other error existed.
 - 2. If time and/or line violations were administered improperly.
 - 3. If the Jury of Appeal, by a majority of votes, decides to penalize a gymnast for improper attire, improper behavior, apparatus violations or, upon review, clearly invalid difficulties.

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- I. Justifications for allowing a gymnast to repeat a routine.
 - 1. If a technical problem occurred on account of the host (music player, for example) that was out of the control of the athlete or coach.
- J. Both the coach and the gymnast are required to accept the decision of the Jury of Appeal without criticism or comment.
- K. If an apparatus breaks at the Rhythmic Challenge or National Championships the gymnast is automatically given the option to repeat the routine as long *as she has placed the replacement apparatus prior to the initial routine (per the rules) and completed the initial routine using the replacement*. She may repeat the routine or keep the posted score.
 - 1. The coach must request the opportunity to repeat the routine to the meet director within five minutes of the incident.
 - 2. The gymnast will be fit into the rotation in an appropriate position.
- L. Inquiries at the National Championships: The inquiry on Difficulty or neutral deductions must be submitted to the Program Director or designated staff member before the end of the rotation. The concerned Jury, per the above, will confer and, if necessary, conduct a video review. If there is a score adjustment, it will be posted prior to the start of the next rotation.

V. INJURY PETITIONS TO JO CHAMPIONSHIPS

- 1. The JO Championships will accept injury petitions into the All Star category if and when a spot comes available during the registration process.
 - a. JO injury petitions must be submitted to the Regional Director on or before the athlete's regional championship meet.
 - b. If the injury occurs during the regional championship meet, the coach has five days to complete the petition process.
 - c. Petition supporting document:
 - a. Completed and signed injury petition form
 - b. Doctor's note
 - c. Two sets of meet results:
 - i. One from the athlete's state meet
 - ii. One from an invitational meet
 - d. The Regional Director will submit to the Rhythmic program coordinator any and all injury petitions within five days of the regional meet, along with her regional team roster and all-star results.

VI. Section 3: Meet Director Responsibilities

- 1. General Responsibilities
 - a. The Meet Director shall follow the *USA Gymnastics Rules and Policies* for all sanctioned events.
 - b. A meet director must be a professional member and thoroughly versed in the organization and regulations of rhythmic gymnastics competitions
 - c. The meet director who violates any regulations of the *USA Gymnastics Rhythmic Rules and Policies* may have disciplinary action taken against him/her.

2. Pre-Competition Responsibilities

- a. Mail the "Request for Sanction Form" a minimum of thirty (30) days prior to the meet to the USA Gymnastics Office, along with the sanction fee for all event requests (**one form per event requested**).
- b. Mail a copy of the Request for Sanction Form to the Regional Chairman and the Regional Judging Coordinator.
- c. Upon receipt of the "Request for Sanction Form" and appropriate fee, the USA Gymnastics Member Services department will forward a sanction packet which includes the following:
 - i. Certificate of Sanction, granting approval. This certificate must be posted during the competition.
 - ii. Sanction Report Form
 - iii. Coaches' sign-in sheet
 - iv. Application for a Certificate of Insurance (for events conducted in an outside facility which requires proof of insurance.) The Meet Director must forward this application directly to the insurance company.
 - v. Incident and Injury report form is a document which **must** be completed in the event that an athlete is injured.
 - The Meet Director and/or medical personnel must complete the report form. The Meet Director must sign it.
 - A copy of the report form must be given to the coach or parent of the injured athlete before they leave the sanctioned facility.
 - The parent then must submit it to the insurance company. The insurance company will not honor an incident/injury report form that has NOT been signed by the official Meet Director.
- d. Request for changes to original Request for Sanction:
 - i. The Meet Director must submit the request to change the sanction in writing to Member Services.
 - ii. Request must be made at least ten (10) days prior to the event.
 - iii. If a Certificate of Sanction is received prior to the change, the Meet Director must make the changes on the certificate. A new certificate will NOT be issued.
- e. If a sanctioned event is cancelled, the Meet Director must write the word CANCELLED on the Meet Report form, sign it and return it to USA Gymnastics Member Services.
- f. Acquire the properly rated and certified judges for qualifying competitions (local, state and regional) from the USA Gymnastics Regional Judging Coordinator and follow procedures stated in the Rhythmic Rules and Policies ("Officials").
- g. For non-qualifying events (local and invitational) a meet director may contract judges on her own or use the services of the RJC for a fee of \$15 per judge. The assignment fee must accompany the meet director's request for judges. Scoring formula and score form questions should be directed to your respective Regional Chair or Regional Judging Coordinator.
- h. Discuss meet logistics (dates, times, number of athletes) with the Regional Judging Coordinator.

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- i. Make sure appropriate personnel are secured for judges' secretaries, score keepers and line judges
- j. **Secure a scoring system and display unit that will display the "D" score for Level 7-10 competitors at Regional and National level competitions.**
- k. Discuss and get approval for meet organization with meet referee prior to final printing.
- l. Make sure gymnasts are currently registered athletes of USA Gymnastics and entered in their proper age groups (Level 4,5,6,7,8,9 & 10).
- m. Verify that coaches have included Professional Membership in their entry
- n. Verify that all equipment specifications are correct and the equipment is properly installed
- o. Make sure all appropriate safety measures are considered.
- p. For local/sectional meets, the Meet Director **MUST** provide a first aid kit and ice, as well as an organized plan for dealing with medical emergencies

3. During Competition Responsibilities

- a. Ensure that all participating officials and coaches have signed the Sanction Report Form and/or Coaches Sign-in sheet.
- b. Be present during the entire warm-up and competition. It is permissible to indicate two meet directors on the Request for Sanction form.
- c. Follow all regulations found in the *Rhythmic Program Rules and Policies* and all technical regulations from Regional Administrative Committee minutes and the *Jr. Olympic Handbook*.
- d. Any changes to the meet format, (time of competition, etc.) during the actual competition must be approved by all participating coaches and the State and/or Regional Directors present.
- e. Submit any Score Inquiry Forms received no later than 5 minutes following the end of the session, to the Meet Referee.

4. Post-Competition Responsibilities

- a. Meet directors must submit the Financial Report Form to the appropriate official as named on the form within 15 days of the competition. Rebate check must accompany the report or a late fee of \$25 is due.
- b. Meet directors must send the Meet Results, with appropriate signatures (the master set of results should be signed by the meet referee or head judge only) within 5 days from the completion of the event to:
 - 1. All participating coaches - a full set of results
 - 2. State Chairman (local and state meets) - all-around results
 - 3. Regional Chairman (local, state, regional meets) - all-around results
 - 4. Regional Judging Coordinator (all events in region) - all around results
 - 5. USA Gymnastics Rhythmic Program Director (regional meets) - all-around results.
 - 6. Regional Chair of any guest competitors from a different region (state meets) - all-around results.

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- c. Meet Directors must send the list of qualifiers to the appropriate official.
 1. Appropriate State meet directors - from local events.
 2. Appropriate Regional meet directors - from state events.
 3. USA Gymnastics Rhythmic Program Director - from Regional events.
- d. Meet directors must send a Region specified rebate fee per registered athlete participant to the Regional Chairman for the Regional budget. The Regional Board may set an additional rebate of up to \$5 per registered participant. A rebate does not apply to national events.
- e. Meet directors must be prepared for any duplicate award situation. If duplicate awards are not available at the time of the award ceremony, the meet director is responsible to send the correct place awards directly to the gymnast within 4-6 weeks.

Section 4: Entry Regulations, Venue and Format

M. Entry Regulations

1. All USA Gymnastics meets must be sanctioned.
2. All competitors must be registered with USA Gymnastics and their athlete registration number must appear on the entry form and official score sheets.
3. All coaches must be a USA Gymnastics Rhythmic Professional Member with current safety certification and background check, and their USA Gymnastics number must appear on the gymnast's meet entry form.
4. All coaches must have U100 Coaches Certification
5. Meet information:
 - a. Meet information must be sent out a minimum of eight weeks before the scheduled event along with a USA Gymnastics meet entry form.
 - b. Meet information must include level of competition, description of the competition site (including ceiling height, ceiling obstructions), description of competition carpet, and warm-up area, meet format, projected time schedule, housing arrangements, deadline of when the Level 7, 8, 9 and 10 score forms are due and when the forms will be returned to the coach following the competition, etc.
 - c. State Meet Directors are obligated to send State Meet information to all USA Gymnastics Rhythmic Professional Members in the state.
 - d. Regional Meet Directors are obligated to send Regional Meet information to all USA Gymnastics registered professional members in the Region.
 - e. State and Regional Meet Directors are not obligated to send meet information outside of their respective State or Region unless a specific request is made.

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6. Entry fees for Qualifying, State and Regional Competitions:
 - a. State and Regional meet entry fees are determined by the Rhythmic Administrative Committee.
 - i. The maximum entry fee for Level 3 for individual competition is \$50
 - ii. The maximum entry fee for Level 4 for individual competition is \$65.
 - iii. The maximum entry fee for Level 5 for individual competition is \$85.
 - iv. The maximum entry fee for Level 6 for individual competition is \$85.
 - v. The maximum entry fee for Level 7 & 8 for individual competition is \$110.
 - vi. The maximum entry fee for Level 9, 10 & Elite for individual competition is \$120
 - vii. The maximum entry fee per team for Group competition is \$60 per event.
 - b. Entry fees for the USA Gymnastics National events are determined by the USA Gymnastics
 - c. Entry fees are refundable up to 50% for State, Regional and National competitions when a doctor's note is accompanied by the request. The request must be submitted by the start of the competition.
7. Entry Deadlines:
 - a. Prior to the State and Regional Meet dates, the maximum deadline for receiving any entry is seventy (70) days. The actual deadline date for each competition is to be established by the Meet Director and must be indicated on meet entry form.
 - b. The Meet Director may refuse late entries.
 - c. Late Entry: A minimum fine of \$25.00 per individual entry will be charged to individuals whose entry is received after the deadline if entry is approved. No other penalties may be imposed upon late entries.
 - d. In the event competition entry fees are required prior to a gymnast's qualification, the meet director is obligated to make a full refund to the athletes that did not qualify.
 - e. For National events, the maximum deadline for receiving any entry will be established by USA Gymnastics.
8. The Meet Director may refuse an improperly filled out entry
9. All-Around Qualifying Scores are to be earned from single meets only. Individual Event Scores may not be separated from one meet and added to the Event Scores of another meet for qualification.
10. Performing members of a Group must be listed on the entry form for Group Competition. If an alternate is designated, that name must also appear on the entry form.

Venues: Floor and Facility

A. Floor regulations

1. For local and state competitions the competition arena may consist of a wooden floor, a rubber-covered or other sporting gym surface that is even and allows for safe, free movement. The competition area may consist of a carpet layer, needle-felt or similar material. (neutral color if possible). Spring floors are acceptable for Junior Olympic competitions up through the State Level, provided this information is included in the initial information.
2. For regional and above competitions a regulation size carpet must be provided. For floors other than wood or a resilient athletic surface a foam pad must be used under the carpet.
3. The FIG regulations for interior dimensions of the floor area are 13 x 13 meters for both group and individual competition, with a security zone of minimum 1 meter wide, must be met. If the competition takes place on a podium, the security zone width must be increased to at least 2 meters.
4. The floor area must be clearly marked.
 - a. The marking material (tape, Velcro, etc.) should mark the outer boundary of the floor so that the material itself is in-bounds. In other words, a gymnast must step over the line to receive an out of bounds deduction.
 - b. For Level 3 competition, the floor must be marked perpendicular to Side 1 and divided into 4 sections, for 4 gymnasts to compete at one time. For Level 4 competition, the centerline of the floor must be marked perpendicular to Side 1 when two gymnasts are competing at a time. However, line judges are not used for Level 3 and 4 competition and are not required for Level 5 and 6 competition. The panel judge only in the case of major errors will take line deductions.

B. Facility regulations

1. The Meet Director or Host Organization, in choosing a facility, must consider the safety and welfare of the gymnasts, coaches, meet officials, spectators and all other participants.

Admissions for spectators:

Invitational/State /Regional events:

- with rental of an outside public facility :
 1. a maximum gate fee for an adult: \$25/day.
- with use of a home based facility:
 1. a maximum gate fee for an adult: \$12/ day

2. The facility provided must have the following:
 - a. Adequate lighting and heating.
 - b. Official ceiling height, unobstructed, minimum height of 8 meters. (26.2464 feet)
 - c. Suitable space for the competitive area, non-competitive area, spectator area, eating areas, parking areas, etc.
 - d. The central part of the competition facility, approximately 50m x 30m, is reserved for the competition and must be delineated in a visible manner. This designated interior zone is banned to everyone except the following meet personnel: judges, meet director, necessary auxiliary personnel (line judges, timers, runners, flashers, scorers), competing gymnast and gymnasts on deck and their respective coaches.

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- e. A visible physical barrier should be set up, with the recommended distance being at least 10 feet from the edge of the carpet.
- f. Adequate bleachers, restrooms, dressing and storage areas.
- g. Adequate janitorial services.
- h. First Aid available and immediate access to phone for emergency calls.

2. Music Regulations

- a. It is the responsibility of the meet director to provide a good sound system and a trained technician for training and competition.
- b. Since recordings can be subject to alterations that can affect the length of the exercise and the quality of the music, it remains the responsibility of the coach to check the sound system prior to the competition and to have additional copies of music.
- c. It is the responsibility of the coach to turn in her athletes' music appropriately cued. If the music is not properly set, the judges may take the appropriate deduction.

3. Meet Format

- A. A well-selected meet format is the key to a successful meet. The Meet Director must select the most suitable format in order to avoid sessions that last over 3 hours. The following factors should be considered when establishing meet format:

- 1. Number of Competitors
- 2. Number of Age Groups
- 3. Number of Levels
- 4. Number of Judges
- 5. Number of Judging Panels
- 6. Number of Events taking place per session
- 7. Number and Length of Sessions
- 8. Best situation for competitors
- 9. Best presentation of the meet for audience satisfaction

- B. Structuring the time of a session and event:

- 1. Depending upon the number of gymnasts, levels may be combined within one session.
- 2. For Level 3, calculate 2 minutes for up to four athletes competing on the floor at the same time if only one panel of judges is used. If two panels of judges are used, events can be rotated and 1.5 minutes should be calculated for two gymnasts.
- 3. For Level 4 calculate 2.5 minutes for two athletes competing at a time if only one panel of judges is used. If two panels of judges are used, events can be rotated and 1.75 minutes should be calculated for two gymnasts.
- 4. For Level 5 and 6 calculate 2.5 minutes for each athlete competing if only one panel of judges is used. If two panels of judges are used, events can be rotated and 1.75 minutes should be calculated for each gymnast.
- 5. For Levels 7-10, assuming two panels of judges are used, calculate the number of gymnasts per session using the following time recommendations per competitor:
 - a. Individual competition – Levels 7- 10: 2.25 minutes
 - b. Group competition - 4 minutes

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6. This formula calculates judging time only. It does not involve warm-up time, march in, introductions, awards, etc.
 7. No gym may open before 7:30AM on the day of competition.
 8. No session may run over 3 hours.

 9. No gymnast may compete after 10:00 p.m.
 10. In meets that cover several days, no gymnast will be required to report back to the competitive area in less than 12 hours from the completion of her session on the preceding day. Any changes to the structuring of a session or event are up to the discretion of the meet director up through State Competitions and can warrant a financial penalty.
- C. General Format Levels 3 & 4
1. A march-in may be held before each session.
 2. Level 3 – up to four athletes may compete on the floor at the same time from the same club, local and invitational meets only. Level 4 – two athletes may compete on the floor at the same time from the same club, at all meets.
 3. Gymnasts should be grouped together according to club when 2 or 4 gymnasts compete at the same time.
 4. The competition order of events will correspond with the International FIG regulations: RFX, rope, ball.
 5. Scores will be shown
- D. General Format Levels 5 & 6
1. A march in may be held before each session.
 2. One athlete to compete at a time.
 3. Gymnast should be grouped for competition according to age division.
 4. The competition order of events will correspond with the International FIG regulations: floor, rope, hoop, ball, clubs, ribbon.
 5. Scores will be shown.
- E. General Format Levels 7, 8, 9, 10, and Elite
1. A march in may be held before each session.
 2. Gymnasts should be grouped for competition according to age division and level.
 3. The competition order of events will correspond with the International FIG regulations: floor, rope, hoop, ball, clubs, ribbon.
 4. Scores will be shown.
- F. General Format Group Competition
1. J.O. Group entries must compete the apparatus for the current competitive year.
 2. Scores will be shown.
 3. The award ceremony must be held in a timely manner

Draw

- a. Must be used to determine the line-up or order of performance for all competitors for all of the events.
- b. The draw must be completed prior to the competition and presented at the coaches meeting.
- c. The number of places to be dropped must be determined before the draw and applied equally to all gymnasts based on the draw.
- d. In All-Around competition a gymnast and whenever possible the same club shall not compete as the first competitor in more than one event.
- e. If a gymnast is called to perform immediately after competing, she should be given a recovery period by dropping her position on the list of order of performance by four places. Consult the Meet Referee.
- f. All members of the same age group will be drawn for competitive order in the same session.

Level 7-10

- g. Local, state and regional competitions will have a random draw based on age group and Level of all gymnasts (including guest competitors).

4. Presentation of Awards

- A. At the conclusion of each session and within an appropriate time gymnasts should be recalled for presentation of awards.
- B. Award sequence shall be as follows:
 1. Event awards: Presented beginning with State competitors. Awards are presented in ascending order beginning with 1st place.
 2. All-Around awards: Presented beginning with State competitors. Awards are presented in ascending order beginning with 1st place.
 3. Guest awards: presented separately. Follows the same award sequence.
- C. Guest athletes are defined as gymnasts who live outside of the State or Region hosting the event. Guest athletes are in a separate award category and receive separate awards (see awards chart).
- D. An appropriate award stand or markers should be used.

VII. Section 5: Awards

- A. ALL USA Gymnastics State and Regional Championships ribbons and medals must be ordered through the official USA Gymnastics supplier. The purpose of this regulation is to insure that all USA gymnasts receive the same awards at State and Regional competitions. The design of these awards may vary from year to year. A meet director may not change this format for awards but may, if meet budget allows, present additional local organizing gifts, provided the gift is given to all participants. Athletes advancing to the various Championships should receive a recognition award for qualifying to their Regional Team.
 1. Order forms are available from the official USA Gymnastics supplier.
 2. The meet director should order awards 4-5 weeks before the competition.

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- B. The AWARD CHART - The items shown are the minimum required. Meet Directors are allowed to upgrade their awards if budget permits. State Competition award requirements are as shown on the AWARD CHART.
1. State Competitors- Athletes who reside within the state hosting the event.
 2. Guests- Any athlete who does not reside within the state. The type of awards must be specified in the entry information. (see awards chart)
- C. Regional Competition award requirements are as shown on the AWARD CHART
1. Regional Competitors- Athletes who reside within the region hosting the event.
 2. Guests- Any athlete who does not reside within the region. The type of awards must be specified in the entry information. (see awards chart)
- D. FOREIGN/NON-CITIZEN/GUEST ATHLETES- see definitions, Chapter 1.

VIII. E. Awards at State and Regional meets:

1. Level 3 Award Procedures

Gymnasts compete all together in one category and are awarded based on score
10.00 - 7.10 Blue Ribbon,
7.00 - 1.00 Red Ribbon,
There is no All-Around category for Level 3s.

2. Level 4- 10 Award Procedures

1. Individual event (ribbons are the minimum required for state and regional):
 - a. Award 1st-3rd place regardless of the number of athletes in the age division.
 - b. Meet directors will additionally award up to 12th place when the number of competitors in the age group/level is 12 or less. Meet Directors are encouraged to award all athletes.
2. All-around medals:
 - a. Award 1st-3rd place regardless of the number of athletes in the age division.
 - b. Meet directors will additionally award up to 12th place. Meet directors are encouraged to award all athletes.
3. If there are a large number of athletes in any of the age divisions, it is recommended to divide into smaller sub-divisions by birthdate (Ex: 2000, 2001 etc.) to benefit the athletes by allowing for more age groups and more awards.
4. Athletes competing in the wrong age group or event session are ineligible for any awards.

3. Group Awards (State and Regional Competitions)

1. Event award: Each group member including one alternate (if designated) will receive a ribbon for each event based on placement. Meet Directors will award 50% up to 6th place in each level - Beginner, Intermediate, and Advanced.
2. All-Around Awards: determined by averaging the two designated event scores together. Meet Directors will award 1st-3rd place medals to each group member.
3. Awards are given in three levels- Beginner, Intermediate, and Advanced regardless of age groups.

4. **Tie Breaking System** for Determining Awards for Events or All-Around:
- a. In the case of a tie in the EVENT competition for Local, State, and Regional events,
 - 1. Both athletes are named the Champions
 - 2. Both receive the same award
 - 3. During the presentation of awards, the next place following a two-way tie is skipped. In the case of a three-way tie, the next two places are skipped; and so on.
 - 4. If multiple awards are not available at the time of the award ceremony, the meet director is responsible for sending the correct place award within 4 to 6 weeks.

F. **Award Presentation** (see Section 4, 4)

AWARD CHART - State & Regional

Level	Type	Awards- minimum required	Minimum Order
4, 5, 6, 7, 8, 9,10	Individual Events and All-Around by age category	1st-3rd place is awarded regardless of the number of athletes in the age category and then 50% of the field up to 12th place	Events: Flat Ribbon All-Around: Medals
Guests L4-10	Individual Events and All-Around by age category	50% of the field up to 12th place	Flat Ribbon
Groups	Event	50% of the field up to 6th place	Flat Ribbon /each group member
Guest Groups	Event	50% of the field up to 3rd place	Flat Ribbon /each group member

G. **AWARDS FOR LOCAL AND INVITATIONAL EVENTS**

1. Awards for local and invitational events are at the discretion of the hosting organization. However, it is strongly suggested that the policies for State and Regional events with regard to distribution of awards be followed.
2. The award plan should be included with the meet information.

IX.

X. **AWARD CHART - Local and Invitational Meets**

Level	Type	Awards	Minimum Order
3	Individual Events	All Achievement Awards (as per Award Procedure)	Flat Ribbon
4, 5, 6, 7, 8, 9, 10	Individual Events & Group by age category	1 st -3 rd place is awarded regardless of the number of athletes in the age category and then 50% up to 12 th place	Flat Ribbon
4, 5, 6, 7, 8, 9, 10	All-Around by age category	1 st -3 rd place is awarded regardless of the number of athletes in the age category and then 50% up to 12 th place.	Rhythmic Medals

CHAPTER 3: COMPETITIVE STRUCTURE