



# Member Club Handbook 2011-2012

\* NOTE : ALL ENTRY FORMS AND VA CLUB DIRECTORY ARE LOCATED ONLINE AT [WWW.VAUSAG.COM](http://WWW.VAUSAG.COM) .



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# 1 VIRGINIA USA GYMNASTICS 2011-2012 SAC MEMBER DIRECTORY

VA State Administrative Committee Member Directory		
<b>Virginia State Chairman</b>	<b>Steve Garman</b> 3116 Knoll Dr. Falls Church, VA 22042	Home 703-241-1803 Fax 703-241-1804 <a href="mailto:vausag@gmail.com">vausag@gmail.com</a>
<b>Capital Area Representative</b>	<b>Jim Roe</b>	Gym 804-276-7039 <a href="mailto:roej67@msn.com">roej67@msn.com</a>
<b>Central Area Representative</b>	<b>Joe Gamma</b>	Gym 434-978-4720 <a href="mailto:tsukefly@aol.com">tsukefly@aol.com</a>
<b>Northern Area Representative</b>	<b>Tim Menger</b>	Gym 703-228-0708 Home 703-534-8786 <a href="mailto:tcmenger@verizon.net">tcmenger@verizon.net</a>
<b>Southern Area Representative</b>	<b>Barb Jirka</b>	Home 540-520-6397 <a href="mailto:bljbr@aol.com">bljbr@aol.com</a>
<b>Tidewater Area Representative</b>	<b>Wendy Hylton</b>	Gym 757-723-4966 <a href="mailto:Whyilton1@cox.net">Whyilton1@cox.net</a>
<b>Northwestern Area Representative</b>	<b>Chris Kensinger</b>	Gym 540-869-3207 <a href="mailto:ckensinger@shenandoahtumblers.com">ckensinger@shenandoahtumblers.com</a>
<b>VA SAC Member at Large</b>	<b>Melane Cuozzo</b>	Phone: 703-777-5344 <a href="mailto:apexmelanie@aol.com">apexmelanie@aol.com</a>
<b>VA SAC Member at Large</b>	<b>Cheryl Johnson</b>	Phone: 540-381-5151 <a href="mailto:cheryl@vatechniques.com">cheryl@vatechniques.com</a>
<b>VA SAC Member at Large</b>	<b>Terry Williams</b>	Gym 703-378-4966 <a href="mailto:Twilliams_2002@hotmail.com">Twilliams_2002@hotmail.com</a>
<b>VA SAC Member at Large</b>	<b>Azin Youseffi</b>	Gym 703-369-7800 <a href="mailto:manafi4@aol.com">manafi4@aol.com</a>
<b>VA Judging Representative</b>	<b>Diane Berry, VANAWGJ State Judging Director</b>	Cell 757-439-1848 Home 757-474-2220 Fax 757-474-2221 <a href="mailto:berrydb1@aol.com">berrydb1@aol.com</a>
<b>E-mail News &amp; Special Events Coordinator</b>	<b>Anne Foster</b>	Gym 703-378-4284 <a href="mailto:aefstars@aol.com">aefstars@aol.com</a>
VAUSAG Support Contacts		
<b>Webmaster –</b> <a href="http://www.vausag.com">www.vausag.com</a>	<b>Char Polanosky</b>	<a href="mailto:cpolanosky@gmail.com">cpolanosky@gmail.com</a>



# 2 VAUSAG STATE CALENDAR & QUICKVIEW CHART

## 2.1 VAUSAG 2011-2012 Sectional & State Meet Calendar

DECEMBER 2011	3/4	10/11	17/18	24/25	31 /1
	<b>1st L4/L5 Multi Sectional</b> JUDGES CUP - Hosted by VANA/WGJ Meet Site: Ocean Tumblers - Chesapeake, VA				<b>1/1/12 - SUN NEW YEAR'S DAY</b>
JANUARY 2012	7/8	14/15	21/22	28/29	
			MLK WKND	<b>2nd L4/L5 Multi Sectional</b> Host Club: World Class Gymnastics - Newport News, VA	
FEBRUARY 2012	4/5	11/12	18/19	25/26	
	SUPER BOWL SUN 2/5		PRESIDENT'S WKND		
MARCH 2012	3/4	10/11	17/18	24/25	31 /1
		3/11-DAYLIGHT SAVINGS - SPRING AHEAD 1HR	<b>3rd L4/L5 Multi Sectional</b> Host Club: VA International Gymnastics Midlothian, VA	<b>LEVEL 8, 9 &amp; 10 VA STATE MEET</b> Host Club: Richmond Olympiad Meet Site: U-Turn Sports Complex - Richmond, VA	<b>LEVEL 6 &amp; 7 VA STATE MEET</b> Host Club: Ocean Tumblers Meet Site: Oscar Smith High School - Chesapeake, VA
APRIL 2012	7/8	14/15	21/22	28/29	
	<b>NCAA Regionals</b>  SPRING HOLIDAY WEEKEND	<b>4th L4/L5 Multi Sectional</b> Host Club: Chantilly Academy Gymnastics - Chantilly, VA  <b>Level 9 Region VII Championships -</b> Host Club: Ocean Tumblers Meet Site: Oscar Smith High School - Chesapeake, VA	<b>Level 10 Region VII Championships -</b> Host Club & Meet Site: Parkettes - Allentown, PA <b>NCAA Nationals</b>	<b>LEVEL 5 VA STATE MEET</b> Host Club: VA Techniques Meet Site: Radford University - Radford, VA  <b>Level 8 Region VII Championships -</b> Host Club: Berks Meet Site: Tulpehocken Jr & Sr HS - Bernville, PA	
MAY 2012	5/6	12/13	19/20	26/27	
	<b>LEVEL 4 VA STATE MEET</b> Host Club: Gym Inc Meet Site: Hampton Convention Ctr-Hampton, VA  <b>5/3-6 - L9 EASTERN CHAMPIONSHIPS -</b> Host Club: Sportsplex Landover, MD	<b>5/10-13 L10 JO NATIONAL CHAMPIONSHIPS &amp; NIT:</b> Host Club: World Class Hampton, VA MOTHER'S DAY WKND	<b>VA ALLSTAR STATE MEET</b> Host Club: Gym Inc Meet Site: Hampton Convention Ctr-Hampton, VA		

2011-2012- VIRGINIA USAG SECTIONAL & STATE QUALIFYING SCORES			LEVEL 4 & 5 LARGE CLUB/SMALL CLUB TEAM AWARD PLACES		LEVEL 4 & 5 SECTIONAL MEDAL GUIDELINES
LEVEL	SECTIONAL	STATE	L4 LARGE CLUB	12 PLACES	BLUE RIBBON: 36.000 & ABOVE
L4	31.50	33.00	L4 SMALL CLUB	5 PLACES	
L5	31.00	32.50	L5 LARGE CLUB	12 PLACES	RED RIBBON: 35.975 TO 33.50
L6	NA	32.50	L5 SMALL CLUB	5 PLACES	
L7	NA	32.50	*Large Club - 4 scores count *Small Club - 3 scores count		WHITE RIBBON: 33.475 & BELOW
L8	NA	32.50	SECTIONAL & STATE MEET FEES		
L9 & 10	NA	32.00	SECTIONAL - \$70.00	L4-7 & ALL STAR - \$75.00	
IES L9 & 10	NA	8.50	LATE FEE - \$25.00	<b>L8-10 - \$100.00</b>	

## 2.2 2011-2012 VAUSAG Sectional, State & Championships Quick View Chart

QUALIFYING SCORES & STATE MEET TEAM CRITERIA						DATES & LOCATIONS – SEE SECTIONAL & STATE PACKETS FOR SPECIFICS																																																														
Level	Team Score	Trophy Places	Score to Sectional	Score to State	Score to Regional	1 <sup>st</sup> Multi 4/5 Sectional & VA Judges Cup** Entry Fee: \$70.00 to Host Club	2 <sup>nd</sup> Multi Level 4/5 Sectional Entry Fee: \$70.00 to Host Club	3 <sup>rd</sup> Multi Level 4/5 Sectional Entry Fee: \$70.00 to Host Club	4 <sup>th</sup> Multi Level 4/5 Sectional Entry Fee: \$70.00 to Host Club	Virginia State Meets Entry Fees: Levels 4, 5, 6, 7 & All Stars - \$75.00 <del>8, 9 &amp; 10 - \$100.00</del> to VAUSAG	Regional Host Clubs & Locations Entry Fee: TBA by Region	National Host Clubs & Locations Entry Fee: TBA by USAG																																																								
4 Large Club	4	12	31.50	33.00																																																																
4 Small Club	3	5																																																																		
5 Large Club	4	12	31.00	32.50																																																																
5 Small Club	3	5																																																																		
6	3	8		32.50 1-time																																																																
7	3	8		32.50 1-time																																																																
8	3	8																											32.50 1-time																																							
9	3	5																											32.00 1-time IES-8.50									34.00 IES-9.00																														
10	3	3																																				32.00 1-time IES-8.50																														
VA Allstars Optional Program (Prep Opt)	NO TEAM COMP	NO TEAM COMP																																				1 VAOP Meet Prior to State Meet																														

## 3 MEMBERSHIP, ATHLETE & PROGRAM INFORMATION

### 3.1 Virginia USAG Professional Members

Virginia professional members are bound by and responsible for following all rules and policies set forth by Virginia USAG, Region 7 USAG and USA Gymnastics. Please endeavor to keep abreast of all updates and communications sent from VAUSAG, Region 7 and USAG. All professional memberships, safety certifications and contact information must be kept current. All professional members should know their USAG Club Number as it is needed for entry to qualifying meets.

#### **Important Reminders to Pro Members:**

- 1. Cell phone use is prohibited on the field of play by all gymnasts, coaches, judges and meet personnel – review your USA Gymnastics R&P.**
- 2. The NEW cycle of Junior Olympic Level 1-10 competition begins as of August 1, 2013. New Proposed Elements can be found on [www.usa-gymnastics.org](http://www.usa-gymnastics.org) or at the following URL:  
<http://usagym.org/PDFs/Women/Junior%20Olympics/2013-2020Finalelementlist-March2011.pdf>**
- 3. National Workshops are scheduled for:**



**2013-20 JO Compulsory  
Master Workshop - East**  
May 31-June 2, 2013  
Orlando, Fla.

**2013-20 JO Compulsory  
Master Workshop - West**  
June 7-9, 2013  
Reno, Nev.

#### **3.1.1 Required Background Check for All Pro Members**

Professional Members are REQUIRED to complete a background check with the National Center of Safety Initiatives (NCSI), according to the policies and procedures as outlined on the USA Gymnastics web site at [www.usa-gymnastics.org](http://www.usa-gymnastics.org). Mandatory background checks must be completed for all new memberships and renewals. Current members must apply for a background check at least 3-4 weeks prior to their membership expiration date. Background checks, conducted on a bi-annual (every two years) basis, will be required for all Professional members. See USAG Women's R&P for details.

#### **3.1.2 Professional Member Contact Information**

Contact information must be updated through USA Gymnastics at [www.usa-gymnastics.org](http://www.usa-gymnastics.org) or by calling member services at 1-800-345-4719.

#### **3.1.3 VAUSAG Member Communication – Web Site & E-mail News**

Communication from VAUSAG to its membership is via the state website at [www.vausag.com](http://www.vausag.com) and the VAUSAG Member E-mail News.

VAUSAG members – including club owners, coaches & judges, must become familiar with the state website. Membership and Member Club Updates & Announcements, Member Club Handbook and Club Directory, State Calendars, Meet Results, VA State Administrative Committee Contact Information, Competition Listing for all sanctioned meets held in VA, Links to USA Gymnastics, Region 7 Gymnastics, Virginia NAWGJ and much more is included.

Members can subscribe to website updates at [www.vausag.com](http://www.vausag.com). See lower left sidebar on the home page.

All Professional Members, club owners, coaches and judges, are highly encouraged to join the Virginia USAG E-mail News List. This list is managed by our E-mail News and Special Events Coordinator, Anne Foster. Keep informed with state, regional and national news critical to participation by joining. Send your e-mail address to both the State Chairman at [vausag@gmail.com](mailto:vausag@gmail.com) and our E-mail News and Special Events Coordinator at [aefstars@aol.com](mailto:aefstars@aol.com) to join today.

## 3.2 Virginia Athlete Members

### 3.2.1 Athlete Members & Declaration of Level

All Virginia athlete members participating in state sponsored or USAG sanctioned events must be registered members of USA Gymnastics and abide by all rules & policies set forth by Virginia USAG, Region 7 USAG and USA Gymnastics.

Level 4 & 5	
Once a gymnast competes in a Sectional meet, she may NOT drop back to a lower level in the same competitive season. Drop back petitions are considered on a case by case basis by the State Chairman. However, if the gymnast has qualified for the next level up, she may choose to enter her 2 <sup>nd</sup> sectional at the higher level. If she does not qualify for the state meet at the higher level she may <b>NOT</b> drop back. Her VAUSAG season is over.	
Levels 6-10 – IMPORTANT Because there are no Sectionals the state sets this deadline	
Level	Declaration of Level & State Meet Entry Deadline
Levels 8, 9 & 10	<b>Monday, March 5, 2012</b> – Deadline for ALL Level 8, 9 & 10 Athletes to declare their level and enter the state meet.
Level 6 & 7	<b>Monday, March 12, 2012</b> – Deadline for ALL Level 6 & 7 Athletes to declare their level and enter the state meet.
<b><i>Petitions to drop back must be submitted to the State Chairman. See p.25 in R&amp;P</i></b>	

### 3.2.2 Minimum Age Requirements & Determination Rules for Levels 4-10

\*As indicated in the USAG Women's R&P on **pages 23-24** – be sure to read Item

#### **B.3.a.2. – Clarification on Minimum Age.**

MINIMUM AGE FOR COMPETITION
Level 4 must have reached her <b>6th</b> birthday.
Levels 5, 6 & 7 must have reached her <b>7th</b> birthday.
Levels 8 & 9 must have reached her <b>8th</b> birthday.
Level 10 must have reached her <b>9<sup>th</sup></b> birthday

All gymnasts must compete with the age division as designated for the entire season. Provided that the gymnast has reached the minimum age for her level, **before competing in any USA Gymnastics sanctioned competition**, the gymnast's age for the competitive season is determined as indicated below. **See page 24 in USAG Women's R&P.**

**For Levels 4, 5, 6 & 7** - age is determined by the date of the last day of the State Meet.

**For Level 8** – age is determined by the date of the last day of the Regional Meet.

**For Levels 9 & 10** – age is determined by the date of the last day of the State meet.

Age divisions for the Level 9 and 10 Regional, Level 9 East/West and Level 10 Jr. Olympic National Championships will be determined in March by the National Office. Ages will be published on the USA Gymnastics website and will also be sent directly to the State & Regional Chairs.

2011-2012 VIRGINIA AGE DETERMINATION DATES		
LEVEL 4	May 6, 2012	STATE MEET
LEVEL 5	April 29, 2012	STATE MEET
LEVEL 6	April 1, 2012	STATE MEET
LEVEL 7	April 1, 2012	STATE MEET
LEVEL 8	April 29, 2012	REGIONAL MEET
LEVEL 9	March 25, 2012	STATE MEET
LEVEL 10	March 25, 2012	STATE MEET
VA All Star Optional	May 20, 2012	STATE MEET

**CAUTION:** If a gymnast changes level, her age of competition may change.

### **3.2.3 Level 9/10 Age Divisions for Regionals, East/West & JO Nationals**

*This information was taken from the USA Gymnastics 2011-2012 Women's Program Rules and Policies, p.24:*

- 1. Age divisions for the Level 9 and 10 State Meet are determined by the State Administrative Committee.**
  - a. The specified age divisions may be subdivided; however they may not be combined.
    - i. Exception: At Level 9 or 10 state meet and below, age divisions may be combined if the number of athletes is small.
- 2. Age divisions for the Level 9 and 10 Regional, Level 9 East/West and Level 10 Jr. Olympic National Championships and the NIT will be determined by the National Office.**
  - a. The State Administrative Chairmen must report the names of all qualifiers to Level 9 and 10 State Meet to their Regional Administrative Chairman by the date of their state meet entry deadline.
  - b. The Regional Administrative Committee Chairmen will compile the data for their region and forward it to the Women's National Jr. Olympic Program Director.
  - c. The Women's Jr. Olympic Program Director will then determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
  - d. The age divisions will be published on the USA Gymnastics web site and will also be sent directly to all State and Regional Administrative Committee Chairmen.
- 3. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.**
  - If, due to religious reasons or valid extenuating ***unforeseen*** circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC. She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage) to the next meet. *\*\*Please note VA's exception to this rule in item 3.2.4 of this handbook.*

### **3.2.4 Conflict of Competition Day Assignments for Virginia Athletes at State Meets**

**\*\*Exception for VA Athletes at their State Meets:** If a Virginia gymnast is unable to compete at States with her designated age group and needs to compete on another day, she must petition the State Administrative Committee Chairman, Steve Garman. **VAUSAG will award proper achievement, event and all-around placement awards at the conclusion of the gymnasts assigned age group session.** If the gymnast is not there to accept her awards the State will send them to her.

### **3.2.5 Moving Up a Competitive Level between Sectionals for Levels 4 & 5**

If a **qualified gymnast** decides to move up a level between sectional meets, to include the Judges Cup, the coach should submit an additional State Meet entry to the State Chairman which indicates:

1. The gymnast had previously qualified for State at the lower level.
2. Indicate with a note the change of level on the entry form.
3. If the level change occurs at the second sectional, give to the Meet Director at the Second Sectional.
4. Steve will make the Level of State meet entry change.
5. Gymnast pays for State one time.
6. Should the gymnast attempt to qualify at the higher level at the second sectional and fails, her VAUSAG season is OVER. She may **NOT** drop back to the previous level.

### **3.2.6 Mobility**

Athletes may not skip any level. They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1-4). Please refer to the USAG Women's Rules & Policies for specific and detailed guidelines.

**Level 5 to Level 6 to Level 7 to Level 8 – 31.00 AA**

**Level 8 to Level 9 to Level 10 – 34.00 AA**

**IES Advancement from Level 9 to 10 is an 8.50 per event.**

## **3.3 Individual Event Specialist Guidelines**

### **3.3.1 Individual Specialists Competition at States & Regionals**

Following action by USA Gymnastics allowing Individual Specialist competition at Regionals and below for Levels 7-10, the Region VII Administrative Committee will allow an Individual Specialist competition at the 2012 Level 9 & 10 Regional and State Championships. VAUSAG voted to allow IES athletes to compete at Level 9 & 10 States in VA.

- **Individual Event Specialists must declare their status by January 15, 2012.**  
Contact Steve Garman, VA State Administrative Committee Chair at [vausag@gmail.com](mailto:vausag@gmail.com) to declare your Individual Event Specialist Athletes Status.
- **Qualifying Score to States is an 8.500**
- **Qualifying Score to Regionals is a 9.000**
- **Petition Score to States is an 8.750**
- **Petition Score to Regionals is a 9.250** – Please use NEW Petitioning Form provided by RTC Myra Eifenbein. Forms online at [www.vausag.com](http://www.vausag.com) or [www.region7gymnastics.com](http://www.region7gymnastics.com).
- **Mobility IES Advancement from Level 9 to 10 is an 8.50 per event.**
- Scores for Individual Event Specialists are eligible to count towards the team score at all State meets.
- Awards: IES gymnasts will receive duplicate awards at States and Regionals. (If the IES scores a 9.2, which is equal to the 3<sup>rd</sup> place score from an AA gymnast on that event, she receives a duplicate 3<sup>rd</sup> place medal. An IES athlete will never take an event placement from an AA gymnast.)
- Declaration Status Changes after **January 15, 2012**: An IES may change their status from IES to All Around one time prior to the individual's State Qualifying Date. No further changes in declaration status may be made past this point. Normal qualifying procedures for All-Around athletes must be followed.



## **3.4 Virginia All Stars Optional Program (Prep Optional-EXCEL)**

Included in this section are guidelines for participation in the USAG Prep Optional – EXCEL - gymnastics program offered by the state of Virginia. VAUSAG's Prep Optional Program is called Virginia All Stars Optional Program. VAUSAG offers VAOP as an alternative optional program for our Virginia Clubs and their members to participate competitively outside of the Junior Olympic Development Program structure in the sport of gymnastics.

For the general guidelines for Prep Optional-EXCEL gymnastics recommended by USA Gymnastics please see the general regulation guidelines set forth by USA Gymnastics in the Women's Program rules and policies for Prep Optional Participation on **pages 63 & 64**.

***VIRGINIA ALL STARS OPTIONAL PROGRAM GUIDELINES*** - Please see the next 4 pages of VA All Star Optional Program Requirements & Guidelines for all information to participate in VA for the 2011-2012 Season.

RED - NEW or REFORCED IN 2011-12 6/30/2011	NOVICE DIVISION	INTERMEDIATE DIVISION	ADVANCED DIVISION
VAOP Eligibility USA Gymnastics Membership Requirement	Minimum of USA Gymnastics Introductory Membership is required. Register with USA Gymnastics at www.usa-gymnastics.org or call 1-800-345-4719 for Member Services assistance.	Minimum of USA Gymnastics Introductory Membership is required. Register with USA Gymnastics at www.usa-gymnastics.org or call 1-800-345-4719 for Member Services assistance.	Minimum of USA Gymnastics Introductory Membership is required. Register with USA Gymnastics at www.usa-gymnastics.org or call 1-800-345-4719 for Member Services assistance.
VAOP Minimum Age Requirement	Must have reached 6th Birthday	Must have reached 7th Birthday	Must have reached 7th Birthday
Level Placement Guidelines	Level 1-4, High School Gymnaast or Rec Gymnaast • If an All Star athlete does not have a Junior Olympic level placement, it is up to the individual club coach to place the athlete at the appropriate VAOP level.	Level 4 or 5, High School or Rec Gymnaast • If an All Star athlete does not have a Junior Olympic level placement, it is up to the individual club coach to place the athlete at the appropriate VAOP level.	Level 6,7 or 8, High School or Rec Gymnaast • If an All Star athlete does not have a Junior Olympic level placement, it is up to the individual club coach to place the athlete at the appropriate VAOP level.
Participation Guidelines: General, Regular Competition Season and VAOP State Meet	Novice Level VAOP athletes may participate in BOTH Junior Olympic Levels 1-4 <b>AND</b> VAOP Novice Level during the SAME regular competitive season. All Around <b>OR</b> Individual Event Specialist participation is allowed.	Intermediate Level VAOP athletes may participate in BOTH Junior Olympic Levels 4 or 5 <b>AND</b> VAOP Intermediate Level during the SAME regular competitive season. All Around <b>OR</b> Individual Event Specialist participation is allowed.	Advanced Level VAOP athletes may participate in BOTH Junior Olympic Levels 6, 7 or 8 <b>AND</b> VAOP Advanced Level during the SAME regular competitive season.
	<b>REGULAR SEASON MEET GUIDELINES:</b> 1- A VAOP gymnast may compete higher than the described divisions, but never lower. 2- VAOP athletes may compete in only 1 All Star or 1 JO Level per session per meet.	<b>REGULAR SEASON MEET GUIDELINES:</b> 1- A VAOP gymnast may compete higher than the described divisions, but never lower. 2- VAOP athletes may compete in only 1 All Star or 1 JO Level per session per meet.	<b>REGULAR SEASON MEET GUIDELINES:</b> 1- A VAOP gymnast may compete higher than the described divisions, but never lower. 2- VAOP athletes may compete in only 1 All Star or 1 JO Level per session per meet.
	<b>STATE MEET GUIDELINES:</b> 1- Novice Level VAOP's must choose only 1 VA State Meet to participate. 2- No qualifying score is required for VAOP State Meet participation. 3- Entry to States requires participation in ONE VA sanctioned meet at their designated VAOP Level. 4- No Team Competition is held at VAOP State Meet.	<b>STATE MEET GUIDELINES:</b> 1- Intermediate Level VAOP's must choose only 1 VA State Meet to participate. 2- No qualifying score is required for VAOP State Meet participation. 3- Entry to States requires participation in ONE VA sanctioned meet at their designated VAOP Level. 4- No Team Competition is held at VAOP State Meet.	<b>STATE MEET GUIDELINES:</b> 1- Advanced Level VAOP's must choose only 1 VA State Meet to participate. 2- No qualifying score is required for VAOP State Meet participation. 3- Entry to States requires participation in ONE VA sanctioned meet at their designated VAOP Level. 4- No Team Competition is held at VAOP State Meet.
Mobility	This program is an alternative program that is outside of the the JR Olympic Development Program structure. There is NO OPPORTUNITY FOR MOBILITY into or within the JR Olympic Levels. Mobility within the PREP Optional Program is determined by the State/Regional Administrative Committee.		
For Meet Directors	Level 7 Session Planning Meet Guideline MAX # of competitors should be used. It is highly recommended that VAOP athletes compete in sessions with L4-7 only. See timing guidelines for each All Star Level.	Level 7 Session Planning Meet Guideline MAX # of competitors should be used. It is highly recommended that VAOP athletes compete in sessions with L4-7 only. See timing guidelines for each All Star Level.	Level 7 Session Planning Meet Guideline MAX # of competitors should be used. It is highly recommended that VAOP athletes compete in sessions with L4-7 only. See timing guidelines for each All Star Level.
Timing Guidelines	Warm Up - 45 seconds per gymnast	Warm Up - 1:00 minute per gymnast	Warm Up - 1:30 minute per gymnast
Balance Beam Timing	1:00 minute MAX routine time 10 second warning	1 minute 20 seconds MAX routine time 10 second warning	1 minute 20 seconds MAX routine time 10 second warning
Floor Exercise Timing	1:00 minute MAX routine time	1:00 minute 30 seconds MAX routine time	1:00 minute 30 seconds MAX routine time

9/30/2011	NOVICE DIVISION	INTERMEDIATE DIVISION	ADVANCED DIVISION
DIVISION GUIDELINES & RESTRICTIONS	START VALUE - 10.00	START VALUE - 9.40	START VALUE - 9.40
	NO BONUS	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH
	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH
	ANY "C" OR HIGHER ACRO/ELEMENT WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO/ELEMENT WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO/ELEMENT WILL VOID ROUTINE. Exception: Allowable L8 "C" Elements ONLY
GENERAL DEDUCTIONS FOR ALL VAOP EVENTS	<p>Each level will be judges on the Start Value indicated. All Special Requirements are worth 0.50 each.</p> <p>Artistry: &gt;0.30 (BB &amp; FX)      Dynamics: &gt;0.20 (UB, BB, FX)      Continuity of Movement/Swingfulness: &gt;0.30 (UB)      Rhythm: &gt;0.20 (UB, BB, FX)</p> <p>Follow Execution, Technique and Amplitude deductions from the JO Code of Points unless otherwise clarified.</p> <p>No composition deductions are allowed to be taken.      Score Ranges will follow Optional Score Range.</p>		
Level 7 Deductions will apply to all VAOP Bar, Beam and Floor routines. See Vault guidelines for applicable deductions.			
VAULT	VAULT NOVICE DIVISION	VAULT INTERMEDIATE DIVISION	VAULT ADVANCED DIVISION
	Level 3 or Level 4 Vault may be performed ONLY. 10.00 Start Value Compulsory Deductions Apply *Exception - NO Evaluation of the Run for L4 Vaults performed.	Level 4 Vault may be performed - 9.00 Start Value Compulsory Deductions Apply *Exception - NO Evaluation of the Run for L4 Vaults performed. OR Any Level 7 Vault - 10.00 Start Value L7 Optional Vault Deductions Apply	Level 7 or Level 8 Vaults - 10.00 Start Value Restriction: NO YURCHENKO VAULTS ALLOWED L8 Optional Vault Deductions Apply
Vault Clarifications	Aero Board & Trampoline Rebounding device is Allowed, but clubs MUST bring their own to the meet.	Aero Board & Trampoline Rebounding device is Allowed, but clubs MUST bring their own to the meet.	Aero Board & Trampoline Rebounding device is Allowed, but clubs MUST bring their own to the meet.
UNEVEN BARS	UB NOVICE DIVISION	UB INTERMEDIATE DIVISION	UB ADVANCED DIVISION
Special Requirements	1 - Five Skills or Elements 2 - One Back Circling Skill or Element 3 - Cast - No Height Requirement - Hips MUST leave the bar to count for SR 4 - Level 1-4 Dismount	1 - Five Skills or Elements 2 - Two Circling Skills or Elements: Front or Back, Same or Diff 3 - Cast - Minimum of 1°-20° below Horizontal 4 - Level 3-6 Dismount - may be performed on either LB or HB	1 - Six Skills or Elements 2 - Two Different Circling Skills or Elements - Front or Back 3 - Cast - Minimum of Horizontal - 0° 4 - Any "A" Value Dismount
Bar Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to 5V	BONUS of 0.20 each, up to 0.60 Total awarded to 5V
Bonus Skills	NA	Any Kip      Bar Change (ie-Jump to HB) Front Hip Circle      Cast to Horizontal or ↑ Any Group 3, 6 or 7 Skill      Any B VP Skill or Element Flyaway Dismount - Tuck, Pike or Layout	Cast to 30° or ↑      Any B VP Skill or Element Flyaway Dismount - Layout or Any B Flyaway Any Groups 3, 6 or 7 element Cast to Long Hang Pull Over on High Bar
Bar Clarifications	a - A MAX of two consecutive tap swings are allowed in ALL VAOP Levels. The 2nd swing MUST result in a connection to an element or skill. b - Only 1 Cast may count towards 5 Skill SR. Cast deductions apply to ALL casts. See Judging Guidelines. c - Cast clarification for Novice - Hips MUST leave the bar on cast to count for SR. d - Novice Level ONLY - A Pull Over mount may count as a circling element. e - Two casts may be used without an extra swing deduction as long as the two casts precede an element or skill. Per element or skill - (Nov & Inter Levels ONLY). f - Any C Element will VOID the routine.	a - A MAX of two consecutive tap swings are allowed in ALL VAOP Levels. The 2nd swing MUST result in a connection to an element or skill. b - Cast deductions apply to ALL casts. c - Cast Requirements for Intermediate - *More than 20° below horizontal will result in NO SR *1°-20° below Horizontal receives credit w/ an > 0.20 Ded *Horizontal will receive NO Angle Deductions. d - Two casts may be used without an extra swing deduction as long as the two casts precede an element or skill. Per element or skill - (Nov & Inter Levels ONLY). e - Any C Element will VOID the routine.	a. Kip, Cast, Back Hip Circle or Clear Hip on Low Bar and High Bar Fulfills SR of Two Different Circling Skills because it is preceded by a different element. b - A MAX of two consecutive tap swings are allowed in ALL VAOP Levels. The 2nd swing MUST result in a connection to an element or skill. c - Cast deductions apply to ALL casts. d - Cast Requirements for Advanced - *Below horizontal will result in NO SR *61°-90° from Vertical receives credit w/ an > 0.20 Ded *60° from Vertical will receive NO Angle Deductions. e - Any C Element will VOID the routine. Exception: Allowable L8 "C" Elements ONLY

	NOVICE DIVISION	INTERMEDIATE DIVISION	ADVANCED DIVISION
DIVISION GUIDELINES & RESTRICTIONS <small>USE GENERAL DEDUCTIONS ON PREVIOUS PAGE</small>	START VALUE - 10.00	START VALUE - 9.40	START VALUE - 9.40
	NO BONUS	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH	0.60 BONUS - 3 BONUS SKILLS @ 0.20 EACH
	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH	FOUR SPECIAL REQUIREMENTS @ 0.50 EACH
	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE.	ANY "C" OR HIGHER ACRO WILL VOID ROUTINE. Exception: Allowable L8 "C" Elements ONLY
<b>BALANCE BEAM</b>	<b>BB NOVICE DIVISION</b>	<b>BB INTERMEDIATE DIVISION</b>	<b>BB ADVANCED DIVISION</b>
Special Requirements	1 - One Non Flight Acro Skill or Element which starts and ends on the beam. 2 - Any 1 Jump - must have a 2 footed take off. 3 - Minimum of 180° Turn on 1 foot or 2 4 - Level 1-4 or Minimum of an "A" Value Dismount - NO SALTOS ALLOWED	1 - Two Flight or Non Flight Acro Elements which start and end on the beam. May be the same or different. 2 - A Large Leap or Jump - 90° minimum 3 - Minimum of 180° Turn on 1 Foot 4 - Level 3-6 or Minimum of an "A" Value Dismount	1 - Two Flight or Non Flight Acro Elements which start and end on the beam. May be the same or different. 2 - A Large Leap or Jump - 120° minimum 3 - Minimum of 360° Turn on 1 Foot 4 - Minimum of an "A" Value Dismount
Beam Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Vertical HS HS Forward Roll Cartwheel Front or Back Walkover Full Turn Any 2 Dance Elements or Skills Directly Connected Any B or C Dance Any B Acro	Acro Series w/Flight or Non Flight of 2 Directly Conn Elements Any Leap or Jump min 150° Split Front or Back Walkover Any B or C Dance Any B Acro Any 2 Dance Elements or Skills Directly Conn
Beam Clarifications	a - Novice Beam Handstand Angle Requirements: *Below 60° from Vertical results in NO Acro SR *60°-21° from Vertical receives credit w/ an > 0.20 Ded *20° from Vertical receives NO Angle Deductions. Note: Nov & Inter HS's performed below vertical MUST join feet together to receive Acro SR credit. b - Novice Leap & Jump Split Angle Requirements: NA c - Any C Acro will VOID the routine.	a - Intermediate Beam Handstand Angle Requirements: *Below 20° from Vertical will result in NO Acro SR *20°-1° from Vertical receives credit w/ an > 0.20 Ded *Vertical receives NO Angle Deductions. Note: Nov & Inter HS's performed below vertical MUST join feet together to receive Acro SR credit. b - Intermediate Leap & Jump Split Angle Deductions apply to all in routine. c - Any C Acro will VOID the routine.	a - Advanced Beam Handstand Angle Requirements: *Not Vertical will result in NO Acro SR *Must attain Vertical to receive credit w/ an > 0.20 Ded *Vertical receives NO Angle Deductions. *You may deduct > 0.20 for not holding HB for 2 sec Adv ONLY. b - Advanced Leap & Jump Split Angle Deductions apply to all in routine. c - Any C Acro will VOID the routine.
<b>FLOOR EXERCISE</b>	<b>FX NOVICE DIVISION</b>	<b>FX INTERMEDIATE DIVISION</b>	<b>FX ADVANCED DIVISION</b>
Special Requirements	1 - Two Flight or Non Flight Acro Skills or Elements 2 - One Forward Skill or Element 3 - Minimum 180° Turn on 1 Foot 4 - One Dance Passage Series with a minimum of 2 Group 1 elements (directly or indirectly connected) - one a leap with 90 degrees side or cross split	1 - One Acro Series of at least of at least 2 skills or elements (One must have Flight in the Series) 2 - One Forward Skill or Element OR a 2nd Acro Series with Flight or Non Flight - minimum of 2 skills or elements. 3 - Minimum 360° Turn on 1 Foot 4 - One Dance Passage Series with a minimum of 2 Group 1 elements (directly or indirectly connected) - one a leap with 120 degrees side or cross split	1 - Two Different Acro Series: 1 a minimum of 3 elements or skills with Flight. 2 - One Salto is Required. Salto may be isolated or performed within 1 of the 2 Series. 3 - Minimum 360° Turn on 1 Foot 4 - One Dance Passage Series with a minimum of 2 Group 1 elements (directly or indirectly connected) - one a leap with 150 degrees side or cross split
Floor Bonus	NO BONUS	BONUS of 0.20 each, up to 0.60 Total awarded to SV	BONUS of 0.20 each, up to 0.60 Total awarded to SV
Bonus Skills	NA	Round Off, Back Handspring, Back Handspring Series Front HS or Front Acro Series-Min 2 elements w/Flight Any Salto or Aerial Any Leap w/ 150° Split Any B/C Dance	Round Off, Back Handspring, Salto Stretch to 2R Front Acro Series w/Flight including 1 Salto or Aerial Any B Acro Any B/C Dance Any Leap with 180° split
Floor Clarifications Specific to Level	a - Novice Leap & Jump Split Angle Deductions apply to all in routine. b - Any C Acro will VOID the routine.	a - Intermediate Leap & Jump Split Angle Deductions apply to all in routine. b - Any C Acro will VOID the routine.	a - Advanced Leap & Jump Split Angle Deductions apply to all in routine. b - Any C Acro will VOID the routine.

## VA All Star Optional Program Judging Guidelines & Clarifications

Beam & Floor Leap & Jump Split Angle Chart	Applies to all in routine	Receives NO SR Credit	Receives SR Credit w/ Angle Deduction >.20	No Deduction
	Novice Beam	N/A	No Angle Requirement	No Angle Requirement
	Novice Floor	Less 60°	60°-89°	90°
	Inter Beam	Less than 90°	90°-119°	120°
	Inter Floor	Less than 120°	120°-149°	150°
	Advanced Beam	Less than 120°	120°-149°	150°
Advanced Floor	Less than 135°	135°-179°	180°	

\* BM & FX Split : Award Special Requirements for all divisions to according to the angle chart above. For Advanced award the Value part performed as listed in JO Code of Points.

Bars Casting Angle Chart	Applies to all in routine	Receives NO SR Credit	Receives SR Credit w/ >.20 Deductions	No Angle Deductions
	Novice	Hips fail to leave bar	21° or more below Horizontal	1°-20° below Horizontal
	Intermediate	More than 20° below Horizontal	1° - 20° below Horizontal	Horizontal
Advanced	Below Horizontal	61° - 90° from Vertical	60° below Vertical	

Beam Handstand Angle Chart	Applies to all in routine	Receives NO Acro SR Credit	Receives Acro SR Credit w/ >.20 Deductions	No Deduction
	Novice	Below 60° from Vertical	60° - 21° from Vertical	20° from Vertical
	Intermediate	Below 20° from Vertical	20° - 1° from Vertical	Vertical
	Advanced	Not Vertical	Must Attain Vertical	Vertical

Nov & Inter HS's performed below vertical must join feet together to receive Acro SR.

Advanced HS: You may deduct up to 0.20 for not holding for 2 seconds at Advanced (only)

- Additional General Guidelines for Judging VAOP Routines**
- 1- For unlisted Value Parts refer to the value of the root skill or submit skill to the State Judging Director for review.
  - 2- All JO Code of Points A's, B's & indicated allowable C's(bars only) may be used as a VP.
  - 3- Novice & Intermediate may use any Level 4-6 element with VALUE as a Skill/Element that counts towards Special Requirement.
  - 4- A 1.00 Deduction will be applied to any All Star Beam or Floor Routine performed with the exact choreography of the JO L 1-6 Compulsory Routines. Compulsory music MAY be used.
  - 5- Performance of C, D or E elements will VOID the routine. (Indicated allowable C's on bars only)
  - 6- Level 7 Deductions will apply to all VAOP Bar, Beam and Floor routines. See Novice, Intermediate & Advanced Vault Chart for specific Judging Guidelines.
  - 7- NO Composition Deductions are allowed to be taken.
  - 8 - Special Requirements & Bonus may be fulfilled at the same time.
  - 9 - Bonus Clarification: Qualified skills may be used for Bonus two times if used in a different connection.
  - 10- Bonus will be awarded to bonus skills listed for each VAOP event regardless of the execution taken, except in the case of a Fall or Spot which will negate the bonus.
  - 11- See VAOP categories and each VAOP event clarifications for additional judging guidelines.

9/30/2011

Beam HS Guide:



Novice: Must join feet together at or above 30° to receive SR.



Vertical HS: NO Deduction for Intermediate or Advanced

## 4 SCHEDULING, HOSTING & REPORTING MEETS IN VIRGINIA

### 4.1 Scheduling, Hosting & Reporting Local & Invite Meets in Virginia

The VAUSAG State Administrative Committee named VANAWGJ as the designated Contractor and Diane Berry, VA State Judging Director as the designated Assignor of judges for meets scheduled in Virginia.

Upon publication of the VA Sectional & State Calendar all Meet Date & Judges Requests can be sent to the State Contractor/Assignor (Diane Berry, VANAWGJ State Judging Director).

Meets in Virginia are scheduled on a first come, first served basis based on the number of available Virginia judges and the number of meets scheduled on a specific date. In order to allow for the highest quality meets for our membership and athletes, two meets per weekend day can be scheduled with the available judges in Virginia. Additional meets will be considered if additional judges become available in Virginia or from out of state.

#### 4.1.1 Step One – Complete a Judges Request Form and Submit by July 31<sup>st</sup>.

A Certified Meet Director must complete a Judges Request Form and submit with payment to the Virginia Contractor's (VANAWGJ) State Assignor – VA State Judging Director – Diane Berry. Your meets will NOT be scheduled in the VAUSAG invite/meet calendar until ALL proper paperwork and payment is received.

##### A.

Requests and Cancellation Deadlines	Fees
Requests for Judges made on or before July 31 <sup>st</sup>	\$3.00 Fee per judge
Requests for Judges made after July 31 <sup>st</sup>	\$3.00 Fee per judge – based on judges availability
Requests made LESS than 30 Days Prior to Meet Date	\$5.00 Fee per judge – based on judges availability
Cancellations Less than One (1) Week Prior to Meet Date	\$5.00 Fee per judge AND a one session fee per judge contracted

##### Payment Information

Make all checks for Judges Requests payable to: **VANAWGJ**

Send Completed Judges Request Form with proper payment to:

Address: Diane Berry, VA SJD  
1213 Hartford Court  
Virginia Beach, VA 23464

Phone: 757-474-2220  
Fax: 757-474-2221  
Cell: 757-439-1848  
E-mail: [berrydb1@aol.com](mailto:berrydb1@aol.com)

##### B. Assignment of Judges Timeline

###### SEPTEMBER 15<sup>TH</sup>:

Based on receipt of all VA Judges Availability Forms and Contracts, the VA SJD assigns all eligible Judges to all October-December meets requested by July 31<sup>st</sup>.

###### DECEMBER 15<sup>TH</sup>:

Based on receipt of all VA Judges Availability Forms and Contracts, the VA SJD assigns all eligible Judges to all January-May meets requested by July 31<sup>st</sup>.

### **C. Guidelines and Considerations for Scheduling Meets & Assigning Judges**

1. Judges Assignment Considerations – Judges are assigned as follows:
  - A - **Level/Rating** of judge required and needed by the entire meet
  - B - **Geographical location**
  - C - **Availability** – The availability of judges determines which meet can be honored. It is possible that there may be times when local judges are not available, and out town or out of state judges will be assigned.
  - D - **Please Note:** If a judge does not hold an appropriate rating, they may not be assigned to a meet requiring higher rated judges. Requested Judges by the Region
  - E - Other Considerations:
    - Regional Assigning
    - VANAWGJ Board Recommendations
    - General Availability
    - Ranking
    - State Availability
    - Selection subject to judge having judged a minimum of 3 meets, not including In House Meets, AND anticipating no irregularities or emergencies for the selected judges.
    - Reliability
    - Selection of all Sectional, State and Regional Judges from Virginia will include, but is not limited to, any other factors or considerations that ensures the most professional and respectful representation of Virginia USA Gymnastics and VA NAWGJ.
2. Requested meet dates and judges availability are also affected by Sectional, State, Regional and/or National scheduling.
3. Host Clubs should note that **ALL** sanctioned local and invitational meets held in Virginia are considered qualifying meets to Sectionals for Levels 4 & 5 and to States for Levels 6-10. Therefore, all judges must be contracted through the Virginia State Judging Director.
4. Sectional Hosts please remember to submit a completed Judges Request Form and payment for your sectional meet dates.
5. Listing of your clubs meets on the VAUSAG Local, Invitational, Sectional and State Calendar online at [www.vausag.com](http://www.vausag.com) requires that a completed Judges Request Form including payment is completed and sent to the state assignor.
6. Please submit all Judges Requests before sending out meet information. All clubs must include the VA State Judging Director and State Assignor, Diane Berry, on your mailing list when sending information to clubs about upcoming meets your gym is hosting.
7. In addition to items sent to USAG, State of VA and Region 7, the meet director should **submit a copy of the judges' bill, copies of any meet inquiries and meet scores** via e-mail or fax to Diane Berry, VA SJD.
8. If a club has NOT demonstrated a history of filling a two day meet, only one day of requested judges will be honored.
  - Additional judges for a second day may be requested if your meet becomes larger.
  - Judges request fees depend on the actual date of your request
  - Assigning of judges for the second day will depend on judges' availability.
9. Specific Judges may be requested. To do so follow these steps:
  - a - Specify requests by notifying the State Assignor, Diane Berry, VA SJD immediately.

- b - If your requests include judges who are out of state please submit the names of the judges and the state where they are affiliated to the State Assignor, Diane Berry – VA SJD ASAP. This is critical as the VA SJD is required to submit a request to the local state's judging director in order to determine out-of-state judge's availability.

#### **4.1.2 Step Two – Complete USAG Sanction Request Form.**

**Complete a Sanction Request Form and submit to USAG with payment.**

**Sanction** Forms can be found online and also be completed and submitted online at: [www.usa-gymnastics.org](http://www.usa-gymnastics.org). All **Local, Invitational, Sectional and State Meets** must be sanctioned for qualification and use of USAG insurance.

Local and Invitational Host clubs are responsible for obtaining a sanction for their event a minimum of 30 days prior to the event. If you are hosting a meet in an outside facility, you must complete and submit a Certificate of Insurance request.

#### **4.1.3 Step Three -Review & Confirm Organizational Requirements of Hosting Meets.**

Use the Women's Meet Organizational guidelines to plan for a successful event. It can be found at: <http://www.usa-gymnastics.org/women/jo/2001/w-meetorgguide.pdf> . See **page 37** in your USAG Women's R & P for details on Invitationals.

#### **4.1.4 Step Four – Host Club Confirmation is sent from State Judging Director, to the Host Club. Host Club Completes Information & Forwards to Contracted Officials.**

- a. A Minimum of Three (3) Weeks Prior to Meet, Host Clubs will receive the VANAWGJ Host Club Confirmation Form from Diane Berry, the VA State Assignor. It will be completed with all the officials assigned to your meet, including the Meet Referee & Judging Bill Responsibility, all judges contact information, assigned event, and expected carpools.
- b. Host Clubs forward the HCCF to the Assigned Judges a minimum of two weeks prior to their event. Be sure to CC: [berrydb1@aol.com](mailto:berrydb1@aol.com). When you receive the HCCF it is your responsibility as the Host Club to ADD all the requested information for your event and distribute the HCCF to the assigned/contracted officials. Details you forward should include location, directions, hotel information including confirmation numbers, report time, other important information pertaining to their event. It is critical that a complete list of clubs & potential clubs attending is provided not only to facilitate event placement of the assigned judges, but also to prevent the assignment of an Affiliated Judge to a Head Judge position.

- The Meet Director/Club Contact is responsible for informing assigned Judges & VA SJD of any/all specifics or changes regarding their meet. IE – Hotel confirmation numbers, directions, food, start times, report times, etc.

The VANAWGJ Host Club Confirmation Form can be found online at [www.vausag.com](http://www.vausag.com) or [www.vanawgj.org](http://www.vanawgj.org). The online form is a WORD document Form format that you may download to your computer. Type in the grey boxes and re-save the document as "[hostclubform\\_yourclubname.doc](#)". If you have any questions pertaining to the HCCF or have not received one 3 weeks prior to your event, please contact Diane Berry, VA SJD at [berrydb1@aol.com](mailto:berrydb1@aol.com) or call her at 757-474-2220.

#### 4.1.5 Step Five – Sanction Reporting & Competition Fees

Upon completion of your event Send Copies of Sanctions and Competition Fees to 1-4 below:

1. Send the 1 copy of the sanction to the **National Office** within 24 hours. Make sure all judges, ***all coaches*** and the meet director have signed the sanction. No competition fee is included.
2. **Host Clubs of Local & Invitational meets –**
  - a. Send 1 copy to **the Regional Office** within 48 hours AND attach a check for the competition fee of **\$2.00 per athlete** in the meet.
  - b. Send 1 copy to the **Virginia State Chairman** AND attach a check for the competition fee of **\$2.00 per athlete** in the meet, along with the original

Send 1 Copy and a check for \$2.00/Gymnast Competition Fee to: <b>Lynn Perrott</b> 8642 Lucerne Rd. Randallstown, MD 21133	Send 1 Copy and a check for \$2.00/Gymnast Competition Fee to: <b>Steve Garman</b> 3116 Knoll Dr. Falls Church, VA 22042
Make Checks Payable to: <b>Region 7 Gymnastics</b>	Make Checks Payable to: <b>VAUSAG</b>

copy of the meet results.

3. **Host Clubs of Sectional & State meets –**
  - a. Please refer to the Host Club Responsibilities sections for Sectional Meets AND for State Meets in the corresponding packets in this Handbook.
4. **Keep 1 copy for your records.**

#### 4.2 Special Occurrences *(Including but not limited to the following listed below)*

##### 4.2.1 **Cancelled Events - pp.66 & 67 in JO Women's Program R&P:**

- 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 the USA Gymnastics Member Services Department.
- Report Forms must be signed by the Meet Director and returned to USA Gymnastics Member Services Department with a notation of CANCELLATION.
- See Judges Compensation Package for Cancellation Fee information.

##### 4.2.2 **Incident Report Forms – pp.67 in JO Women's Program R&P:**

- An Incident Report and Injury report form must be completed in the event that an athlete is injured. The Meet Director must sign the form; the attending medical personnel must complete the form and give it to the coach or parent of the injured athlete, who then submits it to the insurance company.

##### 4.2.3 **Sanction Violations – pp. 66-67-63 in JO Women's Program R&P:**

- **It is highly recommended that each host club read this section in its entirety.**
- **SANCTION VIOLATIONS: THESE VIOLATIONS MAY RESULT IN A FINE, VOIDING A MEET AND THE RESULTS, AND/OR LOSS OF SANCTIONING PRIVILEGES.**
- Sanction Violation forms can be found online along with "Violation of Sanctions" guidelines in the USAG Women's R&P online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

### 4.3 Bidding on Sectional and State Meets in Virginia

Virginia clubs interested in helping the state provide the most optimal location for a Sectional or State Meet should submit a bid to the State Administrative Chairman, Steve Garman, in the spring of each year for the following competitive season by submitting a Host Club Bid Form found online at [www.vausag.com](http://www.vausag.com). Host club responsibilities for Sectional and State Meets can be found in the corresponding packet included in this handbook. Selection of Sectional and State Meet host clubs is determined by the State Administrative Committee members. Bids are collected and ranked according to several factors in order to grant the most optimal host to the athletes, coaches and clubs in our state. Please contact the State Chairman or refer to the online version of USAG Women's Rules and Policies for guidelines and considerations for bidding on a meet.

### 4.4 Additional Information Regarding Specific Meets

#### 4.4.1 Judges Cup

The Virginia Judges Cup is hosted each year by the Virginia National Association of Women's Gymnastics Judges in an effort to support and fund the education of the judging community in Virginia. Our judges' judge routines, participate in clinics and professional development, hand out achievement ribbons, enter scores, flash scores, hand out awards, distribute good luck grams and take part in working every aspect of this competition.

Your support and attendance is greatly appreciated. In addition to supporting your state judges association, your athletes will have a "wild card" Sectional opportunity at Virginia's Judges Cup. You may use Judges Cup as an invitational or as a sectional. Follow all proper entry procedures if using Judges Cup as a qualifying meet to States.

#### Entry Information:

1. Entries to Judges Cup are accepted beginning October 1, 2011. Details can be found online at [www.vausag.com](http://www.vausag.com).
2. All Levels 4-10 & VA All Stars may attend.
3. Entries will be limited to 6 sessions in 2011.
4. Athletes may use this as a qualifying meet to sectionals or to states.
5. Any VA athlete entering Judges Cup may qualify to their state meet by attending Judges Cup and scoring their state meet qualifying score.
6. Level 4's & 5's do not need to receive a sectional qualifying score or complete a sectional entry to use judges cup as a sectional – if they compete in judges cup and receive their state meet qualifying score they may enter their state meet at the conclusion of their judges cup session.
  - **Note: Judges Cup will be considered as an invitational for any Level 4 or 5 who do not reach their state meet qualifying score. Those gymnasts still have 3 sectional opportunities to qualify to their state meet.**
7. Coaches please come prepared to enter your state meet at the conclusion of your team's final session. State entry procedures will be followed.
  - Level 4 & 5 entry to their STATE meets MUST be made at the conclusion of each team's last session at Sectionals.
  - Please Note: All coaches and clubs must come to sectionals prepared with a Gym or Parents Club Check payable to VAUSAG to enter their qualified athletes to state.
  - See the State Meet Packet for specific State Entry procedures.
8. Coaches will receive an outlined routine evaluation for each of their gymnasts performed routines on each event.

#### 4.4.2 Admission/Gate Fees for Sectional or State Meets held in Outside Facilities

Gate Fees may be charged to all State sponsored meets held in an outside facility. All gate fees to Sectional & State meets will be set by the Virginia State Administrative Committee and published online at [www.vausag.com](http://www.vausag.com).

2011-2012 Sectional & State Meet Gate Fee Chart		
<i>*Charged in Outside Facilities Only</i>		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

#### 4.5 Inquiry Regulations

Attention ALL VA Clubs: It is recommended that the Meet Director must have a coaches meeting at the beginning of each session and invite the Meet Referee to go over inquiry regulations. The USAG Inquiry Regulations have been inserted in the VAUSAG handbook for your information. All coaches should be aware of the proper inquiry regulations stated clearly in the USAG Women's R&P on page 51-52.

**PLEASE NOTE: Submit ALL inquiries on an official Inquiry Form, available at all meets from the meet director or online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).**

1. Coaches are entitled to see all scores of their individual gymnasts. Inquiries may be based only on the following:
  - a. Compulsories - Incorrect elements, evaluation of major elements, falls, neutral deductions or unusual occurrences.
  - b. Optionals - Awarding of Start Value, specific "flat" compositional deductions, falls, neutral deductions or unusual occurrences.
2. The Meet Director must provide inquiry forms at a place designated at the coaches meeting. The form is available:
  - a. on the USAG web site at [www.usa-gymnastics.org/forms/2001/wmnscore.pdf](http://www.usa-gymnastics.org/forms/2001/wmnscore.pdf) or from your State Administrative Committee Chairman
3. Inquiries must be submitted to the Meet Director or Meet Referee within 5 minutes of the completion of the squad's competition on that event.
  - a. No fee may be charged to submit an inquiry.
  - b. Coaches need to be aware that an inquiry allows for a second evaluation which may result in:
    - i. no change in score,
    - ii. the score being raised, or
    - iii. the score being lowered.
4. Exception to the 5-minute rule: If, after the completion of the last event, an athlete's AA score is a maximum of 0.10 less than the qualifying score to the State (or Regional) Championships, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results. This process does NOT apply:
  - a. for mobility purposes, or
  - b. if qualification to the state or regional meet is by percentage or designated number per age group.
5. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach. The coach may not approach the judge regarding the inquiry during the competition.

6. **No video review is allowed at any Jr. Olympic competition during the processing of an inquiry unless the Jury of Appeals is involved.**
7. If administrative procedures (**see below**) were not properly followed on a submitted inquiry, the coach may petition the Jury of Appeal for a review within 5 minutes of the end of the rotation / competition or the return of the inquiry form whichever occurs later. A video review if available may be considered by the Jury of Appeal. Jury decision should occur within 15 minutes after the conclusion of meet and before the awards are presented.

**Procedures for Inquiries:**

**a) Properly written inquiry form by the coach.**

**b) Inquiry submitted in a timely manner to the Meet Referee or Meet Director.**

**c) Inquiry reviewed/answered by the judging panel of the event in question.**

**d) Inquiry returned to Meet Referee or Meet Director.**

**e) Meet Referee or Meet Director returns inquiry to coach by hand or by a pre-defined inquiry return procedure.**



# SECTIONAL PACKET



# 5 SECTIONAL PACKET

## 5.1 PURPOSE OF SECTIONAL MEETS

The purpose of Sectional Meets is to qualify to the State Championships.

These meets are set up to run as efficiently as possible while allowing each team to have all of their gymnasts, regardless of level or age, compete at the same time. The following awards are presented during and at the conclusion of each session:

Levels 4 & 5 receive individual event achievement ribbons at the conclusion of each routine performed per USAG guidelines as follows:

Blue ribbon:	9.000 & above
Red ribbon:	8.000-8.975
White ribbon:	7.500-7.975
Yellow ribbon:	7.000-7.475
Green ribbon:	6.975 & below



Levels 4 & 5 receive a Virginia Sectional All-Around Achievement Medal at the conclusion of each session based on the following All-Around totals:

### Level 4 & 5

Blue ribbon medal:	36.000 A.A. & Above
Red ribbon medal:	35.975-33.500 A.A.
White ribbon medal:	33.475 A.A & below

All-Around scores announced at Sectionals represent the gymnasts' ranking in that session ONLY and do not give an accurate representation of their placement in the state.

No event or all around placement awards are given.

To see a complete ranking of all gymnasts in each age group competing at the sectional meet, please refer to the VAUSAG website on the day following the last session of competition at [www.VAUSAG.com](http://www.VAUSAG.com).

Gate Fees may be charged to all Sectionals held in an outside facility. All gate fees to Sectional & State meets are set by the Virginia State Administrative Committee.

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Sectional Hosts should include this statement in their programs.



## 5.2 2011-2012 SECTIONAL ENTRY INFORMATION, DATES & HOSTS

Sectional Date	Qualifying Scores	Entry Deadline	Entry Fee	Host Club Contact	Meet Site
<b>Judges Cup 1<sup>st</sup> Multi Sectional</b> Level 4/5 December 3/4	31.50AA- L4 31.00AA – L5	Monday, Nov 14 <sup>th</sup> 2011	<b>\$70.00</b> MAKE PAYABLE TO HOST CLUB	<b><u>Virginia NAWGJ</u></b> 1213 Hartford Ct VA Beach, VA 23464 <b>Contact:</b> Morgan Carraway <a href="mailto:moewam@aol.com">moewam@aol.com</a> (Office)757-474-2220 (Fax)757-474-2221	Ocean Tumblers Gymnastics
<b>2<sup>nd</sup> Multi Sectional</b> Level 4/5 January 28/29	31.50AA- L4 31.00AA – L5	Monday, Jan 9 <sup>th</sup> 2012	<b>\$70.00</b> MAKE PAYABLE TO <b>VANAWGJ</b>	<b><u>World Class Gymnastics</u></b> 343 Bell King Road Newport News, VA 23606 <b>Contact:</b> Debbie LeMoal <a href="mailto:Gymsme2@aol.com">Gymsme2@aol.com</a> (G)703-378-4966 (Fax)703-378-2914	World Class Gymnastics
<b>3<sup>rd</sup> Multi Sectional</b> Level 4/5 March 17/18	31.50AA- L4 31.00AA – L5	Monday, Feb 27 <sup>th</sup> 2012	<b>\$70.00</b> MAKE PAYABLE TO HOST CLUB	<b><u>Virginia International Gymnastics</u></b> 2400 Oak Lake Blvd Midlothian, VA 23112 <b>Contact:</b> Jim Roe <a href="mailto:meetdirector@vigs-gymnastics.com">meetdirector@vigs-gymnastics.com</a> (G) 804-276-7039 (Fax) 804-739-0192	Virginia International Gymnastics
<b>4<sup>th</sup> Multi Sectional</b> Level 4/5 April 14/15	31.50AA- L4 31.00AA – L5	Monday, March 26 <sup>th</sup> 2012	<b>\$70.00</b> MAKE PAYABLE TO HOST CLUB	<b><u>Chantilly Academy Gymnastics</u></b> 14088-K Sullyfield Cir. Chantilly, VA 20151 <b>Contact:</b> Mary Thompson/Anne Foster <a href="mailto:chantillygym@gmail.com">chantillygym@gmail.com</a> / <a href="mailto:aefstars@aol.com">aefstars@aol.com</a> (G)703-378-4966 (Fax)703-378-2914	Chantilly Academy Gymnastics

- Entry Fee is **\$70.00/gymnast**
- **ALL** entries **MUST** be submitted to the host club using the online entry forms found at [www.vausag.com](http://www.vausag.com) by the entry deadline.
  - **1<sup>st</sup> SUBMIT ENTRY FORM E-MAILED OR MAILED TO HOST CLUB** by the **entry deadline**.
  - **2<sup>nd</sup> MAIL** check to the host club within 24 hours of completed online entry. As long as entry has been received on or before entry deadline, next day postmarks on payments received are accepted.
- All meets have a **Monday** deadline which is **3 weeks** prior to the meet.

**Judges Cup may be used as a Sectional Meet for Levels 4 & 5. Level 4's & 5's do not need to receive a sectional qualifying score or complete a sectional entry to use judges cup as a sectional – if they compete in judges cup and receive their state meet qualifying score they may enter their state meet at the conclusion of their judges cup session.**

**Note: Judges Cup will be considered as an invitational for any Level 4 or 5 who do not reach their state meet qualifying score. Those gymnasts still have 3 sectional opportunities to qualify to their state meet.**

**OR**

**Judges Cup may be used as an Invitational Meet for Levels 4-10. Please refer to Judges Cup Information.**

## 5.3 2011-2012 SECTIONAL ENTRY INFORMATION & GUIDELINES

### 5.3.1 *Entry Requirements*

- **Level 4** - Score a minimum of a **31.50 AA** at a local or invitational meet.
- **Level 5** - Score a minimum of a **31.00 AA** at a local or invitational meet.
- **Levels 6, 7, 8, 9, 10 & VAOP** - No sectional competitions are held at these levels.

### 5.3.2 *Entry Fee*

- **\$70.00/gymnast**
- **ONE CHECK MADE PAYABLE TO THE HOST CLUB**

### 5.3.3 *Entry Form Guidelines*

- Official sectional entry forms are available online at [www.vausag.com](http://www.vausag.com) ONLY.
- **ALL SECTIONAL ENTRY FORMS MUST BE COMPLETED IN THEIR ENTIRETY OR THEY MAY NOT BE SUBMITTED.**
- Your gymnasts are **NOT** considered entered in the meet until all of the information that is required is received!
- NO "Pending" entries are allowed.
- **ALL entries MUST be Entered Online AND Payments MAILED to the host club by the entry deadline.**
- All meets have a **Monday** deadline which is **3 weeks** prior to the meet.

### 5.3.4 *Instructions for Entries*

CHECK ONLINE AT [WWW.VAUSAG.COM](http://WWW.VAUSAG.COM) FOR DETAILS. A PRINTABLE COPY IS INCLUDED IN THE BACK OF THIS HANDBOOK.

### 5.3.5 *Late Entry Guidelines*

- A late fee of **\$25.00/gymnast** is charged for any entries that are late, incomplete or filled out incorrectly. There will be **NO** exceptions to this policy.
- It is possible that you may be denied entry to a sectional meet if you enter less than 10 days in advance. Per the USAG R & P, denial should be based on the fact that all sessions are already full. If your late entries can be accommodated, your team may be placed in separate rotations/sessions at the meet director's discretion.
- Replacements (with an athlete in the same session/level/age division) may be made with no extra fee up to the start time of the timed warm-ups, as long as that athlete received a sectional qualifying score PRIOR to the entry deadline set forth for that individual Sectional meet.

### 5.3.6 *Refund Policy*

- Refunds must be requested in writing by submitting an official meet withdrawal via mail, fax or e-mail to the host club a minimum of ten days prior to the meet date.
- You may mail, fax or e-mail your meet withdrawals - please provide Club Name, Gymnast Name and Level.
- No refunds will be granted if requested less than ten days prior to the meet date.

### **5.3.7 Qualifying Opportunities**

- All Level 4 and Level 5 competitors are allowed to **participate in 3 of the 4** scheduled state qualifying sectional meets ONLY. For further clarification, this means that **NO SINGLE PARTICIPANT may have more than 3 qualifying opportunities to make it to her state meet.**
- Non Qualified Level 4 & 5 athletes have priority entry to ALL scheduled sectional meets considering all entry procedures have been followed correctly.

### **5.3.8 Sectional Meet Times**

- Sectional times will be communicated through the sectional host club a minimum of one week prior to the meet date via e-mail or their official home web site. The state web site at [www.vausag.com](http://www.vausag.com) also posts sectional times and information.
- Coaches and club owners **ONLY** may call OR e-mail the HOST CLUB (if you have not already been notified). **NO PARENTS ARE ALLOWED TO CALL or E-MAIL HOST CLUBS!!**

### **5.3.9 Sectional to State Qualification Procedure for Levels 4 & 5**

- Level 4 & 5 entry to their STATE meets MUST be made at the conclusion of each team's session at Sectionals. See the State Meet Packet in this Handbook for specific State Entry procedures.
- Please Note: All coaches and clubs must come to sectionals prepared with a Gym or Parents Club Check payable to **VAUSAG** to enter their qualified athletes to states.

## 5.4 Host Club Responsibilities for Sectionals

### 5.4.1 Host Club Requirements:

1. Host Club must have a USAG Certified Meet Director in charge of the meet. Meet Directors must be USAG Safety Certified Professional Members who follow all USAG, Region 7 and Virginia Rules and Policies.
2. Host Club must use a computerized scoring system with experienced operator(s).
3. Host Club must be able to manage entries. Receipt of printed and electronic entries to Sectionals and Submission of Electronic State Meet Entries to State Chairman at the conclusion of the Sectional meet weekend.
4. Use the Women's Meet Organizational guidelines to plan for a successful event. It is found at: <http://www.usa-gymnastics.org/PDFs/Women/Rules/Rules%20and%20Policies/w-meetorgguide.pdf>. Contact Steve Garman with any questions or concerns at 703-241-1803 or [vausag@gmail.com](mailto:vausag@gmail.com).
5. Obtain a sanction for the meet at least 60 days in advance.
6. In consideration of parents and gymnasts, no other activity can take place in the gym during the scheduled competitive sessions. Adequate parking and spectator areas should be provided.
7. ALL USAG RULES AND POLICIES MUST BE FOLLOWED. Provide a clear and organized gym layout. Legal equipment and regulation matting is required. See USAG Women's R & P pages **85-91**.
8. Send a request for judges with appropriate fees to Diane Berry – see Meet Scheduling and Request for Judges Guidelines set forth in Section 4 of this handbook. Contact Diane Berry with any questions at 757-474-2220 or at [berrydb1@aol.com](mailto:berrydb1@aol.com).
9. Secure and pay for judge's hotel rooms. Please note: If at all possible it is highly recommended to have all hotel rooms at the same hotel. This is primarily due to carpooling arrangements.
10. Secure and pay for a Certified Athletic Trainer to be at each scheduled session
11. Contact Peach State Awards at 1-800-963-3250 or [gkleos@gmail.com](mailto:gkleos@gmail.com) (Melanie & Rick Walker) to order required Sectional Medals and Neck Ribbons (Blue, Red & White) based on number of entries received. See Awards Section for instructions.
12. E-mail or Mail all clubs a copy of sectional meet information and entry procedures. Be sure to reference [www.vausag.com](http://www.vausag.com) and include hotel information 60 days prior to meet date. Meet information can be posted on host club website if available.  
  
Please send all meet information to the VAUSAG e-mail news coordinator at [aefstars@aol.com](mailto:aefstars@aol.com) for distribution to membership and to the VAUSAG webmaster at [cpolanosky@gmail.com](mailto:cpolanosky@gmail.com) for posting on the website.
13. Host Clubs should provide a program for spectators including the VAUSAG Purpose of Sectionals statement.
14. Host clubs must provide a hospitality area (food & drinks) at the meet for coaches and judges.
15. No gate fees will be charged unless an outside facility is used. The VA SAC sets the gate fees charged at all Sectional & State meets in VA.

- 16. State & Regional Competition Fees:** The host club/meet director is responsible for paying ALL meet expenses involved with hosting the Sectional meet. These include, but are not limited to: Judging Bill, Judges Hotel Rooms, Hospitality, State Competition Fee-**\$10.00 per athlete** and Regional Competition Fee-**\$2.00 per athlete**, Mailings, Athletic Trainer, Awards and any other expenses incurred.

#### **5.4.2 Meet Director Responsibilities-Organizational, Clerical, Attendees, Etc.**

##### **Before the Meet Weekend:**

1. The host club/meet director is responsible for collecting, copying and organizing all entry forms, fees and late fees.
2. Host club/meet director handles all meet withdrawals and refunds. State and USAG 10 day guideline MUST be followed.
3. Entries submitted will be received by both the State Chairman and the Host Club Contact. All scores used to enter Sectionals will be verified by Steve Garman, VAUSAG SAC.
4. Format of Sectional Meet - Meet directors and the State Chairman set up the format for the meet. Please contact Steve at 703-241-1803 or [vausag@gmail.com](mailto:vausag@gmail.com).
5. As soon as the meet is set, the Host Club should E-mail, Fax or Call and then mail or post on the state and club web site the meet times, session assignments and number of coaches required for each team to ALL participating teams. Please forward this information to the [aefstars@aol.com](mailto:aefstars@aol.com) and [cpolanosky@gmail.com](mailto:cpolanosky@gmail.com) for state distribution.
6. Host Club must follow all Meet Scheduling and Request for Judges Guidelines. See Section 4.0 of this handbook for details. Contact Diane Berry with any questions at 757-474-2220 or at [berrydb1@aol.com](mailto:berrydb1@aol.com).
7. A computerized scoring program and experienced operators that are established and reliable **MUST** be used.
8. If scorecards are used, entry of event scores **MUST** be by a volunteer, NOT a judge. Host Clubs should plan for score sheets or score slips that the judges can hand to a volunteer scorekeeper for entry onto scorecards. Score slips must allow for both judges scores, neutral deductions and start values to be entered.

##### **During the Meet Weekend:**

##### **JUDGES, COACHES AND ATHLETES**

1. Be sure that all judges and coaches sign in to the meet with valid USAG Pro Member credentials issued by USA Gymnastics. Pro Membership, Safety Certification and Background Check must be current.
2. Meet Director must have a coaches meeting at the beginning of each session along with the designated Meet Referee to:
  - a. Take club attendance AND verify that all coaches have signed in.
  - b. Relay important details of the meet allowing for the most efficient and safe competition for athletes.
  - c. Meet Referee explains Inquiry Procedure to all coaches.
3. All athletes should come prepared to compete. For the safety and consideration of ALL the athletes both coaches and parents should not allow an injured or sick athlete to compete.
4. Only professional members who are actually coaching and athletes who are competing in that session are allowed on the competition floor.

## AWARDS

1. Contact Peach State Awards at 1-800-963-3250 or [gkleos@gmail.com](mailto:gkleos@gmail.com) (Melanie & Rick Walker) to order required Sectional Medals and Neck Ribbons (Blue, Red & White) based on number of entries received.
2. Upon receipt of the awards shipment form Peach State Awards, the host club must inventory all medals and each color of neck ribbon. Host Club must return any unused medals and neck ribbons to Peach State Awards with remaining inventory count at the conclusion of the Sectional Meet Weekend.
3. One sectional medal and one neck ribbon together is considered one piece. **Each piece is \$2.00.** To determine cost - multiply the number of medals/neck ribbons distributed at the sectional by \$2.00 each and forward payment and copy of inventory to VAUSAG.
4. The host club provides Individual Event Achievement Ribbons for Levels 4 & 5.
5. State of Virginia All-Around Achievement Medals and Neck Ribbons are awarded to all Levels 4&5 competing according to the guidelines set forth by the State Administrative Committee on the "Purpose of Sectional" page of this handbook. Please announce all Level 4's competing by All Around and then all Level 5's competing by All Around.
6. NO placement awards are given. Please include the "Purpose of Sectional" statement, included in the front of this Sectional Packet, in all programs distributed at the meet.

## RESULTS & STATE ENTRY

1. Post scores after each rotation (2nd +) and session.
2. **Level 4 & Level 5 State Meet Entry Requirements**
  - **Level 4 - Qualifying score of a minimum of 33.00 AA**
  - **Level 5 – Qualifying score of a minimum of 32.50 AA**
  - **Enter at the conclusion of Sectional Session**
  - **2011-2012 Level 4 & 5 State Entry Fee - \$75.00 – all checks made payable to VAUSAG.**
3. Meet Director's in coordination with their Clerical Committee MUST:
  - a. Provide a State Entry table where all coaches go to enter their gymnast's to their State Meet.
  - b. Print out each participating team's roster for each coach. Coach confirms entrants and pays for all state entrants with a Gym or Parents Club check ONLY.
  - c. Payments are made payable to VAUSAG.
  - d. One check may be used to pay for ALL levels.
  - e. Sectional Meet Directors are responsible for collecting ALL payments.
  - f. Original Sectional Entry Form must be available to participating clubs coaches.
  - g. Approved State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.
  - h. A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.
  - i. NO Pending Entries are allowed.
4. ALL USAG RULES AND POLICIES MUST BE FOLLOWED BY ALL ATTENDING. If problems occur and the State Chairman is not available, contact the Virginia board members for an immediate decision.

## After the Last Session of the Weekend:

### END OF MEET RESPONSIBILITIES

1. Provide a Score Master Report of all sessions of the meet by LEVEL, by ALL-AROUND, by SCORE listing ALL State Qualifiers. This will be considered the official State Entrants unless otherwise noted. E-MAIL this list to Steve Garman at the conclusion of the weekend at [vausag@gmail.com](mailto:vausag@gmail.com).
2. Send results to the VAUSAG Webmaster in HTML format or as an Excel file to: [cpolanosky@gmail.com](mailto:cpolanosky@gmail.com).
3. Final resultsE-MAIL a copy of all state meet entries to Steve Garman at [vausag@gmail.com](mailto:vausag@gmail.com). All payments received must be mailed immediately following the event. Please include copies of the original score sheets to Steve.
4. Send payment for sectional medals of **\$2.00/medal** used to State Chairman – Steve Garman – address below. **Make check payable to VAUSAG.**
5. Send a Sectional Competition Fee of **\$10.00/gymnast** to Steve Garman, SAC. **Make check payable to VAUSAG:**  
**Steve Garman**  
**3116 Knoll Drive**  
**Falls Church, VA 22042**
6. Send a Regional Competition Fee of **\$2.00/gymnast** to – **Make check payable to Region 7 Gymnastics:**  
**Lynn Perrott,**  
**8642 Lucerne Rd.**  
**Randallstown, MD 21133**
7. Fill out and sign sanction. Send copies of sanction to:  
A - USAG – original  
B - Regional Chairman  
C - State Chairman  
D - Keep one for your records
8. **A completed Financial Report must be submitted to the State Chairman within 30 days of the sectional event.** A copy of the Financial Report Form to be used is found in this handbook or online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).

### 5.5 STATE (VAUSAG) Responsibilities

1. Verify that all entrants have qualified.
2. Mediate all discrepancies that should arise before, during or after the meet.

### 5.6 SECTIONAL ENTRY FORMS

Please go to [www.vausag.com](http://www.vausag.com) for Sectional Entry Forms. A printable copy is included in the back of this handbook for your convenience.



# STATE PACKET



## 6 STATE PACKET

### 6.1 PURPOSE OF STATE MEETS

The purpose of the Level 4-10 State Meets in Virginia is to provide a culminating competition in the format of a championship event for Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Meets for Levels 8-10 are also used as a qualifier to Regional Championships for Levels 8-10; and onto USAG East/West Championships for Level 9 athletes and USAG Junior Olympic National Championships and National Invitational Tournament for Level 10 athletes.

State Championships are set up according to the USAG Women's Rules and Policies and the guidelines set forth by the both the Regional and Virginia State Administrative Committees.

#### **Awards Presented at Virginia State Meets:**

##### **Level 4 & 5:**

Event Achievement Awards, Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards – both Large Club and Small Club are presented.

##### **Level 6 & 7:**

Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

##### **Level 8-10:**

Age Group Event Placement Awards, Age Group All-Around Awards and Team Awards are presented. Regional Qualifiers are announced. At Level 8 States the VA Regional team by age group and All-Around are announced as well as Regional All-Star team members. Level 9 & 10 qualify by score to their regional meets and then by placement at Regionals to their national meet. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

##### **VA All Star Optional Program:**

This program is offered as an alternative optional program for our VA Clubs members to participate competitively in the sport of gymnastics in Virginia. Division Age Group Event Placement Awards and Division Age Group All Around Awards are presented.

Please Note: All state qualifiers who attend a state meet receive a state gift which is presented at the conclusion of their competitive session.

To see a complete ranking of all gymnasts in each level and age group competing at a state meet, please refer to the VAUSAG website on the day following the last session of competition at [www.VAUSAG.com](http://www.VAUSAG.com). Team rankings are also available.

Gate Fees may be charged to all State Meets held in an outside facility. All gate fees to Sectional & State meets are set by the Virginia State Administrative Committee.

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State Hosts should include this statement in their programs.



## 6.2 2012 STATE MEET ENTRY DEADLINES, DATES, FEES & HOSTS

State Meet	Qualifying Scores	Entry Deadline	Entry Fee	Host Club & Contact Information	Meet Site
<b>Level 8, 9 &amp; 10</b> March 24/25	L8 – 32.50AA L9 & 10 - 32.00AA 8.50 IES (One Time)	Monday, March 5 <sup>th</sup> 2012	<b>\$100-</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Richmond Olympiad</u> Contact: Steve Garman, VAUSAG SAC- <a href="mailto:vausag@gmail.com">vausag@gmail.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site - Outside Facility-U-Turn Sports Complex Organized by VAUSAG State Board
<b>Level 6 &amp; 7</b> March 31/April 1	L6-32.50AA (One Time) L7-32.50AA (One Time)	Monday, March 12 <sup>th</sup> 2012	<b>\$75.00</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Ocean Tumblers Gymnastics</u> Contact: Steve Garman, VAUSAG SAC- <a href="mailto:vausag@gmail.com">vausag@gmail.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Outside Facility - Oscar Smith High School - Chesapeake Organized by VAUSAG State Board
<b>Level 5</b> April 28/29	32.50AA	Final Date: Entries are due at the conclusion of each sectional session	<b>\$75.00</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: VA Techniques</u> Contact: Steve Garman, VAUSAG SAC- <a href="mailto:vausag@gmail.com">vausag@gmail.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Outside Facility- Radford University – Radford, VA Organized by VAUSAG State Board
<b>Level 4</b> May 5/6	33.00AA	Final Date: Entries are due at the conclusion of each sectional session	<b>\$75.00</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Gym, Inc.</u> Contact: Steve Garman, VAUSAG SAC- <a href="mailto:vausag@gmail.com">vausag@gmail.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Outside Facility – Hampton Convention Center Organized by VAUSAG State Board
<b>VA All Stars</b> May 19/20	Must Compete in 1 Sanctioned VA meet to enter.	Monday, April 30 <sup>th</sup> 2012	<b>\$75.00</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<u>Host Club: Gym, Inc.</u> Contact: Steve Garman, VAUSAG SAC- <a href="mailto:vausag@gmail.com">vausag@gmail.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site – Hampton Convention Center Organized by VAUSAG State Board

## 6.3 2012 State Meet Entry Procedures for Levels 4 & 5

### 6.3.1 Level 4 & Level 5 Entry Requirements

- Qualifying score of a minimum of 33.00 AA
- Qualifying score of a minimum of 32.50 AA
- Enter at the conclusion of Sectional Session
- 2012 Level 4 & 5 State Entry Fee - **\$75.00 checks made payable to VAUSAG**

### 6.3.2 How to enter Level 4 & 5 Virginia State Meets

- Entry to the STATE meet MUST be made at the conclusion of your team's session at Sectionals. ONLY Gym or Parents Club checks made payable to **VAUSAG** will be accepted.

- Sectional Host Club will provide each club with their Sectional Results and a State Entry Form listing all their clubs State Qualifiers for approval and payment by coach.
- The Sectional Meet Director conducts a Coaches meeting at the conclusion of each session for the purpose of entering gymnasts to the State Meet. Sectional Meet Directors are responsible for collecting all payments. Original Sectional entry form must be available to participating club coaches.
- **Checklist for Level 4 & 5 State Meet Entries:**
  - a. State meet entries for all qualifiers must be approved by each teams head coach and returned with payment to the Sectional Meet Director.
  - b. All checks MUST be made payable to **VAUSAG**.
  - c. Only Gym or Parents Club checks are accepted. ONE check may be used to pay for ALL levels.
  - d. Approved State Meet entries and fees for all gymnasts who qualify are due at each clubs final sectional session to the Sectional Meet Director.
  - e. A late fee of \$25.00/gymnast applies if qualifying gymnasts are not entered at the conclusion of the sectional session your team attends, or if submitted state entry forms are incomplete.
  - f. NO Pending Entries are allowed.

### **6.3.3 Large Club / Small Club Team Awards for Levels 4 & 5**

#### **Level 4 & 5 State Meets - Large Club/Small Club Guidelines:**

A team's Large Club/Small Club status is determined by the number of athletes per team entered in any one state meet and can change from one level to the next based on the number of total team entries for the Level 4 and Level 5 State Meet.

**Large Club: Twelve places** are awarded for **Large Club – top 4 scores count**.

**Small Club: Five places** are awarded for **Small Club – top 3 scores count**.

#### **Determination Date for Large Club/Small Club Designation:**

- Ten days prior to the state meet date is the 2012 Large Club/Small Club Determination Date:
  - **Level 5 – Wednesday, April 18, 2012**
  - **Level 4 - Wednesday, April 25, 2012**
- Any small club may choose to compete as a large club.
- Please notify the state ASAP if you wish to be considered a large club for team awards.
- Small Clubs do not receive points for state standings in determining Compulsory Club of the Year.

## 6.4 2012 State Meet Entry Procedures for Levels 6-10 & VAOP

*\*Use State Entry Forms found at [www.vausag.com](http://www.vausag.com). A printable copy of the State Entry Form is included in the back of this handbook.*

### Level 6 & 7 Entry Requirements:

- Qualifying score of a minimum of **32.50AA – Level 6**
- Qualifying score of a minimum of **32.50AA – Level 7**
- **2012 Level 6 & 7 State Meet Entry Fee - \$75.00 – checks payable to VAUSAG**
- The state entry form for LEVEL 6 & 7 10 MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC **BY MON., MARCH 12, 2012.**

### Levels 8, 9 & 10 Entry Requirements:

- Qualifying score of a minimum of **32.50AA – Level 8**
- Qualifying score of a minimum of **32.00AA or 8.50 for IES-Level 9 & 10**
- Declaration date of IES Status: January 15, 2011. Please see IES Section.
- **2012 Level 8-10 State Meet Entry Fee - \$100.00 – checks payable to VAUSAG**
- The state entry form for LEVELS 8, 9 & 10 MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC **BY MONDAY, MARCH 5, 2012.**

### VAOP Entry Requirements:

- No qualifying score required
- Entry to states requires participation in ONE VA sanctioned meet at their designated VAOP level.
- VAOP athletes are allowed to compete in 1 VAUSAG state meet only.
- **2011 VAOP State Meet Entry Fee - \$75.00 – checks payable to VAUSAG**
- The state entry form for VAOP MUST BE E-MAILED & THEN MAILED TO STEVE GARMAN, VA SACC **BY MON., April 30<sup>th</sup>, 2012.**

#### 6.4.1 How to enter Level 6-10 & VAOP Virginia State Meets

- A level 6-10 gymnast may qualify to her state meet by attending **ANY** invitational meet and score at or above the state qualifying score for that level. The Judge's Cup may be used as a qualifying meet. VAOP must follow guidelines listed in handbook.
- OR**
- Level 8-10 gymnasts that were Regional/National level competitors during the 2010-2011 season may enter at the same level this year. Gymnasts who qualify by their 2010-2011 Regional/National status must be noted on the faxed/e-mailed and mailed team entry form.

### All Level 6-10 State Entries **MUST** be:

**1<sup>st</sup> E-MAILED:**

**AND**

**E-MAIL ENTRY to- [vausag@gmail.com](mailto:vausag@gmail.com)**

**2<sup>nd</sup> MAILED:**

**MAIL Completed Entries, Meet Score Sheets and payment made payable to VAUSAG by the deadlines indicated above to Steve Garman, VA SAC.**

(NOTE: Meet Score Sheets Verifying Level 6, 7, 8, 9 & 10 state entry qualifying scores submitted from out of state **ONLY** must be included with entry and payment.)

All gym or booster club checks must be **MADE PAYABLE TO VAUSAG** by the deadlines indicated above and sent to:

**Steve Garman, VAUSAG SAC  
3116 Knoll Drive  
Falls Church, VA 22042**

## Requirements and Checklist for Level 6-10 State Meet Entry Forms:

- 1 All clubs must use the VAUSAG entry forms provided online at [www.vausag.com](http://www.vausag.com) or in the back of this handbook to enter all L6-10 & VAOP athletes to their state meet.
- 2 Please indicate any HIGH SCHOOL SENIOR or GRADUATING gymnast from your club on the VA State Meet Entry Form. Senior Forms are available online at [www.vausag.com](http://www.vausag.com) and at state meet coaches meeting.
- 3 **Make checks payable to VAUSAG.** Only Gym or Parents Club checks will be accepted. **ONE CHECK MAY BE USED TO PAY FOR ALL LEVELS.**
- 4 Entries must be completed in their entirety with payment in full to be accepted. \$25.00 late fee per gymnast is added to any incomplete or late entries submitted.
- 5 Pending Entries are NOT ALLOWED.
- 6 Meet score sheets verifying all state entry qualifying scores obtained OUT OF STATE must be included with payment.

## ATTENTION CLUBS & COACHES - IMPORTANT REGIONAL INFORMATION:

**NOTE: All L6-10 State Entries MUST be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter.**

### ***6.4.2 Level 8-10 Regional Entries and Apparel Purchasing at States***

1. All Clubs ***MUST*** be prepared to enter their Regional Qualifiers to each Levels Regional Championships at the conclusion of their state meet sessions. USAG Club Numbers **MUST BE** included on all Regional meet entry forms.
2. **For the 5<sup>th</sup> year in a row VAUSAG SAC has voted to pay for all 2012 Virginia Level 8, 9 & 10 Regional Qualifiers.**
3. **Level 8, 9 & 10 State Meet Only: Host Club Meet Director to Assist: Obtain Regional Packets for Levels 8, 9 & 10 from the State Chairman and assist with distribution and collection of entries at the head table.** All Regional Qualifiers must be entered to their Regional meet at the conclusion of their state meet sessions.
4. Separate entry forms are required for each level as they all have separate host clubs.
5. Level 9 & 10's qualify by scoring a 34.00 AA total at States or by scoring a 9.00 on an event at States for declared IES gymnasts. There are 8 JR & 8 SR age groups for Level 9; AND 4 JR & 4 SR Age Divisions for Level 10. The Women's Program Manager determines and publishes age divisions prior to the Regional Championships.
6. Level 8's qualify by placing in the top 8 AA places in the designated Regional Age Group of which there are 3 Junior and 3 Senior Age Groups. The top 6 All Around placements for each regional age group are considered the VA Regional Team. The 7<sup>th</sup> & 8<sup>th</sup> place All Around are placed on Regional All Star teams comprised of gymnasts from all states in Region 7. Alternates are named at the state meet and will be notified of their placement to Regionals at a later date.

7. If a club/coach has submitted a Level 9 or 10 All Around or IES athlete petition for Regional entry to the Regional Technical Chairperson, Myra Elfenbein, they may enter the petitioned gymnast on the official entry form marked specifically as "Petition Pending" along with payment in full. If petition is denied the RTCC will contact the regional meet director who will refund the entry fee.
8. Copy your State Administrative Committee Chairperson on all petitions.
9. NO petitions may be submitted for Level 8 athletes.
10. NO petitions may be submitted at the State Meet for Level 9 or 10 athletes.
11. Coaches must notify their Regional Technical Committee Chairman by Fax or E-mail by the Monday following the State Meet of any athletes they intend to petition to the Regional Meet. (per JO Women's R&P)
12. Proper petition procedure must be followed according to the rules set forth by USAG on pages 55-57 of the 2011-2012 Women's Program Rules and Policies and the Region 7 Technical Chair.
13. All Clubs should be prepared to purchase Regional Apparel for gymnasts and coaches at the conclusion of the Level 8, 9 & 10 state meets for regional qualifiers. One gym or parents **club check made payable to VAUSAG** for all level 8, 9 & 10 apparel is acceptable and preferred.

## 6.5 Host Club Requirements and Responsibilities for States

1. Obtain a sanction for the meet at least 60 days in advance. State will reimburse.
2. **Outside Facility Only:** In addition, host clubs using an outside facility MUST obtain a Certificate of Insurance during the sanction process with USAG. Information can be found in USAG Women's R&P handbook or online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).
3. Host Club must have a USAG Safety Certified Professional Member that is also a certified Meet Director available for each session to run the march-in, direct volunteer timers and other competition personnel.
4. Club host Meet Director must be available for the State Meet Director and State Chairman for competition floor needs, coaches, judges, distributing and collecting Regional Packets and entries(L8, 9 & 10 Only), assisting with Regional Apparel(Level 8, 9 & 10 only) and any other State Meet Director responsibilities listed.
5. Secure and pay for judge's hotel rooms. State will reimburse. Please note: Due to carpooling arrangements all judges must be at the same hotel.
6. Contact Diane Berry to coordinate hotel and meal arrangements for the judges. If the meet is held in an outside facility meal arrangements may be different.
7. Host Clubs should attempt to make arrangements with the host hotel for a rebate program. Request compensated or donated rooms for judges.
8. Please Mail or E-Mail ALL VA Clubs a copy of the state meet and hotel information a minimum of 60 days in advance. Meet information should be posted on host club website.
9. Please send all meet and hotel information to the VAUSAG e-mail news coordinator at [aefstars@aol.com](mailto:aefstars@aol.com) for distribution to membership and to the VAUSAG webmaster at [cpolanosky@gmail.com](mailto:cpolanosky@gmail.com) for posting on the website.
10. ALL USAG RULES AND POLICIES MUST BE FOLLOWED. Provide a clear and organized gym layout. Legal equipment and regulation matting is required. See USAG Women's R & P **pages 85-91.**
11. Use the Women's Meet Organizational guidelines to plan for a successful event. It can be found at: <http://www.usa-gymnastics.org/PDFs/Women/Rules/Rules%20and%20Policies/w-meetorgguide.pdf>. Contact Steve Garman with any questions or concerns at 703-241-1803 or [vausag@gmail.com](mailto:vausag@gmail.com).
12. **Outside Facility Only:** Host Clubs should plan to provide a designated area for vendors contracted through VAUSAG.
13. **Outside Facility Only:** Secure and obtain written quote for costs of outside facility usage. Forward financial information to Steve Garman, SAC at [vausag@gmail.com](mailto:vausag@gmail.com).
14. Secure a Certified Athletic Trainer to be at each scheduled warm-up and competition session. State will reimburse. Please notify Steve if fee is more than \$30.00 per hour budgeted for.
15. Secure a Volunteer Announcer who will represent the host club and the state with pride and enthusiasm. Have an adequate sound system for announcements and the playing of floor music.
16. Plan for adequate volunteers to assist with gym layout, equipment setup & breakdown and the playing of floor music.
17. **Outside Facility Only:** Host Club MUST provide a minimum of 15 volunteers to set up and break down equipment. Please plan accordingly.

18. **AWARDS** - Contact Peach State Awards at 1-800-963-3250 or [gkleos@gmail.com](mailto:gkleos@gmail.com) to arrange for receipt of State Event Achievement Ribbons (Level 4 & 5 ONLY), State Event, All-Around Medals and Team Awards. Please inventory upon receipt and return any unused awards to the State Chairman within 7 days of the conclusion of the state meet. Awards supplied and paid for by VAUSAG.
19. Host Clubs should provide a program for spectators including the VAUSAG Purpose of State Meets statement. ***Proceeds from program sales goes to the host club.***
20. Host Clubs should provide a hospitality area (food & drinks) at the meet for coaches and judges.
21. State meet arena/gym should be decorated appropriately to celebrate the accomplishment of the gymnasts making it to their state meet. The award stand and its location should be planned ahead of time.
22. In consideration of parents and gymnasts, no other activity can take place in the gym during the scheduled competitive sessions. Adequate parking and spectator areas should be provided.
23. **Outside Facility Only:** All gate fees are set by the VAUSAG State Administrative Committee. No gate fees will be charged unless an outside facility is used.
24. State hosts will distribute state meet "end of year" and senior gifts (when appropriate) provided by the state to gymnasts at the end of each session.
25. Level 8, 9 & 10 State Meet Only: Host Club Meet Director to Assist: Obtain Regional Packets for Levels 8, 9 & 10 from the State Chairman and assist with distribution and collection of entries at the head table. See End of Meet Responsibilities.
26. VAUSAG covers all State Meet Expenses listed below:
  - Sanction Fees of \$100.00 per State Meet – late fees will not be paid. Be sure to secure sanction a minimum of 60 days prior to meet.
  - Judging Bill and Judges Hotel Rooms
  - Outside Facility Fees – including, facility rental & fees, equipment rental, contracted hospitality, etc. The state chairman should be notified ASAP regarding any additional fees which are not listed in this handbook.
  - Certified Athletic Trainer – State budgets \$30.00 per hour. Please contact Steve if fee being charged is more.
  - All Achievement Ribbons (Levels 4 & 5), Event, All-Around and Team Awards are ordered and paid for by VAUSAG.
  - Reimbursement for reasonable expenses. These may include Mailings, Coaches & Judges Hospitality, Decorations, etc. Please discuss and get approval from Steve regarding unplanned or expensive items.
  - State Host Club Fee of up to \$1000 per session held will be paid to Host Club.
27. A completed Financial Report must be submitted to the State Chairman within 2 weeks of the state event. Contact Steve for details. Please include any receipts for requested reimbursement. A copy of the Financial Report Form to be used can be found on the last page of this handbook or online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org).
28. ALL REQUESTED REIMBURSEMENTS FROM THE HOST CLUB MUST BE SUBMITTED WITHIN 2 WEEKS OF THE STATE MEET TO STEVE. PLEASE ATTACH ALL RECEIPTS.

## 6.6 STATE – VAUSAG RESPONSIBILITIES

### 6.6.1 STATE - VAUSAG RESPONSIBILITIES

1. Receipt of all entry fees and late fees.
2. Verification of all qualifying scores.
3. The SAC must report the names of all All Around and IES qualifiers to Level 9 & 10 State Meet to their Regional Administrative Chairman by the date of their state meet entry deadline.
4. Handles all meet withdrawals and refunds. All meet withdrawals must be submitted in writing to State Chairman a minimum of 10 days prior to meet date to be considered for refund.
5. Provides computer scoring and experienced operator for all state meets.
6. Format of State Meet – State designated/contracted Meet Director along with the State Chairman set up the meet format and forward session information to the host club, the VAUSAG e-mail news coordinator and webmaster. Please contact Steve at 703-241-1803 with any questions.
7. Selection of Judging Panels.
8. **Level 4 & 5 State Meet Only:** Set Large Club / Small Club criteria based on state entries for Level 4 & 5.
9. **Outside Facility Only:** Equipment for State Meets at outside facilities is supplied by the State.
10. **Outside Facility Only:** Sets gate fees for all state meets held in outside facilities.
11. **Outside Facility Only:** Contracts vendors for all state meets held in outside facilities. This includes, but is not limited to the photographer, concessions, gate fee collectors, leotard and pro shop vendors and any other vendor contracted through the state.
12. Obtains and distributes to Host Club all Regional Packets for Level 8, 9 & 10 Regional Qualifier Entries.
13. Pays all expenses, including but not limited to the items listed above - #26.
14. Arranges ordering, delivery and payment of end of year state gift and senior gifts for gymnasts qualifying to their state meets.

### 6.6.2 Meet Director Responsibilities- Host Club Meet Director to Assist

#### Before the Meet Weekend

1. As soon as the meet is set, State Meet Director should call, fax or e-mail and then mail and post on both host club and state web sites the meet times and session(s) to participating teams. Please forward session times to the e-mail news coordinator and VAUSAG webmaster.
2. Send all meet information and session times to the state judging director, Diane Berry, at [berrydb1@aol.com](mailto:berrydb1@aol.com) or fax it to her at 757-474-2221.
3. The state provides a computerized scoring program and experienced operators that are established and reliable.

## During the Meet Weekend

1. Host Club Meet Director should be available to assist State Designated Meet Director and State Chairman throughout the weekend.
2. Be sure that all judges and coaches sign in to the meet with valid USAG Pro Member credentials issued by USA Gymnastics. Pro Membership, Safety Certification and Background Check must be current.
3. Meet Director must have a coaches meeting at the beginning of each session along with the designated Meet Referee to:
  - a. Take club attendance AND verify that all coaches have signed in.
  - b. Relay important details of the meet allowing for the most efficient and safe competition for athletes.
  - c. Meet Referee explains Inquiry Procedure to all coaches.
4. All athletes should come prepared to compete. For the safety and consideration of ALL the athletes, coaches & parents should not allow an injured or sick athlete to compete.
5. Only professional members who are actually coaching and athletes who are competing in that session are allowed on the competition floor.
6. Post scores after each rotation (2nd +) periodically throughout the meet and at the end of each session. This includes individual and team results.
7. Meet Director should have a copy of the original state entry forms submitted by each participating club available for coaches. This is especially critical for Levels 8, 9 & 10 to be entered into their regional meets.
8. Provide a computerized list, by all-around, of all regional qualifiers and by event then score for all IES qualifiers. These lists should be organized by age group. These lists should be made available to coaches at the end of each Level 9 & 10 State meet session. E-mail or FAX these lists to Steve Garman at the conclusion of the weekend.
9. **Level 8 States Only:** Meet Director/Clerical must complete and submit a list, by official Regional Age Groups, of Virginia's Regional Team (Top 6 AA), Virginia's All Stars (7<sup>th</sup> & 8<sup>th</sup> place AA) and a minimum of 5 Alternates (9<sup>th</sup>-14<sup>th</sup> place AA) per age group to the State Chairman at the conclusion of each session and the Regional Chair within 24 hours of the last session of the state meet. Contact the State Chairman for details.

### 6.6.3 END OF MEET RESPONSIBILITIES

#### After the Last Session of the Meet Weekend

1. Send results to the VAUSAG Webmaster in HTML format or as an Excel file to: [cpolanosky@gmail.com](mailto:cpolanosky@gmail.com).
2. ALL USAG RULES AND POLICIES MUST BE FOLLOWED. IF problems occur and the state director is not available, the Virginia board members present are to be contacted for an immediate decision.
3. **Level 8, 9 & 10 State Meets:** Sends a copy of Level 8, 9 & 10 meet results to the Regional Administrative Committee Chairperson, Regional Technical Committee Chairperson, Regional Meet Director and the State Administrative Committee Chairperson. See "Important Addresses" below and on top of next page.

**Lynn Perrot, RACC**  
8642 Lucerne Road  
Randallstown, MD 21133  
H&Fax-410-521-7387  
E-mail – [Lperrott@comcast.net](mailto:Lperrott@comcast.net)

AND

**Myra Elfenbein, RTCC**  
P.O. Box 2803  
Laurel, MD 20708-0803  
USAG Line & Fax-410-880-1963  
E-mail - [Region7rtc@comcast.net](mailto:Region7rtc@comcast.net)

**Steve Garman, VASAC**

3116 Knoll Drive

Falls Church, VA 22042

H-703-241-1803

Fax-703-241-1084

E-mail - [vausag@gmail.com](mailto:vausag@gmail.com)

4. **Level 4, 5, 6 & 7 State Meets:** Sends a copy of the Level 4, 5, 6 & 7 meet results along with other required forms to the State Chairman only. See address above.
5. Fill out and sign sanction. Send copies of sanction to:
  - 1 – USAG: Original
  - 2 - Regional Chairman
  - 3 - State Chairman
  - 4 - Keep one for your records
6. Give or mail all paper work to Steve Garman within 24 hours. This should include: score sheets, completed sanction form and any other required items.
7. Level 8, 9 & 10 State Meet Only: Host Club Meet Director to Assist: Obtain Regional Packets for Levels 8, 9 & 10 from the State Chairman and assist with distribution and collection of entries at the head table. **2012 Level 8,9 & 10 Regional Qualifier entries will be paid for by VAUSAG.**
  - All Regional Qualifiers must be entered to their Regional meet at the conclusion of their state meet sessions.
  - Level 9 & 10's qualify by scoring a 34.00 AA total at States or by scoring a 9.00 on an event at States for declared IES gymnasts. There are 8 JR & 8 SR age groups for Level 9; AND 4 JR & 4 SR Age Divisions for Level 10. The Women's Program Manager will determine and publish age divisions prior to the Regional Championships.
  - Level 8's qualify by placing in the top 8 AA places in the designated Regional Age Group of which there are 3 Junior and 3 Senior Age Groups. The top 6 All Around placements for each regional age group are considered the VA Regional Team. The 7<sup>th</sup> & 8<sup>th</sup> place All Rounders are placed on Regional All Star teams comprised of gymnasts from all states in Region 7. Alternates are named at the state meet and will be notified of their placement to Regionals at a later date.
  - All Regional Entries must be faxed and then sent overnight to the Regional Host Club indicated in each packet.
  - If a club/coach has submitted a Level 9 or 10 All Around or IES athlete petition for Regional entry to the Regional Technical Chairperson, Myra Elfenbein, they may enter the petitioned gymnast on the official entry form marked specifically as "Petition Pending" along with payment in full. If petition is denied the RTCC will contact the regional meet director who will refund the entry fee.
  - Copy your State Administrative Committee Chairperson on all petitions.
  - NO petitions may be submitted for Level 8 athletes.
  - NO petitions may be submitted at the State Meet for Level 9 or 10 athletes.
  - Coaches must notify their Regional Technical Committee Chairman by Fax or E-mail by the Monday following the State Meet of any athletes they intend to petition to the Regional Meet. (per JO Women's R&P)
  - Proper petition procedure must be followed according to the rules set forth by USAG on **pages 55-57 of the 2011-2012** Women's Program Rules and Policies and the Region 7 Technical Chair.

## **6.7 STATE ENTRY FORMS**

Please go to [www.vausag.com](http://www.vausag.com) for State Meet Entry Forms for L6, 7 & VAOP and L8, 9 & 10. A printable copy is included in the back of this handbook for your convenience.

## 7 2011-2012 VA CLUB DIRECTORY



# CLUB DIRECTORY

\*\*PLEASE NOTE : THE CLUB DIRECTORY CAN BE FOUND IN ITS ENTIRETY ONLINE AT [WWW.VAUSAG.COM](http://WWW.VAUSAG.COM).



## 8 FORMS

FINANCIAL REPORT FORM  
VIRGINIA JUDGES REQUEST FORM  
HOST CLUB CONFIRMATION FORM  
SECTIONAL ENTRY FORMS – LEVELS 4 & 5 ONLY  
STATE ENTRY FORMS – LEVELS 6, 7 & VAOP ONLY  
LEVELS 8, 9 & 10 ONLY

**PLEASE COMPLETE A SEPARATE ENTRY FORM FOR EACH LEVEL FOR BOTH SECTIONAL AND STATE MEETS- THANK YOU!**



Revised 11/2000

Name of Event \_\_\_\_\_

State/Region \_\_\_\_\_

Date of Event \_\_\_\_\_

Meet Director \_\_\_\_\_

### FINANCIAL REPORT

#### INCOME:

Admissions/Programs .....\$ \_\_\_\_\_  
 Entry Fees # \_\_\_\_\_ x (Entry Fee) = .....\$ \_\_\_\_\_  
 Late Entry Fees .....\$ \_\_\_\_\_  
 Sponsor's Contribution/Program Ads .....\$ \_\_\_\_\_  
 Concessions/Merchandise Sales .....\$ \_\_\_\_\_  
**TOTAL INCOME** .....\$ \_\_\_\_\_

#### EXPENSES:

Facility Rental .....\$ \_\_\_\_\_  
 Custodial Fees .....\$ \_\_\_\_\_  
 Equipment Rental .....\$ \_\_\_\_\_  
 USAG Sanction Fee .....\$ \_\_\_\_\_  
 Insurance .....\$ \_\_\_\_\_  
 Judge Assigner's Fee .....\$ \_\_\_\_\_  
 Judge  
 Fees .....\$ \_\_\_\_\_  
 Transportation .....\$ \_\_\_\_\_  
 Hotel .....\$ \_\_\_\_\_  
 Meals .....\$ \_\_\_\_\_  
 Miscellaneous (Gifts, Flowers, etc.) .....\$ \_\_\_\_\_  
 Awards .....\$ \_\_\_\_\_  
 Gymnasts' Gifts .....\$ \_\_\_\_\_  
 Duplication of Forms .....\$ \_\_\_\_\_  
 Postage .....\$ \_\_\_\_\_  
 Phone .....\$ \_\_\_\_\_  
 Concession/Programs .....\$ \_\_\_\_\_  
 Other (Specify on Back) .....\$ \_\_\_\_\_  
**TOTAL EXPENSES** .....\$ \_\_\_\_\_  
**Net Profit (Loss)** .....\$ \_\_\_\_\_

Signature of Event Director \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

RETURN TO APPROPRIATE USAG OFFICIAL

Respective State Chairman  
or

Junior Olympic Sectional, State, Regional and Regional Elite ..... Regional Chairman

Junior Olympic National

Championships (Level 10) & Level 9 East/West ..... USAG Womens Jr. Olympic Program Manager

Elite, National Classic Meets/Challenges ..... USAG Women's Elite Program Manager

DEADLINE: 6 weeks following the event.

Host Club Contact:	
E-mail Address:	
Cell Phone #:	



Date of Sanction Request:	
Date:	
Deadline:	

## Request for Judges Meet Information Sheet

- 1 – Name of Meet: \_\_\_\_\_
- 2 – Location of Meet: \_\_\_\_\_
- 3 – Meet Dates Meet Times / Reporting Times for Judges:
  - Dates: Day: \_\_\_\_\_ Date: \_\_\_\_\_ Day: \_\_\_\_\_ Date: \_\_\_\_\_
  - Times: \_\_\_\_\_
  - Reporting Times for Judges (Required 30 minutes prior to march-in): \_\_\_\_\_
- 4 – Reporting Place: \_\_\_\_\_
- 5 – Number of Judges: \_\_\_\_\_ Rating: \_\_\_\_\_ Meet Referee: \_\_\_\_\_  
 Number of Judges Per Panel: \_\_\_\_\_
- 6 – Type/Level of Meet: \_\_\_\_\_
- 7 – Number of Days: \_\_\_\_\_ Sessions/Day: \_\_\_\_\_ No. of Gymnasts: \_\_\_\_\_
- 8 – Estimated Length of Sessions: \_\_\_\_\_ Finals: \_\_\_ YES or \_\_\_ NO
- 9 – Judges Fee: - \_\_\_\_\_ Explanation: \_\_\_\_\_
- 10 – Travel Arrangements: \_\_\_\_\_  
 Airline Arrangements Coordinated By: \_\_\_\_\_  
 Transportation: \_\_\_\_\_ To & From Airport: \_\_\_\_\_ During Meet: \_\_\_\_\_
- 11 – Housing:  
 Address: \_\_\_\_\_  
 Phone: Web Site Address: \_\_\_\_\_
- 12 – Meal Arrangements if other than as stated in Fee Structure: \_\_\_\_\_
- 13 – Miscellaneous: \_\_\_\_\_
- 14 - Contact Information: \_\_\_\_\_

Meet Director:		VAUSAG Assigning Official:	Diane Berry – VA SJD
Address:		Address:	1213 Hartford Court VA Beach, VA 23464
Home Phone:		Home Phone:	1-757-474-2220
Work Phone:		Work Phone:	1-757-474-2221-FAX
Cell Phone:		Cell Phone:	1-757-439-1848

I understand the terms and conditions of the judges' employment are governed by the approved USAG Competition Agreement.

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**\*\*Please Note:** A copy of the Competition Agreement is available from the USAG-SC or NAWGJ-SD. Send this form with the assigning fee to the Assigning Official a minimum of 30 days prior to competition.

**State Assignor, Diane Berry will Deliver to Host Clubs a Minimum of 3 Weeks Prior to a Scheduled Meet**

**AND Host Clubs will Forward to all Assigned Judges 2 Weeks Prior to Meet**

**VANAWGJ Judging & Host Club Confirmation Form**



**HOST CLUBS: UPON RECEIPT COMPLETE AND SEND TO CONTRACTED OFFICIALS A MINIMUM OF TWO WEEKS PRIOR TO YOUR SCHEDULED EVENT:**

Meet Date: \_\_\_\_\_ Host Club: \_\_\_\_\_  
 Meet Director/Contractor Name: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Gym Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Club Address/City/State: \_\_\_\_\_

**Clubs Participating in Meet – list ALL clubs entered: \_\_\_\_\_**

**Session Information – Please Complete All Session Start Times & Levels Competing:**

Sessions	Friday	Saturday	Sunday
<b>1</b>	Stretch/Warm Up Time: _____ March In: _____ Levels: _____	Stretch/Warm Up Time: _____ March In: _____ Levels: _____	Stretch/Warm Up Time: _____ March In: _____ Levels: _____
<b>2</b>	Stretch/Warm Up Time: _____ March In: _____ Levels: _____	Stretch/Warm Up Time: _____ March In: _____ Levels: _____	Stretch/Warm Up Time: _____ March In: _____ Levels: _____
<b>3</b>	Stretch/Warm Up Time: _____ March In: _____ Levels: _____	Stretch/Warm Up Time: _____ March In: _____ Levels: _____	Stretch/Warm Up Time: _____ March In: _____ Levels: _____

**Judges Report Time – Judges arrive 30 minutes prior to Session Start Times – List For Each Day:**

	Friday	Saturday	Sunday
<b>Report Time</b>			

**Meal Arrangements: SELECT**

**Hotel Arrangements – Must be completed in full:**

<b>Hotel Name:</b>		<b>Phone #:</b>	
<b>Address:</b>			
<b>Confirmation #1:</b>	<b>#2:</b>	<b>#3:</b>	<b>#4:</b>
<b>Dates Reserved &amp; Number of Judges Rooms Reserved :</b>			
<b>Judges in Room #1:</b>	<b>Judges in Room #2:</b>	<b>Judges in Room #3:</b>	<b>Judges in Room #4:</b>

**Transportation Information (will be by car unless otherwise indicated): \_\_\_\_\_**

**Carpool Assignments:**

- #1:
- #2:
- #3:
- #4:

**Directions to Meet Site – Insert Hyperlink to a web address or Type in Directions: \_\_\_\_\_**

**TO BE COMPLETED BY STATE ASSIGNOR – DIANE BERRY, SJD 3 WEEKS PRIOR TO MEET:**

<b>JUDGE 1 – HEAD JUDGE / JUDGE 2 – PANEL JUDGE / MEET REFEREE / BILL RESPONSIBILITY</b>				
	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
J-1 NAME				
J-1 RATING	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>
J-1 E-MAIL				
J-2 NAME				
J-2 RATING	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>
J-2 E-MAIL				

<b>JUDGE 1 – HEAD JUDGE / JUDGE 2 – PANEL JUDGE / MEET REFEREE / BILL RESPONSIBILITY</b>				
	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
J-1 NAME				
J-1 RATING	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>
J-1 E-MAIL				
J-2 NAME				
J-2 RATING	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>
J-2 E-MAIL				

	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
J-1 NAME				
J-1 RATING	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>
J-1 E-MAIL				
J-2 NAME				
J-2 RATING	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>	<b>SELECT</b>
J-2 E-MAIL				
<b>MEET REFEREE NAME</b>				
<b>BILL RESPONSIBILITY</b>				
<b>NOTES FROM VA SJD:</b>	Please send a copy of the bill and scores Diane Berry to 1213 Hartford Court, VaBeach, Va 23464			

# LEVEL 4 & 5 MULTI SECTIONAL - 2012 VAUSAG Sectional Entry Form



\*This Document can be found online at [www.vausag.com](http://www.vausag.com). \*This entry form is NOT required for Judges Cup Entries

**NAME OF MEET:** \_\_\_\_\_

**MEET DATE:** \_\_\_\_\_

<b>TEAM NAME:</b> _____	<b>CLUB NUMBER:</b> _____
<b>TEAM ADDRESS:</b> _____	<b>PHONE:</b> _____
	<b>FAX:</b> _____
<b>E-MAIL ADDRESS:</b> _____	



Coach Name #1: _____	USAG#: _____	SAFETY EXP: _____	Background: _____
Coach Name #2: _____	USAG#: _____	SAFETY EXP: _____	Background: _____
Coach Name #3: _____	USAG#: _____	SAFETY EXP: _____	Background: _____
Coach Name #4: _____	USAG#: _____	SAFETY EXP: _____	Background: _____

LAST NAME	FIRST NAME	USAG #	LEVEL	DOB - xx/xx/xxxx	US CITIZEN Y or N	QUALIFYING MEET & DATE	SCORE	PREVIOUSLY QUALIFIED TO STATES YES OR NO
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								


<b>Fees:</b>	<b>Total Entries:</b>		<b>x \$70.00 =</b>	
	<b>Total Late Entries:</b>		<b>x \$25.00 =</b>	
			<b>Grand Total:</b>	

**Clubs pay with ONE Parents Club or Gym check ONLY made payable to the Host Club.  
Entries must be submitted completed in their entirety along with payment. NO pending entries are allowed.**

<b>Entry:</b> \$70.00/gymnast Late Fee: \$25.00 1st E-Mail or FAX 2nd MAIL Entry & Payment to HOST CLUB  	<b>2nd Level 4/5 Multi Sectional Jan. 28/29 2012</b>	<b>3rd Level 4/5 Multi Sectional Mar. 17/18 2012</b>	<b>4th Level 4/5 Multi Sectional Apr 14/15 2012</b>
	<b>World Class Gymnastics</b> 343 Bell King Road Newport News, VA 23606 Phone: 757-881-9920 Fax: 757-881-9923 Email: gymsme2@aol.com www.worldclassgym.com	<b>Virginia International Gymnastics</b> 2400 Oak Lake Blvd Midlothian, VA 23112 Phone: 804-276-7039 Fax: 804-739-0192 Email: meetdirector@vigsgymnastics.com www.vigsgymnastics.com	<b>Chantilly Academy Gymnastics</b> 14088-K Sullyfield Circle Chantilly, VA 20151 Phone: 703-378-4966 Email: chantillygym@gmail.com www.chantillyacademy.com

# 2012 Level 8, 9 & 10 VAUSAG State Entry Form

Please complete a separate entry form for each level. PENDING ENTRIES ARE NOT ALLOWED

Club Name:		Club #:		
Club Address:				
Club Phone:		Club Fax#:		
Contact Person:		Contact Phone:		
** EMAIL:		CELL #:		



Coach Name #1:	USAG#:	SAFETY EXP:	BACKGROUND EXP:
Coach Name #2:	USAG#:	SAFETY EXP:	BACKGROUND EXP:
Coach Name #3:	USAG#:	SAFETY EXP:	BACKGROUND EXP:
Coach Name #4:	USAG#:	SAFETY EXP:	BACKGROUND EXP:

	Last Name	First Name	Level	USAG #	Age	Date of Birth	Qualifying Meet & Date	AA/Event Score	SENIOR - X	US Citizen
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

Total Gymnasts Entered		x \$100.00 per	Total \$\$\$:	
Total Late Entries		x \$25.00 per gymnast	Total Late Entries \$\$\$:	
				<b>GRAND TOTAL \$\$\$ Enclosed:</b>

**STEP ONE:** Complete a SEPARATE Entry Form for EACH LEVEL. Enter all Club & Athlete Information then SAVE document as: StateMeet\_Level\_ClubName.doc I.E.: StateMeet\_10\_Paragon.doc. ENTRY DEADLINE - SEE ABOVE LISTING.

**STEP TWO:** Attach saved document to an e-mail addressed to Steve Garman at [vausag@gmail.com](mailto:vausag@gmail.com) AND Rex Lacy at [rdlacy@cox.net](mailto:rdlacy@cox.net) and SEND. ALL Entries must be MAILED by the next day including Entry Form, Payment & Score Sheets (out of state scores) to: Steve Garman-VASACC • 3116 Knoll Drive • Falls Church, VA 22042 Pay with ONE Gym or Parents Club Check Only made payable to VAUSAG.

ENTRIES MUST BE COMPLETED IN THEIR ENTIRETY AND MUST BE PAID IN FULL TO BE ACCEPTED. \$25.00 LATE FEES PER GYMNAST WILL BE ADDED TO ANY INCOMPLETE ENTRIES SUBMITTED.

# 2012 Level 6, 7 & All Star VAUSAG State Entry Form

Please complete a separate entry form for each level. PENDING ENTRIES ARE NOT ALLOWED

Club Name:		Club #:	
Club Address:			
Club Phone:		Club Fax#:	
Contact Person:		Contact Phone:	
** EMAIL:		CELL #:	



Coach Name #1:	USAG#:	SAFETY EXP:	BACKGROUND EXP:	
Coach Name #2:	USAG#:	SAFETY EXP:	BACKGROUND EXP:	
Coach Name #3:	USAG#:	SAFETY EXP:	BACKGROUND EXP:	
Coach Name #4:	USAG#:	SAFETY EXP:	BACKGROUND EXP:	

	Last Name	First Name	Level	USAG #	Age	Date of Birth	Qualifying Meet & Date	AA/Event Score	SENIOR - X	US Citizen
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

<b>Total Gymnasts Entered</b>		x \$75.00 per gymnast	Total \$\$\$:	
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<b>Total Late Entries</b>		x \$25.00 per gymnast	Total Late Entries \$\$\$:		<b>GRAND TOTAL \$\$\$ Enclosed:</b>
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**STEP ONE:** Complete a SEPARATE Entry Form for EACH LEVEL. Enter all Club & Athlete Information then SAVE document as: StateMeet\_Level\_ClubName.doc I.E.: StateMeet\_6\_OceanTumblers.doc. ENTRY DEADLINE – SEE ABOVE LISTING.

**STEP TWO:** Attach saved document to an e-mail addressed to Steve Garman at [vausag@gmail.com](mailto:vausag@gmail.com) AND Rex Lacy at [rdlacy@cox.net](mailto:rdlacy@cox.net) and SEND. ALL Entries must be MAILED by the next day including Entry Form, Payment & Score Sheets (out of state scores) to: Steve Garman-VASACC - 3116 Knoll Drive - Falls Church, VA 22042 Pay with ONE Gym or Parents Club Check Only made payable to VAUSAG.

ENTRIES MUST BE COMPLETED IN THEIR ENTIRETY AND MUST BE PAID IN FULL TO BE ACCEPTED. \$25.00 LATE FEES PER GYMNAST WILL BE ADDED TO ANY INCOMPLETE ENTRIES SUBMITTED.