



## Level 8-10 Entry Forms - 3/1/2010 - Entry Deadline:

State Meet	Qualifying Scores	Entry Deadline	Entry Fee	Host Club & Contact Information	Meet Site
<b>Level 8, 9 &amp; 10 March 20/21</b>	L8 – <b>32.50AA*</b> L9 & 10 - 32.00AA 8.50 IES (One Time)	Monday, March 1 <sup>st</sup> 2010	<b>\$75.00</b> per gymnast MAKE PAYABLE & SEND TO VAUSAG	<a href="#">Host Club: Paragon Gymnastics</a> Contact: Steve Garman, VAUSAG SAC- <a href="mailto:vausag@aol.com">vausag@aol.com</a> 3116 Knoll Drive Falls Church, VA 22042 (H) 703-241-1803 (Fax) 703-241-1804	Site - Outside Facility-River Bend High School - Fredricksburg Organized by VAUSAG State Board

See Attached forms. There is one interactive Word document that you may complete and save, attach to an e-mail and send to Steve and Rex OR there is a pdf format entry form that you may print out and complete to send in as well.

### Level 8, 9 & 10 Virginia State Championships State Entry Guidelines:

**ENTRY DEADLINE – MONDAY: 3/1/2010.**

**ENTRY FEE is \$75.00 PER GYMNAST-PENDING ENTRIES ARE NOT ALLOWED**

**STEP ONE:** Enter all Club & Athlete Information then SAVE document as:  
 StateMeet\_Level\_ClubName.doc I.E.: StateMeet\_10\_Paragon.doc.

### STEP TWO:

Attach saved document to an e-mail addressed to Steve Garman at [vausag@aol.com](mailto:vausag@aol.com) **AND** Rex Lacy at [rdlacy@cox.net](mailto:rdlacy@cox.net) and SEND.

Print saved document and MAIL by the next day. Include Entry Forms (Separate entry forms for each level), Payment (all entries from one club may be included in the same check) & Score Sheets (*out of state scores only*) 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. A \$25.00 LATE FEE PER GYMNAST WILL BE ADDED TO ANY INCOMPLETE ENTRIES SUBMITTED.**

### AGE DETERMINATION:

**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.

2009-2010 VIRGINIA AGE DETERMINATION DATES		
LEVEL 8	April 25, 2010	REGIONAL MEET
LEVEL 9	March 21, 2010	STATE MEET
LEVEL 10	March 21, 2010	STATE MEET

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

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

*This information was taken from the USA Gymnastics 2009-2010 Women's Program Rules and Policies, pp 19-21:*

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. *Refer to chart on p.19 of USAG Women's R&P.*
  - 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 National Jr. Olympic Program Manager.
  - c. The Women's Jr. Olympic Program Manager 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.
  - e. 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 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.*

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

Per USA Gymnastics R&P, page 20, *"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 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."*

**\*\*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.

### **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

## Individual Event Specialist Guidelines

### *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 2010 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, 2010.** Contact your Steve Garman, VA State Administrative Committee Chair at [vausag@aol.com](mailto:vausag@aol.com) to declare your Individual Event Specialist Athletes Status.
- Qualifying Score to State is a 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 Elfenbein. Forms online at [www.vausag.com](http://www.vausag.com) or [www.region7gymnastics.com](http://www.region7gymnastics.com).
- 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, 2010**: 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.

NOTE: All L8-10 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.



## 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 3<sup>rd</sup> year in a row VAUSAG SAC has voted to pay for all 2010 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 49 & 50 of the 2009-2010 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.

## 2010 State Meet Gate Fees:

2010 Sectional and 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

**A SEPARATE ENTRY FORM MUST BE COMPLETED FOR EACH LEVEL 8, 9 & 10 - ENTRY DEADLINE: 3/1/2010**



**2010 VAUSAG State Entry Form** LEVEL: \_\_\_\_\_

Team: \_\_\_\_\_ Gym Contact: \_\_\_\_\_ E-mail: \_\_\_\_\_

USAG CLUB#: \_\_\_\_\_ Phone (G): \_\_\_\_\_ (H or Cell): \_\_\_\_\_ (Fax): \_\_\_\_\_

Coach#1: \_\_\_\_\_ USAG #: \_\_\_\_\_ Safety Exp.: \_\_\_\_\_ Background Exp.: \_\_\_\_\_

Coach#2: \_\_\_\_\_ USAG #: \_\_\_\_\_ Safety Exp.: \_\_\_\_\_ Background Exp.: \_\_\_\_\_

Coach#3: \_\_\_\_\_ USAG #: \_\_\_\_\_ Safety Exp.: \_\_\_\_\_ Background Exp.: \_\_\_\_\_

Coach#4: \_\_\_\_\_ USAG #: \_\_\_\_\_ Safety Exp.: \_\_\_\_\_ Background Exp.: \_\_\_\_\_

	GYMNAST LAST NAME	GYMNAST FIRST NAME	LEVEL 8, 9 OR 10	USAG #	DOB MM/DD/YYYY	Age	Qualifying Meet & Date  <i>* SEND SCORESHEETS FOR OUT OF STATE QUALIFYING SCORES</i>	AA/ EVENT Score	INDICATE SENIORS HERE "X"
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

**ENTRY FEE is \$75.00 PER GYMNAST-PENDING ENTRIES ARE NOT ALLOWED**  
**– TOTAL # \_\_\_\_\_ gymnasts x \$75.00= \$ \_\_\_\_\_**

**STEP ONE:** Enter all Club & Athlete Information then SAVE document as: **StateMeet\_Level\_ClubName.doc**  
 I.E.: StateMeet\_10\_Paragon.doc. **ENTRY DEADLINE – MONDAY: 3/1/2010.**

**STEP TWO:** Attach saved document to an e-mail addressed to Steve Garman at [vausag@aol.com](mailto:vausag@aol.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.**

NOTES TO STEVE GARMAN: \_\_\_\_\_

