

“ALL ABOARD”

VIRGINIA XCEL GOLD, PLATINUM, DIAMOND AND SAPPHIRE STATE CHAMPIONSHIPS



Co-Hosted by:



Gymnastics Inc. &
Ocean Tumblers
May 2-4, 2025

Meet Dates: Friday, May 2nd – Sunday, May 4th 2025

Meet Location: Boo Williams Sportsplex
5 Armistead Pointe Parkway
Hampton, VA 23666
Boowilliamssportsplex.com

Contact: Steve Garman, VAUSAG SACC
vausag@gmail.com

Host Clubs: Gymnastics Inc. (757) 723-4966 <http://www.gymnastics-inc.com/>
Ocean Tumblers (757) 547-0169 www.oceantumblers.com

Meet Directors: Steve Garman, Wendy Hylton

For Information & Updates: Go to <https://vausag.com/va-state-meet-information/>

Entry Procedures: VA state meet entries are made through the USA Gymnastics Meet Reservation System. Please follow all entry instructions [in Section 5 of the Virginia Member Handbook](#). Clubs must enter their State Meet via the USA Gymnastics Meet Reservation System through their Club Administration Page.

Qualifying Scores: Xcel Gold – 33.00AA 1-time
Platinum, Diamond & Sapphire – 32.00AA 1-time
IES Qualifying Score – 8.50 on each event

Entry Fees: Gold - \$130.00 per athlete
Platinum, Diamond & Sapphire - \$150.00 per athlete
*Make Gym or Parent Club Checks ONLY payable to VAUSAG.
Mail to: Steve Garman, VA USAG SACC
3116 Knoll Drive, Falls Church, VA 22042

Entry Deadline: Monday, April 7, 2025

Late Fee: \$25.00 per athlete for late &/or incomplete entries.
***NO teams or athletes are officially entered until state meet entry fees are received.**

Please note the rule change as stated in **Rules and Policies 2024-2025**, page 70:

IV. DROPPING BACK THROUGH XCEL DIVISIONS

A. DECLARATION DATE: The SAC (State Administrative Committee) must determine prior to the beginning of the competitive year, a designated "declaration date".

1. The program (DEV or XCEL) competed first after the "declaration" date will determine that athlete's program (DEV or XCEL) for the remainder of that season.
2. Once a gymnast has competed in a sanctioned event past the declaration date, she may NOT drop back to a lower XCEL division in the same competitive season.



Awards: Age Group Event and All-Around Placement Awards presented to all Divisions. 2025 will mark the first season that a Team Competition will be included for all Xcel Divisions.

Senior Bio Form: Clubs please submit your [2025 Graduating Seniors Bio Form](#) prior to the state meet for Senior Presentations at the award ceremony.

Session Schedule: Posted at www.vausag.com on the State Meet Information page and distributed via the State Email List 4 weeks prior to the competition

Coaches: An official coaches' meeting will be held at the beginning of each session. Hospitality will be provided.

Coaches Sign-In: Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in. Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100. Clubs, please add all coaches attending the competition through the USA Gymnastics Meet Reservation System. This is required.

Xcel Regional Qualifying Information: Go to the Region 7 site at <https://www.region7usagym.com/meets> for specifics on qualifying & Venue Sites for 2025 Xcel Gold, Platinum, Diamond & Sapphire Region 7 Championships. Regional Apparel Form is forthcoming. There is no Pre Qualification for any Xcel Divisions in 2025.

Floor Music: All coaches MUST provide Floor Exercise music in digital format (MP3, computer, tablet, smart phone etc.). All electronic devices must have a display screen and must be on airplane mode, when applicable. CD playback equipment will not be provided.

Trainer: An onsite trainer will be available for all coaches and gymnasts during warm-ups and competition.

Gate Fees: CASH ONLY

AGES	ONE DAY	TWO DAY	WEEKEND
12 AND UNDER	FREE	FREE	FREE
13 AND UP	\$10.00	\$15.00	\$20.00
SENIOR CITIZENS 62+	\$5.00	\$10.00	\$15.00



Purpose of State Meets in Virginia:

The purpose of Virginia USA Gymnastics State Meets is to provide a culminating competition for the regular season of Virginia gymnasts who have met the qualification guidelines set forth by USA Gym State, Regional & National Committees. Individual Event, All Around and **Team Awards are presented for all Levels & Divisions - See 2025 Quick View Chart.** All state qualifiers who attend a state meet receive a state gift presented at the conclusion of their competitive session. To see a complete ranking of all gymnasts in each level/division and age group competing at a state meet, please refer to the VA USA Gymnastics website on the day following the last session of competition at www.VAUSAG.com. Team rankings are also available.

****Level 3, 4, 5, & 6, 7 & 8 & All Xcel Levels** - Set forth by the Virginia State Administrative Committee. A Virginia State Championships Qualification Medal will be presented to all **Xcel Bronze & Silver and Level 3 & 4 athletes ONLY.** Achievement Ribbons: awarded to Levels 3, 4 and Xcel Bronze & Silver athletes only.

****Level 7 & 8 & Xcel Gold, Platinum, Diamond & Sapphire Regionals**- Set forth by the Region 7 Administrative Committee.

****Level 9 & 10 State, Regionals, L9 Eastern Championships & L10 Development National Championships** - Set forth by the National Administrative Committee. Prequalification Instructions can be found here: [FORM 9 2025 REGIONAL PRE QUALIFICATION GUIDELINES & FORM LINK FOR LEVEL 9 & 10](#)

- ***From States Level 7, 8, 9 & 10 AND Xcel Gold, Platinum, Diamond & Sapphire qualify to their Regional Championships:**
 - Qualifying guidelines from States to Regional Championships is found in USA Gym Women's Rules & Policies with details of the event qualifying requirements on www.region7usagym.com.
 - Regional Championships is the culminating event for Level 7, 8 & Xcel Gold, Platinum, Diamond and Sapphire.
 - From Regionals Level 9 & 10 athletes qualify to their culminating Championships.
 - Level 9 - USA Gymnastics East/West Championships for Level 9.
 - Level 10 - USA Gymnastics Women's Development Program Championships.

Additional Information:

- **State Championships** are set up according to the USA Gymnastics Women's Rules & Policies with guidelines set forth by the National, Regional and State Administrative Committees.
- **Virginia State Meets** are USA Gymnastics Sanctioned Events and follow a Modified Capital Cup format held in outside venues organized by the VA SAC.
- ONLY professional members who are coaching and athletes competing are allowed in the competition area.
- Coaches are required to follow state meet & above professional standards (ie:apparel - Chapter 1 R&P)
- ProScore is the scoring platform reporting to MeetScoresOnline.com and myUSAgym.com.
- Certified meet director, medical personnel, scorekeeper, meet referee and judges are scheduled for this event. [Safe Sport](#) guidelines are adhered to.
- **Medical Procedures:** Please follow USA Gymnastics R&P and SafeSport Requirements.
- **Spectators:** A gate fee for outside venues is charged. Please supervise children in attendance.
- XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience in the state of Virginia and Region 7.
- **Inquiries & Video Review:** Coaches are responsible for reviewing proper inquiry guidelines prior to the state meet and how to properly complete an inquiry form to best serve your athletes. Go to [USA Gym Women's R&P](#).

***State Hosts should include this statement in their programs.*



Meet Reservation System:

- **IMPORTANT NOTE TO ALL CLUBS & COACHES:** *It is imperative with the size of our VA Meet that all state entries 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. ONLY professional members who are coaching athletes who are competing in a session are allowed on the competition floor. Please plan accordingly.*
- Gymnasts should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes, however, gymnasts are not considered entered until payment is received. Only www.usagym.org Club Administrators will be able to submit or modify entries.
- **VA STATE ENTRY PROCEDURES – ALL CLUBS MUST USE THE USA GYMNASTICS MEET RESERVATION SYSTEM TO ENTER THEIR STATE MEET.**
- USA Gymnastics mandated that State Meet entries must be processed through the Meet Reservation System (MRS). In order to make this system work, you must keep your club roster for both gymnasts and coaches up-to-date on www.usagym.org. Invitational competition hosts are strongly encouraged to post scores to www.myUSAGym.org to facilitate reporting of qualifying scores to the State Chair.
- **Club Administrators How To:**
 - **Step 1:** Log on to the USA Gymnastics website
 - **Step 2:** Click on Member Services
 - **Step 3:** Click on Club Administration link located on the left-hand side
 - **Step 4:** From the drop click on Meet Reservations
 - **Step 5:** Scroll to the bottom and click on Search for Meets
 - **Step 6:** Select the Discipline Type and State
 - **Step 7:** Select the “Virginia Xcel Bronze, Platinum, Diamond & Sapphire Championships”
 - **Step 8:** Complete the requested information
 - **Step 9:** Select the athletes and coaches that you wish to reserve a spot in the meet
 - **Step 10:** Click the submit button and review the information and click submit again to finalize the reservation.
- **Clubs are required to process all State Meet Participants (athletes and coaches) through the Meet Reservation System, by the Reservation Period Closes date posted.**



Directions Boo Williams Sportsplex:



Directions & Parking: Boo Williams Sportsplex

Boo Williams Sportsplex is located at the intersection of Armistead Ave and Hampton Roads Center Parkway . 5 Armistead Pointe Parkway, Hampton, VA 23666.

<http://www.boowilliamssportsplex.com/> look under *Plan Your Visit*

For people traveling from Williamsburg and Points North

1. Take I-64E
2. Take exit 261B for Hampton Roads Center Parkway E
3. Merge onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Suffolk, Chesapeake

1. Take I-664 North toward Newport News
2. Merge onto I-64 West via exit 1A on the Left toward Williamsburg/Richmond
3. Merge onto VA-134 N/MAGRUDER BLVD. via exit 262B toward NASA/Poquoson
4. Turn Right on Hardy Cash Drive
5. Turn Left on Coliseum Drive
6. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.

For people traveling from Norfolk, VA BEACH

1. Begin on I-64 West toward Hampton/Richmond
2. Merge onto VA-134 North/MAGRUDER BLVD via exit 262B toward NASA/Poquoson
3. Turn Right onto Hardy Cash Dr.
4. Turn Left onto Coliseum Drive
5. Merge Right onto Hampton Roads Center Parkway and cross Armistead Avenue to enter the Boo Williams Sportsplex parking lot.