



# Virginia Xcel State Gymnastics Championships

BRONZE AND SILVER

**MAY 9TH-11TH 2025**

**FARM BUREAU CENTER**

13191 DAWN BLVD.

DOSWELL, VA 23047



HOSTED BY:

ALL AMERICAN



GYMNASTICS & AERIAL

EAST GYMNASTICS

## STATE MEET GATE FEES

AGE GROUP	ONE DAY PASS	TWO DAY PASS
Under 12	FREE	FREE
12 years and older	\$10.00	\$15.00
Seniors	\$5.00	\$10.00

**\*\*CASH ONLY PLEASE**

# 2025 Xcel Silver & Gold Virginia State Championships

## May 9-11, 2025

### General Information

#### Venue

The Farm Bureau Building - Meadow Event  
Park 13191 Dawn Rd.  
Doswell, VA 23047

#### Contact Information

Steve Garman, VAUSAG SACC  
3116 Knoll Drive  
Falls Church, VA 22042  
(703) 241-1803  
[vausag@gmail.com](mailto:vausag@gmail.com)



#### For Information & Updates

Go to <https://vausag.com/va-state-meet-information/>

#### Host Clubs

Aerial East Gymnastics [www.AerialEast.com](http://www.AerialEast.com)  
All American Gymnastics [www.allamericangymnastics.com](http://www.allamericangymnastics.com)

#### Meet Directors - Tiffany Kirkham & Lee Withers

**\*\*Please direct all questions to Steve Garman**

**Gate Fees** **\*CASH ONLY PLEASE** - Gate fees are charged to Virginia State Meets held in an outside facility. Gate fee rates are set by the Virginia State Administrative Committee.

State Meet Gate Fee Chart		
*Charged in Outside Facilities		
Age Group	One Day Pass	Weekend Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

### Entries & Registration Deadlines

#### Entry Fee

Bronze: \$100.00 per athlete & 33.00 AA one time  
Silver: \$130.00 per athlete & 33.00AA one time.

\*Make Gym or Parent Club Checks ONLY payable to: VAUSAG

Mail to: Steve Garman, VAUSAG SACC, 3116 Knoll Drive, Falls Church, VA 22042

#### Entry Deadline

Monday, April 14, 2025 **\*corrected\***

#### 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.**





**Entry Procedures:** Go to [www.VAUSAG.com](http://www.VAUSAG.com), click on VA USA Gymnastics Information tab, select VA Member Club Handbook, [go to Section 5](#). Clubs must enter their State Meet via the USA Gymnastics Meet Reservation System through their Club Administration Page. ***\*NEW 2024-2025 – Qualifying Scores must be attained in one meet prior to State Meet AND Team Awards will be presented.***

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.

**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 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](http://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](http://www.usagym.org). Invitational competition hosts are strongly encouraged to post scores to [www.myUSAGym.org](http://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 Silver/Gold State 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.



## Awards

Individual Event, All Around & Team Placements are awarded for all Levels & Xcel Divisions. Virginia State Championships Qualification Medals are awarded to L3, L4, Xcel Bronze & Xcel Silver athletes their state meet.

Achievement Ribbons: Awarded on each event to Levels 3, 4, Xcel Bronze & Silver athletes.

## Session Schedule

Will be posted at [www.vausag.com](http://www.vausag.com) a minimum of 4 weeks prior to the competition.

## Coaches:

A 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. Club Administrators please register all your clubs attending coaches through MRS prior to attending.

## 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. ALL FLOOR MUSIC MUST BE IN DIGITAL FORMAT. CD playback equipment will not be provided.

## Trainer

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

## Session Schedule

Will be posted at [www.vausag.com](http://www.vausag.com) a minimum of 4 weeks prior to the competition.

## Coaches:

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. Club Administrators be sure to register all coaches attending States in MRS prior to meet weekend.

- **\*\*\*Coaches please follow proper Women's Rules & Policies Attire Guidelines (p.18): Athletic Shoes w/rubberized soles, Collared, Business Casual Shirts or T-shirts. Please no jeans, ripped or torn shirts or pants, no spaghetti straps, low cut or open back tops or midriff/revealing undergarments.**

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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. ALL FLOOR MUSIC MUST BE IN DIGITAL FORMAT. CD playback equipment will not be provided.

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

# Purpose of State Meets in Virginia & Culminating Competition Information:

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. **All Levels & Divisions are required to meet attain the required qualifying score prior to entering each Level or Division's State Meet.** 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](http://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](http://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. Video Review Requirements should be reviewed. Go to [USA Gym Women's R&P](#).

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

# Venue Information

## Directions to Meadow Event Park

The Farm Bureau Building  
Meadow Event Park  
13191 Dawn Rd.  
Doswell, VA 23047

From I-95, take Exit 98 (Doswell) and travel 1.5 miles east on state Route 30. The main entrance to The Meadow Event Park will be on your left. Proceed through the first gate on your left. Plentiful parking is available. Spectators please use the entrance for Side A.

## **Alternate Routes**

- Take US Route 301 to State Route 30. Travel about 3 miles west on Route 30. The main entrance to The Meadow Event Park will be on your left.
- Take US Route 1 to State Route 30. Travel about 2 miles on Route 30. The main entrance to The Meadow Event Park will be on your left.





## Host Hotels



### Fairfield Inn & Suites of Ashland

11625 Lakeridge Parkway  
Ashland, Virginia 23005  
12 Miles from Venue

Starting at \$135/night

Mention "Aerial East Gymnastics"  
when Clicking [HERE](#) for Reservations.

Free Hot Breakfast  
Fitness Center  
Free WiFi

Deadline to reserve rooms at block  
rate 4/19/24  
rate 4/11/25



### Country Inn & Suites – Hanover, VA

11600 Lakeridge Parkway  
Ashland, Virginia 23005  
12 Miles from Venue

Starting at \$149/night

Click [HERE](#) for Reservations

Free Hot Breakfast  
Fitness Center  
Free WiFi

Deadline to reserve rooms at block  
rate 4/19/24  
rate 5/1/25



### Avid Hotel, Richmond North

10261 Washington Highway  
Glen Allen, VA 23059  
15 Miles from Venue

Starting at \$159/night  
Starting at \$165/night

Click [HERE](#) for Reservations

Free Hot Breakfast  
Indoor Pool  
Fitness Center  
Free WiFi

Deadline to reserve rooms at block  
rate 4/25/24  
rate 4/25/25

## Explore Richmond

Richmond offers lots to explore and do while on your visit to the capital of the Commonwealth. Here are just a few ideas!



### **Lewis Ginter Botanical Gardens** (1800 Lakeside Avenue; Richmond, VA)

Open 9 AM-5 PM daily and offers a unique experience with children's garden and BUTTERFLIES LIVE! An amazing exhibit where you can get up close and personal with hundreds of butterflies. Admission: Adults \$17 / Children (3-12) \$8 / Children (under 3) Free

### **Maymont** (1700 Hampton Street / Richmond, VA)

A 100 acre public park that offers an arboretum, gardens, wildlife exhibits, children's farm and more. Admission to the grounds is free. Suggested admission to the wild life exhibits \$5/person. Admission to Nature and Visitors Center: Adults \$8 / Children (3-16) \$6 / Children (2 & under) Free. Open daily 10 AM-5 PM.

### **Belle Isle**

A free 54-acre public park in the James River that is accessible by a foot bridge from Tredegar Street and features wooded trails, mountain biking, and rock climbing. A local favorite for the outdoor enthusiast.

### **Virginia Museum of Fine Arts (VMFA)** (200 N Boulevard; Richmond, VA)

A free museum that is open 365 days a year. Weekend hours from 10 AM-5 PM.

### **Kings Dominion** (16000 Theme Park Way; Doswell, VA)

! Open weekends starting in April.