

**LEVEL 2 & XCEL**

**GOLD, PLATINUM, DIAMOND & SAPPHIRE**

**VA STATE CHAMPIONSHIPS**

**May 1-3, 2026**

**Co-Hosted by:**

**Gymnastics Inc. & Ocean Tumblers**



usagym.org



**Meet Location:**

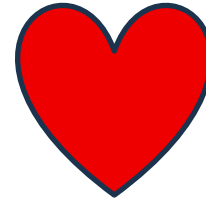
**Boo Williams Sportsplex  
5 Armistead Pointe Parkway  
Hampton, VA 23666**



[Boowilliamssportsplex.com](http://Boowilliamssportsplex.com)

**Contact:**

Steve Garman, VAUSAG Chairman  
[vausag@gmail.com](mailto:vausag@gmail.com)



**Host Clubs:**

Gymnastics Inc. (757) 723-4966 [www.gymnastics-inc.com](http://www.gymnastics-inc.com)  
Ocean Tumblers (757) 547-0169 [www.oceantumblers.com](http://www.oceantumblers.com)

**Meet Directors:**

Steve Garman, Wendy Hylton

**Entries:**

**Fees: Level 2 - \$100.00/gymnast, XGold - \$130.00/gymnast,  
XP,D&Sap - \$150.00/gymnast.**

*\*\*Please refer to the Entry Instructions in the VA USAGym Member Handbook – Section 5 - <https://vausag.com/va-statehandbook/> for full entry procedures.*

*\*\* Make Payments by Club or Gym Check ONLY payable to VAUSAG and postmark by:4/6/26.  
Mail to: Steve Garman 3116 Knoll Drive, Falls Church, VA 22042*

**\*\*\*\*\*NOTE: YOUR TEAM IS NOT ENTERED UNTIL A CHECK FOR PAYMENT IS RECEIVED.**

***Entries & Payments are due by Monday, April 6, 2026***

**Seniors:**

Be sure to report all Seniors upon entry so they receive a Senior Blanket at their State Meet. A VA Senior Bio Form must be completed and submitted - Follow all instructions – it can be found on State Meet Information Page – here is the link:

[https://vausag.com/wp-content/uploads/2024/02/VA\\_USAGymSeniorForm\\_2-12-24\\_v2.docx](https://vausag.com/wp-content/uploads/2024/02/VA_USAGymSeniorForm_2-12-24_v2.docx)

**Session Times:**

Will be posted at [www.vausag.com](http://www.vausag.com)

**Scoring:**

Scores posted on Meetscores Online and ScoreCat

**Awards:**

Event, All-Around & Team Placement Awards Awarded.

*\*Note: All Level 2's will receive a VA State Meet Qualifier Medal at the conclusion of their session.*

**Coaches:**

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



**IMPORTANT NOTICE...**

ALL COACHES AND JUDGES MUST HAVE **PROOF** OF VALID USA GYM PROFESSIONAL MEMBERSHIP. USA GYM MEMBERSHIP, SAFETY CERTIFICATION, SAFESPORT AND BACKGROUND SCREENING **MUST BE CURRENT.**

## Gate Fees: **CASH ONLY IS ACCEPTED – NO CREDIT CARDS**

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

## Directions Boo Williams Sportsplex:

### Heading West on I-64- (From Norfolk):

Take exit 262-B (VA-134 N/Neil Armstrong Pkwy toward NASA/Poquoson) go through one light, stay in the right lane and take the Hampton Roads Center Pkwy exit. Continue straight. The Sportsplex is at the end of the Parkway.

Heading East on I-64 (from Richmond): Take exit 261B (Hampton Roads Center Parkway). Go 2.2 miles straight into the Sportsplex parking lots.

Heading East on I-664 (from Suffolk/Portsmouth): Merge left onto I-64 West. Take exit 262-B (VA-134 N/Neil Armstrong Pkwy toward NASA/Poquoson) go through one light, stay in right lane and take the Hampton Roads Center Pkwy exit. Continue straight. The Sportsplex is at the end of the Parkway.





## SECTION 5

### 2026 Level 2-10 & Xcel State Meet Packet AND Regional Meet 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 the 2026 Quick View Chart in Section 3 of this handbook. 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 2, 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 2, 3 & 4 athletes ONLY**. Achievement Ribbons: awarded to Levels 2, 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 may 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 ScoreCat App. |
- 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](#).

**Coaches are required to follow state meet & above professional standards. (USA Gym R & P)**

At State meets and above, the coaches' dress code is as follows:

#### COACH ATTIRE (STATE MEETS AND ABOVE) APPROPRIATE ATTIRE:

- Athletic shoes with rubberized soles
- Pants: Athletic warm-up style, Docker-style, Athletic/tailored shorts of reasonable length
- Shirts: Collared, Business Casual T-shirts (with or without gym logo)

#### INAPPROPRIATE ATTIRE:

- NO clothing with holes or tears • NO jeans • NO short shorts • NO spaghetti strap shirts • NO low-cut shirts • NO open back shirts • NO midriff/undergarment revealing shirts • NO hats or visors

(Mention Virginia USA Gymnastics Xcel & Level 2 State Meet)

**\*Hilton Garden Inn\***  
**1999 Power Plant Pkwy**  
**Hampton, VA. 23666**  
**(757) 310-6333**

**\*Spring Hill Suites by Marriott\***  
**1997 Power Plant Pkwy**  
**Hampton, VA 23666**  
**(757)**

**\*Hampton Inn\***  
**3101 Coliseum Drive**  
**Hampton, VA 23666**  
**(757) 838-1400**

**\*The Element by Marriott\***  
**1851 Merchant Lane**  
**Hampton, VA 23666**  
**(757) 251-6586**

**2026 Xcel Regional Entry Information - Go to Region 7 Website at <https://region7usagym.com/meets/> for details.** *The Registration Link to Meet Maker will be added for entry.*

**Xcel Regional Apparel Order Form will be sent out shortly. Good luck to all our competing gymnasts!**

## **2026 XCEL GOLD, PLATINUM, DIAMOND & SAPPHIRE REGIONALS**

**Date:** May 14 – 17, 2026

**Host:** Region 7 & Head Over Heels Gymnastics

**Location:** New Jersey Expo Center 97 Sunfield Ave, Edison, NJ 08837

## **2026 XCEL REGIONAL QUALIFICATION PROCEDURES**

2026 **Xcel Gold** Regional qualifying score is a **36.00 AA** at the State meet.

2026 **Xcel Platinum** Regional qualifying score is a **35.00 AA** at the State meet.

**Please see R&P for petitioning procedures. *Effective since 2025 NO PREQUALIFYING.*** Please see R&P for petitioning procedures.

The 2026 **Xcel Diamond** Regional qualifying score is a **34.00 AA** at the State meet. **Please see R&P for petitioning procedures. *Effective since 2025 NO PREQUALIFYING.*** Please see R&P for petitioning procedures.

The 2026 **Xcel Sapphire** Regional qualifying score is a **33.00 AA** at the State meet. **Please see R&P for petitioning procedures. *Effective since 2025 NO PREQUALIFYING.*** Please see R&P for petitioning procedures.

**IES's at each Xcel level may qualify with a 9.0 or higher at States OR by petitioning with a 9.20. Please see R&P for petitioning procedures.**

**Please note:** The Xcel meet will be running in 2 gyms simultaneously which means you could have athletes competing in 2 different gyms at the same time throughout the weekend.

**Please plan accordingly.**

