

Annual State Meeting

Virginia Beach, Virginia

Virginia USA Gymnastics State Meeting – **September 19, 2026**



Virginia USA Gymnastics

Scan the QR code below to access Virginia USA Gymnastics resources, meet schedules, and important state information.



Happy National Gymnastics Day!

National Gymnastics Day is a moment to recognize the athletes, coaches, judges, and club administrators across Virginia who make this sport extraordinary. Today we gather in Virginia Beach to celebrate our community and plan for an exciting season ahead. **#NGD2026**

Thank you, Steve

**Pictures removed for privacy

VAUSAG Excellence in Leadership & Service Scholarship

The scholarship was inspired by the exemplary example of Steve Garman, a devoted VAUSAG volunteer who gave 40 years of service to Virginia Gymnastics.
Information about the application process will be posted on our website later this fall.

Virginia State Administrative Committee

Virginia State Chairman

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Every person on the state board is a volunteer.

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All club administrators and coaches should be on the Virginia state email newsletter list. Make sure your club is subscribed to stay current on all announcements and updates.

Development Program Registered Athlete Numbers (as of 9/15/2026)

The table below reflects registered athlete counts by level over multiple seasons, illustrating participation trends from 2019 through 2026. Total registered athletes in the Development Program have grown to **2189** of the 2026 season, the highest in recent history. and within 1 of our pre-covid numbers

Level	**2019**	**2022**	**2023**	**2024**	**2025**	**2026**
Level 2	NA	NA	NA	NA	NA	**242**42422242242
Level 3	538	482	502	516	**548**	**501**
Level 4	481	390	414	417	**438**	**472**
Level 5	221	174	149	118	**159**	**203**
Level 6	298	269	262	327	**298**	**270**
Level 7	217	206	189	195	**232**	**211**
Level 8	172	151	176	149	**151**	**108**
Level 9	168	149	126	121	**113**	**101**
Level 10	95	70	75	75	**70**	**81**
Total	**2,190**	**1,891**	**1,893**	**1,918**	**2,009**	**2189**

XCEL Registered Athlete Numbers (as of 9/15/2026)

XCEL program registrations continue to be a major engine of growth for Virginia gymnastics. The 2026 season total of **3088** registered athletes reflects the program's broad appeal and the continued investment by Virginia clubs in XCEL programming across all divisions.

Division	2019	2022	2023	2024	2025	2026
Bronze	673	757	808	892	**833**	**851**
Silver	666	679	800	875	**819**	**817**
Gold	599	592	636	684	**760**	**758**
Platinum	343	348	374	387	**381**	**448**
Diamond	127	152	173	165	**169**	**187**
Sapphire	N/A	17	20	12	**23**	**27**
Total	**2,408**	**2,545**	**2,811**	**3,015**	**2,985**	**3088**

Total Virginia Registered Gymnasts 2026 (as of 9/15/26)

Virginia's gymnastics community continues to grow year over year. The 2026 figures reflect a thriving, well-supported state program with strong club membership, a dedicated judging corps, and a large and engaged coaching and club owner community.

5,277

Total Gymnasts 2026

Development Program: 2,189 | XCEL Program: 3,088

4,994

Total 2025

4,933

Total 2024

4,704

Total 2023

4,436

Total 2022

Support Community

Coaches: 429
Judges: 74
Member Clubs: 69

Virginia's 69 member clubs, 429 registered coaches, and 74 judges form the backbone of one of the strongest state programs in Region 7.

Development Program: 4-Year History at State Meets

The table below captures the number of gymnasts competing at each level at Virginia State Meets over the past four seasons. Notable growth is evident at Levels 2, 3, 4, 5, and 7 in the most recent season.

Year	Level 10	Level 9	Level 8	Level 7	Level 6	Level 5	Level 4	Level 3	Level 2
2023	45	109	134	170	240	143	347	451	NA
2024	66	91	152	155	247	130	365	446	NA
2025	**56**	**89**	**120**	**151**	**285**	**94**	**391**	**475**	**NA**
2026	**56**	**80**	**123**	**208**	**254**	**132**	**416**	**506**	**136**

XCEL Program: 4-Year History at State Meets

The XCEL program has shown consistent participation growth across all divisions with increases in the Gold, Platinum, Diamond and Sapphire divisions.

Year	Bronze	Silver	Gold	Platinum	Diamond	Sapphire
2023	671	618	527	311	120	12
2024	744	770	534	322	145	17
2025	**722**	**807**	**599**	**313**	**140**	**12**
2026	**680**	**791**	**647**	**332**	**146**	**23**

4-Year History of the Number of Gymnasts at Virginia State Meets

Virginia's combined state meet participation has grown substantially over the past four seasons, driven by expansion in both the Development Program and the XCEL Program. The 2025–2026 season achieved a record total of **4,530 gymnasts** across both programs.

4,530

2025–2026

1,911 DP + 2,619 XCEL

4,254

2024–2025

1,661 DP + 2,593 XCEL

4,184

2023–2024

1,652 DP + 2,532 XCEL

3,898

2022–2023

1,639 DP + 2,259 XCEL

The 2026/2027 totals are forthcoming. The trend reflects steady, sustained growth in Virginia gymnastics participation across all levels and programs.

2027 CALENDAR

2027 State and Regional Calendar —

1. March 19–21: Level 7-10 State Meet
   Boo Williams / World Class Gymnastics

2. March 26–28: Easter Weekend
   No meets scheduled

3. April 8–11: Level 9/10 Regionals
   Virginia Beach Sports Complex, Ocean Tumblers *Note: The Women's Collegiate Gymnastics National Invitational Championships will also take place this weekend at the same venue.*

4. April 17–19: Level 7 & 8 Regionals*
   Virginia Beach Sports Complex, Excalibur

2027 CALENDAR

2027 State and Regional Calendar

1

April 23–25

Level 4–6 State Meet — Christiansburg Rec Center, Va. Techniques

2

April 30 – May 1

XCEL Gold, Platinum, Diamond & Sapphire* — Boo Williams, Gymstrada & VEGA

3

May 7–9

XCEL Bronze & Silver* — Boo Williams, Gymnastics Inc. & OT

4

May 14–16

Level 2 & 3 State* — Farm Bureau Center, Aerial East & All-American

5

May 20–23

XCEL Gold, Platinum, Diamond & Sapphire Regional Meet** — Nittany Valley Sports Center, State College, PA. Region 7 and Centre Elite

6

May 28–31

Memorial Day Weekend

*3 days, 2 gyms running concurrently for all meets marked with a single asterisk. **4 days, 3 gyms running for the XCEL Regional Meet. Please plan your coaching staff and travel arrangements accordingly.

2027 Level 9 Easterns & Level 10 Nationals

Level 9 Women's Easterns

May 6–9, 2027

Alachua County Sports & Events Center
Gainesville, FL

Level 10 Women's Nationals

May 13–16, 2027

Huntington Place Convention Center
Detroit, MI

Entry Fee: $200

These premier post-season events represent the highest levels of competition for Virginia's Level 9 and Level 10 athletes.



May 6-9 • Gainesville, FL



Presented by AAI

May 13-16 • Detroit, MI

XCEL NATIONAL

XCELEBRATION
National Competition
June 10-13, 2027



Top 100 Platinum athletes + ties for the final spot

Top 100 Diamond + ties for final spot

Top 20 Sapphires + ties for final spot

Be prepared to accept or decline the spot at nationals in the coaches meeting.

2026–2027 Virginia State Meet Entry Fees

Entry fees vary by competitive level and program. Clubs should budget accordingly and ensure fees are submitted with their entry to avoid administrative delays. Late entries are subject to an additional fee per gymnast.

Level 7–10 & XCEL Gold, Platinum, Diamond & Sapphire

$150.00 per gymnast

Level 4–6 & XCEL Silver

$140.00 per gymnast

Level 2, 3 & XCEL Bronze

$110.00 per gymnast

Late Entry Fee

$25.00 per gymnast — added to the base entry fee for entries submitted after the deadline.

Meet Maker has a fee. In year 1, the state is absorbing that fee. It will pass onto the club in the following years. Plan accordingly when communicating fees to parents.

2027 Regional Meet Entry Fees

$150

The entry fee for **all Regional Meet events** is **$150 per athlete**. The region uses **Meet Maker** as its entry platform, and any associated platform fees are passed on directly to the clubs. Please factor this into your club's event budget planning.

Clubs should register early and ensure all entries are submitted through Meet Maker to avoid any late or incomplete entry issues. Regional entries must be accurate and complete at time of submission.

Declaration of Level, Entry Deadlines & Refund Policy

Timely and accurate entries are critical to the smooth operation of Virginia State Meets. The following deadlines and policies apply universally across all state meet events and must be observed by all clubs and coaches.

Entry & Declaration Deadline

All declaration of level and entry deadline dates are **3 weeks out from the date of the state meet**. If an athlete competes at another level after that declaration date, that is the level at which she is registered for that season—no retroactive changes will be accepted.

Injury Refund Deadline

The injury refund deadline is **10 days out from the first day of competition**. Refund requests submitted after this date will not be honored.

Level 9 & 10 Pre-Qualification Declaration

The entry deadline date is also the deadline to declare that a Level 9 or Level 10 athlete is pre-qualified for their Regional Meet. Documentation must be submitted via the Google Form before this cutoff.

Athlete Date of Birth Accuracy

Since parents register their athletes, please double-check that all athletes have the correct date of birth in the system. **Age determination for state meets is the Sunday of the State Meet.** Errors in DOB can affect age division placement and competition eligibility.

Development Program State Qualifying Scores

The following scores represent the minimum All-Around totals required for Development Program athletes to qualify for the Virginia State Meet at each level.

Level	State Qualifying Score	Notes
L2	33.00 AA	
L3	33.00 AA	
L4	33.00 AA	
L5	32.00 AA	
L6	33.00 AA	
L7	33.00 AA	Regional score is a 35.00 AA / Injury petition 36.00
L8	32.00 AA	Regional score is a 34.00 AA / Injury petition 35.00
L9 & L10	32.00 AA	Regional: 34.00 AA or pre-qualified with 35.00 AA / Injury petition 36.00
IES L9 & L10	8.50 (States) / 9.25 (Regionals)	No Level 7/8 IES at Regional; 9 & 10 only

2027 XCEL State Meet Qualifying Scores

Coaches are strongly encouraged to track each gymnast's All-Around scores carefully at every invitational meet throughout the season. If any gymnast is within **.1 of a qualifying, pre-qualifying, or petition score**, it is your right—and responsibility—to request the amount up to .1 from the meet referee.

Division	State Qualifying Score (AA)
Bronze	34.00 AA
Silver	34.00 AA
Gold	34.00 AA
Platinum	33.00 AA
Diamond	32.00 AA
Sapphire	32.00 AA

The IES qualifying score to Regionals has been raised this year to a 9.25, and the injury petition score is a 9.45.

State Meet Entry Procedure

All clubs must follow the official state meet entry procedure carefully to ensure their athletes are properly registered and confirmed for competition. The following steps outline the complete process from initial entry through final confirmation.

01

Enter via USA Gymnastics MRS & Meet Maker.

Submit your entry using the USA Gymnastics Meet Reservation System (MRS). This is the only accepted method of entry for Virginia State Meets.

02

Entry Deadline & Portal Closure

The entry portal will close temporarily on the deadline date listed for your meet. The portal will reopen approximately one week later for late entries, subject to a **$25 late fee per gymnast**.

03

IES Entries

IES athletes must be entered following the specific IES instructions outlined on the subsequent slide. All IES events must be listed in the entry.

04

Senior Bios

Senior athlete bios can be submitted using the "Senior Bio Form." Submit early to ensure inclusion in meet programs and ceremonies.

05

Roster Updates

Club administrators **must** keep their athlete roster updated in at all times. When an athlete changes level, the change must be reflected in the system immediately. Accurate rosters are essential for proper entry and meet administration.

State Meet Entry — Confirmation & Finalization

A critical point for all coaches and club administrators: submission of your MRS entry alone is not sufficient to confirm your athletes' spots in the state meet. Meet Maker registration & payment must also be received for the entry to be considered complete and official.

> Gymnasts are **NOT considered to be entered** into the State Meet until a copy of the meet reservation entry **AND PAYMENT IS RECEIVED.**

Entry Portal Timeline

The entry portal will close on the deadline date and reopen a few days later to accommodate any late entries. Late entries are subject to the $25 per gymnast late fee.

IES Gymnast Follow-Up

All IES gymnasts—including the events they will compete — should be included on your entry. A follow-up email must be sent to vausagmeetentries@gmail.com. This email goes to both Rex Lacy and Erin Berry.

2027 Level 9 & 10 Regional Qualification Procedures

Understanding the qualification pathway is essential for coaches and club administrators to properly plan the season for their Level 9 and Level 10 athletes. There are two routes to regional qualification–through the State Meet or through prequalification.

State Meet Qualification

Athletes must achieve a **34.00 AA** at the Virginia State Meet to qualify for the Level 9 & 10 Regional Meet. or by pre-qualifying. IESs may qualify with a 9.0 or higher at state. Injury petitions accepted with a 9.25.

Pre-Qualification

Athletes may pre-qualify with a **35.00 AA** received at any USA Gymnastics-sanctioned competition during the current season, *without petitioning*.
There is no pre-qualification for IES

2026 Level 7 Regional Qualification Procedures

Level 7 athletes have a clear and straightforward qualification pathway to the Regional Meet. The qualifying standard recognizes consistent and high-quality performances at the state level. Please note that there is no IES designation at Level 7 Regional.

All-Around Qualifying Score

All Level 7 athletes who receive a **35.00 AA** or above at their Virginia State Meet will be qualified to the Level 7 Regional Meet.

No IES at Level 7 Regional

Individual Event Specialist (IES) competition is **not available** at the Level 7 Regional Meet. Only All-Around qualified athletes are eligible to compete.

Injury Petition

Injury petitions will be accepted per petitioning procedures in the Rules & Policies. The required score for an injury petition is **36.00 AA**.

Level 8 Regional Qualification

Level 8 regional qualification has a lower all-around threshold than Level 7, reflecting the increased difficulty demands at this level. The criteria below apply to all Level 8 athletes competing at the Virginia State Meet.

All-Around Qualifying Score

All Level 8 athletes who receive a **34.00 AA or above** at their Virginia State Meet will be qualified to the Level 8 Regional Meet.

No IES at Level 8 Regional

The Individual Event Specialist (IES) competition is **not available** at the Level 8 Regional Meet. Only athletes who have qualified through the All-Around are eligible to compete at the regional level.

Level 8 Regionals — State Team
Level 7 State Team - National Judges Cup

State Team Eligibility

The Top 8 All-Around finishers for Level 8 and the top 6 All-Around finishers for Level 7, regardless of age division, will be named to the Virginia State Team. The Level 8 team will represent VA at the Level 8 Regional meet. The Level 7 team will represent Virginia at the 2028 National Judges Cup. For Level 8, Virginia provides the warm-up, and the region provides the leo. This year VAWV NAWGJ invites the Level 7 state team to represent Virginia at the 2028 National Judges Cup. They will provide the warm-up, & the leo is donated by GK. You need to be prepared to accept or decline this invitation at the end of the state meet. The entry fee will be covered, but travel will be at the athlete's expense.

Please Note: The Level 7 and Level 8 meets will run imultaneously, which means you could have athletes competing in two different gyms at the same time throughout the weekend. Please plan your coaching staff assignments accordingly well in advance.

XCEL Regional Meet Qualification Scores

XCEL Regional qualifying scores must come exclusively from the Virginia State Meet or through an approved petition process. Unlike the Development Program, there is **no pre-qualification option for XCEL Regional meets**. Athletes must achieve their qualifying score under state meet conditions.

Division	Regional Qualifying Score
Gold	**36.00 AA**
Platinum	**35.00 AA**
Diamond	**34.00 AA**
Sapphire	**33.00 AA**
IES (all levels)	**9.25 / 9.45 via petition**

NO PRE-QUALIFY to XCEL Regionals. All qualifying scores must come from the State Meet or through the formal petition process. Coaches: do not assume a non-state meet score will count for regional entry.

Development Program Mobility Scores

Mobility scores define the competitive thresholds that athletes must achieve to advance to the next level within the Development Program. Coaches should familiarize themselves with these scores and share them with parents so that all parties understand the advancement criteria.

Advancement Path	Required Score
Level 4 to Level 5	**34.00 AA**
Level 4 to Level 6	**36.00 AA twice—does not need to be in the same season; one score from the previous year and one from the current year may be combined.**
Level 5 to Level 6 or 7	**32.00 AA**
Level 7 to Level 8	**32.00 AA**

Entry into the Development Program goes through Level 4 for any athlete under the age of 12. Ensure all new athletes are properly placed at the appropriate entry level based on age and ability. The state is required to track mobility. R & P page 50 and 58 is where you will find the information.

Regional Meet Leotards

All gymnasts at the Level 7 & 8 Regional Meet and XCEL Gold Regional Meets will receive a Region 7 leotard. The region is **not providing a leotard** to any athlete who has an opportunity to qualify for a national meet.

This policy reflects the region's investment in athletes at the qualifying tier while acknowledging that athletes advancing to nationals will get apparel. Clubs should communicate this clearly to athletes and families to set proper expectations prior to the regional meet.

USA Gymnastics Meet Reservation System & Score Cat

- All Virginia invitational are required to utilize the USA Gymnastics Meet Reservation System (MRS). Score Cat integration is a new request to ensure accurate and centralized tracking of all qualifying scores used for state meet entry.

Awards at State Meets for the 2026–2027 Season

Virginia State Meets provide a meaningful awards experience for athletes at all levels, ensuring that every gymnast feels recognized for their participation and performance. The following awards structure is in place for the 2026–2027 season.

State Meet Qualifier Medal

A State Meet Qualifier Medal will be awarded to all **Bronze, Silver, Level 2, Level 3, and Level 4** gymnasts who attend their state meet. This medal recognizes the achievement of qualifying for and participating in the state championship.

Individual Recognition

Each gymnast will be recognized by name at the awards ceremony for each age group. This personal acknowledgment is an important part of the state meet experience and celebrates every athlete's accomplishment.

Achievement Ribbons

Achievement ribbons will be given to **Level 2, Level 3, Level 4, XCEL Bronze, and XCEL Silver** athletes at the state meets, in addition to their place awards.

MEET SCHEDULING

Scheduling a Meet — Phase I

The Virginia SAC manages a structured three-phase process for Virginia Member Clubs to schedule invitational meets on the state calendar each season. This process ensures fairness, avoids date conflicts, and gives existing host clubs priority to retain their established meet dates before new requests are considered.

Phase I — Current Host Clubs Retaining Existing Dates

Clubs that are currently hosting a meet on the state calendar must indicate their desire to retain their weekend(s) for the 2026–2027 season. This priority window gives established meet hosts the first opportunity to lock in their dates before new requests are considered. **(This phase has been completed.)**

New for 2027–2028 — Equipment Use Declaration

Beginning in the 2027–2028 season, clubs that use state equipment for their event will be asked during Phase I to indicate whether they plan to use it again. Plan accordingly if your meet relies on state-provided equipment.

MEET SCHEDULING

Scheduling a Meet — Phase II

Phase II of the meet scheduling process is for current host member clubs that need to change their date from the previous season. This phase allows clubs to request a different weekend while taking into account the meets already confirmed during Phase I.

Who This Applies To

Clubs that hosted meets in the 2025–2026 season and wish to change their date for the 2026–2027 season must submit new meet weekend date preferences during this phase. Only clubs with existing meets on the calendar are eligible for Phase II.

How Requests Are Evaluated

Requests for a change of date will be considered in the context of the meets already scheduled during Phase I. Availability of specific weekends is not guaranteed. **(This phase has been completed.)**

MEET SCHEDULING

Scheduling a Meet — Phase III

Phase III opens the scheduling process to new member clubs wishing to host their first invitational meet on the Virginia state calendar. Clubs can view available weekends and submit requests for new events. This ensures that the Virginia meet schedule continues to grow and offer opportunities across the state.

New Host Club Requests

Clubs that want to host a new invitational meet can view which weekends remain available after Phases I and II are complete. New meet event requests will be accepted during this phase and evaluated based on calendar availability and geographic distribution.

Schedule Publication

Following the completion of Phase III, the 2026–2027 Virginia Invitational Meet Schedule – for teams that have followed the scheduling guidelines – will be posted on the Virginia USA Gymnastics website. **(This phase has been completed.)**

2027 Region 6/7 Congress

Venue

Rhode Island Convention Center
1 Sabin St.

Providence, RI

Dates

August 6-8, 2027

The Region 7 Congress is an important annual gathering for gymnastics administrators, coaches, and officials from across the region. This year's congress is held jointly with Region 6, providing an expanded opportunity for collaboration, education, and planning between the two regions. Virginia representatives are encouraged to attend and engage fully in the congress agenda.





2027 National Congress
August 10-16

Tampa, FL

The 2027 USA Gymnastics National Congress is a premier educational and governance event for gymnastics professionals across the country, featuring sessions on rules and policies, safety, athlete development, and program administration. More details on dates, venue, and registration will be announced as they are confirmed. Virginia club owners and coaches are encouraged to plan ahead for this important national event.

Congratulations to our judges!

> Congratulations to our new and recertified national judges. Good luck to everyone testing up now that the exam process has renewed.

Virginia's judging community plays an indispensable role in the success of our meets and the fairness of our competitions. The renewal of the national exam process represents an important milestone, and Virginia is proud to have judges committed to pursuing higher certification and continued professional development. The SAC encourages all aspiring judges to take advantage of available training resources and pursue advancement through the national certification process.



USA Gymnastics

2026–2027
Development Program
Update

2026–2027
Xcel Program
Update

TEAM AWARDS

Club of the Year

XCEL Program Excellence Award

Established in 2024

The XCEL Program Excellence Award was established in 2024 to recognize outstanding clubs within the Virginia XCEL community.

Award Philosophy

This award is given to a program that best demonstrates the **XCEL program philosophy** — focusing on athlete enjoyment, skill development, positive coaching, and inclusive participation that reflects the values at the heart of the XCEL program.

Congratulations to Woods Gymnastics on being Virginia’s nominee for the Xcel Program Excellence Award

2026 National Development Program of the Year

Congratulations.

Capital Gymnastics, NTC -

They were nominated as Virginia’s Club of the Year, Region 7 Development Program of the Year, and selected by the national committee as the National Development Program of the Year!

Thank You for coming to the Virginia State Meeting!

On behalf of the Virginia State Administrative Committee and all of our dedicated volunteers, thank you for attending the 2026 Virginia USA Gymnastics State Meeting in Virginia Beach. Your commitment to this sport—as coaches, club administrators, and advocates for your athletes—is what makes Virginia's gymnastics community one of the strongest in Region 7.

Stay Connected

Make sure your club is subscribed to the Virginia state email newsletter and check the Virginia USA Gymnastics website regularly for schedule updates, announcements, and policy information throughout the season.

Contact the SAC

For questions about any of the information presented today, reach out to State Chairman **Erin Berry** at vausag.sac@gmail.com or call 757-373-7428. The SAC is here to support you.

Meet Entries

All state meet entry questions and IES documentation should be directed to vausagmeetentries@gmail.com. Remember: entries are not confirmed until both the MRS submission and payment are received.

Here's to a fantastic 2026-2027 Virginia gymnastics season. Best of luck to all of our athletes, coaches, and clubs. #NGD2026