

Texas Men's Gymnastics

Rules and Policies

2010 - 2011



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Level	Age Groups				Team Age Groups			
4	6	7	8-9	10+	6	7	8-9	10+
5	7-8	9	10-11	12+	7-8	9	10+	
6	8-9	10	11	12-13	8-9	10-11	12-13	
7	10-11	12-13			All Age Groups Combined			
8	11-13	14-15			All Age Groups Combined			
9	12-13		16-18		All Age Groups Combined			
10	14-15	16-18			All Age Groups Combined			
Elite								

State Meet Entry Fee: \$60 Level 4-5 North/South, \$70 Level 6-Elite **No Team Fee!**

Qualifying Requirements: Gymnasts must compete in at least one sanctioned meet in the age group and level they desire to compete at the State Meet.

Age Requirements: A gymnast must compete as of his age on September 1st. He may jump up one year (from his September 1st age) only if he is going to change levels. A gymnast may not age jump within the same level.

Region 3 Recognized Age Groups and Qualifying Scores (Some age-group may change - as of June 2010)

Level	Age Group				Team Age Group			Qualifying Scores	
6	8	9	10	11	12-13	8-9	10-11	12-13	75.0 (2010)
7	10	11	12-13		10-11	12-13		70.0 (2010)	
8	11-13	14-15			11-13	14-15		48.0 (2010)	
9	12-13	14-18			12-13	14-18		54.0 (2010)	
10	14-15	16-18			14-15	16-18		60.0 (2010)	
Elite	16+				16+			60.0 (2010)	

Entry Fee: \$85 **No Team Fees!**

Entries/Forms: All entry fees and forms for the Regional Meet are due to the State Chairman at

the conclusion of the State Meet.

Qualifying Requirements: The qualifying score must be obtained at the State Championships. Gymnasts must qualify in the same level and age group that they compete at the Regional Championships.

Junior Olympic National Meet Age Groups

Level	Age	Qualifying
9	12-13	72.5 (2010)
10 Jr.	14-15	75.0 (2010)
10 Sr.	16-18	76.5 (2010)

General Information

Membership

To participate at any USA-Gymnastics sanctioned event or meeting a coach must have a men's professional membership, a background check, and a current safety certification. Applications for membership and instructions for taking the national safety certification course can be found online at www.usa-gymnastics.org. All gymnasts must be registered with the USA-G to participate at any sanctioned event.

National Rules and Policies

USA-Gymnastics is the governing organization for our sport and follows the National Men's Rules and Policies document. This document can be downloaded from the USA-Gymnastics website. It is the responsibility of every coach to be familiar with and abide by these policies.

Region 3 Rules and Policies

The states are divided into 9 regions and Texas is a member of Region 3. The Region 3 board consisting of the State Chairman and Regional Chairman will determine all rules and policies for the region. The Region 3 Rules and Policies can be downloaded from the regional website at www.region3men.org. It is extremely important for all coaches in the region to be up to date and knowledgeable with these policies.

Texas Rules and Policies

Texas rules and policies are developed by the coaches of Texas and the Texas State Chairman at the Texas Summer Coaches Business Meeting. The Texas Rules and Policies is not intended to replace the National Men's Program Rules and Policies, but in some cases will over rule the National R & P as is allowed. It is very important that all coaches and meet directors become familiar with the Texas Rules and Policies and its differences from the National R & P. The Texas R & P can be downloaded from the Region 3 website or the Texas state website at www.texasgyminfo.org.

Registration and Receiving Information

In order to receive important State and Regional information all clubs must be registered with the State Chairman. Club registration is obtained and updated each year from State Meet entry forms and the Texas Summer Coaches Business Meeting. **New clubs must fill out a registration form and send it to the Communications Facilitator.** A directory containing information on current Texas clubs and coaches will be posted at the Texas website. Clubs not participating at the State Meet or the Summer Coaches Business Meeting for two consecutive years will be dropped from the directory. It is important to have a current email address in your registration information. All information will be dispersed via email.

All clubs must pay an annual registration fee of \$25 to the Texas State Account in order to compete in the State Championship Competition. This fee can either be paid at the Summer Business Meeting or given to the Communications Facilitator no later than January 31st. A late fee of \$25 will be assessed after January 31st, and teams will not be allowed to participate in the State Championship Meet until Registration Fee is paid.

(June 2009)

Chain of Command within the Gymnastics Community

Like any business, the Gymnastics community has a chain of command. This chain starts with the gymnast and his parents and ends with the Men's Program Director. It is important that coaches capture their spot in this chain and become a liaison for their parents and athletes. All too often, coaches are bowing out and allowing parents to take their concerns and problems directly to the top. As coaches, we must accept our professionalism and become a mouth piece for the parents and gymnasts in their time of need. At no time should parents be allowed to approach the judging community. The proper chain of command is as follows: Gymnast/Parent→Personal Coach→Meet Director/Judge/State Chairman→Regional Director→Men's Assistant National Program Director→Men's National Program Director. Please help make our sport more professional.

Judge & Coach of the Year Awards:

Each year the coaches of Texas will nominate and vote for a Coach & Judge of the year to be recognized at the state meet. A total of 4 awards will be given each year as follows:

- Judge of the Year (to be presented at the level 6-elite state meet)

- Level 6-elite Coach of the Year (to be presented at the level 6-elite state meet)
- Level 4-5 North Coach of the Year (to be presented at the level 4-5 North state meet)
- Level 4-5 South Coach of the Year (to be presented at the level 4-5 South state meet)

Nominations will take place in February via e-mail, and the final votes will be due at the same time as the Level 6-Elite state meet entries are due.

The voting process will be managed by the Texas Men's Gymnastics Communications facilitator. The State Chairman is responsible for ordering & providing the awards.

Texas USA-Gymnastics Volunteer Positions

Texas State Chairman

Election

The State Chairman shall serve a two-year term and will be elected every odd year. There is no limit to the number of consecutive terms they may serve. To be eligible a person must be a professional member, safety certified and reside in the state of Texas. The professional members within each state shall nominate and elect the State Chairman. Texas will elect their chairman at the summer coach's business meeting. All voters must be current men's professional members with a valid safety certification. Each professional member is allowed one vote and no proxy/absentee votes will be allowed. The vote shall be done by ballot and counted by member of the State Committee.

Duties of the State Chairman (In addition to the National R&P)

1. Maintain an updated list of all gymnasts and clubs in the state.
2. Maintain an open line of communication between their office and both the Regional and National offices. The State Chairman shall actively gather information regarding men's gymnastics in their state throughout the year.
3. Conduct the USA-Gymnastics State Meet and insure that all official rules and regulations are met. Provide meet results to the Regional Chairman and regional meet director and financial reports to the National Office.
4. Conduct the annual State Clinic. The Texas State Clinic will coincide with the Gymnastics Association of Texas convention. Coordinate with the GAT organization to schedule lecturers and clinicians. The specific content of the clinic shall correspond with the gymnastics priorities in the state.
5. Identify, list, and submit all men's award candidates to the GAT liaison.
6. Decide state matters in concurrence with the Regional Director. Develop policies and procedures governing activities and events in the state.
7. Plan and conduct the Summer Coaches Business Meeting.
8. Appoint committees to assist in the state.

9. Attend the Regional Championships and the State Chairman's Regional Meeting.
10. Relay Regional and National Information to USAG professional members.
11. Approve and submit petitions to the Regional Championships.
12. Maintain an open line of communication with the local judging association.
13. Organize and conduct the Future Stars Program.
14. Open and maintain a state USAG bank account.
15. Handle all of the State account finances with the help of the State Bookkeeper.
16. Attend the National Congress.
17. Elect a secretary to keep minute's at all official meetings.
18. Update and maintain the Texas Rules and Policies document.
19. Post and update the State competition calendar.
20. Keep the Texas website updated.
21. Be a board member of the Sims Scholarship Fund. Collect the state Sims tax and make donation to Sims Scholarship Fund.

State Bookkeeper

Elections/Requirements

The State Bookkeeper must be a member of the USAG men's program; safety certified and reside in the state of Texas.

The State Bookkeeper will serve a two-year term and be elected by secret ballot after the election of the State Chairman at the summer coach's business meeting. The procedures for electing the State Chairman will be used when electing the State Bookkeeper.

State Bookkeepers Duties

Balance the checkbook and send up-dated balance to the State Chairman.

Cross-reference deposits and withdraws with sanctioned events and reports.

Prepare a detailed report to be submitted at the summer coach's business meeting.

Prepare a yearly folder to include: all bank statements, receipts, and year-end report.

State Chairman Duties as they relate to the State Bookkeeper

Through the job of the bookkeeper, it is the State Chairman's job to provide a yearly financial report of the State's bank activity. Concise record must be kept and made available to include: monthly bank statements, deposit and withdraw statements, copies of sanctioned meet forms, receipts for purchased goods, travel vouchers, and check ledger. The yearly report will be made at the summer business meeting or the GAT convention.

State Committees/Positions

The State Chairman will form committees and positions to help in the operation of state activities. The State Chairman will make all appointments/removals with the input of the Executive Committee.

Executive Committee

The executive committee will assist the State Chairman in all matters pertaining to the state. They must maintain good communication with other clubs in their respective areas and regularly communicate with the State Chairman. They must attend two state meetings, one at the GAT convention and the other at the Summer Coaches Business Meeting. The state committee members must be actively involved in all aspects of state affairs. Presently there are 3 executive member positions.

State Games Committee

It is the task of the State Games Committee to help make recommendations for possible changes in rules and policies pertaining to the State Meets. The group will report directly to the State Chairman and Executive Committee. They will be required to attend two meetings, one at the GAT convention and the next at the Summer Coaches Business Meeting. The committee will be made up of the State Meet Directors for the current State Meets and will begin and end with the Coaches Summer Business Meeting.

GAT Liaisons

Special Awards Liaison

It is the duty of the special awards liaison to compile the list of eligible gymnasts from the men's program for the GAT awards. It is their responsibility to contact the proper GAT award representatives for award procedure and protocol.

Convention Clinic Recruiter

The GAT Clinic Recruiter will find speakers for the men's portion of the GAT convention and or the State Clinic. At this time the GAT convention serves as the State Clinic. It is their responsibility to pool members of the state to find topics of interest and value for the men's gymnastics community and then find the speakers to meet those needs. They must provide a list of candidates for approval from the State Chairman, contact the appropriate GAT

representatives for proper procedure and protocol and make all necessary contacts and travel arrangements with the speakers.

Secretary

The job of Secretary is to maintain a written record at all meetings and events in the state. In addition, they must update the Texas Rules and Policies and all meeting minutes updated for circulation on the website. They must have a clear working knowledge of all the activities and functions of the men's gymnastics program in the state.

Webmaster

The Webmaster is responsible for maintaining the website. It is their job to keep the website updated and running.

Communications Facilitator

The Communications facilitator will facilitate communication to and from the state chairman and coaches. They must update and maintain the club and coach address/e-mail database, and distribute information to coaches in the state. The communications facilitator will also manage the annual Coach & Judge of the Year Award nominations & elections.

Official State Meetings/Clinics

Summer Coaches Business Meeting

Purpose

The purpose of the Summer Coaches Business Meeting is to discuss and vote on all matters pertaining to the state for the upcoming year. It is highly recommended all clubs be represented at this meeting.

Date and Site

The meeting will take place every year in June, preferably the week prior to or after Father's Day. The meeting will be scheduled for a Saturday at a site determined by the State Chairman. Information on the meeting will be placed at the website. Advance information will be made available by the last State Meet of the year.

Quorum / Rules of Order

Attendance to this meeting must reach 30% of the represented clubs from the largest of the past State Meets. If a quorum is not reached no voting should take place.

Roberts Rules of Order will be used to govern the proceedings.

Agenda

The business agenda to be acted upon at this meeting will include:

Election of State Chairman and Bookkeeper

Appointments of positions by State Chairman

State, Regional and National Reports

High School Report

Judging Reports and Updates

Sims Report and Update

State Calendar of events to include: Invitational dates, State Meet dates, Clinics

GAT updates

State Meet Sites

Texas Rules and Policies updates/changes

Financial Report

New business

Voting Issues not pertaining to selection of State Meets

To be eligible to vote a coach must be a current men's professional member with a current safety certification. Voting can be accomplished by a show of hands or by secret ballot. A simple majority is all that is necessary for all voting issues. No proxy votes will be allowed, a coach must be present to vote.

Voting for State Meets

The voting procedures for selection of the State Meets are the same as other voting issues with the following exception: **Only one vote per USA-Gymnastics club will be given and that club must have competed athletes at one of the last State Meets or is planning on competing athletes at the next State Meet.**

State Clinics – GAT Convention

The State Clinic will be hosted in conjunction with the Gymnastics Association of Texas convention. The State Chairman and a GAT liaison will assist the GAT officials with securing lecturers for topics important to the men's gymnastics community. We strongly encourage all men's professional members to fully support and attend this function. Information on the GAT convention can be found at www.gatx.org.

Future Stars Competition

Future Stars program information can be found at the USAG website. At this time, state Future Star testing will be held in conjunction with the regional Future Star testing and will be run by the Regional Chairman. Specific regional information can be found at the Region 3 website.

Hosting Competitions in Texas

Texas State Meets

All coaches interested in bidding on and hosting one of the Texas State Meets must read, understand and follow all the rules outlined in Section 2 and Section 3 of the Texas Men's Rules and Policies.

Texas Invitational Meets

Applications

To host a gymnastics meet in Texas a club or individual must apply for a sanction from the USA-Gymnastics office. Forms and fee information are available at the USAG website. In addition, the State Chairman must be given notification of the meet using the Texas Invitational Meet form available in the forms section of the Texas R&P. It is strongly suggested that persons interested in hosting meets in Texas attend and post their meet information at the Summer Coaches Business Meeting.

Rules and Guidelines

Meet directors must be knowledgeable and follow all rules pertaining to running men's competitions using the National Men's Rules and Policies and the Texas Men's Rules and Policies as a guide.

In many areas including matters of entry fee, awards, and competition format an invitational can charge what they want, award how they want and run the meet to best fit their needs. In addition, with the exception of the athlete age requirement rules (6 year old rule, Sept. 1st rule) age groups can also be modified. It is strongly suggested that meets run in Texas follow our State Meet age groups. A good guideline for running meets is included in the Texas R&P Appendices.

Equipment specifications and matting requirements as outlined in the National R&P cannot be changed.

Meet Taxes

State Tax – The USA Gymnastics organization has empowered all states to charge a \$1.00 per athlete meet tax to help cover state operating costs. Beginning in 1989 this tax has been assessed to all sanctioned men's competitions with the exception of Regional and National competitions. Entry fees that are refunded are not subject to the tax. Meet taxes must be postmarked within 7 days of the meet or are subject to a \$50 late fee. Clubs that do not pay their taxes or late fees will not be allowed to send their athletes to the Texas State Meet. Checks should be made out to: **"Texas State Account"** and mailed to the Texas State Chairman. **A payment form can be found in the Texas Rules and Policies Appendices.**

Sims Donation – The Sims Scholarship Foundation was created in 1988 to serve two purposes. First, to honor Mike Sims, an outstanding Texas gymnast murdered while acting as a good Samaritan, and second, to provide Texas gymnasts with academic scholarships for college. To provide funding, the Texas coaches of the USA-Gymnastics men's program mandated a one dollar head tax be collected from all athletes at any Texas men's sanctioned event where an entry fee is charged. **Money is sent to the Treasurer of the Sims Scholarship Foundation.** Meet taxes must be postmarked within 7 days of the meet or are subject to a \$50 late fee. Clubs that are delinquent in paying the tax or late fee will not be allowed to send their athletes to the Texas State Meet. Checks should be made out to: **"Sims Scholarship Fund"** and sent to the Texas State Chairman. **A payment form can be found at <http://www.texasgyminfo.org/meet%20directors.html>.**

National Gymnastics Foundation Tax

In August of 1999, the Junior Olympic Program Committee (JOPC) mandated that a one dollar head tax, for each participant at any men's sanctioned event where a fee is charged, be collected and sent to the National Gymnastics Foundation in order to aid in the funding of the Men's Scholastic Scholarship Program. These funds are required to be returned with the USA Gymnastics Sanction Report Form within 24 hours of the sanctioned competition or event to the USAG National Office.

Sanction Reports / Meet Results

A completed copy of the meet sanction must be mailed to the State Chairman, Regional Chairman and National office within 48 hours of the meet.

Failure to send the sanction will incur a \$50 late fee.

Officials

Judges must be secured through the Texas Gymnastics Judges Association assigning director. An application for officials must be filled out and sent to the assigning director with a \$20 fee made out to: "TGJA". The application can be found at the TGJA website: www.thsgca.org/tgja.

Athlete Age Requirement

For all aspects of the men's program, a gymnast's age is determined as of September 1st of each year. He may move up one year of that age only if he is moving up a level. A gymnast may not age jump within the same level.

Gymnasts under the age of 6 will not be allowed to participate in the Junior Olympic Competition Program under any circumstances. The athlete must turn 6 years of age before he may begin competition.

The only exception to the September 1st rule is a boy that is 5 on September 1st and turns 6 after that date but prior to the State Meet. As soon as that boy reaches his 6th birthday he becomes eligible for competition. In Texas, for an athlete to become eligible for the State Meet he must compete in one sanctioned meet prior to the State Meet. If he cannot meet that requirement he will not be eligible for the State Meet.

Texas Rules and Policies – Section 2

The Level 6, 7, 8, 9, 10, and Elite Programs in Texas

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Financial Report

Posting Meet Results

The Level 6, 7, 8, 9, 10, Elite Programs in Texas

Guidelines for Participating in the State Meet

Texas Recognized Age Groups (Individual/Team)*

Level	Age Groups					Team Age Groups			
6	8-9	10	11	12-13		8-9	10-11	12-13	
7	10-11	12-13				All Age Groups Combined			
8	11-13	14-15				All Age Groups Combined			
9	12-13			16-18		All Age Groups Combined			
10	14-15	16-18				All Age Groups Combined			
Elite	16+					16+			

* In the event that age groups have a very large number of athletes or very small number of athletes the State Chairmen has the authority to split age groups up, or combine age groups in order to have a more balanced competition.

Competition Age Group Rule

A gymnast must compete as of his age on September 1st. He may jump up one year (from his birth date as of September 1st) if he is going to change levels. A gymnast cannot age jump within the same level.

Qualifying Procedure to State Meet

A gymnast must compete in at least one sanctioned meet prior to the State Meet, in the age group and at the level they desire to compete at the State Meet. Once State is reached there is no changing. The last possible date to qualify is three weeks prior to the State Meet. The State Chairman must approve exceptions to the qualifying procedures.

Petitions to the State Meet

At this time there are no petitions, injury relate or other, allowed for entrance to the State Meet. A gymnast must have competed once prior to the State Meet in order to qualify.

Coaches Dress Code

Coaches should always be professionally dressed. It is our obligation as professionals to look, act and dress the part. The following dress code will be enforced at State, Regional, and Nationals and is highly recommended for all State sanctioned invitationals. Please help our sport look professional.

Closed toe shoes (no sandals)

Slacks, Warm-up Pants, Hemmed Shorts (no denim or cargo shorts)

Collared Shirts

No Hats

Violators will be asked to leave the competition floor.

Athlete Dress Code

All athletes must compete in long solid colored gymnastics pants, socks and or gymnastics shoes, and gymnastics competition jersey on Pommel Horse, Rings, P-Bars and High Bar.

On Floor Exercise and Vault the gymnast may compete in shorts with or without footwear or as he would for the other events. However, if he wears long pants he must have footwear on.

Gymnasts may not compete with body piercings or tongue studs.

Gymnasts may not compete with jewelry to include rings, chains, anklets, decorative wristbands or watches.

Gymnasts are required to wear a shirt at all times during warm ups and competition.

Gymnasts are required to be in full uniform for awards.

Failure to comply with the above rules will result in a .3 deduction taken from the gymnasts score one time during competition.

State Meet Information

Preliminary meet information will be available by the GAT convention and placed on the Region 3 and Texas websites. This information should include site location, hotel accommodations, meet dates, equipment, and contact information.

Final information will be available 6 weeks prior to the State Meet and will be posted at the Region 3 and State websites to be downloaded by coaches. This information will also be e-mailed to all coaches and clubs using the e-mail address from the official Texas Club address list. The meet director is not required to mail State Meet information to the clubs.

The final competition schedule will not be available until after all entries have been received (3 weeks before meet).

Entry Forms

All entry forms to the State Meet must be typed and checked by the coach for accuracy. The official State Entry Form listed in the appendices is the only form that can be used. Incomplete entries will be returned to the coach and may incur late fees. A copy of your USAG Member Athlete Roster and a copy of your USAG Proof of Professional Member must accompany your entry form in order to be accepted.

Entry Due Date

All entries must be postmarked 21 days before the State Meet. Entries will not be accepted without correctly completed forms and the entire payment. Late entries will incur a \$10 late fee and must be approved by the State Chairman. Teams that fail to pay the late fee will not be eligible for the State Meet.

Entry Fee

State entry fee is \$70 per gymnast. At this time there is no refund policy in effect for injured athletes or extenuating circumstances and will be left up to the State Chairman.

There is no team fee.

Team Awards

Team awards are to be given for each state recognized age group and level where there are at least three full teams.

At least 50% of the teams in each group will receive awards and ties will receive awards.

Team awards are based on the top 3 scores from each event.

At the State Meet, a team will be recognized by meeting all of the following criteria:

- a. Geographic workout location
- b. Defined by the USAG Club #
- c. Team mailing address
- d. The majority of the team training is at one geographic training location

Individual Awards

Individual awards will be the standard USAG state medal and will be presented to the top finishers in each event. Texas will award 30% or a maximum of 20 places for each event and all around at the state meet. (June 2009)

Senior Awards

Special awards will be presented to all graduating high school seniors in the men's program. The Senior Award Application with instructions can be found in the appendices section. The Senior Award application must be submitted 3 weeks prior to the State Meet. The award will be presented at the Level 10 session of the State Meet.

Regional Qualifiers

All coaches that have athletes that qualify to the Regional Meet must turn in their entries to the State Chairman before the end of the State Meet. Entries must be filled out completely and include the correct payment.

Injury Petition to Regional

The coach of a petitioning gymnast should first contact their State Chairman. Petition forms can be downloaded from the region 3 website and must be submitted to the State Chair with a physician's statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the regional entry fee and coaches should include these athletes on their Regional entry form with the words "Petition Pending by their name. Gymnasts should show from previous scores the ability to easily beat the Regional qualifying score by at least 2.0 points. The State Chairman will contact the Regional Chairman for final approval. Once approved, the State Chairman will contact the individual coaches with the decision.

Hosting the State Meet

Bidding on the State Meet

The Texas State Meet is the cornerstone of our program. It is the last State function of the year and a highlight for parents and athletes. We have a long tradition of running great competitions that do not tax the athlete, coach, officials, or parents. It is very important that individuals planning on bidding on this meet have experience in hosting meets and a desire to run the meet at the level we are used to.

General Information

Any individual can bid for the State Meet as long as they are a men's professional member and safety certified.

The Texas Men's Program will use the USAG National Rules and Policies for running the meet unless the Texas Men's Rules and Policies supersede it. Meet Directors and coaches must be knowledgeable in all of these rules and be equipped to handle all requirements.

Meet Directors must follow the Texas State Outline for the State Meet. The State Chairman will work closely with the host gym to assure a quality meet. **Strict adherence must be followed or the State Chairman has the choice to re-award the meet. Additionally, if there is a change in Meet Director, Host Club, Meet Location, or Meet Date, the State Chairman has the ability to select a new bid.**

There will be no limit on the number of State Meets in a row a club may host; however, the same club may not host both State Meets in the same year.

The Bid Process

The site and date of the State Meet will be decided at the Texas Men's Summer Business Meeting.

All interested individuals must submit a written bid on or before the summer meeting. In addition, all bids must be completed in full on the official State Meet Bid Form. Incomplete bids will not be accepted.

Two copies of the bid are to be given to the State Chairman prior to the bid presentation, one copy will be posted for all members to review and the other copy will be for the State Chairman's records.

Each person will be given a set time to present their bid to the coaches at the meeting.

The Voting Process

The vote to decide the host of the State Meet will be done by secret/closed ballot on a form generated by the State Chairman.

The State Chairman or a neutral party appointed by the State Chairman will count the vote.

There will be no proxy/absentee voting for the State Meet, you must be present to vote.

To vote, a coach must be a USAG professional member with a current safety certification and represent a men's team that has competed in the past State Meet or is planning on registering athletes and competing in the upcoming year. One vote per club is allowed.

State Games Committee

The State Meet Director will become a member of the Texas State Games Committee and will be required to attend two state planning meetings. The first meeting is at the GAT Convention and the second meeting will be at the Summer Coaches Business Meeting. They are required to produce information concerning the progress of the meet and reports and recommendations for future meets. A financial report must be made available at the Summer Meeting. Their tenure will begin and end at the Summer Coaches Business Meeting.

Meet Date

The Level 6-Elite State Meet should be held 2-4 weeks prior to the Regional Meet and must cover at least a 2-day period. If approved the competition may be 3-days. The date for the event is voted on at the Summer Business Meeting. The State Chairman may make changes in the date if there are scheduling conflicts.

State Meet Structure and Procedures

Information

Preliminary meet information must be available at the GAT convention and placed on the Texas state website. Information must include meet site, area hotels, meet date, tentative schedule and format, equipment, contact numbers and or websites for coaches to get additional information.

The Texas Rules and Policies club address section will be the official mail list for the State Meet. This website section will be updated as new clubs are registered with the State Chairman and can be downloaded for use.

Final meet information must be approved by the State Chairman before it is posted or sent out. The meet information must include the following:

Meet Title, Date, Site, Host, Meet Director with contact numbers, Website or e-mail contacts, Hotel information, Entry fee and who to make checks to, Entry form and rules, Entry form deadline and penalties, Return mailing address, Competition format, Age groups, Team age groups, Equipment, Awards information, Admission cost, Video policy, T-shirt cost, Program Cost, Hospitality information, Coaches and Athletes dress code, Senior Award information, and a very tentative competition schedule. We recommend a separate handout for parents to include information on costs, location, hotels, concessions, t-shirt ordering, program well-wishers ads and map.

This information is due to the State Chairman at least 8 weeks before the State Meet.

The final competition schedule will not be available until all the entries are received.

After approval by the State Chairman, the State Meet information must be posted at the State website and sent out via e-mails, faxes, or US mail. **This must be posted and sent out 2 weeks prior to the State Meet.**

State Meet Entry Form

The only entry form to be used at the State Meet is the official State Meet Entry Form available in the appendices section. All entries must be typed and filled out completely to be valid. A copy of your USAG Member Athlete Roster and a copy of your USAG Proof of Professional Member must accompany your entry form in order form to be accepted.

Entry Due Date

All entries must be post marked 21 days before the State Meet. Entries will not be accepted that are not typed or on the official State Meet Entry Form. Late entries must be approved by the State Chairman and will incur a \$10 per athlete penalty. Those teams that fail to pay the late fee will be ineligible to compete at the State Meet.

Competition Format

There are many factors to consider when choosing the competition format for the State Meet. The Meet Director, State Chairman and Executive Committee will help decide the best competition format after evaluating all the options. The following are requirements we have established for the meet:

Each session should not exceed 100 athletes. (72 is recommended)

A separate awards area is preferred.

Six events must be run simultaneously with awards following immediately after.

Each session must have adequate time for stretch, coaches meeting, warm-up, and competition.

The competition day will follow the start and end times prescribed in the National R&P book.

At the coaches meeting the following items must be addressed; march-in procedure, event rotations, team rotation, gym rules, score card procedure, awards ceremony, emergency plans and any other information needed to aid in the running of the meet. The head of officials should also be given time to address the coaches with procedure related to the judges.

Athletes who cannot attend competition at their scheduled competition time may petition the meet director to allow the athlete to compete in another session for exhibition purposes only. (June 2009)

Meet Site

The meet site should have adequate seating, parking, floor and ceiling space, and restrooms to safely accommodate spectators, gymnasts, judges and coaches.

There should be a minimum of four times the seating available as there are gymnasts in any one session. (i.e. 72 gymnasts = seating for 288 spectators)

A minimum of one gym is required.

Equipment

The type of equipment and mats used is up to the Meet Director; however, it must be in safe working order and listed when making the bid.

The USAG Men's R&P will be the official document for all mat and equipment specifications.

A minimum of one piece of equipment is required. Two sets of parallel bars are recommended.

Ample matting must be available for mounting, dismounting or raising the event surface.

It is recommended to have a backup plan in case of equipment failure.

Scoring System

A proven, reliable computer-scoring program is required.

Scores must be flashed after each routine and all results must be posted after each session.

A back up plan must be available in case of computer, power, or program failure.

State Meet results must be posted on the State and Regional website immediately following the competition.

Pro Score is currently recommended for use at the State Meet.

Medical Trainer and Emergency Action Plan

The State Meet must have a trainer in attendance for all sessions. In addition, an emergency action plan should be developed in cases of medical or other emergencies.

Entry and Gate Fees

Athlete entry fee: \$70

Team fee: None

Gate fee: \$8 - Adult, \$4 – Child/Senior Citizens Child 5 and under free

The price for an all day pass cannot exceed the price of a single session.

Awards

Individual awards will be the standard USAG state medal and will be presented to the top finishers in each event. Texas will award 30% or a maximum of 20 places for each event and all around at the state meet. (June 2009)

Awards will be ordered by the State Chairman or State Meet Director from A-1 Awards as soon as the final athlete count is available. The cost of the awards is the responsibility of the meet Director/Host. It is important that extra awards are ordered and all medals are counted prior to the meet.

Team Awards

Team awards are given to all age groups for all levels where there are at least 3 teams.

At least 50% of the teams in each group will be awarded.

The top 3 scores from each event will be used to determine team score.

The team classification rule will be used to identify teams.

There is no team fee charged.

The team awards will be secured and paid for by the meet Director/Host with the quality of awards consistent for all age groups and levels. Awards can be ordered from any vendor.

Senior Awards

The senior award presentation will be held at the Level 10 session of the meet. The State Chairman is responsible for ordering and paying for the award.

Program

A program is required at the State Meet. The program should include meet information, welcome letters from the meet Host and State Chairman; gymnasts score sheets, teams competing, names of officials and any other information useful for the parents and public.

Judges

Judges are chosen as a joint effort between the State Chairman and the State Judging Director. The Texas Gymnastics Judges Association president or liaison will comprise a list of candidates and alternates for the State Meet and forward that list to the State Chairman for approval. The State Chairman and Executive Committee will review the list and make recommendations for selection. Selection for the State Meet must be finalized by February 14th of each year. The TGJA Liaison will contact the selected officials and assign the judges to their events.

To judge the State Meet a candidate must be in good standing with the State, Region and National program. They must be a men's professional member of the USAG and safety certified. They must be at least Nationally and J.O. certified. They must have judged at least 4 USAG J.O. meets prior to the State Meet.

A one judge panel will be used to judge the Level 6-8 sessions of competition. A two judge panel will be used to judge the Level 9-10 sessions. The second set of 6 judges will receive a set stipend not paid by the meet host. The Texas State Account will allocate \$100 per judge on the second panel. Outside organizations may also contribute to the payment of the second set of judges. The meet host is not required to provide hotel accommodations or travel expenses for the second set of judges. The meet host is required to provide meals for the second set of judges during the competition. (June 2009)

The Judging Liaison and the Meet Director will coordinate all travel, accommodations, scheduling and payment for the first set of judges.

State Meet Tax

The host of the State Meet is required to pay a \$1 per athlete head tax for each paid entry as is outlined in the Texas Rules and Policies, Section 1 (Hosting Competitions in Texas). The tax is due by the end of the meet and given to the State Chairman unless other arrangements have been made. Make checks to the "Texas State Account".

Sims Donation

The host of the State Meet is required to pay a \$1 per athlete head tax for each paid entry as is outlined in the Texas Rules and Policies, Section 1 (Hosting Competitions in Texas). The tax is due by the end of the meet and given to the State Chairman unless other arrangements have been made. Make checks to the "Sims Scholarship Fund"

End of Meet Procedures

The State Chairman will need the following items immediately following the meet:

1. Copy of all team entries
2. Signed copy of Sanction
3. Two copies of meet program
4. Check for Awards (if ordered by State Chairman)
5. Meet and Team results from all sessions
6. State Tax Check, Sims Tax Check
7. Break down of competitors by level and age

Financial Report

A financial report of the State Meet must be presented to the State Chairman, Executive Committee and Games Committee at the Summer Coaches Business Meeting. A report form is available in the appendices section.

Texas Rules and Policies – Section 3

The Level 4, 5 Programs in Texas

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Texas Recognized Age Groups

Competition Age Rules

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The Level 4, 5 Programs in Texas

Guidelines for Participating in the State Meet

Texas Recognized Age Groups (Individual/Team)*

Level	Age Groups				Team Age Groups			
4	6	7	8-9	10+	6	7	8-9	10+
5	7-8	9	10-11	12+	7-8	9	10+	

* In the event that age groups have a very large number of athletes or very small number of athletes the State Chairmen has the authority to split age groups up, or combine age groups in order to have a more balanced competition.

Competition Age Group Rule

A gymnast must compete as of his age on September 1st. He may jump up one year (from his birthdate as of September 1st) if he is going to change levels. A gymnast cannot age jump within the same level.

Qualifying Procedure to State Meet

A gymnast must compete in at least one sanctioned meet prior to the State Meet, in the age group and at the level they desire to compete at the State Meet. Once State is reached there is no changing. The last possible date to qualify is three weeks prior to the State Meet. The State Chairman must approve exceptions to the qualifying procedures.

Petitions to the State Meet

At this time there are no petitions, injury relate or other, allowed for entrance to the State Meet. A gymnast must have competed once prior to the State Meet in order to qualify.

Foreign Athletes

A foreign athlete may compete in Sanctioned meets, J.O. State, Regional, and Nationals and receive placing, ranking and awards like a US citizen only if the awards are duplicated. They may not displace any US citizen from being on any team.

Coaches Dress Code

Coaches should always be professionally dressed. It is our obligation as professionals to look, act and dress the part. The following dress code will be enforced at State, Regional, and Nationals and is highly recommended for all State sanctioned invitationals. Please help our sport look professional.

Closed toe shoes (no sandals)

Slacks, Warm-up Pants, Hemmed Shorts (no denim)

Collared Shirts

No Hats

Violators will be asked to leave the competition floor.

Athlete Dress Code

Level 4 and 5 now have the same Uniform Requirements (June2009)

Gymnasts may compete in a team t-shirt and shorts on every event, or in a step-in ("tunic") and shorts for Floor and Vault, step-in ("tunic") and competition pants ("longs") for all other events.

On Floor Exercise and Vault the gymnast may compete with or without footwear or as he would for the other events.

Gymnasts may not compete with body piercings or tongue studs.

Gymnasts may not compete with jewelry to include rings, chains, anklets, decorative wrist bands or watches.

Gymnasts are required to wear a shirt at all times during warm ups and competition.

Gymnasts are required to be in full uniform for awards.

Failure to comply with the above rules will result in a .3 deduction taken from the gymnasts score one time during competition.

State Meet Information

Preliminary meet information will be available by the GAT convention and placed on the Region 3 and Texas websites. This information should include site location, hotel accommodations, meet dates, equipment, and contact information.

Final information will be available 6 weeks prior to the State Meet and will be posted at the Region 3 and State websites to be downloaded by coaches. This information will also be e-mailed or faxed to all coaches and clubs using the e-mail/fax address from the official Texas Club address list. The meet director is not required to mail State Meet information to the clubs.

The final competition schedule will not be available until after all entries have been received (3 weeks before meet).

Entry Forms

All entry forms to the State Meet must be typed and checked by the coach for accuracy. The official State Entry Form listed in the appendices is the only form that can be used. Incomplete entries will be returned to the coach and may incur late fees. A copy of your USAG Member Athlete Roster and a copy of your USAG Proof of Professional Member must accompany your entry form in order for it to be accepted.

Entry Due Date

All entries must be postmarked 21 days before the State Meet. Entries will not be accepted without correctly completed forms and the entire payment. Late entries will incur a \$10 late fee and must be approved by the State Chairman. Teams that fail to pay the late fee will not be eligible for the State Meet.

Entry Fee

State entry fee is \$60 per gymnast. At this time there is no refund policy in effect for injured athletes or extenuating circumstances and will be left up to the State Chairman.

There is no team fee.

Team Awards

Team awards are to be given for each state recognized age group and level where there are at least three full teams.

At least 50% of the teams in each group will receive awards and ties will receive awards.

Team awards are based on the top 3 scores from each event.

At the State Meet, a team will be recognized by meeting all of the following criteria:

- a. Geographic workout location
- b. Defined by the USAG Club #
- c. Team mailing address
- d. The majority of the team training is at one geographic training location

Individual Awards

For each individual event the top 1/3 will be awarded medals. The top ¼ of the top 1/3 on each event will receive a gold medal. The second ¼ of the top 1/3 on each event will receive a silver medal. The next ½ of the top 1/3 on each event will receive a bronze medal. So if there are 60 gymnasts in an age group 1st-5th place will receive gold, 6th-10th will receive silver, 11th-20th will receive bronze.

For the all around the top 1/3 will be awarded medals in rank order.

It is highly recommended that this system be used by all Invitational Competitions for the Level 4 Athletes. (June 2009)

All gymnasts will receive a special Michael Sims Memorial commemorative medal for the state meet

Hosting the State Meet

Bidding on the State Meet

The Texas State Meet is the cornerstone of our program. It is the last State function of the year and a highlight for parents and athletes. We have a long tradition of running great competitions that do not tax the athlete, coach, officials, or parents. It is very important that individuals planning on bidding on this meet have experience in hosting meets and a desire to run the meet at the level we are used to.

General Information

Any individual can bid for the State Meet as long as they are a men's professional member and safety certified.

The Texas Men's Program will use the USAG National Rules and Policies for running the meet unless the Texas Men's Rules and Policies supersede it. Meet Directors and coaches must be knowledgeable in all of these rules and be equipped to handle all requirements.

Meet Directors must follow the Texas State Outline for the State Meet. The State Chairman will work closely with the host gym to assure a quality meet. **Strict adherence must be followed or the State Chairman has the choice to re-award the meet. Additionally, if there is a change in Meet Director, Host Club, Meet Location, or Meet Date, the State Chairman has the ability to select a new bid.**

There will be no limit on the number of State Meets in a row a club may host; however, the same club may not host both State Meets in the same year.

The Bid Process

The site and date of the State Meet will be decided at the Texas Men's Summer Business Meeting.

All interested individuals must submit a written bid on or before the summer meeting. In addition, all bids must be completed in full on the official State Meet Bid Form. Incomplete bids will not be accepted.

Two copies of the bid are to be given to the State Chairman prior to the bid presentation, one copy will be posted for all members to review and the other copy will be for the State Chairman's records.

Each person will be given a set time to present their bid to the coaches at the meeting.

The Voting Process

The vote to decide the host of the State Meet will be done by secret/closed ballot on a form generated by the State Chairman.

The State Chairman or a neutral party appointed by the State Chairman will count the vote.

There will be no proxy/absentee voting for the State Meet, you must be present to vote.

To vote, a coach must be a USAG professional member with a current safety certification and represent a men's team that has competed in the past State Meet or is planning on registering athletes and competing in the upcoming year. One vote per club is allowed.

State Games Committee

The State Meet Director will become a member of the Texas State Games Committee and will be required to attend two state planning meetings. The first meeting is at the GAT Convention and the second meeting will be at the Summer Coaches Business Meeting. They are required to produce information concerning the progress of the meet and reports and recommendations for future meets. A financial report must be made available at the Summer Meeting. Their tenure will begin and end at the Summer Coaches Business Meeting.

Meet Date

The date for the competition will be set at the summer business meeting. The dates for the Regional Championships and Level 6-E State Championships will be used to help determine the best date for the Level 4-5 State championships.

State Meet Structure and Procedures

Information

Preliminary meet information must be available at the GAT convention and placed on the Texas state website. Information must include meet site, area hotels, meet date, tentative schedule and format, equipment, contact numbers and or websites for coaches to get additional information.

The Texas Rules and Policies club address section will be the official mail list for the State Meet. This website section will be updated as new clubs are registered with the State Chairman and can be downloaded for use.

Final meet information must be approved by the State Chairman before it is posted or sent out. The meet information must include the following:

Meet Title, Date, Site, Host, Meet Director with contact numbers, Website or e-mail contacts, Hotel information, Entry fee and who to make checks to, Entry form and rules, Entry form deadline and penalties, Return mailing address, Competition format, Age groups, Team age groups, Equipment, Awards information, Admission cost, Video policy, T-shirt cost, Program Cost, Hospitality information, Coaches and Athletes dress code, Senior Award information, and a very

tentative competition schedule. We recommend a separate handout for parents to include information on costs, location, hotels, concessions, t-shirt ordering, program well wishers ads and map.

This information is due to the State Chairman at least 8 weeks before the State Meet.

The final competition schedule will not be available until all the entries are received.

After approval by the State Chairman, the State Meet information must be posted at the State website and sent out via e-mails, faxes, or US mail. **This must be posted and sent out 2 weeks prior to the State Meet.**

State Meet Entry Form

The only entry form to be used at the State Meet is the official State Meet Entry Form available in the appendices section. All entries must be typed and filled out completely to be valid.

Entry Due Date

All entries must be post marked 21 days before the State Meet. Entries will not be accepted that are not typed or on the official State Meet Entry Form. Late entries must be approved by the State Chairman and will incur a \$10 per athlete penalty. Those teams that fail to pay the late fee will be ineligible to compete at the State Meet.

Competition Format

There are many factors to consider when choosing the competition format for the State Meet. The Meet Director, State Chairman and Executive Committee will help decide the best competition format after evaluating all the options. The following are requirements we have established for the meet:

Each session should not exceed 100 athletes. (72 is recommended)

A separate awards area is preferred.

Six events must be run simultaneously with awards following immediately after.

Each session must have adequate time for stretch, coaches meeting, warm-up, and competition.

The competition day will follow the start and end times prescribed in the National R&P book.

At the coaches meeting the following items must be addressed; march-in procedure, event rotations, team rotation, gym rules, score card procedure, awards ceremony, emergency plans and any other information needed to aid in the running of the meet. The head of officials should also be given time to address the coaches with procedure related to the judges.

Athletes who cannot attend competition at their scheduled competition time may petition the meet director to allow the athlete to compete in another session for exhibition purposes only. (June 2009)

Meet Site

The meet site should have adequate seating, parking, floor and ceiling space, and restrooms to safely accommodate spectators, gymnasts, judges and coaches.

There should be a minimum of four times the seating available as there are gymnasts in any one session. (i.e. 72 gymnasts = seating for 288 spectators)

A minimum of one gym is required.

Equipment

The type of equipment and mats used is up to the Meet Director; however, it must be in safe working order and listed when making the bid.

The USAG Men's R&P will be the official document for all mat and equipment specifications.

A minimum of one piece of equipment is required. Two sets of parallel bars are recommended.

Ample matting must be available for mounting, dismounting or raising the event surface.

It is recommended to have a backup plan in case of equipment failure.

Scoring System

A proven, reliable computer scoring program is required.

Scores must be flashed after each routine and all results must be posted after each session.

A back up plan must be available in case of computer, power, or program failure.

State Meet results must be posted on the State and Regional website immediately following the competition.

Pro Score is currently recommended for use at the State Meet.

Medical Trainer and Emergency Action Plan

The State Meet must have a trainer in attendance for all sessions. In addition, an emergency action plan should be developed in cases of medical or other emergencies.

Entry and Gate Fees

Athlete entry fee: \$60

Team fee: None

Gate fee: \$6 - Adult, \$3 – Child/Senior Citizens Child 5 and under free

The price for an all day pass cannot exceed the price of a single session.

Awards

Individual awards will be the standard USAG state medal and will be presented to the top finishers in each event. Texas will use the USAG Men's R&P guidelines to award medals and break ties.

All-around awards will also follow the same procedure as the individual awards. The State Chairman has the ability to award more places, however, the final count should be an even recognizable amount.

Awards will be ordered by the State Chairman or State Meet Director from A-1 Awards as soon as the final athlete count is available. The cost of the awards is the responsibility of the meet Director/Host. It is important that extra awards are ordered and all medals are counted prior to the meet.

Team Awards

Team awards are given to all age groups for all levels where there are at least 3 teams.

At least 50% of the teams in each group will be awarded.

The top 3 scores from each event will be used to determine team score.

The team classification rule will be used to identify teams.

There is no team fee charged.

The team awards will be secured and paid for by the meet Director/Host with the quality of awards consistent for all age groups and levels. Awards can be ordered from any vendor.

Program

A program is required at the State Meet. The program should include meet information, welcome letters from the meet Host and State Chairman; gymnasts score sheets, teams competing, names of officials and any other information useful for the parents and public.

Judges

Judges are chosen as a joint effort between the State Chairman and the State Judging Director. The Texas Gymnastics Judges Association president or liaison will comprise a list of candidates and alternates for the State Meet and forward that list to the State Chairman for approval. The State Chairman and Executive Committee will review the list and make recommendations for selection. Selection for the State Meet must be finalized by February 14th of each year. The TGJA Liaison will contact the selected officials and assign the judges to their events.

To judge the State Meet a candidate must be in good standing with the State, Region and National program. They must be a men's professional member of the USAG and safety certified. They must be at least Nationally and J.O. certified. They must have judged at least 4 USAG J.O. meets prior to the State Meet.

There is a minimum of one judged per event. No separate judging director (not assigned to an event) will be used at the meet.

The Judging Liaison and the Meet Director will coordinate all travel, accommodations, scheduling and payment for the officials.

State Meet Tax

The host of the State Meet is required to pay a \$1 per athlete head tax for each paid entry as is outlined in the Texas Rules and Policies, Section 1 (Hosting Competitions in Texas). The tax is due by the end of the meet and given to the State Chairman unless other arrangements have been made. Make checks to the "Texas State Account".

Sims Donation

The host of the two Level 4-5 State Meets are required to make a \$2000 donation as is outlined in the Texas Rules and Policies, Section 1 (Hosting Competitions in Texas). Each meet director for the North and South will pay a portion of the \$2000 donation based on the ratio of gymnasts entered into each meet. The tax is due by the end of the meet and given to the State Chairman unless other arrangements have been made. Make checks to the "Sims Scholarship Fund"

End of Meet Procedures

The State Chairman will need the following items immediately following the meet:

1. Copy of all team entries
2. Signed copy of Sanction
3. Two copies of meet program
4. Check for Awards (if ordered by State Chairman)
5. Meet and Team results from all sessions
6. State Tax Check, Sims Tax Check
7. Break down of competitors by level and age

Financial Report

A financial report of the State Meet must be presented to the State Chairman, Executive Committee and Games Committee at the Summer Coaches Business Meeting. A report form is available in the appendices section.