

Texas Rules and Policies – Section I

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Texas State Meet Recognized Age Groups

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

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)
<p>Entry Fee: \$85 No Team Fees!</p> <p>Entries/Forms: All entry fees and forms for the Regional Meet are due to the State Chairman at the conclusion of the State Meet.</p> <p>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.</p>									

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.

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 collected by the Treasurer of the Michael Sims 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 aide 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.