

# Texas Rules and Policies – Section 3

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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 1<sup>st</sup>. He may jump up one year (from his birthdate as of September 1<sup>st</sup>) 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 1/4 of the top 1/3 on each event will receive a gold medal. The second 1/4 of the top 1/3 on each event will receive a silver medal. The next 1/2 of the top 1/3 on each event will receive a bronze medal. So if there are 60 gymnasts in an age group 1<sup>st</sup>-5<sup>th</sup> place will receive gold, 6<sup>th</sup>-10<sup>th</sup> will receive silver, 11<sup>th</sup>-20<sup>th</sup> 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 14<sup>th</sup> 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.