

Georgia Men's Gymnastics Rules and Policies



2009-2010 Season

Anything highlighted is newly updated
Anything in red was voted and passed

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GA STATE BOARD MEMBERS

Members

State Chairman & Treasurer- DeShaun Monroe
gagymnastics@yahoo.com

Sectary- Miguel Miller
michael@gymnasticsacademyofatlanta.com

Optional Representative- Ben Wood
bwood@ci.roswell.ga.us

Compulsory Representative- Weston Overstreet
gymnastics.freak@yahoo.com

Recognition & Certificates- Kiayaun Baskerville
bostonma_34@yahoo.com

Judge Representative- Mitch Griffin
mitchelltgriffin@gmail.com

RESPONISBILITIES OF A BOARD MEMBER

Responsibilities of the Secretary of the Georgia State Board

- a. Be present at all meetings of Georgia State Board.
- b. Take minutes of all business.
- c. Prepare documentation of meetings and forward to the Chairman within 48 hours of the meeting.

Responsibilities of the Optional Representative

- a. Program development
- b. Team selection methods
- c. Training and development
- d. Associated scheduling (State Clinic, State team workout, etc)

Responsibilities of the Compulsory Representative

- a. Program development
- b. Team selection methods
- c. Training and development
- d. Associated scheduling (State Clinic, State team workout, etc)

Responsibilities of the Recognition & Certificate member

- a. Ordering plaques for seniors for state championships
- b. Send out correspondence for GA Academic All State Award
 - a. Receive checks and forward to state chairman
 - b. Buy and Print Certificates
 - c. Present at state championships
- c. Recognize all children who qualify for regionals and makes state team
- d. Order shirts for regional gymnasts and coaches
- e. Take pictures of different GA State Events and forward to get place on website

Responsibilities of the Judge Representative

- a. Show up to board meetings and give the judges point of view on issues and questions
- b. Touch bases with other judges regarding changes suggested by the board if it affects the judges.

GA STATE REGISTRATION FEE

STATE REGISTRATION FEE

Each GA gymnast must pay a \$5 registration fee (payable to *Georgia Men's Gymnastics*). This fee is due September 1st of each year. One check per gym is preferred. This fee is to cover cost dealing with state clinic, team camps, extra judges or anything else to enhance the quality of the state of Georgia Gymnastics. *(Voted and pass 3/14/09 at state championships by all coaches)*

COMPETITIVE MEETS

OVERVIEW OF MEET INFORMATION TIMELINE

6 weeks prior to competition:

- Pre-Meet Information sent out to gyms and GA State Director

3 weeks prior to competition:

- Meet entries must be postmarked and sent to host gym
- Contact GA Judging Booking agent to discuss judging needs for your meet

2 weeks prior to competition:

- Final Schedule will be sent to gyms and host

MEET INFORMATION ON GA MEN'S WEBSITE

Preliminary and Final Meet Information needs to be emailed to Christophe Voisin on time in order to have it on website.

PRE-MEET INFORMATION

At least **SIX WEEKS** prior to the meet date, Meet Directors must send out a meet packet which includes **only**; dates of competition, gymnast and team entry fees, admission fees, Available Equipment including runway length and surface type and host hotel information. ***TENTATIVE SCHEDULE IS NOT TO BE INCLUDED*** with the pre-meet information.

MEET ENTRIES

Meet entries must be postmarked 3 weeks before a meet. Coaches must include their gyms USAG Club # on the form. Gymnasts should be separated by level either on separate entry forms or with a line skipped between levels.

****Late entries will be accepted at the discretion of the Meet Director.*

The entry fee for **State Meet** will be **Meet Director Discretion/ gymnast** (\$4 State head tax + \$1 USAG Head tax+ \$1 MISGP Donation (optional)).

Team entry fees are at the **Meet Director Discretion.**

State Clinic entry fees will be **\$40.00/ gymnast** (\$39.00 go to the State funds + \$1 USAG Head tax).

OVERVIEW OF MEET DIRECTOR COST FOLLOWING A MEET:

GA State Head Tax: {Payable to: **Georgia Men's Gymnastics**}

\$2.00 per gymnast for GA Qualifiers/ \$4.00 per gymnast for GA State Championships

USAG Head Tax: {Payable to: **MEN'S ACADEMIC SCHOLARSHIP FUND**}

\$1.00 per gymnast competing in meet {be sent back with Sanction Report to USAG office}

MIGSP Donation (optional):

\$1.00 per gymnast

Information on whom to pay and where to send it can be found at www.migsp.org

Judging Fees:

All expense for the 6 main judges used in each session. {Mileage, Session Fee, Meals (if needed) and Hotel (if needed)}

STATE HEAD TAX

The head tax will be as stated in the *Meet Entries* section: \$2.00/ gymnast in Qualifying Meets and \$4.00/ gymnast at State Championships. This money must be sent with the Sanction Report to the State Director within 48 hours of end of the last session. Tardiness in sending the Sanction report and fees could jeopardize your ability to receive future USAG Sanctions.

USAG HEAD TAX

A **\$1.00/ gymnast head tax** must be sent to USAG for **all** Sanctioned events with the original Sanction report form. The USAG head tax will be put into the **MEN'S ACADEMIC SCHOLARSHIP FUND**. Tardiness in sending the Sanction report and fees **will** jeopardize your ability to receive future USAG Sanctions.

MIGSP DONATION

A **\$1.00 fee per gymnast** will be donated following the meet to the Men's Intercollegiate Gymnastics Scholarship Program. This fee can be sent by check or via the MISGP website (www.migsp.org).

ADMISSION FEES

Admission fees at all meets that are held in the gym of the host club, including the State Championship shall be:

Children under 5 Hosting **gym discretion**

Children (6 – 12) Hosting **gym discretion**

Adults (13 & up) Hosting **gym discretion**

JUDGES FEES

Georgia Gymnastics Judges Association Inc.

A Georgia Non-Profit Corporation

Current Competition Rates:

All sessions are measured in 3 hours regardless of format and a total of 60 gymnasts per session.

Capital Cup or Modified Capital Cup

\$100.00 per judge per session

Regular Rotation Format

\$75.00 per judge per session

Overage Charges

\$15.00 per judge per 1/2 hour or portion thereof over 3 hours.

\$1.00 per gymnast per judge over 60 gymnasts per rotation

\$10.00 per judge per hour for judging past 10:00 PM

A minimum of two (2) sessions will be charged for any judge who has to travel over 50 miles one way for a competition.

Meals

\$5.00 for breakfast

\$10.00 for lunch

\$20.00 for dinner

(Meals provided by the host competition will not incur these charges)

If a judge has to travel during a meal hour to or from a competition meals will be charged.

Mileage

Mileage will be paid at \$0.585 per mile for mileage over 50 miles one way. Judges should at all times arrange carpools with other judges living in the same city when driving to out of town meets. Carpools can be coordinated with the Booking Agent. Mileage cannot be charged in excess of the price of a 21-day advance purchase round trip airline ticket. Flight arrangements should be made in conjunction with the Booking Agent.

Lodging:

Lodging will be arranged by the Booking Agent and will be provided by the host gym for judges that need to drive more than two hours to be at a meet by 8:00 am or leave a meet after 9:00 pm. Judges should also be prepared to share a hotel room with another judge.

Development of new judges

The GGJA has an intern program funded completely by the GGJA. The interns receive \$25.00 per session and no expenses. This is funded entirely by the GGJA with internal funding as a way to assist new judges coming into the fold by working with experienced judges.

MEET FORMALITIES

MEET FORMALITY & HOSPITALITY

Meet Directors should follow all guidelines for meet formality & hospitality that are stated in the USAG Rules and Policies. Remember efforts should be made to make each meet a memorable event for the gymnast and parents. It is suggested that coaches make it a team policy that no competitors leave until all awards are given out for the session in which they have competed. At all meets, it is recommended that the awards ceremony begin with the highest-level competitors in a given session.

*****It is recommended that Meet Directors schedule the Optional session first on Saturday to allow gymnast who also judge to compete prior to a judging session.**

CAPITOL CUP FORMAT

Optional Level and Level 4 will follow a Capital Cup Format during the meet. Meet director may choose to use the capital cup format for other levels, but are not required to do so.

*****LEVEL 4's will have 1 touch for warm-up on each event before compete on that event.**

(Voted and pass 3/14/09 at state championships by all coaches)

GYMNAST ATTIRE AT MEETS

*****Gymnast must be in appropriate competition attire during the entire meet; this includes *Warm-ups* and the *Awards Ceremony*.**

*****Gymnasts are not allowed in the competitive area **without** a shirt or jersey covering their upper body.**

*****No jewelry or hats are allowed on gymnast during the entire meet.**

COACHES ATTIRE AT MEETS

*****Must have closed toe shoes (no sandals)**

*****Pants must be; Slacks, Warm-up bottoms or Hemmed Shorts (No denim or "Cargo Shorts) (as per USAG R&P 07-08)**

*****Shirts must have collar and have respective Team or State Logo**

*****No hats**

Violators may be asked to leave the competitive floor

APPROACHING JUDGES DURING COMPETITION

If a coach choose to speak to a judge regarding a routine, but should be done in a non-confrontational manner.

INCLEMENT WEATHER

When inclement weather is expected on a meet weekend, meet schedule adjustments will be determined by the Meet Director in coordination with the State Chair.

COMPETITION LEVEL CLARIFICATION

PLEASE REFER TO THE LATEST UPDATES TO KNOW CURRENT LEVEL AND AGE GROUPS. This information can be found on the USAG website on the Men's Program page (www.usa-gymnastics.org/men/)

DIFFERENCES IN AGE GROUPS IN GEORGIA:

Level 4 Age Groups In Georgia:

- 6 Year Old - *This is an age group in GA Only so if you take these athletes outside of GA they will be competing in the 6-7 year old age group*
(Voted and pass 3/14/09 at state championships by all coaches)
- 7 Year Old - *This is an age group in GA Only so if you take these athletes outside of GA they will be competing in the 6-7 year old age group*
(Voted and pass 3/14/09 at state championships by all coaches)
- 8 – 9 Year Olds
- 10 – 11 Year Old
- 12+ Year Old

Level 5 Age Groups In Georgia:

- 7-9
- 7 – 9 Rookie - * Division in Georgia Only*
(Voted and pass 3/14/09 at state championships by all coaches)
- 10 -11
- 10 – 11 Rookie - *Division in Georgia Only*
(Voted and pass 3/14/09 at state championships by all coaches)
- 12+

(Please see Level 5 Rookie Section for explanation of Rookie Status)

Level 6 - 10 Age Groups In Georgia:

- GA will follow all division set by USAG in 09-12 JO Program

LEVEL 5 ROOKIES

Any first year Level 5 under age 12 can compete in the Rookie division until the GA State Championship. Starting with the 09-10 Season a gymnast classified as a Rookie will be able to stay in the Rookie Division during the entire season {if the coach chooses to do so}. ***There will be NOT BE A ROOKIE DIVISION AT THE GA STATE CHAMPIONSHIP MEET.*** There will not be a rookie division for Level 5 competitors ages 12 and up.

The Rookie division is designed to let the newcomers compete amongst themselves until their level of proficiency is adequate to compete with the experienced Level 5's. Coaches must specify Rookie division on the meet entries or these boys will be competing at the regular Level 5 level. In addition, a coach

must state rookie on the entry form at the gymnasts' **first** meet for them to be eligible to compete in the rookie division throughout the season.

*****A 2nd year Level 5 or a Level 5 that has qualified to the State Meet, as a Level 5 is no longer considered a Rookie.**

*****There is no Level 5 Rookie division at the GA State Championships.**

SPECIALISTS

Gymnasts will be allowed to compete as specialists at the State, Regional, and National levels. **Gymnasts who wish to compete as a “specialist” must be designated as a “specialist” on the meet entry form.** Specialists may qualify to the State Meet by scoring 1/6 of the qualifying score for their level on all events except floor and vault. Floor and Vault specialists must score 1/6 of the qualifying score plus an additional half point. Specialists will qualify to the Regional and National Championships in accordance with USAG Rules and Policies.

FOREIGN GYMNASTS

USAG guidelines state in JO Rules Update #4 on November 10, 2005 that participation by USA Gymnastics non-citizen athlete members are:

- • Non-citizen USA Gymnastics athlete members are allowed to compete/participate in USA Gymnastics sanctioned events with **full privilege and receive awards** up to and including the Junior Olympic National Championships (no duplicate awards necessary)
- • USA Gymnastics Junior Olympic, Junior Elite or Senior Elite USA Team members must be United States citizens.
- The club is responsible for sending a letter to the foreign athletes home country stating the gymnast will be competing for your gym. A draft letter and address for the other gymnastics federation can be found on the USAG website (www.usa-gymnastics.org)

AWARDS INFORMATION

OVERVIEW OF AWARDS

Meet Directors are responsible for the following at GA Qualifier:

Medals must be given for All-Around awards, and the meet director has the choice on how to handle event awards

Traditional Awards for Level 4 Level 5R, Level 5, Level 6, Level 7, Level 8, Level 9, and Level 10

Team Awards for all levels {Please refer to which age groups count for the Team Award}
{LEVEL 5R and LEVEL 5 combined for LEVEL 5 Team Award}

Meet Directors are responsible for the following at GA State Championships:

All medals must come from **A-1 Awards** for the State Championships

Traditional Awards for Level 4, Level 5, Level 6, Level 7, Level 8, Level 9, Level 10

There is no Level 5R division at the GA State Championships.

Team Awards for all levels

LEVEL 10 THROUGH LEVEL4 AND LEVEL 5 ROOKIE

All gymnasts at the above levels will receive awards at the conclusion of each meet as dictated by the Rules and Policies during an awards ceremony. The minimum number of places to be awarded will follow Rules and Policies.

MEDALS

Award medals must be given at qualifiers for All-Around Awards.

This is a minimum requirement. Meet directors may choose to use medals for individual event awards.

*****In accordance with USAG Rules and Policies award medals will be given at the State Meet for all places in individual events and the All-Around.**

*****The Meet Director for the State Meet must order all medals through the national medal company *A-1 Awards* 1-800-444-9569.**

Meet directors may determine the size of the team trophies.

Specialists may qualify at their level by scoring 1/6 of the qualifying score except for specialists on floor and vault who must score an additional 1/2-point.

Gymnasts must be designated as a “specialist” on the meet entry form.

STATE MEETINGS

ATTENDANCE

All coaches are encouraged to attend all State Meetings. State Meetings will be announced.

VOTING PRIVILEGES

Each gym is entitled to **one vote**. Coaches may submit agenda items to the State Director prior to the meeting and may vote by mail or email.

SPECIAL ANNUAL AWARDS

ATHLETE OF THE YEAR

The Athlete of the year should be a senior gymnast who not only possesses great gymnastics ability but who also is an outstanding scholar with at least a 3.0 GPA. The gymnast receiving the award should be a role model to our states younger gymnast and involved in community activities. Voting for Athlete of the Year will take place at the State Meet.

COACH OF THE YEAR

The Coach of the Year should be an individual who is not only building a program that develops fine gymnasts, but also fine citizens. Information about the award will be sent to coaches annually and they may submit nominations. Voting for Coach of the Year will take place at the State Meet.

There will be two categories for this award: Compulsory Coach of the Year and Optional Coach of the Year.

ACADEMIC ALL-AMERICAN AWARD

Each year coaches should check with High School Students, 9th - 12th, within their gym to see if anyone would be eligible for this Academic Award. See the National Rules and policies for more Information. Due date for applications is now April 1. Applications will be available on the GA Men's Website (www.gamensgymnastics.com) or the USAG Website (www.usa-gymnastics.org)

GA ACADEMIC ALL-AMERICAN AWARD

Applicants must be in at least 3rd grade and have an annual GPA of 3.5 or higher. Submit a completed application form with \$10.00 fee and coaches signature, along with a recommendation letter from a school teacher. A **copy** of the gymnast's most recent report card must also be sent to verify the 3.5 GPA.

Applications due by March 1st of each Year.

Application will be on the GA Men's Website.
(www.gamensgymnastics.com)

Send to:	Georgia Men's Gymnastics Attn: DeShaun Monroe PO BOX 206 Alpharetta, GA 30009
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FORMS

GA Academic All State Award

**Georgia Gymnastics
Men's Junior Olympic Program**

GA ACADEMIC ALL STATE AWARD

Application Form: Deadline for application is March 1st of each year.

Gymnast Name _____

Address _____

City/State/Zip Code _____

Phone _____

USAG Competition Level _____

Year in School: 3 4 5 6 7 8 9 10 11 12

School Name _____

Principal's Name _____

School Address _____

City/State/Zip Code _____

School Phone _____ Fax # _____

Coach's Name _____

Club Name _____

Club Address _____

City/State/Zip Code _____

School Phone _____ Fax # _____

School Year Grade Point Average _____ (**converted to a 4.0 scale)

*****A's = 4 points B's = 3 points C's = 2 points D's = 1 point*****

I, _____ (coach's name), recommend this gymnast for the GA Academic All State Award.

Coach's Signature _____

Applicant must be in at least 3rd Grade and have an Annual GPA of 3.5 or higher. Submit a completed application form with \$10.00 fee (**Payable to: GA Men's Gymnastics**), This recommendation letter **signed from a School Representative**, and a **COPY** of the gymnast's most recent report card.

Send to: DeShaun Monroe, PO BOX 206 Roswell, GA 30009

