

USA Gymnastics Alabama Rules & Policies **Updated August 2024**



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At a Glance

State Meet Qualifying Scores

Add 22.00 to Level for Level 1 – 8 (Ex Level 3= 22.00+3=25.00AA)
Level 9 & 10 must have a 32.00 AA to qualify.
Specialist at level 8, 9 & 10 – 9.0 on the event

State Meet Entry Fees

\$113.00 for Levels 1 – 5
\$113.00 for Xcel Bronze/Silver
\$128.00 for Levels 6 – 10 and Xcel Gold/Platinum/Diamond/Sapphire
TEAM FEE: \$50.00 All Levels

State Meet Dates and Sites

Compulsory State Meet (Level 1 -5)
Dec. 6-8, 2024, in Foley at the Foley Event Center - Host: Bama Bounders

Optional/Xcel State Meet
March 21 – 23, 2025, in Montevallo at the TrustMark Arena – Host: Legacy Gymnastics

Program & Level Declaration Dates

NOVEMBER 21, 2024 FOR ALL COMPULSORY LEVELS
MARCH 14, 2025 FOR LEVEL 6-10 & XCEL

Alabama Athlete Registration Fees

All competing gymnasts must submit the annual Alabama USA Gymnastics Athlete Registration Fee. The fee is \$20 per athlete and is due annually by September 1st for Compulsory gymnasts and January 1st for Optional and Xcel athletes. This fee is a one-time payment per athlete per year. Gymnasts transitioning from Compulsory to Optional or Xcel levels do not need to pay the fee again if it has already been submitted.

Payments must be made through the MeetMaker site. A \$5 per month late fee will be automatically assessed for payments received after the designated deadlines. Failure to pay the registration fee by the State Meet entry deadline for the athlete's level or division will result in ineligibility to compete at the State Meet.

Regional Qualifying Scores

Level 9 & 10 – 35.00 AA scored at the Alabama State Meet
Specialists: Level 9: 9.25 Level 10: 9.25
Level 6, 7 & 8 – by percentage from Alabama State Meet – percentages determined by Region 8
Gold, Platinum, Diamond, and Sapphire - by percentage from Alabama State Meet
Bronze and Silver do not go to the regional competition.

Regional Entry Fees and Apparel

Alabama USA Gymnastics (AUSAG) will cover regional entry fees for the following athletes:

- All Regional State Team members (Levels 6-8, Xcel Gold, Platinum, and Diamond)
- All Level 9/10 regional qualifiers

All-star qualifiers (those not on the State Team) and Individual Event Specialists are responsible for their own entry fees.

ALUSAG will provide apparel for State Team members at Levels 6, 7, 8, and Xcel Gold, Platinum, and Diamond. The apparel vendor is determined by the Region 8 Committee. Additional apparel for All-Star qualifiers may be provided at the State Committee's discretion.

Athletes committing to attend Regionals by accepting apparel and being named a qualifier must compete unless excused due to a verified medical condition or family emergency. Clubs are responsible for reimbursing AUSAG for apparel costs in cases of withdrawals that do not meet the conditions of medical or family emergency.

Gymnasts who qualify for Regionals but withdraw without a valid medical or family reason will incur a \$50 fine payable to AUSAG.

Clubs with a gymnast on the Regional State Team (Levels 6-8, Xcel Gold, Platinum, and Diamond) will receive two shirts per level, up to a maximum of four shirts per gym.

AUSAG will offer Alabama apparel for purchase through its online store during February/March, August/September, and November/December.

USA Gymnastics Alabama Competition Calendar

Competition Season and Calendar

- **Competition Season:** August 1 - July 31
- **Competition Scheduling:** Competitions are added to the calendar on a first-come, first-served basis beginning January 1st.
- **Qualifying Competition Deadlines:** Requests for qualifying competitions for the 2025-2026 season must be submitted between January 1, 2025, and May 1, 2025.

Judge Requests: All judge requests must be made through the Judge Assignment website. Meet directors may specify preferred or excluded judges on the request form. A non-refundable fee of \$5.00 per requested judge is payable to Alabama NAWGJ.

Qualifying Competition Restrictions: Competition requests submitted after May 1st for the upcoming season may not qualify as state qualifiers and are limited to mobility purposes. Meet directors or organizations with outstanding USAG or Alabama USA Gymnastics fees will be unable to schedule qualifying competitions until all payments are complete.

Alabama NAWGJ Meet Scheduling Process

To initiate the process of securing judges for your upcoming gymnastics meet, please follow these steps:

1. **Online Meet Request:** Visit www.gymjas.com and create a new Meet Request Form. This form will be considered "pending" until the booking fee is received.
2. **Judge Booking Fee:** A fee of \$5 per requested judge must be submitted to finalize your meet request.
3. **Confirmation and Updates:** Upon receiving the fee, your meet will be marked as "Accepted" on the website. You will also receive email updates with any assignments and relevant information. Kindly acknowledge receipt of these emails.

Important Notes:

- Completing the Meet Request Form and submitting the fee constitutes your agreement with the Alabama NAWGJ (National Association for Women in Gymnastics Judges).
- The judge booking fee should be mailed to:
 -
 - Stephanie Kuhlmann
104 Raphael Semmes West
Spanish Fort, AL 36527
- Please make checks payable to "AL NAWGJ."

Contact Information: Phone: (251) 554-2961 Email: kuhlsteph21@gmail.com

We appreciate your cooperation in following this streamlined process to secure judges for your gymnastics meet.

Sanctioning and Competition Requirements:

- All competitions must adhere to the most recent National Sanctioning Guidelines established by USA Gymnastics. These guidelines can be found on the USA Gymnastics website at <https://usagym.org/women/rules/>.
- All sanctioned qualifying competitions for Levels 4-10 must be open to participation by all member clubs within the Alabama Gymnastics community.
- Qualifying competitions for Levels 4-10 must utilize a minimum of two judging panels per event. Levels 1-3 competitions may utilize a single judging panel; however, this information must be clearly communicated in all pre-competition materials.
- All sanctioned qualifying competitions are eligible to qualify athletes for the Alabama USAG State Meets.

Concurrent Sanctioned Event Policy: In the case of events hosting both USA Gymnastics sanctioned sessions and sessions affiliated with other organizations (AAU, etc.), organizers must adhere to the USA Gymnastics Concurrent Sanctioned Event Policy. This policy can be accessed at the following link: https://members.usagym.org/pages/membership/pages/info_sanction.html.

Mobility Competitions

Mobility meets may be utilized to qualify for an Alabama USA Gymnastics State Meet solely at the discretion of the State Administrative Committee, provided the meet is sanctioned.

- A sanction may be obtained for a meet with only one participating club or team and it is strongly recommended that these meets utilize the established Request for Judges procedure.
- All USA Gymnastics rules and policies must be adhered to for mobility meets.
- Mobility-only meets will not be included on the Alabama competition calendar.
- Level 4 and 5 competitions may employ a single judge panel for mobility meets, but this format is not permissible for State Meet qualification.
- Two judge panels are required for all optional levels during mobility competitions.

Mobility Scores

DP (Page 80 in 2023-2024 Rules & Policies)

Level 1 – 3: no score required Level 4 – entry level 34.00 required to move to level 5
Level 4 can move directly to Level 6 by scoring a minimum 36.00 AA at 2 separate sanctioned meets
Level 5 – 32.00AA required to move to level 6 or 7 Level 6 – 32.00AA (athletes may skip this level)
Level 7 – 32.00AA required to move to level 8 Level 8 & 9 – 34.00AA required to move to next level

XCEL (Page 72 in 2023-2024 Rules & Policies)

New XCEL athletes may enter at Bronze, Silver, or Gold.

Mobility score to move to GOLD is 31.00AA at Silver
Mobility score to move to Platinum is 32.00AA at Gold or 8.50 for IES
Mobility score to move to Diamond is 32.00AA at Platinum or 8.50 for IES
Mobility score to move to Sapphire is 32.00AA at Diamond or 8.50 for IES

Mobility between DP and Xcel

There is no mobility into the DP program from XCEL. All XCEL athletes must enter DP program at level 4 or below.

Mobility from DP into XCEL program

DP athletes at Level 1-2 may enter at Bronze, Silver, or Gold.

DP athletes at Level 3 may enter at Silver or Gold.

DP athletes at Level 4 MUST enter at Gold.

DP athletes at level 5, 6, 7 MUST enter at Platinum

DP athletes at level 7-8 MUST enter at Diamond

DP athletes at level 8-10 MUST enter at Sapphire

If a DP Level 8 or below athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the State Administrative Committee Chairman for approval. If a DP Level 9 or 10 athlete wishes to enter the Xcel Program in a Division below the allowable Division, her coach may submit a "reason for change" letter to the Regional Technical Committee Chairman for approval.

Dropping Back Through DP Levels

The State Administrative Committee (SAC) must establish a specific "declaration" date for each competitive level prior to the start of each competitive season. An athlete's level for the remainder of the season is determined by the highest level in which she competes in a sanctioned competition after the declaration date.

If an athlete does not qualify for the State Championships, she may submit a formal written petition to request a level reduction for the subsequent competitive season.

- For Levels 7 and below, petitions should be directed to the SAC, whose decision is final.
- For Levels 8, 9, and 10, petitions should be submitted to the Regional Administrative Committee (RAC) for determination.

Once an athlete has competed at the State Championship level, she is ineligible to petition for a level change.

Dropping Back Through Xcel Divisions

If an athlete who competed at the Xcel State Championships or a higher level desires to reclassify to a lower division, her coach must submit a formal "reason for change" letter.

- For athletes in the Bronze, Silver, or Gold divisions, the letter should be forwarded to the State Administrative Committee Chair for consideration by the State Administrative Committee.
 - For athletes in the Platinum or Diamond divisions, the letter should be submitted to the Regional Technical Committee Chair for review by the Regional Administrative Committee.

Declaration Date

The Alabama State Administrative Committee has determined that the designated "declaration date(s) for the 2024-2025 season are as follows:

Level / Division	Declaration Date
Levels 1-2-3-4-5	November 21, 2024
Levels 6-7-8-9-10 & all XCEL Divisions	March 14, 2025

As listed in the [Women's Program Rules & Policies](#): "The highest division/level competed at a USA Gymnastics sanctioned competition AFTER the declaration date will determine the program (Xcel / DEV) for which the athlete can compete for the remainder of that season."

Please review the specific Dev and Xcel chapters for drop back procedures.

Declaration date is the date that the athlete declares their program/level/division for the rest of the competitive season and for state meet qualification.

- **November 21, 2024: Levels 1-2-3-4-5**
- **March 14, 2025: Levels 6-7-8-9-10 & all XCEL Divisions**

Athletes may not drop back during the season after the declaration dates.

Athletes may not drop back after competing in a State competition at that level

Athletes that move up a level from the previous year and compete in competitions after the declaration date and then want to drop back must petition to the SACC and Regional Tech & DP Chairman for approval.

USA Gymnastics Competitions – State Meets

Alabama USA Gymnastics will host state meets for Levels 1 -10 and XCEL

- Fall Season: Levels 1, 2, 3, 4, 5
- Spring Season: Levels 6, 7, 8, 9, 10 and all XCEL divisions
- Athletes may compete in one state meet in the fall and one in the spring.
- **ALL** levels must qualify for their State Meet at a meet in the State of Alabama. Rules and procedures for special cases will be considered on an individual basis. This is to be effective beginning in the 2023-2024 season.
- Athletes may enter as many qualifiers as they want.

Athletes competing at Levels 6, 7, 8, 9, 10, and XCEL who have qualified for at least one Alabama qualifier may submit scores from out-of-state competitions for consideration. These scores, if higher than the athlete's in-state qualifying score, can be used to increase their qualification percentage for Regionals. Clubs are responsible for submitting out-of-state scores to the State Chair promptly upon completion of the competition.

Individual Event Specialists (IES)

Level 8/9/10 Specialist: 9.0 on event to qualify to State Meet as an IES

Entry Fees for State Competitions

Level 1- 5: **\$113.00** Xcel Bronze/Silver: **\$113.00** Levels 6 – 10/Xcel Gold/Plat/Diam/Sapph: **\$128.00**
Team Fee all Levels: \$50.00

Entry deadlines are 3 – 4 weeks prior to event date or as posted on State calendar.

Entry deadlines are strictly enforced, and late fees (\$25 per gymnast) will be imposed.

All clubs should register all athletes planning to attend the state meet, regardless of qualification status. Athletes may qualify for the state meet at competitions held after the entry deadline. If an athlete fails to achieve the qualifying score, a refund will be issued provided the State Chair is notified by 5:00 PM on the Monday following the final weekend of competition.

All state meet registrations must be completed through the USA Gymnastics Meet Reservation System. Payment for all entries is required through the MeetMaker website. Entries are not considered complete until all fees are paid in full.

Clubs submitting late entries for unqualified athletes will not be permitted to compete until all entry and late fees are paid in full.

Clubs entering after the competition draw may be accommodated; however, athletes will be placed in available sessions. Athletes placed in sessions outside their age group will not be eligible for awards or team scoring.

Late Fees for State Meet Competitions

Late Fees

\$25.00 late fee per athlete will be assessed for late entries plus a \$100 club fine.

A \$500 fine will be assessed if a club is late for both State Meets in the same competition season (August 1 – July 31)

See the Alabama calendar on the USAG-Alabama website for dates, information, and deadline dates for all State Meets – www.alausagym.com

Meet Formats at State Competitions

Levels 1 – 5

Athletes will be divided into age groups by birth date and will compete according to the draw that will be done by the Alabama State Committee - Alternating youngest to oldest or oldest to youngest or as determined otherwise by Alabama State Committee – normally old to young in odd years/young to old in even years.

Levels 6-10 & Xcel State meets

- Athletes will be divided into age groups by birth date and will generally compete youngest to oldest however actual schedule will be determined by SAC and Meet host.
- Level 10 will generally compete in the last session on Friday or Saturday evening.

State Team Competition Rules

Clubs enter the Team competition by paying the team entry fee with their entry.

Clubs may not enter the Team competition after the divisions for the State meet have been announced.

Divisions will be used at the Compulsory State Meet for Levels 1-4 and for Xcel Bronze, Silver, and Gold. They may be used at other levels or divisions as determined by the State Committee

The current criteria for the divisions is as follows but is subject to change as approved by the committee.

Large Team – 10 or more gymnasts entered in that Level

Small Team – 9 or less gymnasts entered in that Level

Once team divisions have been announced a club may not move to a smaller division due to scratches - Clubs that ADD athletes may be moved to a larger division. Club divisions will be announced AFTER the scratch deadline date for State Meet

Athletes that enter a state meet with one team and then move to compete with another team will not count toward the team score at the State Meet

Number of counting scores for Team competition - 3 scores will count for all levels and all divisions.

State Meet Awards

Team State Banners - based on 50% plus one per Level and Division with a **maximum of 10** places unless determined otherwise by State Committee

State Meet Individual Awards - Events: 50% plus 1 State medals for all levels - All Around – 100%

State Meet Bids

- Bid forms will be available on the Alabama USA Gymnastics website <https://www.alausagym.com/forms>
- Bid forms for State Meets should be available by mid-summer and are due back to the State Chair on or before Nov. 15
- Bids must include all required information including a contract or a letter confirming the venue for the dates of the meet.
- State meets are governed by the Alabama USA Gymnastics committee.
- Please review the regulations for bidding and hosting a state meet that are contained in the cover page for the bid.
- State Meet hosts will pay a \$5 per athlete fee to Alabama USA Gymnastics within 10 days of the completion of the State Meet.

Judges Selection – Rules for Alabama Qualifying and State Competitions

All qualifiers will be assigned judges by NAWGJ Alabama as per criteria set by the Alabama USA Gymnastics State Committee. Requests for specific judges will be honored if specified on the judge's request form in GYMJAS and if judge is available.

A judge will not be assigned to the meet if this request is indicated on the judge's request form by the meet director.

Assigners will work together to assign competitions using meet director's requests, location, availability, rating, and Alabama USA Gymnastics criteria as guidelines.

Judges may not "solicit" competitions from Meet Directors. Judges are not allowed to ask a Meet Director why they were not assigned to their competition or ask to be assigned to their competition.

State Meet Assignments

- The Alabama USA Gymnastic State committee is responsible and required by R&P to select all judges for the Alabama state meets.
- All paperwork required (availability form, CPE form and in-gym card) must be current.
- The final list of judges must be approved by a quorum of the Alabama USAG State committee before contracts may be sent to judges.
- The Alabama State Committee will also approve panel assignments and Meet Referee assignments for all State meets.
- Number of Judges at State meets:
 - 2 judge event panels: Levels 1 – 6 & XCEL
 - 4 judge event panels: Levels 7-10
- In Gym Card
 - The Alabama committee requires all judges that are interested in being considered for an optional Alabama state meet to file an in-gym card (6 hours) at the level that they wish to be considered for (Level 10 in gym will satisfy all levels)
 - If a judge has filed an in-gym card with the Region this will satisfy the requirement
 - State Meet Availability Forms - must be filed for ALL state meets by the deadline date set by the SJD or RTCC.
- - - CRITERIA FOR JUDGES SELECTION FOR USA GYMNASTICS STATE MEETS**
 - 1 – Judge must adhere to all USA Gymnastics and Alabama Rules and Policies at all sanctioned competitions
 - 2 – Judge must be an Alabama USA Gymnastics member for at least 2 years
NAWGJ Alabama membership will be required if Alabama NAWGJ is the assigning organization.
 - 3 – Judge must have actively judged in Alabama for a minimum of 2 years
 - 4 – National and Regional assigned judges will be assigned to state meets at their assigned levels at State Meet when possible
 - 5 – Location of State Meet site will be considered (expense to Meet host for travel)
 - 6 – Consider clinics attended & in gym time
 - 7 – Other considerations to include
Availability form for state meets submitted by deadline date / Chief Judge requirements / Rating and experience / Volunteer work / Efficiency and consistency at competitions / Professionalism at competitions including cooperation with meet host, meet referee, other judges and coaches/athletes.

Alabama Clubs and Program of the Year

- State committees are responsible for the selection of the clubs and program of the year.
- Each state may set their own criteria for selection.
- The region will select the Regional program of the year from the state nominees.

- Alabama State Committee will determine a Compulsory Club of the Year, Optional Club of the Year, and Xcel Club of the Year. In addition, the Committee will select a Program of the Year which will be submitted as the Alabama Program of the Year for the Regional vote.
- The Clubs and Program of the Year Awards will be given at the Annual Awards Reception.

Alabama USA Gymnastics Committee

- The Alabama committee is made up of 8 elected representatives and members appointed to the committee by the Alabama State Chairman
- Elections are held every 2 years for committee positions - the next election is in 2025.
- The Alabama committee is responsible for the organization and rules of State competitions, selection of judges, educational opportunities, enforcement of all USAG rules and policies at all sanctioned USA Gymnastics events in Alabama.
- The list of the State Administrative Committee is posted on the Alabama website.

National and Regional Links

All National Rules & Policies for USA Gymnastic competitions are available at:

<https://static.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2023/rulespolicies.pdf>

All National Committee minutes are available at: <https://usagym.org/women/minutes/>

All Regional rules for Region 8 are available at the Region 8 web site: www.region8gymnastics.org

State Committee Chair Contact Information

Mike Holdefer, SACC: mike.alsacc@gmail.com

Website: www.alausagym.com

2023 – 2025 Alabama USA Gymnastics State Administrative Committee

Jessica Earnest (Birmingham) - jessicachapman10@yahoo.com

Meg Henry (Pike Road) - gymstarcoach@gmail.com

Erin Kightlinger (Northport) – bamabounders@hotmail.com

Sandi McGee (Florence) - sandi.geronimo@gmail.com

Benjo Morrow (Wetumpka) - benjo98@outlook.com

Helen Nabors (Leeds) - hbnabors@gmail.com

Jessica Sedgwick (Prattville) - jsedgwick@prattvillemca.org

JR Zeringue (Rainbow City) – jr@zeesgymnastics.com

Sarah Smith (Huntsville) (Appointed – Non-Voting) - sarah.behel@gmail.com

Christie Leigh McHugh (Auburn) (HUGS Coordinator – Non-Voting) - aga.chill@gmail.com

Stephanie Kuhlmann (Alabama State Judging Director – Non-Voting) - kuhlsteph21@gmail.com