

The **New** **USAIGC**

United States Association of Independent Gymnastics Clubs, Inc. *All*

Changes are in bold italics.

USAIGC INFORMATION & POLICIES

USAIGC College Bound Optional Competitive Program

Six (6) Optional Level's for All Around & Individual Event Specialists

Eligibility Rules and Requirements

1. Only USAIGC Membership Clubs in good standing may participate in USAIGC sanctioned competitions and events. Sanctions are issued **FREE** by the USAIGC **to all membership clubs** for competitions, events, exhibitions, clinics or any activity that is under the jurisdiction of the USAIG. A fully completed Club Registration Form must be on file with the USAIGC Office **prior to** any club and athlete participation in a USAIGC sanctioned competition or event. USAIGC Club Members are listed on our web site with their **USAIGC Club Number**, club information, expiration date, and e-mail address, if given. **Club Membership includes USAIGC Club Member Staff. There is NO USAIGC Individual Membership fee.**
2. **Every athlete** participating in a USAIGC sanctioned competition or event must be registered with the USAIGC and be a team member of a USAIGC Club in good standing. A fully completed Athlete Registration Form must be on file with the USAIGC Office prior to any gymnast participating in a sanctioned competition or event. USAIGC athletes are listed under their respective club. Our **athletes information is pass protected.** The USAIGC National Office via e-mail upon request gives passwords to each club member. **USAIGC Meet Directors** password gives them access to all club athlete lists allowing them to check athlete ID numbers and registered competition levels.
3. The USAIGC reserves the **right to terminate** any USAIGC Club Membership for **unethical and unprofessional conduct and behavior.** The USAIGC can prohibit a USAIGC Club Coach from participating in any sanctioned competitions and events for unethical conduct, unprofessional behavior, inappropriate dress and rudeness.

USAIGC Competitive Levels Defined

Previous Gymnastic Experience - ALL USAIGC Competitive Levels

Gymnasts with previous competitive experience MUST BE placed in the appropriate USAIGC competitive level of competition according to the gymnast's skill level and success in any other gymnastics program. Placement must be based on the USAIGC competition rules and level requirements and the gymnast's competitive history and success are critical factors. The appropriate competitive level is the coach's responsibility. If you have a question as to the level of your athlete please e-mail the USAIGC Office for a determination. ***An entry Level USAIGC Gymnast may start in Copper or Bronze Competitive Level. Sex***

Child Offender List: The National Gymnastics Governing Body, USAG, has a web list of individuals that **may not coach nor be in the presence** of children. The USAIGC recognizes this list formulated by the NGB. **Any individual** whose appears on this National list **MAYNOT participate** in the USAIGC Program. The USAIGC instructs ALL USAIGC Club Owners to check the USAG web site at least four times a year for the protection of our athletes and their businesses.

Copper Level A **competitive entry level** for our clubs recreational gymnasts who have **no prior competitive experience** and who are interested in **participating** in competitive gymnastics. The Copper level will allow gymnasts involved in Independent Gymnastic Clubs **recreational programs** the chance to participate in the game of gymnastics with minimal skills and experience and share in the thrill of competition and its benefits. Our goal for this level is to allow competitive training in a safe and positive manner. The Copper Level is a **skill restrictive level**. These potential competitive gymnasts will follow the recommended USAIGC policy of long- term skill development for the mastery of the basic core skills as well as developing strength, flexibility and conditioning. Recommended Practice time 3-5 hours per week.

Bronze Level

Our beginner competitive level for gymnasts with some competitive experience and / or gymnasts who have a basic skill level. It is a skill restrictive. Depending on the gymnast's age, their training sessions should adhere to the USAIGC policy of long-term skill development for the mastery of the basic core skills as well as developing strength and conditioning. Recommended practice time 5-6 hours based on the numbers of gymnasts per team, amount of available equipment, number of coaching staff and level of the athlete.

Silver Level

USAIGC Gymnasts who satisfactorily competed in the Bronze Level may move into the more challenging Silver level when their **coach feels they are prepared**. This **decision is based on** the athlete's competitive scores from the Bronze Level, their level of their skill competence, strength and the long-term developmental plan the Coach has established for the gymnast. **FYI:** No Regional Qualifier from any other gymnastics program should be in the Silver Level of Competition. Practice Time recommended 6-8 hours based on numbers of gymnasts per team, amount of available equipment, number of coaching staff and level of the athlete.

Gold Level

USAIGC Gymnasts who have **satisfactorily completed** the Silver Level may move into the more challenging Gold level **when their coach** feels they are prepared. This **decision is based on** the athlete's competitive scores from the Silver Level, their level of their skill competence, strength and the long-term developmental plan the Coach has established for the gymnast. Gold Level gymnasts will be "seasoned competitors" with a minimum of 2- 5 years in a competitive program.

Time recommended 8-10 hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

Platinum Level

USAIGC Gymnasts who have satisfactorily completed the Gold Level may move to the more challenging Platinum level **when their coach feels** they are prepared. The Platinum competitive requirements are modified rules of the **NCAA Collegiate Competitive Rules**. The USAIGC **Coaches decide** when their athlete are ready to move to the Platinum Level based on their competitive scores from the Gold Level, their skill mastery, and the long-term developmental plan the Coach has established for the gymnast. Platinum Level gymnasts are “seasoned competitors” with an eye on Collegiate Gymnastics / Education. Success on this level will determine when the gymnast moves to the final level of USAIGC competition. The Gymnasts will have a minimum of up to 6 years of USAIGC experience. Practice Time recommended 12 – 15 hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

Premier Level

USAIGC Gymnasts who have satisfactorily completed the Platinum Level may move to the highest USAIGC Competitive level when their **coach feels** they are fully prepared to compete at this level. The Premier Level **follows the NCAA Collegiate Competitive Rules**. The USAIGC **Coach decides** when their athlete is ready to move to the Premier Level based on their competitive scores from the Platinum Level and their skill mastery. This level is the final phase of the athlete’s long-term skill developmental plan that the Coach and gymnast have established. Recommended practice time **15-16** hours based on numbers of gymnasts per team, amount of available equipment, the number of coaching staff and level of the athlete.

USAIGC Training & Competition Schedule Recommendation

The USAIGC **recommends a defined training and competitive season** for our USAIGC Athletes. We need to have training periods, rest, recovery periods, down time and a competitive season with a beginning and end. A gymnastics season could begin 30 days after the first day of the opening of school allowing the gymnasts time to adjust while providing club owners time to focus on a successful gymnastics opening. The Competitive Season would begin with the beginning of training and end a week before our National Championship, except for National Qualifiers. A two-week break is recommended after our National Championship, followed by an optional “summer training program.” **Burn out is the biggest factor in gymnasts** leaving our sport. USAIGC California South season begins in January and ends in June.

The New USAIGC

United States Association of Independent Gymnastics Clubs, Inc.

Competition Rules

1. Competing on Two (2) Competitive Levels

A USAIGC gymnast **may compete on two consecutive levels** (except Copper Level Gymnasts). They may compete on one level as an All-Around Gymnast and the next level up as an Individual Event Specialist on no more than two events.

Example: A Bronze All-Around gymnast competes All-Around and then competes as a Silver individual event specialist on a maximum of two events.

CLARIFICATION: Gymnasts and Coaches taking advantage of this unique opportunity MUST UNDERSTAND that IF the Individual Event Scores of the gymnast on our Four Competitive Events (different events) and equals the State qualifying score to the higher competitive level, that gymnast must compete as an All-Around Gymnast on the higher level she attained those Individual Event scores on at her States Regional and National Championship. Meet Directors must get their scores into the National Office and State Championship Host so we can track our Individual Event Specialists.

2. Gymnast placement into USAIGC Competitive Levels Coaches must understand and embrace our competitive program's goals and objectives. The coach is responsible for placing their gymnast in the appropriate competitive level based on the USAIGC competitive level requirements, the skill level of the gymnast, their competition level and success in another competitive gymnastics program. ***IF the USAIGC feels a gymnast is placed in the wrong competitive level, the USAIGC will have that gymnast moved to the proper competitive level.***
Example: Level 8 Regional Competitors should not be in Level

3. Age Determination The athlete's date of birth on the day of the competition is the age division the athlete competes in. At the USAIGC National Championship, the athlete's age on the first day of All-Around Competition is the age division the athlete will be competing in for the **entire** National Championship, including Individual Event Finals if qualified.

4. Petitions Petition requests are sent to the USAIGC Office via e-mail for State, Regional and the National Championship. The petition must be detailed and verified with documentation. A USAIGC athlete **who has not participated in any USAIGC sanctioned competition WILL NOT be allowed to petition to the State, Regional or National Championship** unless the gymnast participated at the previous years National Championship and has a doctor's certification for no gymnastics competition since that time.

5. Drop Back Rule A Coach may petition the USAIGC National Office via e-mail, to drop a gymnast back one level prior to the start of the season. Gymnasts who qualify and compete in the previous years National Championship may not drop back a level.

6. Athlete Participation The USAIGC is **open to all gymnasts** interested in participating in our Optional College Bound Competitive Program as an **All-Around Gymnast and / or an Individual Event Specialist**. All USAIGC athletes & coaches **MUST** follow the rules and policies of the USAIGC. USAIGC Gymnasts can participate in any competitive program in the country. The USAIGC is part of our country's Gymnastic Community whose goals are promoting the sport of gymnastics.

7. Mandatory Move-Out The USAIGC is a College Bound Competitive Program, we believe in intentionally slowing down the learning curve so a gymnast peaks as a high school junior or senior. For this reason the USAIGC has **no mandatory move out score**. The decision to move a gymnast to the next level is that of the coach based on the skill level of their gymnast

8. Mobility Rules 1. A USAIGC gymnast that qualifies to the USAIGC State Championship may move up to the next competitive level in the same or following season, if they move up during the season and compete on the next level up they no longer can compete on the previous level. 2. Individual Event Specialists compete on a maximum of two events at the State / Regional and National Championship. They **may not compete on more than two levels** and those two levels must be in progressive order. Example: Vault & Bars Bronze Level, Balance Beam & FX Silver Level or any combination including the four events.

Qualification Procedures

1. **State Championship**: gymnasts must compete in a sanctioned local competition and/or USAIGC Invitational and attain the qualification score **once** for their respective level.

2. **Regional Championship**: gymnasts must compete in a sanctioned local competition and/or USAIGC Invitational and attain the qualification score **once** for their respective level.

3. **National Championship**: attain the National championship qualification score at the **State or Regional Championship**.

4. **16+ Year Old Gymnasts Qualification**: can qualify directly to the National Championship from any of our USAIGC recognized National Invitational Competitions **hosted in outside facilities**. **Reminder**: If an athlete does not compete in a single USAIGC sanctioned competition during the current competitive year they **CANNOT** attend a State/Regional Championship nor qualify to the National Championship unless they meet the requirements of petitioning.

All Around Qualification Scores

USAIGC athletes and can qualify from ANY USAIGC sanctioned local / Invitational competition to their USAIGC State or Regional / Championship from ANYWHERE in the USA.

Copper Level

No qualification scores are required for any sanctioned USAIGC Competition or Event including the National Championship

Bronze Level

30.50AA from local to State / Regional Championship

32.50AA from State or Regional Championship to National Championship

Silver Level

30.50AA from local to State / Regional Championship

32.50AA from State or Regional Championship to National Championship

Gold Level

31.00AA from local to State / Regional Championship

33.00AA from State or Regional Championship to National Championship

Platinum Level

31.50AA from local to State / Regional Championship

33.50AA from State / Regional Championship to National Championship

Premier Level

32.50AA from local to State / Regional Championship

34.50AA from State / Regional Championship to National Championship

Individual Event Specialists Qualification Guidelines

The USAIGC promotes and encourages Individual Event Competition at all USAIGC competitive levels. Individual Event Specialists qualify to our State, Regional and National Championship following the same qualification procedures as our All-Around Gymnasts. Collegiate Gymnastics is built on the Individual Event Specialist and this is a great opportunity for our **High School Gymnasts** to continue their training and participate in a National Gymnastics Program.

All-Around Gymnasts not qualifying to their All Around State Championship may enter the State / Regional Championship as an Individual Event Specialist on a maximum of two events if they have scored the individual event qualification score ONCE.

Individual Event Specialists Qualification Scores

All Levels

Copper - no qualification score required

7.5 from local sanctioned competition to State / Regional Championship once.

8.5 from State / Regional Championship to National Championship

National Championship Qualification

Qualification to the USAIGC National Championship is from the Clubs **geographical State Championship or any Regional Championship in the USA**. Gymnasts may compete in **BOTH** the State & Regional Championships. The USAIGC strongly recommends all USAIGC Clubs compete at their respective State Championship. IF you cannot participate in your State Championship you must notify the USAIGC National Office and request permission to enter the Non-Club State Championship from the USAIGC State Meet Director. All Awards must be separated by State.

State Championships Qualifying Options

USAIGC Clubs can combined State Championships, to reduce costs and increase numbers of competitors but each State must recognize their State Champions. Examples: Western USAIGC Clubs could come together and create a Western USAIGC League and hold a Western Regional Championship. Bermuda has participated in the New York State Championship and can compete in any State Championship in the USA. If you are a "single club" in a State with no options please e-mail Paul Spadaro @ USAIGCPSNY2@AOL.COM

USAIGC Sanction Competition Policies

Local, Invitational, State, Regional & National Competitions

1. Athlete Entry Fees The USAIGC does not set entry fees, but expects USAIGC Meet Directors to be sensitive to the entry fees and what the gymnast and parent are getting in value for the entry fee. The USAIGC feels if the entry fee is too high, no one will attend. At the same time Coaches and parents must realize it is expensive to host gymnastic competitions in or out of the

private club.

2. Admission Fees The USAIGC does not set admission fees for USAIGC competitions but we hope that our National Championship admission fees sets an example for all USAIGC Host Clubs. We offer a reasonable admission for All Around and Individual Event Competitions, we have specially priced passes, the USAIGC discounts children and provides family pricing.

3. Team Fees Can be charged IF you are giving out Team Awards: Banners, Trophy's, etc. A Club must have a "Team" to pay a Team Fee. This information needs to be provided in the competition information.

Entry Fee Guidelines

All-Around Gymnasts

Local: one judge panel up to \$45.00 per gymnast

State Championship: two judge panel up to \$65.00* per gymnast

*outside facility may charge a higher fee do to additional costs

Regional Championship with two-judge panel up to \$75.00

National Championship \$105.00

National Championship Copper Level \$75.00 - there are NO Individual Event Finals for our Copper Level

Individual Event Specialist

Local: up to \$12.50 per event

State Qualification Meet up to \$18.50 per event

USAIGC National Championship \$30.00 per event

USAIGC National Championship Copper Level **\$25.00 per event**

Education Fund

Every USAIGC Meet Director: Local, State, Regional and Invitational will add \$4.00 onto their entry fee for our USAIGC **Education Fund** for each gymnast in their sanctioned competitions. This has allowed the USAIGC to host our FREE USAIGC Mini-Congress for ALL Club Owners & Coaching Staff as well as paying for our USAIGC National Officials to fly to different USAIGC Competitions throughout the USA, Bermuda & Canada to help with the education of our rules for officials and coaches. This educational fee was recommended and voted upon by the membership in 2007 and was lowered by \$1.00 in 2008 by the USAIGC.

Sanctioning USAIGC Competitions IS FREE

Sanctioning Procedures

You must be a USAIGC Club Member in good standing. Click on **Sanctioned Procedures** from the side menu of our website. Sanction procedures are listed on the opening page. Click the sanction form box at the top of the page, fill out sanction form and submit it. You will automatically receive a confirmation of your event and your sanctioned competition will automatically be posted on our **Calendar of Competition and Events Page** on the web site. This allows ALL USAIGC Club Members to view competition information. If you do not want to use the on-line sanction form you can fax *or e-mail* the information to the National Office.

Entering USAIGC Athletes into Sanctioned USAIGC Competitions

The USAIGC athlete entry form *is posted at the top of this page.*

Your Club must be a member in good standing before registering your gymnasts into a USAIGC sanctioned competition. The entry form must include: Club Name, USAIGC Club ID, Address, Phone / Fax Number, E-Mail, Coaches Attending, Gymnasts Full Name, DOB, USAIGC Athlete Membership Number, Competition Level, All-Around or Individual Event Specialist and the

entry fees made out to the host club. **For State / Regional and National Championships:** *The location, date & qualification score MUST BE INCLUDED on the entry form for each gymnast.* The entry form and fees mailed to the host club 48 hours after you fax or e-mailed your roster to the Meet Director.

Refunds: No refunds after the scratch date, which is **two weeks prior to the first day of competition.** **Clubs are responsible for payment** of all athletes listed on the entry form UNLESS they were scratched prior to the Scratch Date.

Meet Directors Responsibilities

Accepting a USAIGC Sanction, legally binds the USAIGC Meet Director and **Host Club** to the Competitive Rules & Policies set forth by the USAIGC and its **membership** posted on our web site. The acceptance of the sanction means the Meet Director is capable of the organization and running of the sanctioned event and that the facility meets or exceeds any and all safety concerns set-forth and accepted by the Gymnastic Community for the Competitive Levels being hosted.

The USAIGC Meet Director is responsible for:

1. Verifying each Club is a member in good standing of the USAIGC
2. Each gymnast entered is a registered USAIGC athlete member representing a USAIGC Club Member in good standing and that each gymnast has a current USAIGC athlete number
3. Competitive level of each athlete; **these items can be checked on line.**

Note: IF a Meet Director **cannot confirm** a Club or Athlete is a USAIGC Member they will have the Coach put into writing that the facts listed on the entry form are correct. The Meet Director would fax or e-mail this information to the National Office for confirmation. Allow the Club and the athlete(s) to compete. The USAIGC believes in the professionalism of its member's.

USAIGC Coaches are responsible for sending accurate information to the Meet Director and are responsible for the integrity of their gymnasts and their personal conduct on the competitive floor.

Local & State / Regional Awards

USAIGC Awards are available through, A-1 Awards, Indianapolis, Indiana Please e-mail **Jami@a-1awards.com** to request USAIGC Medals for local or State Championship Competitions. The Regional Medal is the same as the State Championship Medal. The USAIGC wants consistency in awarding our competitors on the local, State and Regional Competitions. Meet Directors should order awards on line and pay by credit card. A-1 does an excellent job in getting our awards out **and have SUPPORTED the USAIGC since DAY ONE. Let's show them our support.**

USAIGC National Championship Awards

1. National All-Around Championship is the first day of competition for all competitive levels. **The Top Ten (12) Gymnasts per age division receive our National All Around Plaques**, if the number of gymnasts in any age division is 22 gymnasts or less; then 50% of the number of athletes in the age group receive a plaque. If the age division has an odd number of gymnasts competing then we round up. Example: 17 gymnasts = 9 plaques.

New Individual Event Qualification Policy for the National Championship

A gymnast competing up one level as an Individual Event Specialist on one or two individual events and qualifies as an Individual Event Specialist for the "higher level" AND ALSO qualifies on the Identical Individual Event(s) on the "lower (of the All-Around Competition) level" FORFEITS her spot on the LOWER LEVEL Individual Event Finals, allowing the NEXT Individual Event Qualifier from this "lower level" to take her place on that event. This is in play for 2010 providing schedule wise it can be implemented

2. National Individual Event Finals is the second day of competition for all competitive levels *except Copper*. The Top Ten (10) Gymnasts per age division per event qualify to the National Individual Event Championship using their scores from their first day of All Around competition. ***All ties for the last spot for all individual events compete in the Individual Event Final Competition.*** If the number of gymnasts in the age division is 18 gymnasts or less, then 50% of the number of athletes in the age group qualify to the Individual Event Finals. All gymnasts competing in the National Individual Event Finals begin with a 10.0, no scores carry over from day one. It is "new life".

No gymnast may be up FIRST on EVERY Individual Event in Finals*. All Individual Event Finalists receive USAIGC National Individual Event Medals. ***FYI: Coaches with Gymnasts in more than one squad for Individual Event Finals may have their gymnast drop-down the competition order and wait for their coach to arrive at the event. The Coach must alert the Officials to this situation so the gymnast warm-up in the proper order.**

3. Copper Level Gymnasts may compete at our National Championship. There are no qualifying scores. All Copper Level Gymnasts receive USAIGC All-Around Trophies with their Individual Event scores posted on the bottom of their trophy. Each Copper Level Gymnast receives a color ribbon for each competitive event based on their performance. The ribbons will be given to the gymnasts when they are recognized at the end of the competition. The USAIGC wants this entry level to focus on our gymnasts performance and not on their scores. The sport of gymnastics is the best female sport there is, it gives these special young ladies far more than scores or medals. Gymnastics makes very special outstanding individuals. It is the process of becoming a gymnast that elevates these young ladies to become a head above their peers, male or female.

4. National Team Championship Competition. Top ten (10) Teams awarded per competitive level, except Copper. Scores are formulated by adding the top 3 scores per event from all ages divisions per level. A Team Fee is paid by the Club for each team per level of three or more gymnasts.

5. Senior Plaques are given to each USAIGC gymnast graduating from High School. It is the Coaches responsibility to forward the graduating gymnasts information to the USAIGC. There is a place on the National Entry Form for Graduating Seniors.

6. Gymnast of the Year Award

For Gymnasts 16+ years of age. The Coach submits the nominee's names and credentials 30 days prior to the National Championship. ***FYI: Officials MUST Flash Start Values at sanctioned competitions EXCEPT on the Copper Level. Meet Directors should have Individual Event Flashers as a back up.***

USAIGC Competitive Philosophy The USAIGC competitive rules requirements are straight-forward. "Less is more"; the USAIGC feels that the creativity of gymnasts and coaches has been stifled by the complexity of rules. The USAIGC has begun to broaden the artistic gymnastic environment by giving our coach's gymnasts the freedom to create original routines and not force them into a box to become robots doing basically the same routine.

Our Scoring Philosophy is based on positive re-enforcement and self-esteem. There is no reason for an athlete to receive an embarrassing score, it serves no purpose and is detrimental to the gymnast and our sport. All USAIGC Competitions will be a positive experience for all participants