

SECTION V: JUNIOR OLYMPIC PROGRAM

New additions are highlighted

The Men's Junior Olympic Age Group Competition Program provides training and competitive opportunities for beginner to elite gymnasts from ages 5 to 18.

The Junior Olympic Program is organized into ten different levels of training or competition. Each level has multiple age groups and opportunities for participation and competition. Competition is carried out at the local, state, regional and national levels through USA Gymnastics sanctioned invitational meets and championship level meets. For Levels IX and X, the season culminates at the Men's Junior Olympic National Championships held in May of each year. For elite level athletes, the culminating event is the USA Gymnastics National Championships.

The Junior Olympic Age Group Program is organized into the following three areas:

A. Basic Skills Achievement Program (BSAP)

The Basic Skills Achievement Program (BSAP) covers Levels I, II and III and is designed to help advance a gymnast from the day he enters the gym until he is prepared to participate in the Age Group Competition Program and the National Team Program. The BSAP was conceived as the entry-level of an overall skill and competitive development system. The program includes many of the skills from the entry-level competitive routines, preparing the gymnast for the Age Group Competition Program.

B. Age Group Competition Program

The Junior Olympic Age Group Competition Program consists of seven levels. The first three levels, IV through VI, continue the BSAP's progressions from simple to more complex movements. The intermediate level, VII, encourages the transition from compulsory to optional routines at an appropriate age. These Level VII routines require a specified level of difficulty but instead of imposing the FIG combination requirements they require event specific skills. These skills provide logical bridges between the lower and higher level routines. The advanced levels, VIII, IX and X require the gymnast to fulfill most FIG requirements.

Age Group Competition Program competitive Levels and Age Group classifications can be found in the USA Gymnastics Age Group Competition Program manual

C. Junior National Team Program

The Junior National Team Program provides for the identification and selection of our elite junior athletes. The program includes the Junior Development Team selected through the Future Stars Program, the Junior National Team and the Junior Elite Team. The program objectives are to:

1. Simplify the competitive path for our junior athletes and elevate the importance of successful competition;
2. Create an educational evaluation system that emphasizes international competitiveness;
3. Involve the personal coaches in overall program planning and organization as well as individualized athlete planning and;
4. Educate the coaching community in the basic principals of coaching and the development of the elite athlete.

Detailed information about the Junior National Team Program can be found in Section VI.

Each component of the Junior Olympic Program is fully described by its own printed and video materials. All materials are available from USA Gymnastics Merchandising and can be ordered online at www.usa-gymnastics.org or by calling 1-800-345-4719.

D. Age Determination

1. A gymnast under the age of six will not be permitted to participate in the Age Group Competition Program under any circumstance. He **must** turn six years of age before he may begin competition.
2. The competitive season is defined as September 1 – August 31. For all aspects of the program, a gymnast's age is determined as his age September 1 of the competitive season.
3. A gymnast is allowed to move up one year in age for competition. He may move the one year based only on his age as of September 1. (Example: a gymnast is 10 September 1, and turns 11 September 2, he may compete as an 11 year old, but he may not compete as a 12 year old because he was not 11 years old on September 1.)
4. A gymnast is allowed to move up one year in age for competition, only if he is moving to a higher level of competition
5. **Level 9 exception:** A gymnast who is younger than the required age of 12 for level 9 may qualify to compete at level 9 through participation in the **Future Stars Program**. In order to obtain this special qualification for level 9 participation, the gymnast must attain a predetermined qualifying score through competition at the Future Stars National Championships. This predetermined score will be determined yearly by the Junior National Coaching Staff and published by September 1 of each year.
6. Maximum age for a gymnast to participate in the J.O. Program is 18. Gymnasts age 19 and older must participate in the Senior Elite Program

II. Participation by NCAA Competing Athletes

- A. An "NCAA Competing Athlete" is as defined by the NCAA.
- B. No NCAA-competing athlete will be allowed to participate in the Junior Olympic Program. This includes:
 1. Any athlete who represents a NCAA institution in a varsity gymnastics event.
 2. Any athlete who represents a collegiate team and participates in the USAG Collegiate Championships or any qualification event for the USAG Collegiate Championships.

III. Sanctioned Events with Foreign Athlete Participation

CONTACT THE USA GYMNASTICS NATIONAL OFFICE FOR ASSISTANCE AND DIRECTIONS. DO NOT DIRECTLY CONTACT ANY FOREIGN FEDERATION OR ATHLETE.

With the increased participation of foreign athletes in the country, USA Gymnastics has the responsibility to inform our Professional Members of the FIG regulations governing this activity. The FIG and its member federations have jurisdiction over international events i.e., events involving more than one country's athletes.

Violations of the FIG regulations can result in restrictions of the member federation and/or its athletes.

While USA Gymnastics realizes the cultural enrichment that these types of events provide to our members, strict compliance to the FIG regulations MUST be followed. Your cooperation is very much appreciated.

A. STATUTES of the FEDERATION INTERNATIONALE DE GYMNASTIQUE (FIG) – reprinted from the original CHAPTER VII: RELATIONSHIPS BETWEEN FEDERATIONS, UNIONS, GROUPS AND THE FIG.

Articles which effect international competition:

34.3 Inter-Federation Events and responsibilities of Federations

Federations may organize events among themselves in accordance with the Statutes and Regulations of the FIG. It is, however, forbidden for gymnasts or judges of a federation to participate in competitions of demonstrations in the sphere of activity of another federation without the prior consent of the federations involved. Likewise, the participation of gymnasts or judges of a federation in an event organized by a body other than a federation must be subject to the prior consent of any federations involved. Federations are also responsible to the FIG for the behavior of their gymnasts, coaches, judges, and other officials and they act as guarantors to the FIG in respect of these responsibilities.

35.1 In principle, gymnasts and judges taking part in any international competition must have the nationality (citizenship) of the federations they represent and the authority to participate from their federation.

The following applies to a non-U.S. citizen who will be representing his club in an inter-club or foreign-club competition, and athletes who are non-citizens residing in the USA, who have represented their home federation in international competitions.

35.2.6 A gymnast, temporarily or permanently, residing in another country, and who is a bona fide member of a club in that country, may - with the consent of his national federation and that country in which he is a resident - represent the said club.

The following article outlines the penalties that could be incurred by USA Gymnastics and individual Professional Members, if these rules are not followed.

28.0 Code of Discipline

Provisions of the “good rule and governance” of the FIG is made in Appendix 3 to these Statutes. This has validity as though it were enacted in the body of the Statutes.

The sanctions which may be imposed upon a federation or an individual for an act of misconduct:

- a) a warning, possibly with publication in the FIG Bulletin
- b) suspension of the federation, or a person, from participation in any official event of the FIG or from several such events
- c) exclusion from any future participation in the activities of the FIG
- d) refusal of admittance to any events of the FIG
- e) a financial imposition

- f) exclusion of a federation, following resolution of the Congress
- g) suspension from office of any elected member and possible exclusion from office, following resolution of the Congress

IV. Residency Clause

A. The location of the club or team determines the state and regional meet in which the gymnast competes. Therefore, if a gymnast lives in one state but competes for a club or team located in another state, the following regulations apply:

1. A gymnast must compete in the State Meet based upon the state in which his club is located. **He may, based on special circumstances, petition the Senior Director of the Men's Program for permission to compete in the state meet for the state in which he lives.**
2. The gymnast must compete in the Regional Meet based upon the State Meet in which he competed. He may, based on special circumstances, petition the Senior Director of the Men's Program for permission to compete in the regional meet for the region in which he lives.
3. American citizens training at foreign clubs:
American citizens residing in border areas and training at Canadian or Mexican clubs must compete in the State and Regional Meets appropriate for his residence. American citizens residing abroad and wishing to participate in the State, Regional and Junior National Championships must contact the Senior Director of the Men's Program for determination of the appropriate state and regional meets. To compete in the championship meets, such gymnasts must have a regular USA Gymnastics Team Membership. American citizens training at foreign clubs are not eligible for the discounted insurance-only membership provided for foreigners competing in U.S. meets.

B. Foreign Athletes

USA Gymnastics recognizes the positive benefits of having foreign athletes who are residing in the United States participate in its sanctioned competitive events. However, USA Gymnastics has an obligation to observe all rules and regulations regarding the participation of foreign athletes as set forth by the International Gymnastics Federation (FIG).

1. FIG regulations require that all Foreign Athletes (anyone without United States Citizenship) - regardless of age or competition level - must gain permission from the gymnastics federation of their country of citizenship and from USA Gymnastics before they may compete in any sanctioned USA Gymnastics event.
2. In order to fulfill the FIG requirements foreign athletes must:

A gymnast who is living and training in the United States but is not a U.S. citizen must acquire written approval from the gymnastics federation from his/her respective native country (for which he/she holds a passport) before he/she may compete in competitions held in the United States. If a gymnast who is not a U.S. citizen competes without the written permission from his/her national federation, it is a violation of the International Gymnastics Federation's (FIG) regulations. Getting approval from that federation is the responsibility of the athlete, and this rule applies to all levels of competition in all five programs (men's and women's

artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, and acrobatic gymnastics).

To make it easier, a draft letter that gymnasts may send to the appropriate national gymnastics federation, as well as a link to the FIG's directory of national gymnastics federations, is available on the Men's Page of the USA Gymnastics web site (usa-gymnastics.org). A copy of the letter of approval from the appropriate national gymnastics federation must be provided to the gymnast's club.

3. Non-citizen USA Gymnastics athlete members who are residents, living and training in this country 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.
4. Foreign athletes are not eligible to compete at the U.S. Championships without special permission from the Men's Program Committee.
5. Foreign athletes may not become members of the National Development Team, the Junior National Team, Junior Elite National Team or Senior National Team.

V. Competition Rules

The International Gymnastics Federation (FIG) *Code of Points* will be used except where superseded by rules found in the USA Gymnastics Age Group Competition Program Manual (and approved updates). Therefore, the order of precedence when determining which rules to use in the event of conflict is:

- A. The Age Group Competition Manual and approved updates. Updates are posted on the USA Gymnastics website at www.usa-gymnastics.org.
- B. FIG *Code of Points* with approved National Gymnastics Judges Association (NGJA) interpretations.

In addition, FIG rules and regulations will be used with the following exceptions:

- C. Apparatus specifications - see USA Gymnastics Age Group Competition Program Manual
- D. No protests shall be allowed.
- E. Competition should be scheduled to be completed by 10:00 PM. Warm-ups must not be scheduled earlier than 8:00 AM.
- F. A spotter must be present for all Junior Program Still Rings and High Bar routines in all levels and for all levels of Vault.
- G. All coaches and judges on the competition floor must be USA Gymnastics Men's Program professional members. SAFETY CERTIFICATION and BACKGROUND CHECK IS REQUIRED AT STATE, REGIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS.
- H. Handguard Rule: The Head Judge may, at his discretion, allow a second trial if a gymnast's handguard fails during a competitive exercise.

- I. Registration: Only registered Team Members of USA Gymnastics may participate in any USA Gymnastics sanctioned event. Team Members must include a valid registration number on the entry form. All coaches and judges on the competitive floor at a sanctioned USA Gymnastics event must be safety certified and be registered professional members of the USA Gymnastics Men's Program. Membership registration must be completed prior to the event. NO registration will be allowed at the event site.

- J. Gymnastics Attire: All competitors must wear the FIG designated uniform for the competition, with the exception of Levels 4 and 5. All competitors must wear appropriate warm-up attire during warm-ups. WEARING OF JEWELRY AT ALL AGE GROUP COMPETITIONS IS FORBIDDEN. A VERBAL WARNING WILL BE GIVEN FOR THE

FIRST INFRACTION. A MEDIUM BEHAVIORAL DEDUCTION WILL BE TAKEN ON ALL SUBSEQUENT EVENTS ON WHICH THE ATHLETE WEARS JEWELRY.

- K. USA Gymnastics Rules for Advertising and Publicity- USA Gymnastics utilizes the FIG rules for advertising and publicity. Specific rules pertaining to competition apparel is as follows.

Competition Attire Restrictions

- No publicity is allowed on socks or shoes, only normal manufacturers identification is permitted on these items.
- No hats or caps are allowed to be worn.
- No publicity is allowed on hand grips or other such gear used by the gymnasts for competition.
- No publicity is allowed on the hand apparatus used in competition; only normal manufacturer's identification is permitted.

Manufacturer's Logo - per FIG

The logo must be the same as it is normally used as a registered trademark.

- Only one identification mark on each piece of clothing is permitted, a unitard is considered one piece.

Competition Attire

A. Singlet, shorts, or pants

Publicity can be displayed on the gymnast only once.

- One location only on the singlet or the shorts or the pants
- Maximum space 60 sq. cm including the background
NOT allowed: on the back anywhere

B. Warm-up Suit

- Publicity may appear on the gymnast only once. It can be on the jacket or the pants placed anywhere in keeping with good taste and design.
- Publicity Space- Maximum space 80 sq. cm

C. Carry-on Bag and T-shirt

Publicity Space:

- maximum space 200 sq. cm
- background space can be of any color and the identification multicolor
- may appear two times on each bag and t-shirt

Additional questions concerning rules for advertising and publicity regulations not listed should be directed to the National Office Staff.

- L. Professional attire for coaches on competition floor.

Coach's Professional Attire- *violators may be asked to leave the floor.*

Required at all sessions of State and Regional Championships the Junior Olympic National Championships and all U.S. Championship events (Winter Cup, U.S. Qualifier & U.S. Championships)

1. Closed toe shoes, no sandals
2. Slacks, Warm-up pants or hemmed shorts (No Denim or "cargo style")
3. Collared shirts
4. No hats

- M. Safety Cushions: An 8" mat may be used on any event (except floor exercise) at any time in Junior Olympic Competition.
- N. Round off entry vaults are allowed for **Level 9 (with restrictions) and 10 athletes only** in the USA Gymnastics Junior Program.
- O. Under the USAG Age Group Competition Program, while All-Around is encouraged, participation by a specialist is permitted in all classes of competition.

VI. National Championship and Qualifying Meet Dates

- A. The Junior National Championships shall be conducted the first weekend in May. The JOPC and USA Gymnastics' National Office must approve any deviation from this date.
- B. Regional Championships must be conducted in April, no less than three weeks before the **starting date of the** National Championships. The Men's Program Director must approve in writing any deviation from this date.
- C. State Championships must be conducted not less than two weeks before the **starting date of the** Regional Championships. The appropriate Regional Chairman must approve in writing any deviation from this date.

VII. National Championship and Qualifying Meet Sites

- A. The JOPC will recommend the site of the Junior Nationals two years in advance to USA Gymnastics' National Office. The next year's site will be announced before the close of the current Junior Nationals, after National Office's approval. The Committee will attempt to locate competition sites in a different region each year.
- B. The Regional and State Chairmen will determine the sites of the Regional and State Championships. The Regional Chairman will attempt to locate the Regional Championships competition site in a different part of his region each year.

VIII. Bidding for the Junior National Championships

- A. The request to host the National Championships must be submitted in writing to the Men's Program Director. This shall be done two (2) years in advance of the tournament. The JO Nationals Bid Form is available by contacting the Men's Program at USA Gymnastics.
- B. The JOPC shall solicit bids from host schools, clubs or local organizing committees from qualified sites anywhere in the United States.
- C. Information regarding the minimum requirements for hosting the J.O. National Championships is available from the Men's Program Director.

IX. Financial Responsibilities (Adding \$1.00 to Entry Fee for NSF Head Tax is not allowed)

- A. The host institution of a State, Regional or National Championship is financially responsible unless otherwise previously specified by written agreement. Financial responsibilities for the Junior National Championships are available from the USA Gymnastics Senior Director of the Men's Program.

- B. Entry Fees for Qualifying Meets*
1. Maximum of **\$75** for a meet below the state level.
 2. Maximum of **\$75** per gymnast for the State Meet.
 - a. **Registration forms with entry fees that are not received by the due date may be assessed a late fee not to exceed forty percent (40%) of the total entry fee. The due date and late fee must appear in the State Meet information.**
 3. Maximum of **\$100** per gymnast for the Regional Meet.
 4. Maximum of **\$150** per gymnast for the Junior Nationals.
- * Applies to Sanctioned QUALIFYING meets only. Entry fees for non-qualifying meets are at the discretion of the Meet Director.

X. Qualification Procedures

A. State Championships:

The State Chairman sets all qualification rules for the State Championships with the advice and assistance of such people as he deems necessary. His primary goal is promoting the Junior Programs within the individual state. However, if these qualification rules conflict with recommended USA Gymnastics policy, the National Office must approve the differences in writing.

B. Regional Championships:

1. The Regional Chairman sets qualification scores for all age divisions with the advice and assistance of such people, as he deems necessary. His primary goal is promoting the Junior Programs within the individual region. However, if this conflicts with recommended USA Gymnastics policy, the National Office must approve the differences in writing.
2. Recommended guidelines for qualifying scores are set by the JOPC or the respective regions.

C. Junior Olympic National Championships

The JOPC establishes the qualifying process for the Junior Olympic National Championships which may be by qualifying score, quota system or a combination of the two. The qualification process will be posted on the USA Gymnastics web site by April 1 of each year.

1. The Level 9 gymnasts (12 - 13 age) must score a minimum qualifying score at the Regional Championships to compete in the Junior National Championships.
2. The Level 10 gymnasts (14 - 15 age) must score a minimum qualifying score at the Regional Championships to compete in the Junior National Championships.
3. The Level 10 gymnasts (16 - 18 age) must score a minimum qualifying score at the Regional Championships to compete in the Junior National Championships.
4. Every region may enter the top six (6) gymnasts in Level 10 16-18, Level 10 14-15, and Level 9 from Regional Championships to the Junior National Championships regardless of the scores.
5. The top three Level 10 gymnasts in each age group Level 9 gymnasts on each event at the Regional Championships may compete at the Junior Nationals as specialists in that event provided:
 - a. They do not qualify in the All-Around by score or quota.
 - b. They are in an age group that qualifies to Junior Nationals.

XI. Petitions

- A. Athletes who petition to any meet should be able to prove, through score verification, that they would have easily qualified for the competition. The national office guideline is that an athlete's submitted all around scores be **at least two points higher than the set qualifying score and that at least two different meet results be submitted**. Submitted scores should be actual copies of meet results. This will assure that the athlete would have been able to achieve the set qualifying score in the State or Regional Championships where judging is typically more stringent.
- B. Petitions may **only be submitted by the athlete's coach** and submitted petitions must meet protocol procedures and be fully documented for consideration.
1. Petitions must be received by either the State (for Sectional or State meets) or the Regional Director (for Regional and National meets) before the competition begins. Petitions should provide all documentation which includes actual copies of score sheets for score verification, doctors' statement and coaches' statement.
 2. Petitions should also include entry forms for the event being petitioned as well as entry fees. Petitions that do not meet either the time or documentation requirements will not be accepted.
 3. Petitions for athletes injured during a competition must be turned in to the State Director (Sectional or state meet) or to the Regional Director (at the Regional Championships) by the conclusion of the event where the injury occurs (unless an emergency situation dictates otherwise). Documentation (scores, doctors statement and coaches statement) must be received by the State Director (State Championships) or the Regional Director (Regional/National Championships) within 48 hours of the conclusion of the event. Petitions should include entry forms and fees for the event being petitioned.
 4. The State or Regional Director must receive non-injury petitions; whichever is appropriate, at least 14 days before the event being petitioned except in the case of an emergency. Non-injury petitions must include a complete letter of explanation along with copies of meet results for score verification. In the case of an emergency, petitions must be submitted within 48 hours of the conclusion of the event.
- C. State or Regional Directors are required to include completed petition forms with the entries to either the Regional or National Championship Meet Director. In addition, Regional Director's must submit a copy of both Regional Championship results and completed petition forms, along with the Regional Directors personal observations and recommendations, by overnight mail to the Senior Director of the Men's Program at USA Gymnastics. All injury petitions to the National Office should go through the Regional Director.
- D. State Directors will inform the Sectional or State Meet Director and the Regional Director will inform the State Chairman and Regional Meet Director as to the status of all petitions. Petitions that are not granted will have their entry fees returned.
- E. The National Office will inform the Regional Director and National Championships Director as to the status of all petitions for the National Championships. All National Championship petitions will be granted at the discretion of the Men's Program Director. Petitions that are not granted will have their entry fees returned. The Senior Director of the Men's Program reserves the right to review state and regional petitions for action.

XII. State and Regional Championships Procedures and Competition Formats

A. State Championships

1. State competition may be conducted in one day.
2. Individual finals may be conducted if desired.
3. The Meet Director shall forward complete meet results to the Regional Chairman and the Regional Meet Director. The State Chairman shall forward a list of regional qualifiers to the Regional Chairman within 24 hours after completion of the competition.

B. Regional Championships

1. Regional Championships may be conducted in one day. Individual finals may be conducted if desired.
2. The qualifying score to the Regional competition may vary from the nationally recommended score as provided in paragraph IX, B, 2.
3. The Regional Chairman shall forward all competition results with a list of national qualifiers to the Senior Director of the Men's Program by overnight carrier within forty-eight (48) hours after completion of the meet. The Regional Chairman shall also send by overnight carrier a list of national qualifiers, along with the completed entry forms and fees, to the National Championships Meet Director.

C. Awards for State and Regional Championships

1. All awards will be standard USA Gymnastics medals, ordered only from A-1 Awards.
2. Awards are to be made at the conclusion of each competition with appropriate ceremony and announcements.
3. Gymnasts receiving awards must be in competition attire.
4. ***This is only a minimum guideline.*** The minimum number of places to be awarded is as follows -- Meet Directors may award more places if they wish and substitute awards (such as ribbons) may be given for the additional places:
 - a. If only one gymnast is entered in an age division, he receives the 1st place All-Around medal only.
 - b. **If only two gymnasts are entered in an age division, they receive 1st and 2nd place All-Around medals only.**
 - c. If 3 - 10 gymnasts are entered in an age division:
 - 1) Award 1st place in each event
 - 2) Award 1st – 3rd All-Around for 3 - 5 gymnasts
 - 3) Award 1st – 4th All-Around for 6 -10 gymnasts
 - d. If 11 - 20 gymnasts are entered in an age division:
 - 1) Award 1st – 6th All-Around places
 - 2) Award 1st – 3rd event places
 - e. If 21 - 50 gymnasts are entered in an age division:
 - 1) Award 1st – 6th All-Around places
 - 2) Award 1st – 6th event places
 - f. If 51 or more gymnasts are entered in an age division:
 - 1) Award 1st – 10th All-Around places
 - 2) Award 1st – 10th Event places (unless Finals allows less per event to compete)
 - g. A State Chairman may request the Regional Chairman to grant a deviation from these recommendations based on financial conditions of the State Meet.
 - h. The Regional Chairman may choose to deviate from this recommendation based on financial conditions of the Regional Meet.

- i. REGARDLESS OF THE POLICY DECIDED UPON, THE MAXIMUM AWARDS ARE TO BE MEDALS ONLY. TROPHIES ARE NOT TO BE AWARDED TO INDIVIDUALS AS AN INDIVIDUAL EVENT OR ALL-AROUND RECOGNITION.
 - j. Variance from this policy may result in loss of Sanction and invalidation of qualifying scores.
5. Tie Breaking System for determining the distribution of awards but NOT the ranking.
- a. If two (2) gymnasts tie for 1st place, both are the champions, although one will receive the second place award.
 - 1) If a tie for a place occurs, both gymnasts stand on the awards stand for that place.
 - 2) For example, tie for 1st - both gymnasts stand on 1st place. The silver medal is given to the appropriate gymnast. Do not announce who received the silver medal. They are both 1st place winners.
 - b. All-Around
 - 1) The gymnast with the highest individual event score receives the award for the tied place.
 - 2) If still tied, then the gymnast who received the second highest individual event score receives the award for the tied place.
 - c. Individual Events
 - 1) The gymnast with the highest All-Around total receives the award for the tied place.
 - 2) If still tied, then the highest single judge's score in the tied event receives the award for the tied event.
 - 3) If still tied, then the highest single judge's score in any event.
 - d. Example of distribution of Awards: If there is a tie for first place.
 - 1) Award the 1st place medal by one of the above procedures.
 - 2) The 2nd place medal is then presented to the tied medallist.
 - 3) There is NO 2nd place ranking
 - 4) The 3rd place medal is then presented to the next gymnast and so on.
 - 5) All gymnasts who tie for a place should receive an award. When there is a tie for the last place award, duplicates must be sent to the gymnast if awards are not available at the meet site.

D. Ordering Awards

1. All USA Gymnastics State and Regional Meets must order their medals from the national medal company, A-1Awards. A-1 Awards can be contacted at 1-800-444-9569.
2. Order forms are available from the USA Gymnastics office. The Regional Chairman in each region must check the ordering of medals.
3. The State Chairmen will order awards for the State Meet five (5) weeks before the competition.
4. The Regional Chairman will order awards for the Regional Meet.

XIII. National Championships Procedures and Competition Format

A. Entry Information

1. The entry form for the Junior National Championships and Regional Championships shall be distributed to eligible age group participants at the State Championships and be made available on the USA Gymnastics web site. **Entry to compete at the Junior National Championships must be by club entry form. At the conclusion of the Regional Championships the club coach will turn the club entry form and entry fee to the Regional Chairman. The entry form must include a current athlete registration number for each athlete and professional membership number for each coach.** Regional Chairmen will mail the entry forms with the appropriate fees to the National Meet Director by traceable overnight carrier within forty-eight (48) hours of the completion of the Regional Championships.
2. Only Regional Chairmen may submit entries for the Junior National Championships. The National Meet Director will not accept any individual entry.

B. Competition Schedule

Thursday Session 1: Level 10 Individual Qualifiers
 Session 2: Level 10 Individual Qualifiers
 Session 3: Level 10 Regional Teams

Friday Session 1: Level 9 Individual Qualifiers
 Session 2: Level 9 Individual Qualifiers
 Session 2: Level 9 Regional Teams

Saturday All-Around Finals

- a. The top 36 gymnasts at each level and age group qualify to the All-Around Finals.
- b. In addition, the twelve (12) highest scoring gymnasts on each event in each class, but not qualifying in the All-Around, will qualify to compete in the All-Around Finals on those events.
- c. The All-Around Finals will be split into three separate sessions. Using the Traditional Format with a one touch before each event. Using 4 judge panels.
Session 1 Level 10 (14-15) 9:00 AM - 12 noon
Session 2 Level 10 (16-18) 1:00 PM - 4:00 PM
Session 3 Level 9 5:00 PM - 9:00 PM
- d. A gymnast who qualifies on all 6 events into the All-Around Finals session, but was not in the top 36 All-Around will receive a Combined Score and will be a part of the All-Around competition and Final Ranking.
- e. Specialist will go up first on the event in random order and the All-Around qualifiers will go at the end of the rotation with an internal rotation.
- f. The average score from the Preliminary sessions and the All-Around sessions will be used to determine the 6 Event Finalists for all levels.

Sunday Session 1: Individual Event Finals for Levels 10 and 9 (top 6 on each event)

Scoring will use the "new life" format for Event Finals.

C. Preliminary Competition Format

1. Capitol Cup Format

- a. There will be 12 groups with an ideal group size of 12 gymnasts per group except for the Level 10 Regional Team session. This session will have nine groups with an ideal group size of 14 gymnasts per group. Group size may vary from year to year. There will be three sessions scheduled for the Level 10 competition on Thursday. Sessions I and II are for individual qualifiers and Session III is for Regional Team Competition. If the number of Level 10 entries warrant, then up to three groups of individual qualifiers may be added to the Regional Team session on Thursday.
 - b. There will be two sessions scheduled for the Level 9 competition on Friday. Session I is for individual qualifiers and Session II is for Regional Team Competition. If the number of Level 9 entries warrant, then up to three groups of individual qualifiers may be added to the Regional Team session on Friday or a third session, held prior to the Regional Team Competition session may be added.
 - c. Six groups compete while the other six warm up on their next event.
2. In each session, the competitive athletes will be divided into two competitive groups of six squads – A and B, depending on the number of entries from each region. Once the two groups have been determined, a draw will be held to determine the starting event for each squad within the group.
 3. For Level 10, there will be four judges per event.
 - a. These four judges will be divided into two panels of two judges each.
 - b. Each panel will evaluate one of the groups or levels of gymnasts competing in the session.
 - c. The groups or levels of competitors will alternate on the events.
 - d. This system will be used in all sessions that have two different classes or groups of athletes competing.
 - e. For example: In the first session, a Level 10 (16-18) gymnast will perform on floor. While the judges assigned to Level 10 (16-18) gymnasts are scoring the routine, a Level 10 (14-15) gymnast performs. While the judges assigned to Level 10 (14-15) gymnasts are scoring the routine, the next Level 10 (16-18) gymnast performs, etc.
 3. For Level 9, there will be four judges who will all judge each exercise **unless the number of athletes dictates an alternative formatting.**
 5. During the entire competition, each group will warm up an event, and then compete.

D. All-Around Finals for Levels 10 and 9

1. The top 36 Level 10 and 9 gymnasts, as determined by rank order of the All-Around scores from the preliminary sessions Thursday and Friday will advance to the All-Around Finals on Saturday.
2. The Traditional Format will be used for All-Around Finals as described in Format Section above.
3. The All-Around score from both days of competition will be used to determine the final All-Around standings for athletes ranked numbers one through thirty-six for Levels 10 and 9 athletes.
4. All-Around scores in rank order from the Level 10 and 9 Individual Qualifier and Regional Team Sessions will determine All-Around rankings below that.

E. Individual Event Finals

1. There will be six gymnasts per group, per event, from Level 10 (14-15 & 16-18) and Level 9.
2. Three events will be idle for each rotation.

3. Level 10 (16-18) gymnasts start on Floor. Level 10 (14-15) gymnasts start on Pommel Horse. Level 9 gymnasts start on Still Rings. Competition proceeds in Olympic order for each group.
4. After the draw, the gymnasts' competitive order plus the next four alternates will be announced as soon after the qualifying competition as possible. In addition:
 - a. Athletes qualified for the Event Finals must report to the head table one hour prior to the end of the Event Finals Warm-ups in order to participate in the Event Finals. Athletes who fail to report will automatically be replaced.
 - b. Event Finals alternates will be informed, if a qualified finalist withdraws or fails to report for the Event Finals, 45 minutes to one hour prior to the beginning of the Event Finals. Alternates not present at this time will be dropped from consideration.
 - c. No qualified event finalist who withdraws less than 45 minutes prior to the start of the Individual Event Finals will be replaced.
5. Competition will proceed in Olympic order with Floor Exercise starting. Pommel Horse begins when the Floor competitor is finished. Still Rings begins when the Pommel Horse competitor dismounts, and so on.
4. Placement will be determined using Individual Event Finals scores only.
5. All 24 judges are on the floor with four per event.

F. Awards

1. All-Around awards will be presented to the top ten finishers in Level 10 (16-18), Level 10 (14-15) and Level 9. Ties will not be broken and duplicate awards will be given. Only ten all-around awards will be given except in the case of a tie for tenth place.
2. Individual Event awards will be presented to the top six finishers from the Individual Event Finals. Ties will not be broken and duplicate awards will be given. Only six places will be awarded except in the case of a tie for sixth place.
3. The top 12 Jr. Elite Class I all around gymnasts, top 12 Jr. Elite Class II all around gymnasts and the top 14 Junior Elite Class III all around gymnasts will be designated USA Gymnastics Junior Olympic All Americans and will receive a certificate to that effect.

G. General Schedule

Tuesday: Training in warm-up gym **and/or** competition gym if possible.

Wednesday: Training, General Coaches Technical Meeting

Thursday: Session 1 Level 10 Individual Qualifiers
 Session 2 Level 10 Individual Qualifiers
 Session 3 Level 10 Regional Teams

Friday: Session 1 Level 9 Individual Qualifiers
 Session 2 Level 9 Individual Qualifiers
 Session 3 Level 9 Regional Teams

4. Substitutes
 - a. Regional Team members will be determined at the respective Regional Championships.
 - b. The Regional Chairman may substitute a gymnast petitioned into the Junior Nationals for a gymnast qualifying to the Regional Team through the Regional Championship meet. The substituted gymnast's score at the State Championship meet must be higher than the score of the gymnast he is replacing received at the Regional Championship meet. The Regional Chairman shall determine all substitutions after consulting with the State Chairmen..
5. Substitutes
 - a. If any of the Regional Team members do not attend the National Championships the next highest qualifier in that region will be selected to the team in rank order.
 - b. Named Regional Team members can only be replaced due to withdrawal from the National Championships or from All Around competition (competing less than six events) prior to the start of competition.
 - c.. In the event that the squad size is less than seven due to the replacement of one or more Regional Team Members the new Regional Team member and/or alternate will be placed in the same rotation as his Regional Team up until 24 hours prior to the start of the first session of competition for that level. After that time Regional Team members can be replaced, but no competitive squad changes will be made.
6. Coaches

Each gymnast will have his personal coach to assist him. There will not be a Regional coach to direct the team.

XIV. Officials

All officials for all USA Gymnastics sanctioned events MUST be Junior Olympic certified. Use of non-certified judges will invalidate the event. All judges must be safety certified and USA Gymnastics Men's Professional members.

- A. State Championship competitions may use officials holding local Junior Olympic cards if necessary, but it is recommended that officials holding national cards be used whenever possible. Two judges per event for Level 10 is strongly recommended. Professional membership is required for all judges regardless of rating, and they must be safety certified.
- B. Regional Championship competitions must use officials holding national cards. Two judges for Level 10 is strongly recommended.
- C. The State Chairman will work with the local judging associations to assign all officials for all USA Gymnastics sanctioned local and state competitions. The Regional Chairman shall coordinate assignment of officials to the Regional Championships with the local judging associations in his region and the appropriate NGJA Junior Olympic Technical Director.
- D. The Junior National Championships must use officials holding national or FIG cards. There will be 24 judges and 1 Technical Director (the JO Vice President of the NGJA) who are assigned to the Junior National Championships. Two judges for each of the nine USA Gymnastics Regions will be assigned to the event while the remaining six judging positions will be occupied by the Junior National Apparatus Leaders.

E. An official must have judged three (3) junior meets that season, including a state or regional championship, to be eligible to judge the Junior Nationals. Coaches or parents of competing athletes are not eligible

F. Procedures for Selecting Judges for the Junior National Championships

1. A minimum of 18 weeks prior to the Junior National Championships, the Regional Chairmen should seek input from the Professional Members within their region concerning nominees to judge the Junior National Championships.
2. A minimum of 16 weeks prior to the Junior National Championships, the Regional Chairman will submit a list of three nominees, in rank order, from that region to the NGJA Junior Technical Director for that region. The Junior Olympic Regions and their corresponding NGJA region/Technical Director are:

Junior Olympic Region	NGJA Region
Region 1	West
Region 2	West
Region 3	Mid-west
Region 4	Mid-east
Region 5	Mid-east
Region 6	East
Region 7	East
Region 8	East
Region 9	Mid-west

3. A minimum of 14 weeks prior to the Junior National Championships, the NGJA Junior Olympic Technical Directors shall submit the following to the NGJA Junior Olympic Vice President, 1) the original recommendation list from the Regional Chairman and 2) his own list of three nominees, in rank order, for each of the regions under his direction.
4. A minimum of 12 weeks prior to the Junior National Championships, the NGJA Junior Olympic Vice President will submit the following to the Independent Selection Committee, 1) the original nomination lists from the Regional Chairmen, 2) the original nomination lists from the NGJA Junior Olympic Technical Directors and 3) his recommendations for the 18 additional judges along with alternates.
5. The Independent Selection Committee shall make the final assignments of twenty-four judges (18 from the regions and the six Junior National Apparatus leaders) and notify the NGJA Junior Olympic Vice-President and the Senior Director of the Men's Program. This shall be done not later than ten weeks before the meet.
6. USA Gymnastics will send acceptance forms to the 24 selected judges a minimum of nine weeks prior to the Junior National Championships. Selected judges will have ten days to return the acceptance forms and confirm their participation in the competition. If a judge cancels his assignment after formally accepting it, he will not be eligible to judge the Junior National Championships for the next two (2) years. The Independent Selection Committee will deal with any emergency situations submitted to it in writing.
7. The NGJA Junior Olympic Vice-President shall distribute the final list to the four NGJA Junior Olympic Technical Directors, the Regional Chairmen and the Meet Director of the Junior Nationals.

8. The Junior Nationals Meet Director shall acknowledge receipt of the list of final nominees to the NGJA Junior Olympic Technical Vice-President and the Senior Director of the Men's Program.
9. The Junior Nationals Meet Director shall coordinate all necessary judges arrangements (travel, lodging, meet format, meet information) with the NGJA Junior Olympic Vice-President and National Travel System (NTS), the official travel agency of USA Gymnastics
10. The NGJA Junior Olympic Vice-President shall notify all officials of their travel, housing, transportation and judging assignments.

XV. Coaches Education

Each Regional Chairman will conduct an annual regional clinic. The Regional Chairmen will coordinate scheduling and content of the clinic with the State Chairmen and the members of the Junior National Coaching Staff.

Each Region will determine the final format, content and material included in its clinic based on the needs within that region. The Regional Chairman shall provide the Senior Director of the Men's Program the proposed date, site and agenda for the clinic at least twelve weeks in advance of the clinic. The Host Director of the Regional clinic is encouraged to distribute a written report of the clinic to all coaches in the region.

XVI. Training Camps

A. Future Stars National Development Camp

1. The gymnasts who are the top 9 finishers in the 10 and 11 year-old age groups and the top 7 finishers in the 12 year-old age group from the Future Stars National Championships are invited to participate in the camp.
2. USA Gymnastics encourages personal coaches to attend the camp and participate. The athletes and personal coaches are responsible for their own travel. Food and lodging will be provided by USA Gymnastics.

B. Regional Developmental Camps

USA Gymnastics will work with the Regional Chairmen to provide the opportunity for a Regional Developmental Camp.

C. National Team Training Camp

Current Junior National Team Members and coaches are required to attend all scheduled camps.

XVII. Eligibility Rules

USA Gymnastics follows eligibility guidelines set by the International Gymnastics Federation (FIG) and the United States Olympic Committee (USOC). Questions regarding athlete eligibility should be directed to USA Gymnastics. Participating in a USA Gymnastics sanctioned event could effect athlete eligibility with regard to high school or collegiate participation. High school or college athletes should check with their state High School Athletic Association or the NCAA before participating in a USA Gymnastics event.

- A. High School Athletes:
 1. Before inviting high school athletes to participate in local, state or regional gymnastics open competition, the Meet Director is requested to make a preliminary inquiry to the appropriate State High School Activities Association(s) to determine eligibility standards and rules that are applicable.
 2. In the United States, many states' High School Associations have varying rules. It is, therefore, of the utmost importance that official approval is obtained from the appropriate Association prior to allowing high school students to participate.
 3. Should questions arise, inquiries may be directed to the National Federation of State High School Athletic Association or the USA Gymnastics office.
- B. College Athletes
 1. Before inviting college athletes to open competition, the sponsoring institution, club or organization must request approval from the Extra Events Committee of the NCAA and/or other appropriate college athletic associations.
 2. Questions concerning eligibility should be forwarded to the USA Gymnastics office, the applicable NCAA institution or the NCAA.
- C. Foreign Athletes

Refer to Section V, number III.B for information on foreign athlete eligibility.

XVIII. HIV Statement

Human immune deficiency virus (HIV) is the virus that causes acquired immune deficiency syndrome (AIDS). This virus causes a gradual weakening of the immune system, eventually resulting in infections, cancer, and death. Gymnastics is in the lowest risk category of Olympic Sports and, to date, no documented cases of HIV transmission between athletes have been reported. However, prudence dictates that the following precautions be taken:

- A. Athletes, who have open lesions, wounds, dermatitis, and so forth, should cover the area with a dressing that will prevent contamination from other sources.
- B. Competitions should be interrupted when an athlete has a wound in which a large amount of exposed blood is present to allow the bleeding to be stopped and the athlete to be cleaned.
- C. Surfaces contaminated with blood or body fluid should be cleaned after each use, or more often if needed, with a solution known to inactivate the virus (sodium hypochlorite, better known as household bleach, at 1:10 dilution)

For more information, please refer to the USA Gymnastics Safety Handbook.

XIX. Special Recognition Awards

A. FRANK J. CUMISKEY SERVICE AWARD

1. Definition

The Frank J. Cumiskey Service Award is given as an honor to an individual or individuals for their thoughtful and unselfish contributions to the service of the USA Gymnastics Junior Boy's Programs. Mr. Frank Cumiskey founded the USA Gymnastics Junior Olympic Program. He endowed the Junior Olympic Program with its present design, format and character. It is indeed an honor to receive the prestigious award in Frank Cumiskey's name for duty and service to the boys' age group gymnastics program in America. Potential recipients for the awards include but are not limited to coaches,

judges, administrators and club directors who have contributed to the improvement and continuance of the USA Gymnastics Boy's Program at a Local, Regional or National level.

2. Guidelines

- a. The award will be nominated through the JOPC at the USA Gymnastics Congress, voted upon, and submitted to the Men's Program Director for final approval. The National Office will be responsible for the purchase and inscription of the award. The Men's Program Director will present the annual award at the end of the Junior Olympic National Championships. The award will only be given if worthy recipients are available that year.
- b. The Frank Cumiskey Service award shall be given to the person with the highest number of votes. If there is a tie, two awards shall be given.
- c. A maximum number of two (2) awards may be given in any one year.

B. NATIONAL SERVICE AWARDS

To be eligible for the National Service Award, a individual must be a member of the JOPC (or a sub committee or the JOPC), on the Jr. National Coaching Staff, Age Group Competition Committee, or a State Chairman. Years of service do not have to be in consecutive years. Each Regional Chairman is responsible to make these nominations for persons in his respective region to the National Office by April 1st of each year.

C. ACADEMIC ALL-AMERICAN RECOGNITION AWARDS

1. Mission Statement

Recognizing and rewarding academic achievement in junior gymnasts is paramount to the success of the USA Gymnastics Junior Olympic Program.

The Junior Program is designed to provide a training ground for the development of young athletes. While physical development is obviously important, the program must also stress development of values, morals and social skills, which will remain with these future citizens all their lives.

Encouraging a high level of academic achievement in our young athletes is as important as encouraging their athletic achievement. Motivation for this achievement, while intrinsically driven, can be enhanced by recognition by the USA Gymnastics Men's Program.

The USA Gymnastics Men's Program has therefore established the following Academic All-American Recognition Award program to be presented annually at the Junior National Championships.

2. Program

- a. There are three program levels open to all students enrolled in an accredited high school program.
- b. Athletes do not have to qualify to Junior Nationals to be eligible.
- c. First Team USA Gymnastics Academic All-American - students with a cumulative GPA of 3.85 or higher shall be named "First Team USA Gymnastics Academic All-American".

- d. Second Team USA Gymnastics Academic All-American - students who demonstrate the scholastic ability to post a cumulative GPA of 3.7 to 3.84 shall be named "Second Team USA Gymnastics Academic All-American".
 - e. Honorable Mention USA Gymnastics Academic All-American - students who demonstrate the scholastic ability to post a cumulative GPA of 3.5 to 3.69 shall be named "Honorable Mention USA Gymnastics Academic All-American".
3. Application Procedure and Deadline
- a. A minimum of two letters of recommendation is required to receive this recognition. One letter must be from the athlete's personal coach and the second letter must be from one of the student's high school teachers, the high school counselor or principal.
 - b. The applicants GPA must be certified by the school counselor and should appear on the application, in all cases, converted to a 4.0 scale.
 - c. The required application, recommendation letters and certification must be submitted to the USA Gymnastics Men's Program Manager by April 1, with a \$20.00 per gymnast processing fee. Incomplete applications will not be processed.
 - d. Appropriate forms are available from State Chairmen, in these Rules and Policies, or from the USA Gymnastics website (www.usa-gymnastics.org).
4. Awards and Publicity
- a. A parchment-like certificate, appropriately titled and inscribed will be presented to the athlete AND coach at USA Gymnastics Junior National Championships.
 - b. Further, USA Gymnastics will forward a list of recipients to appropriate periodicals and other opportunities for exposure.

D. MAS WATANABE RECOGNITION AWARD

1. Definition

The Mas Watanabe award is given to recognize achievement through gymnastics competition at the national level. Mas Watanabe remains a leader in men's gymnastics in the United States. His direction gives purpose to many of his contemporaries in the sport. Mas Watanabe is closely devoted to the athlete. An athlete receiving this award is doubly honored as he has shown outstanding achievement.

2. Guideline

The Level 10 (16 -18) All-Around Champion of the Junior Olympic National Championships will receive the award.

XX. National Gymnastics Foundation Scholastic Scholarship Program

What is the purpose of The National Gymnastics Foundation and USA Gymnastics Scholarship Program?

The National Gymnastics Foundation provides opportunities for individual, corporate, foundation and government gifts and grants to support, nurture and steward the special programs and initiatives of USA Gymnastics that build scholarship; develop grassroots model programming; strengthen international relationships through world education and competition; and address the mental and physical challenges presented by the sport. In partnership with USA Gymnastics Men's and Women's Programs, opportunities in the sport of gymnastics are advanced by offering financial support to a full range of athletes competing at an elite level.

The National Foundation Scholastic Scholarship Program for men is administered by the National Gymnastics Foundation and USA Gymnastics. Any American male citizen, who is an elite-level gymnast, pursuing his college or post-secondary education is eligible. **Note: Acceptance of this scholarship could affect your NCAA eligibility depending upon your individual situation.**

Additional Information concerning the National Gymnastics Scholastic Scholarship Program for Men can be found on the Men's Program page at www.usa-gymnastics.org.