

Rules and Policies

That Govern the 2018 YMCA National Gymnastics Championship & Invitational

**June 27-30, 2018
Toledo, Ohio**

The Nationals are conducted according to the "Rules That Govern YMCA Competitive Sports" and are authorized by, and under the supervision of the YMCA of the USA Gymnastics Committee. The Nationals will be operated according to USAG Rules with modifications approved by the YMCA of the USA Gymnastics Committee.

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General Information – ALL DIVISIONS

A. Eligibility Rules:

Athletes must:

1. Be members in good standing of the YMCA they are representing for at least 90 days prior to **June 30, 2018**.
2. Not have competed or trained with another YMCA, USAG, college or other private club during the past four months. Have represented their YMCA in a formal competition during the current season (where opportunity existed).
3. Have met the qualifying score required for their division as set forth in the rules and policies of the 2018 YMCA National Gymnastics Championships and Invitational.
4. Athlete has not been disqualified for moral reasons.
5. Gymnasts are Members in good standing AND YMCA Association is in good standing with Y-USA.
6. Have met the eligibility requirements as set forth in the YMCA Rules That Govern Competitive Sports.
7. The *Masters Division* is open to any gymnast wanting to compete beyond the summer of their High School Graduation, and not currently competing for an NCAA-recognized college gymnastics program and meeting all other eligibility and qualifying requirements as laid out in this document.

B. Qualifying Information:

1. Women's Qualifying scores **required** to compete: (2013–2021 rules apply)
 - a. Championship Division is 32.0 All-Around at Level 9, 10, Elite or 33.0 All-Around at Level 8. (Event specialist are permitted with a minimum score of 9.0)
 - b. Level 8 Division is 31.0 All-Around at Level 8 or 33.0 at Level 7. No level 9 scores will be accepted for qualification into this level. This division is not for experienced Level 9 gymnasts.
 - c. Level 7 Division is 31.0 All-Around at Level 7 or 33.0 at Level 5 or 6. This division is not for experienced Level 8 gymnasts.
 - d. Level 6 Division is 31.0 All-Around at Level 6 or 33.0 at Level 5.
 - e. Level 5 Division is 31.0 All-Around at Level 5 or 33.0 at Level 4.
 - f. Level 4 Division is 32.0 All-Around at Level 4 or 35.0 at Level 3.
 - g. Level 3 Division is 32.0 All-Around at Level 3 or 35.0 at Level 2.
 - h. Level 2 Division is 33.0 All-Around at Level 2 or 35.0 at Level 1.
 - i. Level 1 Division is 33.0 All-Around at Level 1.
 - j. Xcel Division Platinum or Diamond Division is 33.0 All-Around at Xcel Platinum or Diamond or 35.0 at Level 5.
 - k. Xcel Gold Division is 33.0 All-Around at Xcel Gold or 35.0 at level 4.
 - l. Xcel Silver Division is 33.0 All-Around at Xcel Silver or 35.0 at level 3.
 - m. Xcel Bronze Division is 33.0 All-Around at Xcel Bronze or 35.0 at level 2.
2. Men's Qualifying scores **required** to compete: (2016–2020 rules apply)
 - a. Championship Division consisting of optional gymnasts must compete in one meet at Level 8, 9 or 10. (Event specialists are permitted with a minimum score of 9.0)
 - b. Developmental Division is 40.0 All-Around or 42 at Level 6 or 7.
 - c. Level 7 Division 1 or 2 is 40.0 All-Around or 42.0 at Level 6.
 - d. Level 6 Division 1 or 2 is 40.0 All-Around or 42.0 at Level 5.
 - e. Level 5 Division 1 or 2 is 40.0 All-Around or 42.0 at Level 4.
 - f. Level 4 Division is 1 or 2 40.0 All-Around.
 - g. Xcel Division is 40.0 All-Around.

3. Score must be achieved in a meet setting, judged by USAG Certified gymnastics judges per USAG rules.
4. Qualifying scores may be achieved in any meet beginning 8/1/2017. Last day to submit qualifying scores for verification is May 25, 2018. **Last year's National scores do not count as qualifying scores.**
5. Meet results must be *dated and submitted* per individual gymnast as requirements for eligibility. **No signatures are required.** (Any submitted score that has not been verified with official meet results by **May 25, 2018** will result in that gymnast being dropped from the competition with no refund.)
6. Individual gymnast meet results must be **highlighted** on the meet result form along with dates and level of competition.

C. Entry Fees:

1. Intent to Compete Fee: \$20 per team, postmarked by January 15, 2018. A \$25 late fee charged after January 15, 2018.
2. Gymnast Entry Fees:
 - a. \$100 per gymnast entered in ALL Men's competitive levels
 - b. \$100 per gymnast entered in the Women's Levels 1-7 and Xcel Divisions.
 - c. \$110 per gymnast entered in the Women's Level 8 Division.
 - d. \$120 per gymnast entered in the Women's Championship Division.
 - i. All gymnast entry fees include T-shirt, Goodie Bag, admission to all sessions and Opening Ceremonies.
 - ii. **NO REFUNDS *once entries are received and processed by the host association.***
 - iii. Registration window is February 19 – March 19, 2018.
 - e. If additional space is available after the entry deadline, late applications will be considered, but will be assessed a \$25 late fee per athlete. This late fee will also apply to all graduating Senior information submitted after the deadline.
3. Coaches' Fees
 - a. \$75 per coach; includes shirt, admission credentials, Opening Ceremonies package. **NO REFUNDS.** Additional coaches may be added with no late fee up to 10 days after the competition schedule is posted.
4. All teams with required number of gymnasts are automatically eligible for team awards.

D. Coaches' Guidelines:

YUSA Fair Play, YMCA Rules that Govern, USAG Safe Sport, 2018 YMCA Rules and Policies, and current USAG Rules and Policies will be in effect throughout the event. Any infraction of these policies may result in removal from the event and notification to the coach's YMCA Supervisor.

1. All coaches are required to present proof of USOC SafeSport training (U110 on usagym.org) and a nationally-recognized concussion training (such as www.cdc.gov/headsup/youthsports/training). Since this meet is in Ohio, all parents will be required to sign a waiver for Lindsay's Law (chest-impact sudden cardiac arrest) which will be part of their entry form. Coaches are encouraged to become familiar with this as well (www.odh.ohio.gov).
2. USAG Safety and Risk Management Certification (U101 on usagym.org) is **required** for a minimum of 1 coach from each team on the competition floor in all divisions. Proof of Safety and Risk Management Certification is required to complete your team entry. Meet credentials must be **visibly** worn at all times on the competition floor and will be required for entry into Coaches Hospitality.
3. Please follow USAG Rules and Policies and YMCA Rules that Govern regarding appropriate dress code for coaches. Please dress in attire that is comfortable, professional and safe for spotting.

4. It is highly recommended that teams with more than 2 levels bring additional coaching staff to avoid the risk of overlapping sessions. Teams may have competitors competing at the same time in more than one gym.
5. **The YMCA of the USA Coaches/Parents/Gymnast Code of Conduct will apply at all times.**

E. Optional workout/equipment sets:

1. Actual warm-ups and stretching should be completed prior to the designated equipment sets and touch time on the stretching mats provided.
2. Equipment sets and touch will be available for all Xcel Platinum, Diamond and optional men level 8 – 10 and optional women level 6 – 10 division gymnasts.
3. Equipment sets and touch will take place on **June 27, 2018.**
4. **Teams will be placed into squads, with a *maximum* of 15 minutes on each piece of equipment.**
5. Teams will be scheduled accordingly and warm-ups times will be sent out prior to the meet date.
6. No workouts will be allowed at the end of any competition.
7. Gymnasts' equipment sets and workout **may not** necessarily be in the same gym they will be competing in with the exception of Championship Gymnasts.

F. Equipment:

1. All equipment will be USAG/FIG approved.
2. For the 2018 National competition AAI equipment will be used.
3. Teams are **NOT PERMITTED** to bring springboards or other equipment to this meet. Springboards will be labeled and not moved from their designated events.
4. USAG age group equipment settings will be allowed.

G. Meet format is modified Capitol Cup for All Levels/Divisions (warm-up event; compete event)

1. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which there are two set of apparatus. (Except Floor)
2. The timed warm-ups immediately precede competition on each event. (This format eliminates the requirement of a 30-second touch warm-up).
3. Teams warm-up as a group and bump to the next event. If a team has a large group they should split their group and rotate to the next in event in order to keep the meet moving. ***FX will be bump warm-up.***

Entry Instructions – ALL DIVISIONS

A. Completing Entries:

1. An acceptable entry *must* include:
 - a. All Official Entry Forms **legibly** completed as per instructions in registration package. Electronic submission using on-line registration tool of gymnast entry information is *highly recommended* to reduce likelihood of errors in data entry, but hard copies must still be sent via postal service.
 - b. All fees in the *correct total amount*.
 - c. Check made payable to: **YMCA of Greater Toledo**
 - d. Check drawn on a YMCA account– **One check per team. (Men’s and Women’s teams may send separate checks.)**
 - e. Copies of Meet Results verifying qualifying scores entered on Official Entry Form **ALL entries received without the Official Entry Forms and check will be returned without processing!**
2. Make copies of all Official Entry Forms for your records.
3. **Entries will be accepted into the meet on a ‘First Come, First Served’ basis starting February 19, 2018. Registration will close March 19, 2018.**
4. If additional space is available after the entry deadline, late applications will be considered, but will be assessed a \$25.00 late fee per athlete. This late fee applies to Senior information submitted after the deadline as well.
5. **ENTRY DEADLINE: MARCH 19, 2018** (Some levels are anticipated to fill before this date)

B. Mailing Instructions:

1. Entries must be sent by certified return receipt requested mail.
2. The use of guaranteed overnight or express mail is *highly recommended*.
3. Entries will be accepted into the meet on a ‘First Come, First Serve’ basis (not by postmark).
4. Entries received after a division fills will have the option of going onto a waiting list, or being returned.
5. The host YMCA cannot be responsible for late, lost, or misdirected mail.
6. No emailed or FAXED entries will be accepted.
7. Mail Entries to:

**Greater Toledo YMCA Gymnastics Center
12745 Eckel Junction Rd.
Perrysburg, OH 43551**

Make checks payable to: YMCA of Greater Toledo

YMCA NATIONAL GYMNASTICS WOMENS COMPETITION

YMCA National Gymnastics Invitational Divisions

Levels 1- 7, Xcel Bronze, Silver, Gold, Platinum, and Diamond

A. Purpose:

1. To have fun while participating in a meet with gymnasts from YMCA's around the country.
2. To expose Invitational level gymnasts to a National caliber championship competition.
3. To include these gymnasts in the overall positive experience, which the National Championships can provide.
4. To inspire gymnasts, coaches, and parents to continue in the sport of gymnastics and be the best they can be.
5. To provide the opportunity for furtherance of YMCA Values.

B. Competition Information All Invitational Levels:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting February 19, 2018. Registration closes March 19, 2018.**
2. There will be three age groups plus masters division.
 - a. Children/Junior/Senior: determined by one third split by total number of gymnasts for each level/session.
 - b. The Masters Division is for those individuals competing after the summer of their Senior Year.
 - c. Age is determined as of **June 30, 2018**. **Note – if birthday is on June 30th, the gymnast will compete in the older age group.**
3. Individual/All-Around Competition
 - a. Various sessions to be held.
 - b. All entrants compete.
 - c. Sessions determined by blind draw.
 - d. This Round determines Individual Event and All-Around winners for each session.
4. There is no team competition at Levels 1, 2, 3, 4, 5, or Xcel Bronze, Silver, or Gold.
5. Gymnasts compete against those gymnasts in their session only.
6. For the safety of the gymnasts, the meet referee and the meet director may be viewing warm-ups.
7. **These levels are a YMCA National Invitational Meet – They do not determine National Champions, exceptions: Team Awards for Levels 6, 7, XP, XD (if numbers warrant).**

C. Determining Awards Invitational Divisions:

1. Team Awards – There will be no team competition for levels 1, 2, 3, 4 & 5 and Xcel Silver or Xcel Gold.
2. Team Awards – Level 6, 7, Xcel Platinum and Xcel Diamond (if numbers warrant).
 - a. Top 4 scores per event used to determine team score.
 - b. Scores from Masters or men competing in the women's competition will not count towards team.
 - c. Calculated team score from Round I determines Final Team Score.
 - d. 1st through 10th place teams will be awarded banners.
 - e. Awards announced and presented following the final competition for the perspective level.
3. Individual Event and All-Around Awards.
 - a. Minimum of 6 places with a maximum of one-third of competitors will be awarded in each of the 3 age groups, plus masters.
 - b. Medals will be awarded for each event and All-Around after each session.
 - c. Places determined by scores after each session of Compulsory Competitions.
 - d. Ties will be broken according to USAG Rules & Policies.
 - e. Awards announced and presented following each session of Compulsory Competitions.

- f. Males participating and placing in the women's competition will receive a duplicate award. The placement of the female competitors will not be adjusted
- g. Masters competing Level 7 and below will receive one All-Around medal to be awarded following the conclusion of their competition session.
- h. The highest All-Around score per level regardless of age and session will receive an additional award at the final awards ceremony for that level. Providing there are more than 50 in the level or more than one session of the level.

D. Competition Rules: (2013–2021 rules apply)

1. Compulsory Levels

- a. ALL athletes must compete in all four events. USAG Level 1– 5 Compulsory Routines only.
- b. USAG Compulsory routines and rules apply.

2. Xcel (USAG Xcel rules apply)

- a. ALL athletes must compete in all four events.
- b. Xcel rules will follow USAG Bronze, Silver, Gold, Platinum and Diamond rules and requirements.

3. Level 6 & 7 Division

- a. ALL athletes must compete in all four events.
- b. USAG Level 6 & 7 rules apply including difficulty restrictions.
- c. See 2013–2021 USAG Rules & Policies for complete Level 6 & 7 Guidelines.

YMCA National Women's Gymnastics Level 8 Division

A. Purpose:

- 1. To help gymnasts who have not reached the Championship Optional Level and improve on skills at the Women's Level 8 Optional Division.
- 2. To encourage these gymnasts to continue in the sport of gymnastics and to strive towards the Championship Optional Division.
- 3. To determine the Level 8 National Team Champions and the Level 8 All Around National Champions
- 4. To provide the opportunity for furtherance of the YMCA Values.

B. Competition Rules:

- 1. Athletes must compete in all four events.
- 2. USAG level 8 rules apply
 - a. USAG difficulty restrictions apply
 - b. See 2013–2021 USAG Rules & Policies for complete Level 8 Guidelines

C. Competition Information:

- 1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting February 19, 2018. Registration closes March 19, 2018.**
- 2. There will be two age groups plus masters division.
 - a. Junior/Senior: determined by fifty-fifty split over the entire division. Age groups remain the same throughout the competition across all sessions.
 - b. The Masters Division is for those individuals competing after the summer of their Senior Year.
 - c. Age is determined as of **June 30, 2018**. Note – if birthday is on June 30th, the gymnast will compete in the older age group
- 3. Event / Team Competition (Round I)
 - a. To be held on **June 28 & June 29 (if needed)**
 - b. All entrants compete
 - c. Sessions determined by blind draw

- d. This Round determines Session Individual Event Winners and National Team Champions.
- 4. All-Around Final Competition (Round II)
 - a. To be held on **June 30, 2018**.
 - b. **Gymnasts competing as Masters will not advance to All-Around Finals Competition.**
 - c. The top 25 all around scores in each division from the combined sessions after Round 1 will be used to identify the gymnasts who will advance to Round 2. Ties for the 25th place will also advance; ties will not be broken to determine finalists.
 - d. Men competing in the women's competition advance to finals if their score is higher than the 25th women's score in their age division. Women's Juniors/Senior advancement will not be affected (total finalists in the age division will exceed 25).
- 5. All-around awards and team awards for the Level 8 will immediately follow the Level 8 All-Around finals competition.
- 6. For the safety of the gymnasts, the meet referee and meet director may be viewing meet warm-ups and have the authority to eliminate any unsafe skill from a gymnast's routine.

D. Determining Awards:

- 1. Individual Event Awards
 - a. Minimum of 6 places with a maximum of one-third of competitors will be awarded in each age group.
 - b. Individual event awards will be awarded after each session.
 - c. Places determined by scores achieved in each separate session of competition.
 - d. Ties will be broken according to USAG Rules & Policies.
 - e. Event awards announced and presented following each session of Level 8 Division Competition.
 - f. Male competitors will receive duplicate awards based on their placement. The placement of female competitors will not be adjusted.
- 2. Individual All-Around Awards
 - a. Individual All-Around awards will be awarded after Round 2 All-Around Finals *only* (not each session).
 - b. All-Around scores from Round 1 and Round 2 will be *added* to determine winners.
 - c. In addition, Round 2 competitors will receive a certificate in recognition of their achievement.
 - d. Ties will be broken according to USAG Rules & Policies.
 - e. All finalists will receive all-around awards. 1st through 10th place will receive trophies; 11th through 25th (or greater in case of ties or additional automatic qualifiers) will receive medals. Male competitors will receive duplicate awards based on their placement.
 - f. Awards will be announced and presented following All Around Finals on **June 30, 2018**.
- 3. Team Awards
 - a. Top four scores per event used to determine team score.
 - b. Only Junior and Senior age groups may count toward team scores.
 - c. Scores from Masters or men competing in the women's competition will not count toward team scores.
 - d. Calculated team score from Round 1 determines Final Team Score.
 - e. 1st through 10th place teams will be awarded banners.
 - f. Awards announced and presented following All Around Finals on **June 30, 2018**.
- 4. **Masters Awards**
 - a. Women's Level 8 Division
Masters competing in Level 8 Division will be awarded one All-Around medal following the conclusion of the last Level 8 competition on Round 1, or as determined by the meet host as being the most appropriate time.

YMCA National Women's Gymnastics Championship Division

A. Purpose:

1. To provide national competition for the accomplished gymnasts who are physically and mentally prepared and have experience in the skills they are competing.
2. To provide the highest level of competition at a YMCA National meet.
3. To determine the 2018 YMCA Gymnastics National Champions.
4. To provide the opportunity for furtherance of YMCA Character Development values.

B. Competition Rules:

1. Athletes must compete All Around during the first round of competition unless designated as an event specialist.
 - a. **USAG Level 9 rules in effect with the following modifications:**
 - b. **Connection bonus will be awarded as per L10 bonus rules. (exception: uneven bars - C+C use L9 and all events - C+D = +.2) Connective bonus is calculated to the athlete's maximum benefit.**
 - c. **May perform unlimited D (+.1) & E (+.2) skills with applicable Difficulty bonus.**
 - d. **No vault restrictions. Level 9 Vault chart will be used. Vaults not included on the L9 chart should be submitted no later than four weeks prior to start of competition for value clarification.**
2. Event Finals will be judged using the rules as stated above except:
 - a. **Start Value 9.5, with .5 bonus possible –all .5 may come from Connective or Difficulty bonus.**

C. Competition Information:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting February 19, 2018. Registration will close March 19, 2018.**
2. There will be two age groups plus masters division.
 - a. Junior/Senior: determined by fifty-fifty split over the entire division. Age groups remain the same throughout the competition across all sessions.
 - b. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
 - c. Age is determined as of **June 30, 2018**. Note – if birthday is on June 30th, the gymnast will compete in the older age group
3. Preliminary Competition (Round I)
 - a. To be held on **June 28, 2018**
 - b. All entrants compete
 - c. Sessions determined by blind draw
4. Event Finals Competition (Round II)
 - a. To be held on the evening of **June 29, 2018**
 - b. Top 8 Junior, top 8 Senior gymnasts (Masters or men competing in the women's competition receiving a score that ranks them in the top 8 overall on any event) will compete. Junior or Senior standings will not be affected.
 - c. Event Finalists determined from Round I.
 - d. Round I rules remain in effect with the following exception: **Start Value 9.5, with .5 bonus possible –all .5 may come from Connective or Difficulty bonus.**
 - e. Draw done by top 4 and bottom 4

D. Determining Awards

1. Individual Event Awards

- a. Places determined by adding Round I and Round II scores.
- b. 1st through 8th place on each event in Junior and Senior age groups will be awarded medals. All Finalists will receive an award.
- c. Ties will be broken according to USAG Rules & Policies.
- d. Awards announced and presented following Event Finals on June 29, 2018.
- e. Male and masters competitors will receive duplicate awards based on their placement. The placement of female competitors will not be adjusted.

2. Individual All-Around Awards

- a. All Around scores from Round I will determine winners.
- b. 1st through 8th place will receive trophies; 9th through 25th will receive medals in Junior and Senior age groups. Male and masters competitors will receive duplicate awards based on their placement.
- c. 1st through 8th place in Junior and Senior age groups will be recognized as YMCA All Americans with a Jacket. *Masters Division gymnasts and males competing in this division are not eligible for All American Status.*
- d. Ties will be broken according to USAG Rules and Policies.
- e. All Championship Division gymnasts will receive a certificate of recognition in the coaches' packet.
- f. Awards announced and presented following Event finals on June 29, 2018. All athletes must be in team competitive attire to receive awards even if they are not competing in the event finals.

3. Team awards

- a. Top 3 scores per event from Round I used to determine team score.
- b. **Only Junior and Senior age groups may count toward team scores.**
- c. Men competing in the women's competition or Masters will not count toward team scores.
- d. 1st through 10th place awarded banners that fulfill requirements as outlined above in 3a.
- e. Awards announced and presented following Event Finals on June 29, 2018. All teams receiving team awards must be in team competitive attire to receive awards even if they are not competing in Round II.

4. All Masters awards

- a. Championship Division - Masters competing in Championship will be awarded one All – Around medal following the last Championship competition from Round I or as determined by the meet host as being the appropriate time.

YMCA NATIONAL GYMNASTICS MENS COMPETITION

YMCA National Men's Levels Compulsory, Xcel, and Developmental Invitational Divisions

A. Purpose:

1. To have fun while participating in a meet with gymnasts from YMCAs around the country.
2. To expose compulsory level gymnasts to an optional NATIONAL caliber competition.
3. To include these gymnasts in the overall positive experience, which the National Championships can provide.
4. To inspire gymnasts, coaches, and parents to continue in the sport of gymnastics and be the best they can be.
5. To provide the opportunity for the furtherance of YMCA Values.

B. Competition Rules: (USAG 2016-2020 rules apply)

1. In levels 4-7, competition is offered in Division I and Division II.
2. Athletes must compete in all six events.

C. Competition Information:

1. Entries will be accepted into the meet on a 'First Come, First Served' basis starting February 19, 2018. Registration closes March 19, 2018.
2. Individual Event and All-Around Competition will be evaluated by Level *and* Age Group.
3. Age groups will be determined by the number of entries received.
4. Age is determined as of June 30, 2018. Note – if birthday is on June 30th, the gymnast will compete in the older age group.
5. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
6. Individual/All-Around Competition:
 - a. Various Sessions to be held
 - b. All entrants compete
 - c. Sessions determined by blind draw
 - d. Individual Event and All Around winners for each session
7. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm ups.
8. The Compulsory Divisions are an Invitational Meet; they do not determine National Champions.

D. Determining Awards:

1. Individual Event and All-Around Awards.
 - a. Minimum of 6 places with a maximum of one-third of competitors will be awarded for each event and All-Around after each session.
 - b. Places determined by scores after each session.
 - c. Ties will be broken according to USAG Rules and Policies.
 - d. Awards announced and presented following each session.
2. Team Awards – Mega Score weighted system.
 - a. Top three scores on each event from every team will be combined and added using the Mega Score weight system to determine the team winner.

EXAMPLE: if they all received a 10...

Levels Xcel, 4 and 5 100%, 10

Level 6, Developmental and 7 125%, 12.5

Championship 150%, 15
 - b. Mega Team Award will be handed out at the end of the men's competition after individual awards have been handed out.

Men's Gymnastics Championship Division (Levels 8-10)

A. Purpose:

1. To have fun while participating in a meet with gymnasts from YMCAs around the country.
2. To expose optional level gymnasts to a National caliber championship competition.
3. To include these gymnasts in the overall positive experience, which the National Championships can provide.
4. To inspire gymnasts, coaches, and parents to continue in the sport of gymnastics and strive for their best effort.
5. To provide the opportunity for the furtherance of YMCA Character Development values.

B. Competition Rules:

1. USAG, JO level 9 rules apply. FIG Vault Chart will be used. Event specialist qualifying score is 9.0.
2. Consistent with USAG policies, Event Specialists are allowed in the Championship Division.
 - a. Skills Restrictions
 - i. Round off entry vaults are allowed for **Level 9 and 10 athletes only** in the USA Gymnastics Junior Program. Round off entry vaults are **not allowed for Level 8 athletes**.
 - ii. Head-first entry roll out skills on Floor Exercise of "C" value or higher are not permitted at Level 8 and 9. These skills are allowed at Level 10 only.
 - iii. *See the Age Group Program Competition Manual and approved updates for current information on skill restrictions for the Junior program.*
3. This will be an Invitational Meet with no advancement to finals. However, the top Individual event winners may be asked to participate in an Exhibition performance during Women's Division Event Finals which is on the evening of June 29, 2018. (They may choose one or two events of their choice).

C. Competition Information:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting February 19, 2018. Registration closes March 19, 2018.**
2. Individual Event and All-Around Competition will be evaluated by Level *and* Age Group.
3. Age groups will be determined by USAG rules and by the number of entries received.
4. Age is determined as of **June 30, 2018**. **Note – if birthday is on June 30th, the gymnast will compete in the older age group.**
5. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
6. Individual All-Around/Team Competition (Round 1)
 - a. To be held **June 30, 2018**.
 - b. All entrants compete.
 - c. Competition in Round 1 will determine All-Around Placement and Individual Event Winners.
 - d. ALL gymnasts will be judged using USAG Rules and Policies at their appropriate level based upon Level on gymnast registration (most current updates will be upheld as the standard for evaluation).
 - e. The top individual event winners may be asked to participate in an Exhibition performance during Events Finals (one or two events of their choice)
7. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm-ups.

D. Determining Awards:

1. Individual Awards:

- a. One-half of competitors will be awarded for each event. In the case that there are three or less, all gymnasts will receive awards.
- b. One-half of all competitors will be awarded for All-Around after each session. In the case that there are three or less, all gymnasts will receive All-Around award.
- c. If there are 10 or more gymnasts in the Championships Division, 1st through 3rd place in Junior and Senior age groups will be recognized as YMCA All Americans with a jacket and will also be announced at the Women's Championship finals. All gymnasts being recognized after event final on June 29, 2018, must be in team competition attire. Masters Division gymnasts are not eligible for All American Status.
- d. Ties will be broken according to USAG Rules & Policies.
- e. All Championship Division gymnasts will receive a certificate of recognition in the coaches' packet.
- f. Awards will be announced and presented following the men's session.

2. Team Awards – Mega Score weighted system

- g. Top three scores on each event from every team will be combined and added using the Mega Score weight system to determine the team winner.

EXAMPLE: if they all received a 10...

Levels Xcel, 4 and 5 100%, 10

Level 6, Developmental, and 7 125%, 12.5

Championship 150%, 15

- h. Mega Team Award will be handed out at the end of the men's competition after individual awards have been handed out.