



## Meet Directors Guide

Thank you for including HUGS levels in your competition. This will be one of the most rewarding experiences for both your HUGS athletes and all who participate in your competition.

This program has some unique needs that you should be prepared for in advance. Take some time to research the HUGS program, and understand the purpose and process to help your competition run smoothly.

Here are some things to consider when including HUGS Trampoline & Tumbling in your competition.

### **OVERVIEW:**

A detailed program overview is provided here:

[https://usagym.org/PDFs/Group/Rules/tr\\_hugs\\_guidelines.pdf](https://usagym.org/PDFs/Group/Rules/tr_hugs_guidelines.pdf)

### **POSSIBLE ADDITIONAL EQUIPMENT NEEDS:**

#### **Trampoline:**

You might want to include some type of block (or panel mat stack) to assist athletes and coaches getting up and down off of the trampoline safely.

#### **Double Mini:**

A large firm wedge mat to be used when mounting the double mini trampoline.

#### **Tumbling:**

Athletes are allowed to use a panel mat if needed to perform skills.

### **JUDGES:**

Communicate with your judges that you have included HUGS levels and provide them the education resources so they are prepared to judge these levels.

- HUGS Code of Points: [https://usagym.org/PDFs/Group/Rules/tr\\_hugs\\_cop.pdf](https://usagym.org/PDFs/Group/Rules/tr_hugs_cop.pdf)
- HUGS Program Webinar: <https://www.youtube.com/watch?v=Us0xrQwnFeY&feature=youtu.be>
- HUGS Judges Education Video: <https://www.youtube.com/watch?v=S00Dwcddr2g&feature=youtu.be>

### **COMPETITION CARDS:**

Competition cards are required at all levels for HUGS. Print cards prior to competition and have them available onsite, and email the links provided below to teams participating in your competition should they choose to bring them to the competition completed.

- Trampoline: [https://usagym.org/PDFs/Group/Rules/tr\\_hugs\\_comptr.pdf](https://usagym.org/PDFs/Group/Rules/tr_hugs_comptr.pdf)
- Tumbling: [https://usagym.org/PDFs/Group/Rules/tr\\_hugs\\_comptu.pdf](https://usagym.org/PDFs/Group/Rules/tr_hugs_comptu.pdf)
- Double Mini: [https://usagym.org/PDFs/Group/Rules/tr\\_hugs\\_compdm.pdf](https://usagym.org/PDFs/Group/Rules/tr_hugs_compdm.pdf)

**AWARDS:**

HUGS athletes do better if their awards are immediately after their competition. Provide a quick awards ceremony immediately after each flight, or plan to move your HUGS athletes from event to event and then straight to awards.

**REDUCED ENTRY FEE:**

It is recommended to try to keep HUGS entry fees around \$25 - \$50. It is at the discretion of the meet director to offer a reduced entry fee.

**SCHEDULING:**

When scheduling your competition take into consideration that HUGS athletes may take an extended time to warm up and compete.

Also, consider that coaches may want to bring all HUGS flights to the floor at the same time, because of the need for them to be with their athletes in staging and on the field of play – they may not have adequate coaching staff to be in two places at once.

If your competition is multiple days, try to schedule HUGS in one day.

Try to schedule HUGS earlier in the day rather than later.

Good luck with your competition!