

ACROBATICS & TUMBLING DEVELOPMENT PROGRAM

Rules & Policies



USA GYMNASTICS.

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Article I. USA Gymnastics Membership

All participants in a USA Gymnastics sanctioned event must be pre-registered using the USA Gymnastics Meet Reservation system. Any participant who is unable to be verified as a current USA Gymnastics member in good standing will be ineligible to participate in any USA Gymnastics sanctioned event. In addition, any and all athletes who wish to compete at USA Gymnastics sanctioned events must be affiliated with a current USA Gymnastics Member Club. An athlete must be coached by a Competitive Coach of the same affiliated club, with the exception of an emergency situation.

Current membership types and requirements for the 2021-2022 season can be found online [here](#).

1.01 Athlete Membership

- a) Athlete membership is effective once a USA Gymnastics Athlete membership has been purchased for the current season.
- b) Athlete member numbers are effective only after:
 - Athlete membership fee is paid.
 - The online membership registration and/or membership application form is received fully completed with all required information and signatures.
 - Athlete members 18 years old and older must complete the U110: U.S. Center for SafeSport Core Training. Athlete memberships will go into a pending status if this course is not complete once the athlete turns 18.
- c) Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
- d) The Athlete membership is valid for one competitive year, from August 1 through the following July:
 - Members joining at any time during the year will receive benefits for the remainder of the competitive year.
 - All Athlete memberships are automatically null and void each July 31.
- e) Membership forms are available online at usagym.org/forms. For more information regarding Athlete membership terms, conditions, and registrations, contact Member Services at 800-345-4719 or via e-mail at membership@usagym.org.
- f) In order for an athlete to compete, they must be affiliated with a member club of USA Gymnastics.

1.02 Membership and Responsibilities

- a) For information regarding membership terms, conditions, and registration, please contact Member Services at 800-345-4719 or via e-mail at membership@usagym.org.
- b) Member benefits are paid out upon receipt of application; therefore, memberships are nonrefundable and nontransferable.
- c) Information about the various certifications, programs, and accreditations for members is offered in the USA Gymnastics University is available online at: usagymnasticsuniversity.org.
- d) Competitive Coach members coaching at sanctioned events must have a minimum certification level of instructor Certified in USA Gymnastics University. Instructor Certification can be achieved by completing the U100 Fundamentals of Gymnastics Instruction course.

- e) The following membership roles are permitted to be on the floor of a USA Gymnastics sanctioned event, so long as the member is in good standing and all membership requirements are complete:
- Competitive Coach
 - Judge
 - Meet Director
 - Photographer/Videographer
 - Medical
 - Volunteer
 - Athlete

1.03 Other USA Gymnastics Memberships and Educational Programs

For a complete and up-to-date list of other available memberships, various certifications, programs, and accreditations for members, please visit the USA Gymnastics [Member Services website](#).

Article II. Rights and Obligations of Athletes

2.01 Athlete's Rights

The athlete has the right to:

- a) Compete in a meet if all requirements for eligibility have been met and the athlete has been properly entered. Local meets are considered invitational.
- b) Enter any sanctioned meet when affiliated with a club. The athlete must also be accompanied by a USA Gymnastics Professional Member of Gymnastics for All who is properly certified.
- c) Use the facilities and services of any person connected officially with the meet.
- d) Expect courteous and respectful treatment from all participants and meet personnel.
- e) Expect that the competition site and equipment provide a safe and adequate environment.
- f) Repeat an exercise in total or from the point of interruption if equipment failure occurs. The decision to repeat must be made prior to the flashing of the score.

2.02 Athlete's Obligations

The athlete is obligated to:

- a) Be a properly registered Athlete Member with USA Gymnastics and be prepared to show his/her membership card.
- b) Follow the USA Gymnastics Code of Ethical Conduct and Safe Sport Policy.
- c) Be competent at the level at which he/she is competing.
- d) Be familiar with the rules of the meet and schedule of competition. Be ready for competition on time. Those who miss their turn will not be allowed to compete.
- e) Be present at the site of the meet for sufficient warm-up.
- f) Remain in the area of competition designated for athletes, as competitors or observers.
- g) Wear the proper attire for training, warm-ups and competition as well as opening and closing ceremonies and awards presentations.

- h) Refrain from wearing jewelry and other prohibited accessories.
- i) Wear hair secured away from the face and according to the rules.
- j) Perform to the best of his/her abilities.
- k) Accept the received score without criticism or comment.
- l) Be courteous, respectful, and polite to all meet officials and other participants. Turn off all cell phones (or set on vibrate mode) while in the “field of play” to avoid disturbing the competition.
- m) Be aware that infringement of obligations could lead to deduction and/or expulsion by the Meet Director or Head Judge.
- n) Athlete’s Oath:

As a member of USA Gymnastics, I understand that USA Gymnastics is dedicated to the safe development of the Gymnastics for All discipline throughout the United States. I promise to abide by all rules and regulations of USA Gymnastics and the Acrobatics and Tumbling Development Program and to conduct myself in a safe and courteous manner at all times.

Article III. USA Gymnastics Governance Documents

3.01 Code of Ethical Conduct (*updated: December 2021*)

Introduction

Every USA Gymnastics (“USAG” or “USA Gymnastics”) member has the power and the responsibility to shape the culture within our sport. By practicing our shared values, and staying focused on our highest priority – the safety and well-being of our athletes – we can promote an environment that empowers and supports athletes, and makes participation in the sport a positive and rewarding experience for all members.

The USA Gymnastics Code of Ethical Conduct (the “Code”) is our collective commitment to work ethically in all instances. It offers a tangible way to put our values into practice, and guidance in situations that have potential or actual ethical implications. Ultimately, the effectiveness of the Code depends on a personal commitment from every member of the gymnastics community.

This Code is divided into three sections: (1) the Athlete Bill of Rights; (2) Ethical Obligations; and (3) Resolution of Ethical Issues. The Code does not address misconduct or abusive behaviors. Instead, the USA Gymnastics Safe Sport Policy provides the definitions and mandatory reporting requirements for misconduct and abuse.

All members, employees, volunteers, board members, committee and task force members of USA Gymnastics and contractors (collectively, “members of USA Gymnastics” or “members”), are required to implement and adhere to this Code.

Members of USA Gymnastics are also required to accept the requirements of and comport themselves in accordance with (a) the rules, policies, and procedures of USA Gymnastics and the United States Olympic and Paralympic Committee (“USOPC”); (b) the Olympic Movement Code on the Prevention of the Manipulation of Competitions; and (c) all applicable state and local laws.

3.02 Athlete Bill of Rights

All members of USA Gymnastics are committed to ensuring that athletes have a safe, inclusive, and supportive environment in which to train and compete, and that each athlete has the ability to:

1. **Participate in gymnastics:** Gymnastics is inclusive and open to everyone. All athletes have the right to participate, regardless of their age, race, ethnicity, gender, sexual orientation, gender identity, mental or physical disability, national origin, religion, or any other basis proscribed by law. Athletes have the right to participate at a level commensurate with their maturity and ability and will be given an equal opportunity to strive for success.
2. **Train and compete safely:** Safety is paramount. All athletes have the right to:
 - Participate in an environment that is free from emotional, sexual, or physical abuse;
 - Train and compete in a safe environment, free from inappropriate physical hazards, bullying, hazing, harassment, stalking, violence, or similar threats; and
 - Train and compete on equipment that is clean, appropriately fitted, and properly maintained.
3. **Have their personal health and wellness prioritized:** Athletes have the right to pursue a healthy lifestyle that includes proper nutrition, mental health support, injury prevention and care, and necessary rest and recuperation, especially when healing from injury.
4. **To be treated with dignity and respect:** Athletes have the right to be treated fairly and with dignity and respect. They have the right to make mistakes and fail without fear. They have the right to be respected, encouraged and supported appropriately by other athletes, parents, coaches, judges, spectators, event officials and those in positions of authority.
5. **Receive proper instruction:** Athletes have the right to:
 - Be coached by individuals who are knowledgeable and have received appropriate training.
 - Be properly prepared for participation by those in positions of authority, including coaches, club owners, and administrators.
 - Question or report improper behavior or violations of the Safe Sport Code, including of coaches or club owners, without fear that doing so will negatively impact their participation or success.
 - All athletes (and particularly minor athletes) are entitled to have their parents observe coach/athlete interactions.
6. **Integrity and Transparency:** Athletes have the right to fair and transparent procedures and policies within their discipline – including selection procedures – that demonstrate integrity and are free from conflicts of interest, impropriety, and favoritism.
7. **Provide input on matters that directly affect them:** Athletes have the right to provide input, and have their voices respected, in matters that directly affect them.
8. **Voice opinions on issues that affect the gymnastics community:** Athletes have the right to respectfully express themselves on issues that impact the gymnastics community, with the confidence that doing so will not jeopardize their ability to participate and/or negatively impact their success.

The foundational philosophies of this Bill of Rights are separate from, but intended to guide, the responsibilities of each individual member included in the Ethical Obligations of Members (below), the Safe Sport Policy, and the Speak Up Policy. Ethical Obligations should be interpreted with these principles in mind.

3.03 Ethical Obligations of Members

a) **Promotion of a Safe, Positive and Healthy Environment for All**

Members have an ongoing obligation and commitment to ensure a safe and healthy environment for all gymnastics participants. Consistent with this obligation, members must:

- Make decisions in the best interest of athletes.
- Maintain a safe training and competing environment.
- Promote a culture of trust and empowerment.
- Respect the fundamental rights, dignity, and worth of all participants.
- Encourage a healthy lifestyle and support nutritional well-being.
- Promote and respect all Safe Sport principles.

b) Commitment to Integrity

Members have a responsibility to uphold the integrity of the sport and to act honestly, openly, fairly, and competently. Members must:

- Be knowledgeable of, understand, and follow USA Gymnastics rules and policies, and refrain from knowingly misrepresenting or misinterpreting such.
- Promote fair play.
- Maintain respect on the floor and refrain from intimidating, embarrassing or improperly influencing any individual responsible for participating in, judging, or administering a competition.
- Follow the established procedures for challenging a competitive result.
- Make honest certifications regarding compliance with USA Gymnastics' policies, procedures or membership requirements.
- Avoid engaging in business practices directed toward another Member that are known to be or are determined by a court or similar adjudicatory body to be, unethical, illegal or a breach of contract.

c) Participation and Inclusion

Members have the right to participate in any USA Gymnastics activity or event for which the member is properly qualified under the rules of that activity or event and may participate to the best of his/her abilities at his/her discretion:

- Members may not knowingly participate in, or cause others to participate in, any activity or event where that individual is inadequately prepared or unable to participate safely.
- Members must promote positive participation and avoid behavior that is likely to interfere with the orderly conduct of the activity or other members' participation in, or enjoyment of, an activity or event.
- Members must respect the rights and opinions of others.
- Members must facilitate cooperation in order to serve athletes and other participants effectively and appropriately.
- Members must promote inclusion and an environment free of discrimination. Members may not:
 - Restrict the ability of a member to qualify for or participate in competition because of the member's association with a particular organization or individual or because of that Member's race, sex, creed, sexual orientation, gender identity, age, national origin, mental or physical disability, or any other basis proscribed by law.
 - Discriminate in the allocation of resources or opportunities to any member or prospective member on the basis of race, sex, creed, sexual orientation, age, national origin, mental or physical disability, or any other basis proscribed by law.

d) Communication

Members of USA Gymnastics have a duty to communicate honestly and openly and must:

- Respect the voice of athletes, particularly in matters that affect them.
- Strive to promote the sport and athletes.
- Provide all information and resources necessary to enhance a gymnast's enjoyment of the sport or reduce their risk of injury or illness.
- Refrain from unsportsmanlike comments or behavior.
- Address differences in a calm and respectful manner.
- Clearly communicate roles, responsibilities and expectations.
- Avoid making false or misleading claims; or, falsify, or omit any information, record or document or other evidence for any purpose.
- Accurately represent competitive achievements, professional qualifications, education, experience, eligibility, criminal record and other misconduct, and/or affiliations.

e) Concern for the Welfare of Others

Members shall seek to contribute to the welfare of gymnastics participants and must:

- Promote a culture of empowerment with a focus on athlete health and safety.
- Comply with mandatory reporting requirements established by federal law, the U.S. Center for SafeSport and USA Gymnastics Safe Sport Policy.
- Proactively address potentially harmful behavior or an unsafe environment.
- Be sensitive to any imbalance of power.
- Resolve conflicts in a professional manner.

No individual who is an employee, contractor, or agent of USA Gymnastics may assist a member or former member of USA Gymnastics in obtaining a new job (excluding the routine transmission of administrative or personnel files) if the individual knows that the member or former member (a) violated the policies or procedures of the U.S. Center for SafeSport related to sexual misconduct; and/or (b) was convicted of a crime involving sexual misconduct with a minor in violation of applicable law or the policies and procedures of the U.S. Center for SafeSport.

f) Professional Responsibility

Members have the responsibility to aspire to the highest possible standards of conduct and must:

- Prioritize athlete welfare.
- Faithfully complete and comply with USA Gymnastics membership requirements.
- Strive to maintain high standards and excellence.
- Seek to increase proficiency levels through continuing education and in consultation with other professionals.
- Participate only at a level of the sport in which an individual is qualified and prepared for.
- Accept appropriate responsibility for one's own behavior and report any unlawful or other inappropriate conduct of others in accordance with Section II below.

g) Alcohol and Drug Free Environment

Members of USA Gymnastics must ensure that the sport is conducted in an environment free of drug or alcohol abuse. Members may not:

- Use or provide to a third party any illegal (scheduled) drug pursuant to applicable federal, state or municipal law.
- Assist or condone any competing athlete's use of a drug banned by any applicable governing body, or, in the case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by any governing body.
- Provide alcohol to or condone the use of alcohol by minors; consume alcohol while engaging in USA Gymnastics activities, including coaching and/or training and/or competing; consume excessive alcohol in the presence of athletes or at USA Gymnastics' events; or consume alcoholic beverages while a minor.

3.04 Reporting and Resolving Ethical Issues

All members of USA Gymnastics have an obligation to be familiar with the principles outlined within this Code. Members should be alert and sensitive to situations that could result in unethical, illegal or improper actions. Members may report potential or actual violations of this Code to the USA Gymnastics Ethics Hotline: (833) 844-SAFE. If you choose to make your report to the USA Gymnastics Ethics Hotline, please be aware that all calls to the Ethics Hotline are confidential and callers may remain anonymous.

The specific methods, requirements, and procedures for reporting and resolving possible ethical violations of the Code are found in the Administrative and Ethical Grievance Procedures ("Grievance Procedures") [here](#).

The Grievance Procedures provide for informal resolution of ethical violations, the reporting of possible ethical violations (including anonymous reporting) and formal dispute resolution procedures for violations of the Code. The Grievance Procedures outline, among other things, who can submit a complaint, the requirements for a complaint, the process for responding to a complaint, the rights and responsibilities of the parties involved in the process, and the formal hearing process for resolution of complaint.

The Opportunity to Participate Grievance Procedures [here](#) apply to violations of the Code that may affect a member's opportunity to participate in an amateur athletic competition sanctioned by USAG or protected by the Ted Stevens Olympic and Amateur Sports Act (Ted Stevens Act) or the United States Olympic & Paralympic Committee's bylaws.

3.05 Anti-Retaliation and Additional Resources

Anti-Retaliation. Under no circumstances will an individual be subject to any disciplinary or retaliatory action for filing, in good faith, a report of a violation or potential violation of the Code. However, filing known false or malicious reports will not be tolerated, and anyone filing such reports will be subject to appropriate disciplinary action.

Additional Resources. The Office of the Athlete Ombuds and its staff (the Athlete Ombuds) offers independent, confidential advice to athletes regarding their rights and responsibilities in the Olympic and Paralympic Movement, and assists athletes with a broad range of questions, disputes, complaints and concerns. The Athlete Ombuds' focus is to serve athletes who represent the U.S. in international competition. The Athlete Ombuds operates on the core principles

of confidentiality and privacy, independence, and impartiality. Additional information about, and contact information for, the Athlete Ombuds can be found online at <https://www.teamusa.org/athlete-ombuds>

3.06 USA Gymnastics Safe Sport Policy (November 2021)

The updated USA Gymnastics Safe Sport Policy can be found [here](#) and has gone into effect as of November 2021.

Article IV. Mission & Goals

4.01 Mission Statement

The Mission of the USA Gymnastics' Acrobatics & Tumbling Development Program is to combine skill sets currently practiced in artistic, acrobatic, trampoline and power tumbling, all internationally recognized and competed disciplines of gymnastics, while providing a safe environment and competitive opportunities for youth athletes.

USA Gymnastics has worked closely with the NCATA (National Collegiate Acrobatics and Tumbling Association) to align program goals and content. A big thank you goes out to the NCATA for their ongoing support of the Acrobatics and Tumbling Development Program.

4.02 Goals

- a) Continue to develop the sport in a positive direction.
- b) Education and continued growth of the sport at the youth level.
- c) Grow the sport to be the primary source for university participation in the National Collegiate Acrobatics and Tumbling Association (scholarships available).

Article V. Program Description

The Acrobatics & Tumbling Development Program combines skill sets currently practiced in artistic, acrobatic, trampoline and power tumbling, all internationally recognized and competed disciplines of gymnastics.

Acrobatics & Tumbling Development Program meets are exciting, fast paced, and fan friendly. Each meet is held as a contest between 2 or more teams. Levels 1 and 2 will compete in the compulsory events which include Acro, Pyramid, Toss, Tumbling and Team. Levels 3 and 4 will follow the traditional collegiate format: Compulsory, Acro, Pyramid, Toss, Tumbling, and Team Event.

Teams are evaluated in each heat by a panel of officials, receiving a score based on starting difficulty values and execution of declared skills. The team with the highest overall score is declared the winner.

5.01 Acro Description

Groups of athletes will compete in acrobatic lifts and tosses demonstrating strength, balance, and technique from both the bases and tops. Levels 3 and 4 compete in two additional heats consisting of 4 and 5 elements, respectively.

5.02 Pyramid Description

In the Pyramid Event, Teams combine an entry, structure and dismount to create a pyramid. Levels 3 and 4 compete in two individual heats building pyramids of three layers. Heat one is open while heat two is synchronized.

5.03 Toss Description

The Toss Event is an aerial event with a group of bases tossing one top in the air. The top completes a flipping and/or twisting skill forward or backward. In levels 3 and 4 there is also one open toss heat and one synchronized heat.

5.04 Tumbling Description

The Tumbling Event features powerful synchronized and individual tumbling passes. In addition to the compulsory events, athletes in levels 3 and 4 may compete in one synchronized pass and one solo pass. Passes feature a variety of salto and twisting elements and are valued for the difficulty and connection of those skills. Three synchronized and three individual heats construct the Tumbling Event.

5.05 Team Event Description

In Team Event, teams perform individual and synchronized choreographed skills in a routine set to music. Routines are composed to showcase all skill sets that have been competed in the previous events.

5.06 Divisions and Age Groups (all open to female and/or male athletes)

a) Divisions

Levels 1 & 2
<ul style="list-style-type: none">• Minimum Age: 5 Years Old• Age Spread: No more than a 7 year spread between the youngest and oldest on the team• Minimum Team Size: 9• Maximum Team Size: 17 only 15 will be allowed on the floor for Team Event. The remaining two can be utilized as substitutes.• Substitutes are allowed.• Crossover Athletes allowed: These are athletes that can participate on two teams.
Levels 3 & 4 (Optional Levels)
<ul style="list-style-type: none">• Minimum Age: 9 years old• Age Spread: No more than a 7 year spread between the youngest and oldest on the team• Minimum Team Size: 12• Maximum Team Size: 24 only 18 will be allowed on the floor for Team Event. The remaining 6 can be utilized as substitutes.• Substitutes Allowed• Crossover Athletes allowed.

b) Age Groups

The minimum age requirement and the team age spread should be determined:

- For levels 1 and 2, age should be determined as of January 1 of the competition season
- For levels 3 and 4 age should be determined as of the start date of Nationals

Using an athlete(s) who does not meet the minimum age requirement or is not within the age spread = Disqualification

Age Groups are created only if necessary, within a given competition (primarily due to volume of squads). The age groups are up to the discretion of the Meet Director to decide based on the number of entries into the competition. The Meet Director should notify all participating teams on the division of age groups no less than 2 weeks prior to the competition.

5.07 Crossover Athlete Policy

A Crossover Athlete (CA) is an athlete participating on more than one team. The maximum number of CAs per team is Four (4). Exceptions must be approved by the Technical Director for GFA, Lori Laznovsky at llaznovsky@usagym.org, along with documentation sent to the Meet Director.

- All Crossover Athlete deductions are taken by the Head Judge from the Final Meet Score.
- It is the responsibility of the Meet Director to check entry forms for CAs and report CAs to the Head Judge.
- For all Levels - any particular athlete may only participate as a team member in TWO (2) teams.
- CAs may move up or down ONE (1) Level only.
 - i.e. Level 1 may ONLY CA to Level 2, Level 3 may CA to Level 2 OR Level 4.

Example Roster with proper use of Crossover Athlete (CA) Policy

Level 1	Level 2	Level 3	Level 4
Sally Jones	Whitney Pepper	Jessica Palmer	Amy Dottier
Emily Brown	Hailey Gattis	Skyler Chodrow	Desire Bridegam
Gina Smith	Julie Crawford	Gabby Roncal	Gabby French
Carrie White	Lauren Black	Jocelyn Wright	Milly Bonner
Jane Smith	Briana Samuels	Samantha Woods	Allison Needly
Samantha Miller	Tamera Smith	Sasha Silverman	Sandy Beach
Rachel Whitney	Ashley Broach	McKayla Brand	Laney Vice
Gayle Blithe	Kelsey Wells	Delaney Booth	Alexis Henderson
Abby Gilmore	Melissa Green	Marley Lane	Heather Anderson
Heather White	Jane Blacksmith	Whitney Waters	Roxanna Vixon
Katelin Sannick	Blakely Mann	Shelly Whitley	Mandy Taylor
Yasmin Thomas	*Linda Lou	Natasha Summers	Alyssa Monroe
Bethany Louis	*Tamara Jones	Bren Ashton	Bonnie Sanford
*Linda Lou	(original team)	Kara Canes	Tina Ashford
(original team)	*Natalie Goldsmith	*Karen Frank	Chevonne Foyteck
*Jenny Taylor	(original team)	(original team)	Brandy Gosling
(original team)	*Jenny Taylor	*Tamara Jones	*Karen Frank
		*Natalie Goldsmith	*Sally Werth
		*Sally Werth	(original team)

You may not have more than 4 "*" athletes on a squad.

The Meet Director is NOT required to make special considerations or arrangements for Cas when organizing the timed warm-up or the draw for competition order. Coaches utilizing Crossover Athletes, must realize and prepare for these situations.

Article VI. Scoring Principles & Qualifying Procedures

6.01 Scoring Principles

The Final team Total Score is the sum of all event scores, plus or minus deductions that apply to the final tally. The primary value categories include difficulty, composition, and execution. Levels 1 & 2 will compete in compulsory routines, each heat starting at a 10.0, for the Acro, Pyramid, Toss, Tumbling and Team events. Levels 3 & 4 are evaluated in each heat by a panel of officials, receiving a score based on starting difficulty values and execution of declared skills. The team with the highest overall score is declared the winner.

6.02 Score Sheet Requirements

The Head Coach is required to complete, initial, and submit a Acrobatics and Tumbling Development Program Form for each team (at least 7 days prior to the scheduled start time of the respective competition) to the Meet Director and Technical Director of GFA (Ilaznovsky@usagym.org).

Failure to submit this form on time is subject to a 1.0 deduction from the team's Final Score.

*It is available to make any minor adjustments as needed, up to 24 hours prior to the Team's scheduled session March-In time.

The Meet Director is responsible for forwarding these forms to all of the respective judges no later than four (4) days prior to the start of the meet.

6.03 Scoring Program and Verification of Scores

Currently, there is no formal electronic scoring program available. Scoring will be tabulated manually. All Judges will tabulate and verify their scores by reviewing tariff sheet raw scores at the end of each heat and at the close of competition.

It is the responsibility of the head judge, or meet referee, to verify ALL scores **BEFORE** awards to ensure accuracy.

Once scores are verified, the respective official (Head Judge) is required to sign a hard copy of the results which will make them "official" and ready for awards presentation.

The Meet Director is also responsible for assisting in accurate scoring results and to maintain record of these official results pending future reference (for at least one year).

6.04 Start Values

- The start value (SV) for Level 1 and Level 2 is 10.0 for all heats.
- The start value (SV) for Level 3 and Level 4, compulsory heats is 10.0. The optional heats start values will be determined based on skill difficulty.

6.05 Qualifying Procedure

- Currently, there is only one post season competition – USA Gymnastics’ Gymnastics for All National Championships.
- The qualifying procedure for a Team to compete at USA Gymnastics’ Youth Acrobatics and Tumbling National Championships is that a Level 1-4 Team must compete a minimum of two (2) USA Gymnastics sanctioned events and post scores to qualify to Nationals.
- The qualifying procedure may be adjusted by the Youth A&T National Committee.
- Notification of any changes will be posted on the USA Gymnastics website.
- Clubs should confirm qualifying procedures prior to making any arrangements to compete at Nationals.

Article VII. General Regulations

All regulations are expected to be followed at all times. Failure to do so will result in possible consequences relative to the infraction according to USA Gymnastics guidelines and procedures.

7.01 Coaches Regulations

a) USA Gymnastics Membership

- All coaches within the field of play must have a valid USA Gymnastics Competitive Coach Membership in the Gymnastics for All (GfA) Discipline.
- Coaches should be prepared to visibly present their current USA Gymnastics member card at all sanctioned competitions.
- Go https://usagym.org/PDFs/Member%20Services/requirements_table.pdf to for more detail.

b) Safety

- Each registered team can have up to two (2) coaches on the floor in strategic locations to spot if necessary.
- Spotters must be attentive (in position without obstructing) and prepared to spot at all times.
- With the purpose of risk management, coaches must responsibly monitor athletes before, during, and after the competition.

c) Coaches Obligations

- Follow the USA Gymnastics Code of Ethical Conduct.
- Be professional and display good sportsmanship.
- Set an example for the athletes and parents by displaying a positive attitude and exemplary conduct.
- Show respect for all athletes, coaches, judges, and meet personnel. Talking on a cell phone during competition is not allowed. The Meet Director will give one warning before disciplinary action.
- Dress in appropriate athletic attire that reflects the best image of gymnastics (see dress code below).
- Submit all required paperwork to the appropriate official 7 days prior to the start of the competition.
- Attend all coaches’ meetings and be familiar with the meet set-up and organization.
- Be present at all warm-up and competition sessions.
- Check equipment and music.
- Provide music as instructed by Meet Director.
- Report any problems to the Meet Referee or Meet Director.

- Direct any inquiries regarding judging or meet schedules to the Meet Director who, in turn, will present this to the Meet Referee/Head Judge.
- Do not approach a judge directly prior to or during the competition.
- Inform athletes and parents of all competitive requirements, as well as rights and obligations. Athletes and parents should discuss any concerns they may have with their coach/coaches.
- In case of an injury to an athlete for whom they are responsible, File an Accident Report Form (available from the Meet Director). The coach or parent of the injured athlete must secure this form, completed by the medical personnel, prior to leaving the competition.
- Show respect for the United States flag and the National Anthem.

d) Competitive Coach Behavior Policy at USA Gymnastics Sanctioned Events

- Unacceptable coach behavior can be defined as:
 - Verbal, emotional, sexual, or physical abuse of the athlete.
 - Inappropriate remarks or comments, harassment, and/or gestures directed toward any official or meet personnel before, during or after the competition.
 - Contact with other persons outside of the competitive floor area before and during the actual warm-up and course of competition. (Exceptions: USA Gymnastics, or club doctor, trainer, other credentialed club coaches, or USA Gymnastics credentialed personnel).
 - Derogatory remarks in regard to USA Gymnastics, its designated representatives, meet officials or personnel.
- Such above described behavior will be penalized as follows:
 - First Offense: Verbal warning will be issued by the Meet Referee/Technical Director and/or designated representative of USA Gymnastics.
 - Second Offense: Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly the entire competitive arena). Incident will be reported to the USA Gymnastics GfA Technical Director.

e) Dress Code

Coaches must wear professional athletic attire (no jeans allowed, spaghetti straps, short shorts). Coaches must not wear items which can be a danger when standing in for catching or supporting. This includes but is not limited to:

- Bulky jewelry
- Watches
- Rings
- High heels
- Open toed shoes
- Credential lanyards (should be removed during competition)

7.02 Judges Regulations

USA Gymnastics Membership

All assigned judges for Acrobatics and Tumbling Development Program Competitions must have a valid USA Gymnastics Judging Membership within the *Gymnastics for All* (GfA) category. This includes valid and current Safety Certification and Background check and SafeSport training. Judges should be prepared to visibly present their current USA Gymnastics

member card at all sanctioned competitions. Current NCATA collegiate officials, with appropriate USA Gymnastics membership credentials, will be approved by USA Gymnastics for the 2021-2022 season only.

a) Judges Qualification

- Qualified Acrobatics and Tumbling Development Program judges are required for all USA Gymnastics sanctioned events.
- Judges are required to successfully complete and pass the online Judge’s examination in order to officiate at USA Gymnastics sanctioned competitions.
- Qualification for Head Judge is by experience

b) Judges Obligations

- Maintain Judges' Qualification ratings and active status requirements for the appropriate level of competition.
- Follow the USA Gymnastics Code of Ethical Conduct and USA Gymnastics Safe Sport Policies.
- Be mentally and physically prepared and rested so that the evaluations are as accurate as possible.
- The head judge should not be affiliated to any club or athlete in the competition.
- If a judge must cancel an assignment, they must notify the appropriate officials at the earliest possible moment.
- Be quick, cooperative and efficient in calculating scores.
- Show respect for all gymnasts, coaches, judges, meet personnel and volunteers.
- Cell phones and cell phone use are prohibited on the competition floor. Set a good example for the athletes by displaying a positive attitude and exemplary conduct.
- Judges should report 30 minutes prior to march-in.
- Each judge must be ready to explain his/her deductions and justify his/her score to the Judging Panel.
- Seating Arrangement – The judges must be positioned in a manner which affords a correct and unobstructed view of the team's performances, within reasonable distance of each other.

c) Judges Panel

It is recommended that a meet include a Head Judge separate from the officials judging tops and bases when feasible. If this is not feasible, the most senior official with experience in the Acrobatics and Tumbling Development Program should be designated as the head judge in addition to their Top or Base judging duties. The following outlines judges panel options:

Judges Panel Size (Total Number of Judges)	Head Judge	Top Judge	Base Judge
Two-Judge Panel (2)	The most senior of the judges with experience in the Acrobatics and Tumbling Development Program should be designated as the Head Judge	1 Judge	1 Judge
Three-Judge Panel (3)	1 Judge	1 Judge	1 Judge
Four-Judge Panel (4)	The most senior of the judges with experience in the Acrobatics and Tumbling Development Program should be designated as the Head Judge	2 Judges	2 Judges
Five-Judge Panel (5)	1 Judge	2 Judges	2 Judges

- In the event the head judge determines an adjustment needs to be considered, they will call for a judge’s conference.

d) Head Judge Duties

- Receive and review documents from the Technical Director for GFA.
- Be present in coaches meeting and provide feedback on submitted documentation if necessary.
- Make sure the floor is safe and free of obstructions.
- Monitor conduct of athletes, coaches and officials at the event.
- Signal the start of each event.
- Responsible for Head Judge Deductions on the Final Score.

e) Judging Fee Guidelines

- **Session Fees** (per session)
 - Local (in-house) \$70
 - Invitational \$90
 - State & Regional \$100
 - National \$120
- **Meal Expenses** (per diem)
 - Meet host may choose to provide all (or some) of the meals... or pay an “all” or partial per diem.
 - Per diem – For meets in which judges are required to be present between three to six hours (report time to end of meet), per diem payment is \$40. For meets in which judges are required to be present over six hours the per diem payment is \$50.
 - Individual meals - Breakfast= \$15, Lunch= \$20, Dinner= \$30.
 - For travel days, judges receive \$50.
- **Travel Expenses**
 - USA Gymnastics mileage rate is as posted on the USA Gymnastics website – a printout of MapQuest mileage or other such mapping service documentation is preferred for determining the correct mileage along with accurate odometer readings.
 - If the judge “shares a ride” the amount reimbursed will be proportional for riding time at \$10/hour.
 - Any parking fees will be reimbursed by the Meet Director.
 - Airfare and ground transportation will either be paid for or provided in advance by the Meet Director, or the judge will be reimbursed. These arrangements must be confirmed by both parties prior to making said arrangements.
- **Accommodations**

In the case where accommodations are necessary, the judge and Meet Director should negotiate who is responsible for the arrangements and who will pay for it in advance of the event. It is the responsibility of the Meet Director to pay for accommodations.

f) Dress Code

Business attire (Black or White top / black or khaki pants or skirt). Appropriate shoes are required that do not damage the gym floor or mats.

7.03 Athletes Regulations

It is important for coaches to communicate these specific regulations to the athletes in order that they may better understand their responsibilities and the conduct expected of them at competition. Members of USA Gymnastics are responsible to contribute toward a safe, positive and rewarding environment with the best interest of the athlete at the forefront of all decisions.

a) **Membership Requirement**

- All Acrobatics and Tumbling Development Program athletes are required to have a USA Gymnastics Athlete Membership under Gymnastics for All (GfA).
- Athletes 18 or over are required to complete the Safe Sport course.

b) **Dress Code**

- Uniform: Volleyball style shirts and shorts required (with numbers).
 - The dress must be identical for members of the same team, with some exceptions for teams with both male and female athletes. No undergarments should be exposed.
 - Shoes: Athletes must wear solid soft-soled athletic footwear during all competitions.
 - Gloves: athletic gloves are allowed, but not mandatory.
- Bandages or athletic tape are permitted.
- Athletes may only wear stud earrings. Loose items such as belts are not allowed. If an athlete must wear a brace that contains metal parts, it must be covered with tape. No walking boots or casts may be worn on the competition floor.
- Hair should be pulled away neatly from the face and neck in a ponytail, bun, braids, or similar style.

7.04 **Floor Mat Regulations**

- Minimum requirement of at least 1.38 inch carpet bonded foam at 40 X 40 feet dimension (or 12 meters square), carpet placed over foam matting meeting the thickness requirement (as also seen in competition artistic gymnastics floor matting) or a spring floor.
- A spring floor is required at nationals.
- A second floor or additional carpet bonded foam strips are optional.

7.05 **Presentation Guidelines**

Initial presentation for a Heat should begin with the team lined up facing the head judge. Once the head judge salutes the team, an athlete representative will salute, the team will proceed to their respective starting position.

7.06 **Music Requirements**

See **Acrobatics and Tumbling Development Program Code of Points** Section 9.

Article VIII. Event Hosting Regulations & Guidelines

8.01 **Hosting Criteria**

- A USA Gymnastics sanction certificate is required.
- Facility must be able to accommodate the number of athletes and spectators as well as the equipment layout in a safe environment.
- Music: provide quality sound system hook-up for multi-media –iPod, iPad, MP3, etc.
 - It is recommended to have a designated person in charge of playing the music.
 - Place speakers in a safe location (i.e. not at corners of FX)

- All athletes, coaches, judges and volunteers must be members of USA Gymnastics
- Only certified judges may be used in a sanctioned event (see section 4.02).
- Results must be sent to the Technical Director of GfA.

8.02 Sanctioned Event Minimum Medical Requirements

a) Risk Levels

2 levels: Moderate Risk, Low Risk.

Moderate Risk: A&T – Levels 3 & 4

The performance of skills that pose a risk of injury likely limited to lacerations, concussions, sprains or strains

- Requires a medical professional with first aid training (nurse, PT, ATC, MD/DO, EMT, Paramedic) present during practice and competition.
- Prefer practitioner who is familiar with signs and symptoms of concussion and is up to date on current concussion return to play guidelines.
- Medical staff should complete incident report form
- 1 medical staff member is required per 2 competition floors operating at any given time as long as both competition floors are in line of sight of the medical provider.
- Supplies: advanced first aid supplies with gauze pads to control bleeding, slings, ace wraps, ice cooler/bags

Low Risk: A&T – Level 1 & 2

The performance of skills that pose a risk of injury likely limited to bumps, bruises or abrasions

- No medical personnel required. Coach or meet director should be comfortable with basic first aid.
- First Aid Kit with breakable ice packs.
- Meet director would complete incident report form

b) Emergency Action Plan

- All levels are required to submit a completed basic Emergency Action Plan for the gym or venue

c) Medical Personnel

- Click here to review the SafeSport requirements for Medical personnel.
- Medical staff are responsible for following their state’s scope of practice and practice guidelines.

How to find qualified medical personnel for your meet:

- Ask parents at your gym if they have proper qualifications or know anyone in the community who does
- Search your local hospital or children’s hospital’s website for “Sports Medicine” and contact them via phone numbers or “Contact Us” form on the web page
- Call your local hospital or children’s hospital and ask for the Marketing and PR department and ask them if they have providers who would be willing to cover your event
- Utilize a web-based service that matches ATCs to events such as Go4Ellis: <https://go4ellis.com/>
- To find a sports certified physical therapist go to:
<https://aptaapps.apta.org//APTAPTDirectory/FindAPTDirectory.aspx> In the search field “Find By Specialist”, choose “Sports”

8.03 Competition Format

d) Coaches Meeting

- Every meet must have a coaches meeting before timed warm-ups.
- The Meet Director, Head Judge and a coach from each club participating must be present.

e) Competition Warm-up

For pre-competition warm-up and halftime, the main mat may be divided for multiple team usage and/or additional areas may be provided for teams to prepare. All teams will have an opportunity to use the competitive floor before the meet start.

- Open Stretch
 - A minimum of 15 minutes, maximum of 30 minutes for all levels.
 - The open stretch period is for stretching and tumbling without flight/salto.
 - The coaches meeting should be conducted during this period.
- Timed Warm-up
 - Levels 1 & 2
 - 10 minutes on the competition floor to warm up Compulsory Heats
 - Additional 10 minutes prior to Team Event.
 - Levels 3 & 4
 - Maximum of 15 minutes on the competition floor to warm up for first half
 - Compulsory events
 - Acro and Pyramid Event Heats
 - Minimum of 10 minutes and a Maximum of 15 minutes on the competition floor to warm up for second half
 - Toss and Tumbling Event Heats
 - Team Event
 - Teams are required to be off the competition floor when time expires.
 - Any team not cooperating will forfeit their remaining warm up rotations and could face a deduction from the Head Judge.

f) March In

- A brief 5-minute period should be scheduled in between the official end of timed warm-ups and march-in to allow for athletes to prepare.
- All meet sessions should start on time.
- March-in is used to introduce the teams participating in a respective session.
- National Anthem is required to be played at the first session of each day of competition.
- At nationals an Opening Ceremonies is required where a grand march-in will take place. Therefore, marching in for each session is not required.

g) Competition (Meet Sessions)

- Meet sessions will be broken down into 2 to 4 teams
- If there are multiple meet sessions required, the meet sessions will be determined by a random draw done by the Meet Director before the final meet information is sent out.
- Meet Structure Examples
 - 5 teams: 1 session of 3 teams and 1 session of 2 teams

- 6 teams: 2 sessions of 3 teams
- 9 teams: 3 sessions of 3 teams
- It is recommended that Levels 1 & 2 have no more than 4 sessions in a day, and for Levels 3 & 4 no more than 3 sessions in a day.
- Meets may not start earlier than 8 a.m. and must be concluded by no later than 10 p.m.

h) Audience/Spectator Regulations

- Spectators are not allowed to enter the "field of play" competitive area. They must use only the area designated for the public.
- No flash photography allowed.
- Spectators shall not disturb the order of the competition, its competitors and its officials. Individuals causing violations shall be required to leave the competition site.

i) Scoring Procedure

- Meet Directors are required to acquire a signed results sheet per level competing and keep it for one year pending any reference need.
- Judges are required to use the official Acrobatics and Tumbling Development Program Forms.
- Either the head judge or a tabulator (recommended) will enter scores on an official results sheet to be signed by the Head Judge.

8.04 Awards Criteria

- Prior to announcing any awards, scores must be verified and an official result page for each level competing is signed by the respective judges. The Head Judge and Meet Director are responsible for accurate scoring.
- Tie-Breaking Procedures for Presentation of Awards:
 - The team with the highest team score on a single event receives the award for the tied place.
 - Regardless of tie breaker, both teams will be recognized on the podium as tied for highest placement.
- Awards will be given for:
 - Overall combined score for Compulsory Events (Levels 1-4)
 - Award > Medals
 - Overall combined score for Optional Events (Levels 3-4)
 - Award > Medals
 - Total Meet Score (Levels 1-4)
 - Award > Team trophy or banner
- Invitationals
 - The percentage of awards given is at the discretion of the Meet Director and must be communicated to participating teams.
- Nationals
 - It is required to use the official USA Gymnastics award company.
 - 50% of each level will receive awards.

Article IX. Forms

9.01 Team A&T Judge Invoice

This form is available separately on the USA Gymnastics website.