



# Athletes' and Parents' Guide

*Welcome to the 2016 Stars & Stripes Championships! This guide is designed to help you through the three days of exciting competition with as little confusion as possible. If you have questions that are not answered here, please feel free to ask one of our many volunteers or any member of the Event Staff. We will do our best to provide a quick response. We hope you and your athlete(s) enjoy the competition!*

## VENUE

- Address — Cox Business Center, 100 Civic Center, Tulsa, OK 74103
- All athletes must have a credential to gain entrance to the arena. The athlete's coach will distribute their credential. **(Lost credentials are \$50)**
- Athletes should enter the competition floor through the Credential Entrance. The Credential Entrance is located in the north/south gallery. Upon entry, look for the sign marked "Registration".
- Parking is available off 3<sup>rd</sup> street in between Frisco and Houston. There is a fee to park in the garage.
- Concessions are available in the venue. No outside food or beverages are allowed.
- Smoking is not permitted.
- If anyone requires first aid or assistance, please contact a member of the Event Staff immediately.

## SCHEDULE

### Wednesday, July 20

4:00pm-8:00pm - Competition Office Open

### Thursday, July 21

7:30am-7:30pm - Competition Office Open

7:30am – Credential Doors Open

8:00am-7:00pm - Assigned Training (CLOSED TO PUBLIC)

### Friday, July 22

8:00am-5:30pm - Competition Office Open

8:00am – Credential Doors Open

8:15am – Public Doors Open

9:00am – Session 1

2:00pm – Session 2

### **Saturday, July 23**

8:00am-5:00pm - Competition Office Open

8:00am – Credential Doors Open

8:15am – Public Doors Open

9:00am – Session 3

1:30pm – Session 4

### **Sunday, July 19**

8:00am-11:30am - Competition Office Open

8:00am – Credential Doors Open

8:15am – Public Doors Open

9:00am – Session 5

## **ADMISSION**

- All-session wristbands are available at the times and locations listed below for \$30. No single day tickets will be available. Children 2 and under are free.

### **BOX OFFICE HOURS**

Thursday, July 21	2:00pm – 6:00pm	North/South Gallery
Friday, July 22	8:30am – 5:30pm	North/South Gallery
Saturday, July 23	8:30am – 4:30pm	North/South Gallery
Sunday July 24	8:30am – 11:00am	North/South Gallery

- All athletes will be able to enter the spectator entrance with their credential. Athletes will be required to show their athlete credential and use the credential entrance to get into the staging area. Parents may accompany your athlete to the credential entrance. Parents are not permitted beyond that point.

## **AWARDS**

- Awards are presented directly after each session in the Conference Hall. **If the session is running early, awards will be given early.** All athletes are **required** to wear competition attire (Girls: leo, bare feet or competitive footwear. Boys: step-in, competition shorts or pants, bare feet or competitive footwear) for all awards ceremonies. No warm-ups or street clothes allowed.
- The Judges panel will present flight awards to each competitor at the judges' table immediately following each flight. (Note: From time to time,

scores may change after the flight awards are given due to the appeals process or a numerical error. Results are not final until overall awards are presented; however, all flight awards are final.)

- Overall awards will be presented to 1<sup>st</sup>- 6<sup>th</sup> place in each age group and level.
- Athletes who place in the top six overall should report to the designated staging area during the last flight of their session for awards staging. Awards ceremonies will be held at the conclusion of each session in the conference hall.
  - Friday, July 22<sup>nd</sup>: 12:30 pm
  - Friday, July 22<sup>nd</sup>: 5:30 pm
  - Saturday July 23<sup>rd</sup>: 12:15 pm
  - Saturday July 23<sup>rd</sup>: 5:00 pm
  - Sunday July 24<sup>th</sup>: 11:20 am

If the session is running early, awards will be given early.

- A participation certificate template will be available on the event website for coaches to fill out and give to their athletes at their discretion.
- In order to have professional awards pictures, all athletes are required to wear competition attire for all awards ceremonies:
  - Girls – leo, bare feet or tramp shoes
  - Boys – step-in, competition shorts or pants, bare feet or tramp shoes
  - No warm-ups or street clothes allowed

## CAMERAS/VIDEO CAMERAS

- In the interest of athlete safety, absolutely **NO** flash photography will be allowed during competition.
- Remember to turn off the flash each time the camera is used. Offenders may be removed from the competition by security staff.
- USA Gymnastics reserves the right to film or record the performance for any purpose.
- **Audio-Visual Recording.** No video cameras of any kind are allowed, and using cell phones to record video is also prohibited. No portion of the event may be recorded in any form, including audio, without prior written approval from USA Gymnastics.
- **Live streaming apps.** The use of live streaming apps (such as Periscope, Meerkat, etc.) is not allowed in the venue during USA Gymnastics events.
- **Photography.** All images taken during the event are for personal use only, and any commercial use, distribution or sale is prohibited. The use of professional equipment is strictly prohibited, including cameras with detachable lenses or lenses greater than 35MM, tripods and monopods. No flash photography or strobes of any kind.
- **Signage/Banners.** USA Gymnastics appreciates its fans' enthusiasm and

support of its athletes. Fans are allowed to bring signs and banners that are supportive of the athletes and national team; however, signs or banners with any other type of message are not allowed. Any signs and/or banners must not be larger than 24" x 36" or block the view of other spectators when displayed.

- USA Gymnastics reserves the right to confiscate any video or photos taken in violation of this policy. There are no ticket refunds for violating policy. Any person(s) using or attempting to use any such equipment may, at the sole discretion of USA Gymnastics, be subject to immediate ejection from the venue and may be refused entry to other events sponsored by or affiliated with USA Gymnastics.

## CODE OF ETHICAL CONDUCT

- The USA Gymnastics Code of Ethical Conduct is in effect for every athlete, coach and official. Please remember this and act accordingly. Parents and coaches please remember that you are responsible for the actions of your athlete(s) and for any damages caused by them at the arena or at the hotel. The Code of Ethics can be found by clicking [here](#).

## DRESS CODE

- Only club affiliated apparel is permitted during training sessions, warm-up sessions, competition sessions, and awards. Competitive attire as stated in USA Gymnastics T&T rules and policies is required.

## LOST & FOUND

- Is located in the Competition Office.
- Any lost items should be turned into the Competition Office where the rightful owner may retrieve them. Any items remaining at the end of the event may be discarded.

## RESULTS/START LISTS

- Results will be posted online as soon as possible following each session. [Click here](#) for results. Final results may vary from the scores originally flashed by the judges. Note: Even though results may change, all flight awards are final. Results will not be printed, but will be posted online.

## STAGING (LINEUP)

- All participants must enter the competition floor through staging at the north/south gallery credential entrance. There will be directional signs.
- Athletes will be required to show their credential to get into the staging area. Parents may accompany your athlete to the participant entrance. Parents are not permitted beyond that point.

- Only individuals with official competition credentials who are preparing to compete will be allowed in staging. Parents or spectators are not permitted. Athletes not preparing for competition may be asked to leave.
- Plan to arrive to the Cox Business Center at least 60 minutes before your flight is scheduled. **If the competition is running ahead of schedule, flights will be called early.**
- **DO NOT** leave your belongings at the staging area. USA Gymnastics is not responsible for lost or stolen items.
- Following the presentation of flight awards, athletes will be escorted from the competition floor to designated exit.
- **NO FOOD OR DRINKS** (except water) are permitted in staging. The event staff may confiscate any food or beverage other than water. Please clean up your own trash.
- As an aid to athletes, the Staging area is color-coded:

Blue Trampoline

Red Tumbling

Green Double Mini

## TRAINERS

- Trainers will be available on the competition floor to help all competing athletes. All treatment will be done at the venue. Athletes are required to bring their own supplies (tape, pre-wrap, bandaging, braces). Please remember tape must be flesh tone or white.

## START LISTS

- Start lists will be available in Adobe Acrobat format on the event web site. Click [here](#) to view.

## TRAINING SESSIONS

- All training sessions are closed to the public. Only credentialed athletes and coaches will be allowed entry for training.
- The purpose of a training session is equipment familiarization. Due to the **large number** of competitors, athletes will have limited time on the equipment. The session is intended as equipment familiarization **ONLY** and is not as a training session held at home gym. Training times for each group are assigned by the Program Office and given to the Head Coach of each team.
- Teams should arrive 30 minutes prior to their assigned training time. Athletes must enter competition floor with a coach and bring all personal belongings with them. Everyone involved must enter through staging and depart through the appropriate exit.

## VENDORS

- The vendor area will offer a wide variety of items for sale. Including event merchandise, photographs, and competitive apparel.

## VOLUNTEERS

- T&T volunteers are essential to the smooth operation of the event. Each volunteer will report to the Volunteer Coordinator at the registration tables to receive directions for their assignments, as well as their t-shirt and credential.
- Volunteers should enter the venue through the Credential Entrance. The Credential Entrance is located at the north/south gallery entrance.
- If you did not sign up as a volunteer prior to arriving, and would like to volunteer, please see the Volunteer Coordinator at the registration tables. Your offer of help is always appreciated!