

## CHAPTER 8 – DEVELOPMENT PROGRAM

### I. Overview

The Development Program (DP) was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member.

A gymnast may compete in a maximum of two (2) State Championships per competitive year (one per season), either at the same or higher level.

The Development Program is divided into three major segments: developmental, compulsory, and optional. Athletes may not skip any level (exception...Level 6 may be skipped, see below). They must advance one level at a time by scoring the minimum mobility score at any USA Gymnastics sanctioned competition (Exception: Levels 1-3 do not have a mobility score).

- A. **Developmental:** The first segment consists of Levels 1 through 3. These levels may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may offer State Championships for these levels.
  1. In-gym or inter-club testing.
  2. Equipment should accommodate the size of the gymnasts.
  3. Gymnasts must enter at Level 1 but may progress through the events and skills at different levels.
  4. A gymnast may not advance to Level 4 until she has completed the requirements as listed in the Entry and Mobility chart (see page 79).
  5. Levels 1-3: Some states have an organized Level 1-3 competitive program with sanctioned events.
    - Contact the State Administrative Committee Chairman for information on scheduling, judging criteria, etc.
- B. **Compulsory:** The second segment consists of Levels 4 and 5. Both of these levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.
- C. **Optional:** The third segment is Levels 6-10. Levels 6, 7, 8, and 9 have difficulty restrictions, while Level 10 has no restrictions in the skill choice. Composition is evaluated at Levels 8, 9, and 10. Refer to the Development Program (DP) *Code of Points* for a complete explanation of Level 6-10 rules.
  1. Levels 6 and 7 have competitive opportunities up to and including State and possibly Regional Championships, depending on the needs of each Region.
  2. Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the DP National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

DP competitions are conducted throughout the United States and are organized by the USA Gymnastics State and Regional Administrative Committees. Each state has the jurisdiction to determine its state calendar, according to the needs of its members. A competitive *YEAR* is defined as the period from August 1 through July 31. A competitive *SEASON* is defined as that period from the first designated qualifying competition through the culminating Championships at each level.

### II. Age Requirements and Mobility Scores

- A. In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the DP should be followed in the manner that it was intended:
  1. Before moving up a level, every athlete should show proficiency at her current level.
  2. Once a high level of proficiency is achieved at the athlete's current level, she should strive to move up to the next level, as long as it is done safely.
  3. For athletes to repeat a level with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of the Development Program or youth sports in general.
- B. No mandate scores are permitted at any level. The Development Program's purpose is to provide competitive opportunities for all athletes, regardless of their age, ability level, or training commitment in terms of hours and/or finances.
- C. Age Determination and Regulations
  1. All gymnasts must reach the minimum age for the level before competing in any USA Gymnastics sanctioned competition (see chart on page 79).

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- Example: Level 3 State Championships date is Dec. 1; the last Level 3 State Qualifier is November 17; the gymnast will turn the minimum age for level 3 (6 yrs. old) on November 28<sup>th</sup>. She is ineligible to compete in the qualifying meet, and therefore does not have the opportunity to qualify to the Level 3 State Championships that season.
2. For all meets under the jurisdiction of the State or Regional Administrative Committees, the respective committee may determine the method of determining age divisions. There are basically two options:
    - a. Age groups for the season: established by specific ages (i.e., 8-10 yr. olds, 11-12, etc.).
      - 1) In this case, the age divisions should be determined and published PRIOR to the competitive SEASON and the only adjustments that may be made during the season are sub-divisions of the age groups.
        - Exception: At Level 9 or 10 State Championships and below, age divisions may be combined if the number of athletes is small.
      - 2) The gymnast's age for the competitive season is determined by the date of the final day of competition at the culminating championship meet for that level. Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.
        - For Levels 9 and 10 State Championships and below – age is determined by the date of the last day of the State Championships.
      - 3) The gymnast must compete with the age division as designated for the entire season.
      - 4) Published results MAY NOT include the gymnast's date of birth.
    - b. Age groups for each competition: established by dividing the athletes by actual birth date into approximately equal groups according to a pre-determined number of age divisions or by a pre-determined maximum number of athletes per age division.
      - Meet Directors must publish or post online the meet schedule/age divisions as soon as possible after the entry deadline.
  3. Age divisions for the Level 9 East/West and Level 10 DP National Championships will be determined by the National Office.
    - a. The State Administrative Committee Chairmen must report the names of all qualifiers to Level 9 and 10 Regional Meet to their Regional Administrative Committee Chairman by the Monday following the State Championships, no later than 5:00pm local time.
    - b. The Regional Administrative Committee Chairmen will compile the data for their region and forward it to the Development Program Director (DP Director).
    - c. The DP Director will then determine the age divisions by dividing the athletes by birth date into approximately equal groups according to the designated number of prescribed age divisions.
      - Only regional qualifiers who achieve the minimum qualifying score to Eastern/Western Championships or DP Nationals at State Championships will be included in age determination. Individual Event Specialists and petitioned gymnasts will NOT be included.
    - d. The age divisions will be published on the USA Gymnastics web site and will also be sent directly to all State and Regional Administrative Committee Chairmen.
  4. If a gymnast competes in the wrong age division, her scores are invalid for the meet (may not be used for All-Around, Individual Events or Team awards); however, the score achieved may be used for level mobility.
    - If, due to valid unforeseen circumstances, a gymnast is unable to compete with her designated age group, she may compete on another day (or in another session) with the approval of the SACC. She will not be eligible for ANY awards. Her score may be used for mobility or qualification purposes (if qualification is by score, not placement or percentage in any given age group) to the next meet.

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### AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART

Level	Minimum age requirement	Pre-requisite scores	Previous experience	Mobility score to advance to the next level
<b>1 – 2</b>	L. 1 - Reached 4 <sup>th</sup> birthday L. 2 - Reached 5 <sup>th</sup> birthday	None		None
<b>3</b>	Reached 6 <sup>th</sup> birthday	None		None
<b>4</b>	Reached 7 <sup>th</sup> birthday	75% proficiency at Level 1-3 on Vault, Bars, Beam, Floor	Level 4 or 5*	34.00 AA at Level 4
<b>5</b>	Reached 7 <sup>th</sup> birthday	34.00 AA at Level 4	Level 5 or 6*	32.00 AA at Level 5 Mobility back and forth between Levels 5 and 6 is allowed.
<b>6</b>	Reached 7 <sup>th</sup> birthday	32.00 AA at Level 5	Level 6 or 7*	32.00 AA at Level 6 Level 6 may be skipped if a 32.00 AA was achieved at Level 5
<b>7</b>	Reached 7 <sup>th</sup> birthday	32.00 AA at Level 5 or 6	Level 7 or 8*	32.00 AA at Level 7 Ind. Event Specialist: 8.5 per event
<b>8</b>	Reached 8 <sup>th</sup> birthday	32.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event
<b>9</b>	Reached 8 <sup>th</sup> birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event
<b>10</b>	Reached 9 <sup>th</sup> birthday	34.00 AA at Level 9	Level 10 or Elite*	None

\* See for specifics of dropping back in the next section

#### D. Dropping back through the levels

1. Once a gymnast has competed in a Sectional meet, she may NOT drop back to a lower level in the same competitive season.
  - If no Sectional meet is held, then the State Administrative Committee must determine prior to the beginning of the competitive year, a designated "declaration" date for each level for such purpose. The highest level the athlete competes in a sanctioned competition after the "declaration" date designates her level for the remainder of the current season.
2. If a gymnast does not qualify to the State Championships, she may petition to drop back one Level at the beginning of the next competitive season by submitting a formal written request to:
  - a. For Levels 7 and below, the petition is sent to the State Administrative Committee Chairman, and the final decision is determined by the State Administrative Committee.
  - b. For Levels 8, 9 and 10, the petition is sent to the Regional Administrative Committee Chairman, and the final decision is determined by the Regional Administrative Committee.
3. Once an athlete competes in the State Championships, she is not allowed to drop back.  
Valid reasons would be considered by the State Administrative Committee (for Levels 7 and below) or the Regional Administrative Committee (for Levels 8, 9 and 10) for dropping back an athlete who has competed in a State Championships. Exception: Mobility is allowed back and forth from Levels 5 and 6 without going through the petitioning process.
  - a. These reasons would include injury, illness, or other extenuating circumstances that would have prevented the athlete from continuing to train at the level at which she had previously competed.
  - b. If a valid reason does exist, the athlete would be able to drop back only one NUMERICAL level (i.e. competed Level 8, permission to drop back one numerical level to Level 7).
4. A US Elite gymnast (an athlete who has competed as a Junior or Senior International Elite in a Classic Meet, Junior World Trials, or higher) who wants to enter the DP Program **MUST** petition to drop back to the DP program, regardless of the year of competition, by completing the "reason for change" form (<https://usagym.org/PDFs/Forms/Women/elitedropback.pdf>) FROM HER COACH to the National DP Committee Chairman. For Information regarding Foreign Athlete (Elite or non-elite) participation in the DP, please refer to Chapter 2, page 26.

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- a. All petitions must be received at least three (3) weeks prior to the Level 10 State Championships.
  - b. The National DP Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen and the Regional Technical Committee Chairman.
  - c. Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during the Elite competitive year (through Championships of the year in which she competes Level 10).
  - d. Clarification: An elite athlete dropping back into the Development Program is considered a DP athlete when she enters her first USA Gymnastics sanctioned event as a Level 10 athlete AFTER the petition has been granted.
  - e. All scores obtained before the petition is granted are INVALID for qualification to State Championships and above in the current season.
5. Any gymnast who competed at the Pre-Elite level (at a Regional or National qualifier and/or Challenge competition) may choose to compete as a Level 10 in the following season, since she is considered as a Pre-Elite athlete. No petition is necessary.

### III. Alternative Competition Experience/Entry/Mobility Policies

#### Alternative Competition Experience Policies

- A. Any athlete who has previously competed in the Development Program (DP), but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
  1. Remain at the level at which they last competed.
  2. Move up one level if they achieved the minimum mobility score during their last season.
  3. Move down one numerical level, without petitioning.
- B. Athletes whose competitive experience has been in any system (including USA Gymnastics' Xcel Program) must enter the DP at Level 4.
- C. Any gymnast who has had previous competitive experience in any system (including USA Gymnastics) and who is a minimum of 12 years of age is eligible to petition by submitting a formal written request to the State Administrative Committee for entry into Level 7 and below. The petition must be accompanied by a video that demonstrates her skill level.
  - Refer to Chapter 2, page 26 for Foreign Athlete Participation in the Development Program.
- D. States may incorporate sub-divisions within levels (such as first-year competitors and veterans or divisions based on scores achieved) or they may provide a team competition that is conducted separately from the state individual competition.
- E. Individual Event Specialists; the mobility score for advancement to the next level for Individual Event Specialists at Levels 7, 8, and 9 is 8.50 per event. Status for competing as an IES to qualify to the next higher meet must be declared at the time of entry to the qualifying meet, not during or after the conclusion of the competition
- F. Athletes who are limited in the number of events in which they can perform due to a permanent physical handicap (verified by a physician) may petition to qualify to a higher level by achieving an average score equal to the average of the All-Around qualifying score for that level. Submit petitions in a formal written request for Levels 7 and below to the State Administrative Committee Chairman and the final decision is determined by the State Administrative Committee. For Levels 8 and above, petitions are sent to the Regional Administrative Committee Chairman and the final decision is determined by the Regional Administrative Committee.
- G. Injury or illness petitions – see IV.

### IV. General Petition Procedures for USA Gymnastics Development Program Competitions

- A. Petitions may be considered for the following reasons:
  - Injury, illness or family tragedy (e.g., death, natural disaster)
- B. If an athlete is injured prior to a qualifying meet, but is capable of competing in one, two or three events, she may compete in the qualifying meet without jeopardizing her right to petition to the next competition.
- C. The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.
- D. Entry fees for petitioned athletes should be submitted by the entry deadline. If the petition is denied, the Meet Director must refund the entry fee within three weeks.
- E. Injury Petition Forms are posted on the USA Gymnastics website under Women's Program – Forms – Petition Forms - <https://usagym.org/PDFs/Forms/Women/injury2021.pdf>.
- F. Specific procedures for State, Regional, Level 9 East/West Championships, Level 10 National Championships, are in the sections for those events.

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### COMPETITION

#### I. Types of Competition

A. Overview of types of competition available to the levels and the qualifying scores to enter:

Level	Local and pre-Sectional	Sectional	State Championships	Regional Championships	East/ West Championships	DP National Championships
Level 1-5	X	X	X			
Level 6-8	X	X	X	TBD by RAC		
Level 9	X	X - 31.00 AA	X - 32.00 AA	TBD by the RAC. Level 9 and 10 qualifying scores must be approved by the NDPCC and the NTCC.	East and West: Top 7 per age division per region with a min. of 34.00 AA	
Level 10	X	X - 31.00 AA	X - 32.00 AA		Top 7 per age division/region with a min. of 35.00 AA	

- The State Administrative Committee determines the qualifying scores to Sectional meets and State Championships for Levels 8 and below.

#### II. General Regulations

A. The State Administrative Committee (SAC) determines

1. If and when pre-Sectional Qualifiers and/or Sectional competition will be conducted.
2. If State Championships at Level 1-3 will be conducted.
3. If sub-divisions within levels will be offered, such as first year competitors and veterans, or if a team competition will be conducted separately from the state individual competition.
4. The qualifying scores for pre-Sectional, Sectional and State Championships.
5. If Individual Event Specialist Competition for Levels 6-10 will be conducted at State Championships.
6. The competitive schedule for State Championships and below.
  - a. It is recommended that a reasonable period of preparation be provided between seasons, especially between Compulsory and Optional Levels.
  - b. May conduct one annual State Championships, or one Fall and one Spring State Championships at Levels 7 and below.
7. State Programs of the Year are determined annually by the SAC utilizing the following criteria:
  - a. Program exhibits excellence at multiple DP levels with an emphasis at the highest level in the current year.
  - b. Displays good sportsmanship, team spirit and ethics.
  - c. Contributes to regional efforts (camps, clinics, Congress, volunteer positions).

B. The Regional Administrative Committee determines:

1. If a Level 6/7/8 Regional Championships will be conducted.
2. The qualifying procedures, schedule and format of the Level 6, 7 or 8 Regional Championships.
3. Regional Programs of the Year are determined annually by the RAC utilizing the following criteria:
  - a. Program exhibits excellence at multiple DP levels with an emphasis at the highest level in the current year.
  - b. Displays good sportsmanship, team spirit and ethics.
  - c. Contributes to regional efforts (camps, clinics, congress, volunteer positions).

C. Local Meets

1. Local Meets are not under the organizational responsibilities of the State Administrative Committee; i.e., Meet Directors may set dates, entry fee and gate fee, may contract their officials (using the USA Gymnastics Contract) or by requesting the services of the state's judging contractor, and may conduct team competition.
  - Includes dual/triangular meets between clubs, inter-squads, and invitationals.
2. May be used for:
  - a. mobility only, or
  - b. qualification to the pre-Sectional Qualifier (if conducted), Sectional (if conducted) or State Championships, at the discretion of the State Administrative Committee.
3. May have only one club (team) competing to obtain a Sanction.
4. Must be judged by a minimum of two qualified judges per event.
  - a. Exception: One-judge panels ARE allowed at Compulsory levels 1, 2, 3, 4, and 5.

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- b. Any local meet that directly qualifies a Level 5 gymnast to a State Championships MUST be judged by a two-judge panel.
  - c. At Levels 1-3, any current, non-rated Competitive Coach Member is allowed to judge; however, the State Administrative Committee determines if any additional criteria will be used for state qualifying competitions and State Championships.
5. Results from local meets need to be mailed or emailed to the State Administrative Committee Chairman or designated State Administrative Committee representative and the Meet Director of the pre-Sectional, Sectional or State Championships.
- D. Pre-Sectional/Sectional Qualifiers
1. Pre-Sectional meets are those meets, which are designated by the State Administrative Committee as the only meets which can be used to qualify gymnasts to either Sectionals (if held) or State Championships (if held).
  2. For Sectional Meets, the State Committee, in conjunction with the Meet Director, will determine by draw the placement of teams within sessions.
  3. Must have a minimum of two clubs competing to obtain a sanction.
  4. May be used to qualify a specific number of gymnasts to the State Championships.
  5. For compulsory competition, must be judged by a minimum of one qualified judge per event.
    - Any Pre-Sectional or Sectional meet that directly qualifies a Level 5 gymnast to a State Championships MUST be judged by a two-judge panel.
  6. All optional levels must be judged by a minimum of two-judge panel per event.
  7. Results from pre-Sectional or Sectional meets need to be mailed or emailed to the State Administrative Committee Chairman or the designated State Administrative Committee representative and the Meet Director of the Sectional or State Championships.
- E. State Championships
1. Are under the **total** jurisdiction of the State Administrative Committee and State Administrative Committee Chairman.
    - The format and number of athletes must be approved by the RDPC and RTCC.
  2. Must be conducted for Levels 4-10 and may be conducted for Levels 1- 3 (at the discretion of the SAC).
  3. May be conducted in the fall and/or spring for Levels 1 - 7, at the discretion of the State Administrative Committee. Level 8–10 State Championships must be conducted in the spring, according to the Regional and National schedule.
    - For those levels that have a Regional competition, the respective State Championships must be scheduled a minimum of three weeks prior to the Regional meet. Any deviation to that guideline must be approved by the Regional Administrative Committee Chairman.
  4. All Levels must be judged by a minimum of two qualified judges per event. The State Administrative Committee determines the number of judges per panel, selects the judges and Meet Referee, and may determine the event assignments. It is recommended by the DP Committee that the State Administrative Committee Chairman ask the Meet Referee to make the event assignments.
  5. A present Level 8, 9 or 10 gymnast who competed at the same level the previous year and competed in the previous year's Regional Championships (and achieved a score equal to or greater than the current year's respective State Championships qualifying score) may directly enter the current year's State Championships at her respective Level.
  6. Entry Fees and Deadlines
    - a. The Meet Director is required to utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed coaches' sign-in sheets during the competition.
    - b. The State entry fees may not exceed \$85.00 for compulsory and \$95.00 for optional levels unless approved by the Regional Administrative Committee Chairman. Entries must be postmarked a minimum of 14 days (or as per State Administrative Committee guidelines) prior to the first day of competition. A maximum fee of \$50.00 per individual entry will be charged to individuals whose entry is received after the deadline or if entry is completed improperly. Entries must include:
      - 1) Competitors and **accepted** petitioned athletes' name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
      - 2) The name(s) and USA Gymnastics Competitive Coach Member number, Safety Certification expiration, Background Check expiration, and U100, U112, U113 certification of all participating coaches.
      - 3) ALL FEES PAID IN FULL.
      - 4) An athlete is considered registered/entered in a competition only when her name is listed on the club's entry form and the Meet Director has received valid payment.
      - 5) Any athlete who has qualified to a State, Regional, East/West or National Championships will be allowed to participate, provided that they are capable of performing at least one event. In this case, they must present and touch each apparatus in order to receive a score of "zero" at the events in which they are unable to compete. The scores received by this individual may also contribute to the team score.
      - 6) Entry fees for pre-Sectional qualifiers, Sectional meets, and State Championships are determined by the State Administrative Committee, with the approval of the Regional Administrative Committee Chairman.

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- 7) State/Regional entry fee refunds are at the discretion of the State Administrative Committee Chair/Regional Administrative Committee Chair.
  7. Petitions to State Championships (also see General rules for petitions - Chapter 8, page 80.)
    - a. NO petitions are allowed if the qualification to State Championships is by a percent of a percent or a designated number of each age division and not by score.
    - b. If a gymnast is unable to compete at the Sectional or any local State-qualifying meet (or cannot compete in the All-Around at State Championships) due to injury or illness prior to or during State Championships), her coach may petition the State Administrative Committee Chairman to allow the athlete to directly enter the State Championships, if the following requirements are met and documentation is included with the petition form:
      - 1) A photocopy of the results of one sanctioned meet from the current season showing a score which is equal to or greater than the state qualifying score.
        - If the gymnast competed at the same level in the previous season and qualified to State Championships or above, she may petition with the previous year scores from State or above meets.
      - 2) Written request from the coach.
      - 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
    - c. If an athlete who is unable to compete at any Sectional or local State-qualifying meets in the current season (or cannot compete AA at such events) due to injury or illness and is also lacking scores from last year's season due to injuries but has previously qualified to and competed in the State or above level competitions at the same level, an injury petition may be considered under special circumstances by the State Administrative Committee Chairman. If necessary, the Regional Technical Committee Chairman and the Regional DP Committee Chairman will be consulted. The petition must include:
      - 1) A copy of meet results from the previous State/Regional/National competition with scores, which are at least one point higher than the current State qualifying score.
      - 2) A current video.
      - 3) Written request from the coach or parent.
      - 4) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
    - d. Petition Deadlines: petitions to State Championships must be received no later than the Wednesday after the last qualifying meet is held. Petitions must be sent to the State Administrative Committee Chairman by email or Express Mail.
      - 1) The petitioner will be notified of the approval or denial of the petition by the State Administrative Committee Chairman no later than one week before the competition.
      - 2) The State Administrative Committee Chairman will notify the Meet Director of the approval or denial of the petition no later than one week before the competition.
      - 3) If a petition is accepted but the gymnast is unable to compete, the coach **MUST** notify the Meet Director and the State Administrative Committee Chairman.
  8. Awards for State Championships and above must be ordered from the national medal company by the State Administrative Committee Chairman (or designee). Awards should be ordered a minimum four (4) weeks before the competition.
  9. Results from State Championships need to be mailed or emailed to the Regional Administrative and Technical Committee Chairmen, Regional Meet Director, and the State Administrative Committee Chairman of the respective state within 72 hours.
  10. The State Championships Director must send a financial report to the State Administrative Committee Chairman within 60 days of the completion of the meet.
- F. Regional Championships
1. Are under the total jurisdiction of the Regional Administrative Committee.
    - a. The format and number of athletes must be approved by the Regional DP Committee Chairman and Regional Technical Committee Chairman.
    - b. Entry fees for DP Regional Championships are determined by the Regional Administrative Committee and must be approved by the National Administrative Committee Chairman.
    - c. The Regional entry fees may not exceed the National entry fee unless approved by the National Administrative Committee Chairman.
    - d. The Meet Director is required to utilize the USA Gymnastics Meet Reservation System for registration (not to accept payments) and utilize the pre-printed coaches' sign-in sheets during the competition.
  2. Must be conducted for Level 9 and 10 and may be conducted for Level 8 and below (at the discretion of the Regional Administrative Committee).

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- a. Level 9 and 10 Regionals are conducted in April a minimum of three (3) weeks prior to Level 9 East/West and Level 10 Nationals. The date (or option of dates) is determined by the National DP Committee. Any deviation from this guideline must be approved by the DP Director.
  - b. The scheduling of Level 8 Regionals and below (if held) is at the discretion of the Regional Administrative Committee.
  - c. The Regional Administrative Committee determines if the Level 8, 9 and 10 Regional Championships will be conducted separately, or all held the same weekend.
3. Team competition by club team is not allowed at Regional Championships.
  4. State team competition may be conducted as a separate competition (with a designated number of athletes qualifying by rank order) or as part of the individual competition in which each state designates which individual's scores will count toward the State team score.
  5. If a state has no qualifiers to Regionals, the gymnast with the highest AA from the State Championships (from any of the age divisions) will be invited to compete at the Regional meet, regardless of the score.
  6. Must be judged by a minimum of two qualified judges per panel. The Regional Administrative Committee selects the judges and determines the number of judges per panel.
  7. If the number of athletes in one age division requires that two sessions of competition be conducted, the Meet Director shall conduct a random draw by team to fill the sessions.
  8. Regional Meet Directors must send Regional meet information to the State Championships Meet Director, with copies to the Regional DP Committee Chairman, Regional Technical Committee Chairman and Regional Administrative Committee Chairman at least one week prior to the State Championship.
  9. Entry forms and fees for DP Regional Championships must be filed and paid (with a club/company check) to the USA Gymnastics designated official at the qualifying meet, (unless there is an electronic entry system in place), who will forward them to the Meet Director of the next level meet. Entries for Regional Championships must be submitted to the designated USA Gymnastics personnel at the respective State Championships. Each club must be prepared to pay for all their qualifiers with one company check per level.
10. Petitions to Regional Championships at Levels 8, 9 and 10 (Also See General Rules for Petitions Chapter 8, page 80)
    - a. There are NO petitions to DP Level 8 Regional Championships if qualification is by a percentage or by specific number.
    - b. If a gymnast is unable to compete at the State Championships (or cannot compete in the All-Around at State Championships) due to injury or illness prior to or during the State Championships, her coach may petition the Regional Technical Committee Chairman (or Regional Technical Assistant, if so designated) to allow the athlete to directly enter the Regional Championships, if the following requirements are met and documentation is included with the petition form:
      - 1) A photocopy of at least one pre-state, sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one point (1.00) greater than the regional qualifying score OR
        - a) Level 8: If the gymnast competed in the previous year's DP Level 8 Regional Championships and her Optional AA score was at least one point (1.00) greater than the current Regional qualifying score, she may submit her last year's Regional score as her pre-State Championships score.
        - b) Level 9: A Level 9 gymnast may submit her previous year's Regional or East/West score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 9 Regional qualifying score.
        - c) Level 10: A Level 10 gymnast may submit either her previous year's Regional or National score as her pre-State Championships score if her Optional AA score was at least one point (1.00) greater than the current year's Level 10 Regional qualifying score.
      - 2) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
      - 3) Written request from the coach.
    - c. If an athlete who is unable to compete at the State Championships (or cannot compete AA at State Championships) due to injury or illness is also lacking scores from both the current and last year's season due to injuries but has previously qualified to and competed in either Level 9/10 Regionals, Level 9 East/West, or Level 10 DP Nationals, an injury petition for the same level may be considered under special circumstances by the Regional Technical Committee Chairman and the Regional DP Committee Chairman. If necessary, the State Administrative Committee Chairman and the National Chairmen (DP and Technical) will be consulted. The petition must include:
      - 1) A copy of the meet results must be included with the petition form. The scores from the previous Regional/National competition must be at least one point higher than the current Regional qualifying score.
      - 2) A current video that is sent to both Regional officers.
      - 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.



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- d. The Regional Technical Committee Chairman (or their appointee) will handle the petition, in consultation with the Regional DP Committee Chairman and the State Administrative Committee Chairman. If an agreement cannot be reached, the Regional Technical Committee Chairman will make the decision.
  - e. Special Considerations for Petitions to Level 9 or 10 Regional Championships  
Any athlete currently competing Level 9 or 10 who has no Level 9 or 10 scores from the current season due to injury, but who had competed at or qualified to an Elite Challenge or Classic in the previous season, may petition to Level 9 or 10 Regionals. The injury petition will be considered under special circumstances by the Regional Technical Committee Chairman and Regional DP Committee Chairman. If necessary, the State Administrative Committee Chairman, as well as the National Chairmen (DP Committee and Technical Committee) may be consulted. The petition form must be accompanied by the following:
    - 1) A copy of her Elite scores from the previous season.
    - 2) A current video must be sent to the two Regional officers.
    - 3) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
  - f. Deadlines for Petitions to Regional Championships:
    - 1) Coaches must notify their Regional Administrative Committee Chairman AND their Regional Technical Committee Chairman email NO LATER THAN the Monday following the State Championships of any athletes they intend to petition to their Regional meet.
    - 2) The complete Injury/Illness petition form - <https://usagym.org/PDFs/Forms/Women/injury2021.pdf>. The request in writing from the coach and official results are due the Monday following the State Championships by 5:00pm local time. All other required documents (physician's note) are due the Wednesday following the State Championships by 5:00pm local time.
      - Also send a copy to the State Administrative Committee Chairman.
    - 3) The Entry form and fees must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the Regional Technical Committee Chairman will contact the Meet Director, who will refund the entry fee.
    - 4) If the gymnast was injured at the State Championships, the entry fees and form should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State Championships. (Fees will be returned within three weeks if the petition is not accepted.)
    - 5) The petitioner will be notified of the approval or denial of the petition by the Regional Technical Committee Chairman a minimum of one week prior to the Regional meet.
    - 6) The Regional Technical Committee Chairman will notify the Meet Director of the approval or denial of the petition.
    - 7) If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective Regional Technical Committee Chairman.
11. Awards:  
The Regional Administrative Committee Chairman orders the awards for the Regional meets a minimum of 4 weeks prior to competition from the national medal company.
- a. The USA Gymnastics National Office is financially responsible for the following Regional awards:
    - 1) 1st - 3rd per age division for DP Level 10
    - 2) 1st - 3rd per age division for DP Level 9
  - b. Since Regional competition for Level 8 and below is not required, the Regions are financially responsible for all awards.
  - c. The Regional Administrative Committee will determine whether the Meet Director or the Regional Administrative Committee has the financial responsibility for the medals needed beyond the above listed medals.
12. Results of Regional Meets must be emailed within 72 hours to:
- a. For Level 8 or below, if held: State Administrative Chairmen in that region, the Regional DP, Technical, and Administrative Chairman.
  - b. For Level 9: State Administrative Committee Chairmen in that region, the Regional DP, Technical and Administrative Committee Chairmen, the Meet Director of the respective Eastern or Western Championships and the DP Director at the National Office.
    - 1) Level 9 Regional Meet Directors (or designated USA Gymnastics Regional officer) must email the meet results to the DP Director at the National Office no later than 24 hours after the completion of the meet.
    - 2) Also include a list of the qualifiers, plus two alternates to the Level 9 East/West National Championships.
  - c. For Level 10: The State Administrative Committee Chairmen; the respective Regional DP, Technical and Administrative Committee Chairmen, the DP National Meet Director, and the DP Director at the National Office.
    - 1) Level 10 Regional Meet Directors (or designated USA Gymnastics Regional officer) must email the meet results to the DP Director at the National Office no later than 24 hours after the completion of the meet.
    - 2) Also include a list of the qualifiers, plus two alternates to the Level 10 DP National Championships.

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- 3) In addition, each region must include the names of the top 2 all-around athletes from the entire regional championship that did not qualify within their age group, as well as the top 5 individual athletes per event that did not qualify as an all-around athlete within their age group or as one of the 2 additional all-around athletes for the Individual Event Specialist (IES) session.

13. The Meet Director must send the financial report form within 45 days (or otherwise designated time) to the Regional Administrative Committee Chairman.

### G. Eastern/Western Championships – Level 9

#### 1. General Regulations

- a. Are under the jurisdiction of the USA Gymnastics National Office and the DP Committee.  
The Meet Directors of the Level 9 Eastern and Western Championships shall contact the DP Director for specific information on:
  - 1) Schedule
  - 2) The draw, squads, and rotations
  - 3) All technical matters of the meet
  - 4) Financial responsibilities of local organizing committee and USA Gymnastics
- b. Are conducted annually in late April/early May.
- c. The assignment of judges is the responsibility of the National Technical Committee Chairman and the DP Technical Director and is based on the recommendations of the eight Regional Administrative Committees.
- d. Judged by four-judge panel per event, with no more than two judges from the same region on a panel.
  - The Regional Administrative Committees will lend financial support to ensure that four (4) judges from each region will be assigned. Each Regional Administrative Committee will contribute \$400.00 to the respective Eastern or Western Meet Director.

#### 2. Qualification to Eastern/Western Championships

- a. Eastern/Western age divisions will be determined separately. 16 age divisions for East and West.
- b. The top seven (7) All-Around athletes in each of the 16 age divisions from each of the four regions will compete as Regional Team members, provided they scored a minimum of 34.00 AA at the Regional Championships.
  - 1) Any gymnasts who tie for 7<sup>th</sup> place will attend East/West Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an Individual. The gymnast designated as Individual will not be eligible to receive a Regional Team Award.
  - 2) In the event of a 3-way tie for 7<sup>th</sup> place All-Around in any age division, the tie breaking procedures will be applied to determine the rank order of the athletes. The 9<sup>th</sup> place athlete will NOT be eligible for East/West Championships unless there is space available in another region in that age division.
- c. If any region is unable to field a team of seven gymnasts per age division, the open slots will be filled based upon the Regional Team results from the previous year.
  - 1) If one spot needs to be filled, the 8<sup>th</sup> place athlete from the region whose regional team won that respective division the previous year will fill the spot. All athletes from the 1<sup>st</sup> place region who might be involved in a tie for 8<sup>th</sup> place will be used to fill the empty spots before any other region's athletes are assigned.
  - 2) If more than one spot needs to be filled in an age division and there were no ties in the 1<sup>st</sup> place region, the next individual added is the 8<sup>th</sup> place athlete from the region whose regional team placed second in the previous year.
  - 3) Only athletes from the regions that placed 1<sup>st</sup> and 2<sup>nd</sup> in the specific age division the previous year may fill the incomplete squads.
  - 4) If an athlete competes with another region, the Region becomes a designated All-Star team. The scores from the entire squad, regardless of region, will count towards the Regional All-Star team score. In the event of a tie for seventh place, the tie-breaking procedures will be applied to determine the rank order of the athletes and the eighth place athlete will NOT be eligible to receive an All-Star team award.
- d. Foreign Athlete Eligibility – refer to Chapter 2, page 26.
- e. There are NO PETITIONS to Eastern or Western Championships.
- f. All competitors and first alternates will receive a tank leotard from their region to be worn in the competition. Each region will be designated by a specific color. The gymnasts will also receive a competition warm-up uniform from GK Elite Sportswear.
  - 1) The first alternate and the next several athletes in rank order should be measured at Regionals in the event that more than one athlete in an age division is injured or ill and cannot compete at Eastern/Western Championships. The second and subsequent alternates do not receive apparel unless they move into the 1<sup>st</sup> alternate position prior to the week of the competition.
  - 2) Apparel will be ordered for the first alternate (and any ties for 1<sup>st</sup> alternate) from each region in each age division. The apparel will be distributed only to those first alternates in attendance.

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- 3) The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If, following the competition, there are warm-up uniforms remaining, they will be sent to the alternates who did not attend either by the Regional Administrative Committee Chairman, Regional DP Committee Chairman, or by the National Office. The distribution of the remaining competitive leotards supplied by the Region is at the discretion of the respective Regional Administrative Committee Chairman.
3. Entry Forms and Fees
  - a. Prior to the Regional Meets, the Meet Director of the Eastern and Western Championships must send meet information for all qualifiers and alternates to the four respective Regional Meet Directors. In addition, a copy of the meet information must be sent to the WDP Director.
  - b. Entry forms and fees for the Level 9 Eastern and Western Championships are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL (unless there is an electronic entry system in place), along with the meet results to the Meet Director of the respective Eastern or Western Championships.
    - 1) Clubs must be prepared to pay the entry fee (maximum of \$150 per athlete) with one company check at the Regional meet.
    - 2) Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System. The number of credentialed coaches for East/West Championships and/or DP National Championships allowed per club are as follows:
      - 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play
      - 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play
      - 10+ athletes participating – contact the WDP Director for coach credentials
    - 3) Upon approval of the WDP Director, additional credentials may be purchased for \$100.00. Payment is due at the time of the request, and is payable to the respective East/West Meet Director.
  - c. Results and the names of qualifiers must be sent by email to the WDP Director at the USA Gymnastics National Office.
  - d. Entry fees are not refundable with less than ten days notice prior to the meet.
    - 1) If an athlete who is qualified to Level 9 East/West is unable to compete due to an injury/illness and is replaced by the alternate, the Meet Director will refund the injured/ill athlete's entry fee.
    - 2) If no replacement is made, there will be no refund.
4. Injury Replacements
  - a. If a qualifier is injured prior to the Eastern or Western Championships, the alternate gymnast from her region and age division will replace her. Replacements will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
  - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she is not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
  - c. Any gymnast who is qualified to enter the Eastern or Western Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the WDP Director and their Regional Administrative or DP Committee Chairman. The WDP Director will then notify the alternate and the Level 9 Eastern or Western Meet Director.
    - DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!
5. Format for Level 9 Eastern and Western Championships
  - a. Individual Event, All-Around and Regional Team competition will be conducted for the sixteen age divisions, as designated. There will be twenty-eight gymnasts per age division, plus any ties for the last qualifying place.
  - b. Each session will have two age divisions, one in each flight. Each flight has four squads of seven (or eight if there is a tie), with each squad representing one of the four regions.
  - c. There are two acceptable formats for Level 9 Eastern or Western Championships competition:
    - 1) Non-traditional (Capitol Cup) with one warm-up and one competition gym:
      - a) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym, provided that it is a minimum of 60' long and 8' wide and is identical to the competitive Floor Exercise).
      - b) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
    - 2) Modified non-traditional with two competitive gyms, side by side, each with a full set of equipment for all events.
      - a) The four squads in each flight are assigned to warm-up and compete in a specific gym. The first flight warms up their first event, then competes (no TOUCH WARM-UP required), While the 1<sup>st</sup> flight is competing, the other four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have competed in all four events.

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- b) Once all four squads in Flight 1 have finished competing their first event, the judges move to the other gym to judge Flight 2. The judges continue to alternate between gyms until both flights have competed in all four events.
- 3) Medical personnel must be present during ALL competition.
- d. The Level 9 Eastern and Western Championships will be a four (4) day event, conducted on the same dates at different sites.
  - 1) **Thursday** - Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. A welcome banquet/party **may be held in the evening, at the discretion of the host.**
    - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
    - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
    - c) Medical personnel must be present for ALL training and competition.
  - 2) **Friday** - Day One: First session: Competition for Junior 1 and 2; Second session: Competition for Junior 3 and 4; Third session: Competition for Junior 5 and 6
  - 3) **Saturday** - Day Two - First session: Competition for Junior 7 and 8; Second session: Competition for Senior 1 and 2; Third session: Competition for Senior 3 and 4
  - 4) **Sunday** - Day Three - First session: Competition for Senior 5 and 6; Second session: Competition for Senior 7 and 8
  - 5) There are no Individual Event Finals competition.
6. Awards
  - a. The National Office orders the awards from the National Awards Supplier.
  - b. For each age division, the top eight (8) in the All-Around and Individual Events will be given awards.
    - Ties are not broken; duplicate awards are presented.
  - c. Regional Team scores for each age group will be determined by the top four (4) scores per event.
    - All members of the first and second place Regional Teams will receive a team award.
  - d. An overall Regional Team score will be determined by the following method:
    - 1<sup>st</sup> place team 4 pts.
    - 2<sup>nd</sup> place team 3 pts.
    - 3<sup>rd</sup> place team 2 pts.
    - 4<sup>th</sup> place team 1 pt.The overall team champions will be announced following the last session on Sunday.
7. Results and Reports
  - a. Results including All-Around, Individual Event and Team scores/ranking will be sent to the DP Director.
    - The DP Director will distribute these results to the Women's Program sub-committees by email or by posting on the USA Gymnastics website.
  - b. The Meet Director must send the Financial Report form within 60 days (or otherwise designated time) to the USA Gymnastics DP Director.

### H. Development Program (DP) National Championships – Level 10

1. General Regulations
  - a. Are under the jurisdiction of the USA Gymnastics National Office and the DP Committee. The Meet Director of the DP National Championships will provide specific information on:
    - 1) Schedule
    - 2) The Draw, Squads and Rotations
    - 3) All technical matters of the meet
    - 4) Financial responsibilities of local organizing committee and USA Gymnastics
  - b. Are conducted annually in early to mid-May, as determined by the National Office.
  - c. Individual competition as well as regional team competition is conducted for the twelve age divisions at the DP National Championships, **in addition to one (1) Individual Event Specialist (IES) session.**
  - d. Judged by four-judge panels per event; four judges from each region (two for Juniors and two for Seniors).
    - 2) The eight Regional Administrative Committees will lend financial support to assist with travel costs for judges. Each region will contribute \$300.00 to the Meet Director.

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### 2. Qualification to DP National Championships

- a. The top seven (7) All-Around gymnasts in each of the twelve age divisions from each of the eight regions will compete as Regional Team members at the DP National Championships, provided that they achieve a minimum of 35.00 AA at the Regional meet.
  - Any gymnasts who tie for 7<sup>th</sup> place will attend the DP National Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an Individual.
    - In the case of a tie, the tie breaking procedures will be applied to determine the rank order of the athletes. The lower ranking athlete will be assigned to another region that has space available in that age division.
- b. Each region will have the opportunity to qualify up to 22 additional athletes to compete in the IES session.
  - 1) Two (2) total All-around athletes that did not qualify within their age group from the Regional Championship.
  - 2) Five (5) individual athletes per event that did not qualify via AA from their Regional Championship.
    - Qualification NOT by age group, rather the next eligible athletes from the entire Regional Championship.
- c. If any region is unable to field a team of seven gymnasts per age division, the open slots will be filled using the following formula:
  - 1) Region with the largest number of gymnasts in that particular age division will fill the first open slot.
  - 2) Region with the next largest number of gymnasts in that particular age division will fill the second open slot.
  - 3) Region with the next largest number of gymnasts in that particular age division will fill the third open slot.
  - 4) IF a fourth slot is open, it will return to the region with the largest number of gymnasts in that particular age division.
- d. If any athlete competes with another region, the Region becomes a designated All-Star team. The scores from the entire squad, regardless of region, WILL count towards the Regional All-Star team score. In the event of a tie for seventh place, the tie-breaking procedures will be applied to determine the rank order of the athletes and the eighth place athlete will not be eligible to receive an All-Star team award.
- e. Foreign Athlete Eligibility – refer to Chapter 2, page 26.
- f. There are NO PETITIONS to the DP National Championships.
- g. All Regional Team members (including ties for 7<sup>th</sup> place) and first alternates will receive a competitive leotard, a scrunchie, and a warm-up uniform from GK Elite Sportswear. The region will also provide a tank leotard for training day.
  - 1) The first alternate and the next several athletes in rank order should be measured at Regionals in the event that more than one athlete in an age division is injured or ill and cannot compete at DP National Championships. The second and subsequent alternates do not receive apparel unless they move into the 1<sup>st</sup> alternate position prior to the week of the competition.
  - 2) Apparel will be ordered for the first alternate (and any ties for 1<sup>st</sup> alternate) from each region in each age division. The apparel will be distributed to only those first alternates in attendance.
  - 3) The apparel for alternates who do not attend will be used as replacements for any problem sizing for the competitors. If, following the competition, there are warm-up uniforms remaining, they will be sent to the alternates who did not attend either by the Regional Administrative or DP Committee Chairman or by the National Office. The distribution of the remaining training leotards supplied by the Region is at the discretion of the respective Regional Administrative Committee Chairman.

### 3. Entry Forms and Fees

- a. Prior to the Regional Meets, the DP National Championships Meet Director must send meet information for all qualifiers and alternates to the eight Regional Meet Directors. In addition, a copy of the meet information must be sent to the DP Director and Regional Administrative Committee Chairmen.
- b. Entry forms and fees for all DP National Championships regional team qualifiers are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL (unless there is an electronic entry system in place), along with an electronic copy of the meet results to the DP National Championships Meet Director.
  - 1) Clubs must be prepared to pay the entry fee (maximum of \$150 per athlete) with one company check at the Regional meet.
  - 2) Include the names of any 1<sup>st</sup> or 2<sup>nd</sup> alternates on the club entry form, but fees are not paid unless the athlete is called to replace a qualifier.
  - 3) Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System. The number of Credentialed Coaches for East/West Championships and/or DP National Championships allowed per club are as follows:
    - 1-4 athletes participating – maximum of 3 credentialed coaches allowed on the field of play
    - 5-9 athletes participating – maximum of 4 credentialed coaches allowed on the field of play
    - 10+ athletes participating – contact the WDP Director for coach credentials

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- 4) Upon approval of the DP Director, additional credentials may be purchased for \$100.00. Payment is due at the time of the request, and is payable to USA Gymnastics.
- c. Results and the names of qualifiers must be sent by email to the WDP Director at the USA Gymnastics National Office.
4. Injury Replacements
  - a. If a qualifier is injured prior to the DP National Championships, the alternate gymnast from her region and age division will replace her. Replacement will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
  - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she is not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
  - c. Any gymnast who is qualified to enter the DP National Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the WDP Director and their Regional Administrative or DP Committee Chairman. The WDP Director will then notify the alternate and the DP National Championships Meet Director.
    - DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!!
5. Format for Development Program (DP) National Championships
  - a. There will be one combined DP National Championships for the Junior and Senior age divisions, conducted concurrently at one site.
  - b. Competition will be conducted with two competition gyms (Junior and Senior) that include 2 sets of each apparatus.
    - 1) There will be three sessions per day in each of the two gyms for the Regional Teams, and 1 session on Friday for the Individual Event Specialist.
    - 2) Each Saturday and Sunday session will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.
    - 3) The competition will be run in Modified Non-traditional (Capitol Cup) Format; refer to the chart in Chapter 9, page 102. Flight One squads compete on one set of equipment; Flight Two squads compete on the other set of equipment. Timed warm-ups immediately precede competition on each event. No 30-second touch is required.
  - c. The DP National Championships will be a three (3) day event, with the Welcome Party taking place the night before training / competition begins.
    - 1) **Thursday** – Welcome Party / Banquet to be held Thursday evening in conjunction with the Men’s Program.
    - 2) **Friday** – Regional training day, Individual Event Specialist (IES) “Wildcard” session - The facility must be available one day prior to the competition for training purposes.
      - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
      - b) Individual Event Specialist (IES) “Wildcard” session to take place after the completion of all regional training.
      - c) Medical personnel must be present for ALL training and competition.
    - 2) **Saturday** - Optional Competition for Junior A,B,C and Senior A,B,C.
    - 3) **Sunday** - Optional Competition for Junior D,E,F and Senior D,E,F.
    - 4) There are NO Individual Event Finals competition for any member of the Regional Teams.
6. Awards (See Chapter 9, Page 113)
  - a. The National Office orders the awards from the National Awards Supplier.
  - b. Top 10 All-Around and Individual Event winners for each of the twelve age divisions are determined by the Optional competition. No Individual Event Finals will be held.
    - Ties are not broken; duplicate awards are presented.
  - c. Team Awards:
    - 1) All members of the top three (3) winning teams in each age division will receive an award. Team scores are determined by adding the top four (4) scores on each event.
    - 2) An overall Regional Team Champion will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:

1 <sup>st</sup> Place	8 Points	5 <sup>th</sup> Place	4 Points
2 <sup>nd</sup> Place	7 Points	6 <sup>th</sup> Place	3 Points
3 <sup>rd</sup> Place	6 Points	7 <sup>th</sup> Place	3 Points
4 <sup>th</sup> Place	5 Points	8 <sup>th</sup> Place	1 Point

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- d. Development Program National Team (DPNT): The top four AA gymnasts per age division will be designated as the DP National Team and will receive plaques and will be invited to attend a DP National Team Training Camp. In the case of a tie for fourth place, the tied athletes will qualify to the DP National Team.
  - 1) If an eligible non-citizen athlete places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US DP National Team.
  - 2) In this instance, the next US citizen in rank order is placed on the DP National Team.
  - 3) Refer to Chapter 2, page 32 for eligibility requirements.
7. Results and Reports
  - a. Results including All-Around, Individual Event and Team scores/ranking will be sent to the WDP Director.
    - The WDP Director will distribute these results to the Women's Program sub-committees by email or by posting on the USA Gymnastics website.
  - b. The Meet Director must send the Financial Report form within 60 days (or otherwise designated time) to the USA Gymnastics WDP Director.
8. The Meet Director of the National Championships shall remain in close contact with the WDP Director for assistance and guidance.

### APPARATUS REQUIREMENTS FOR DEVELOPMENT PROGRAM COMPETITIONS

#### I. General Considerations

- A. Athlete safety guidelines, as listed in the *USA Gymnastics Safety and Risk Management Handbook*, should always be considered.
- B. It is recommended that there be a clearance of 5' to 6' from one apparatus to any other. This includes corresponding mat areas or any other obstruction, i.e., other apparatus, walls, pillars, etc.
- C. It is recommended that there be a minimum of a 20-foot ceiling height for all USA Gymnastics sanctioned competitions.
- D. Equipment specifications, including vault runway thickness, must be published in the pre-meet information.
  - Exact bar measurements must be listed on bid forms for Sectional and above meets.
- E. Levels 1-3 non-competitive gymnasts may set the equipment to facilitate the exercise. Level 1 and 2 meets must follow the same standards used at Level 3.
- F. All equipment and matting used at a USA Gymnastics-sanctioned competition must be manufactured by a recognized equipment manufacturer.
- G. Conversion for centimeters to inches:

Approx. 2 cm	=	¾ inch
10 cm	=	4 inches
12 cm	=	4½ inches
20 cm	=	8 inches
24 cm	=	9 inches
- H. Matting Height Specifications:
  1. Competition landing mats (CLM) for Vault, Bars and Beam (See V. for Floor Exercise matting)
    - a. One 10-12 cm (4") competition landing mat is required; a second 10 -12 cm (4") may be placed on top of the required mat for compulsory and optional competition. If a second 10-12 cm (4") mat is used for Optional Levels 6-10, it must be a minimum of 7' by 10'.
    - b. Maximum height is 24 cm (9").
    - c. 20 cm (8") competition landing mats are also allowed (but are not required).
      - 1) For vault, if 20 cm (8") mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm (4") competition landing mat.
      - 2) For Bars and Beam, in order to use a 20 cm (8") mat, the apparatus must be capable of being raised to the FIG maximum height allowance (High Bar – 246 cm; Beam – 125 cm).
    - d. A 3 cm (1¼") base mat must be used if a 10 cm (4") competition landing mat is used. When using 12 (4") – 20 cm (8") mats, a base mat is not required.
      - The 3 cm (1¼") base mat may be placed underneath or on top of the competition landing mat.
    - e. The area under the apparatus and/or in the landing area must be matted with competition landing mats that are uniform in height.



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### 2. Supplemental Matting (Skill Cushions) For Vault, Bars and Beam (See V. for Floor Exercise matting)

- a. Up to 24 cm (9") of any combination of supplemental matting [skill cushion(s), throw mat and/or sting mat(s)] is allowed in addition to the maximum allowable competition landing surface of 24 cm (9").
- b. Whenever a full 20 cm (8") skill cushion is used, it must be a minimum of 5' x 10'; however, it is recommended that it be as close as possible to the same dimensions as the competition landing mat.
- c. Whenever a 10 cm (4") supplemental mat ("throw" mat) is used for Levels 6-10, it must be a minimum of 7' by 10'.
- d. Any dimension of sting mat is allowed.

### I. Springboard/Mounting Specifications

1. Only unaltered manufactured vaulting boards are approved for sanctioned USA Gymnastics competitions. The height of the board (22 cm ± 1.5 cm) is measured from the floor to the highest point of the board, including the covering. All springboards meeting the stated specifications are allowed, however, it is required to provide a springboard with coil springs. Exceptions:
  - a. Levels 1-4 may use a manufactured "Junior" vaulting board.
  - b. Levels 1 and 2 athletes may use alternative springboard apparatus, provided they are manufactured by a gymnastics equipment manufacturer. If an alternative springboard is used at a Level 3 or higher USA Gymnastics sanctioned event, the vault is considered VOID. The apparatus should resemble the shape of a vault board, with a maximum of 38 cm (15 inches) at the high end and a maximum of 10 cm (4 inches) at the low end. The surface producing the "spring" may be other than the traditional coil springs, such as an air bladder or small trampoline bed.
  - c. All levels may also use a manufactured mat shaped like a springboard (Mount trainer/mount mat).
  - d. **An inflatable rebounding device CANNOT be used for mounting purposes.**
2. Plywood is not permitted underneath the board. (Exception: see collegiate rules)
3. All Meet Directors must arrange to have boards that accommodate gymnasts of varying weights. Any boards brought in to a competition must be assigned to an event and must be available to all gymnasts in that session for warm-up and competition. The following 3-4 spring configurations for the springboard have been approved and may be utilized in USA Gymnastics sanctioned competitions:

4 COIL SPRING PLACEMENT (OPTION 1)



4 COIL SPRING PLACEMENT (OPTION 2)



4 COIL SPRING PLACEMENT (OPTION 3)



3 COIL SPRING PLACEMENT



4. A board used to mount bars or beam may be placed on the competition landing mat(s) (one or two 10-12 cm (4") mats or one 20 cm (8")). The board may also be placed on the allowable competition landing mats plus the supplemental matting of 5-10 cm (sting mat or 4" throw mat type skill cushions).
  - a. At Levels 1 - 5, any manufactured mats, skill cushions or padded spotting/skill blocks may be used for mounting purposes.



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- b. At Levels 6-10, a manufactured mount mat or folded panel mat may be used instead of a board for mounting purposes.
  - c. The board (or mounting apparatus) must be removed as soon as possible after the gymnast has mounted.
    - When performing the Level 3 uneven bar mount of glide swing, then back hip pullover, the athlete may stand on a panel mat, spotting block, or board placed on the above matting to initiate the jump into the glide swing. This mat/board must be removed as soon as possible after the jump into the glide swing.
  - d. At Levels 1-10, the mount mat may be placed on a 20 cm (8") skill cushion for the purpose of mounting.
  - e. At levels 1-10, the board MAY NOT be placed on a 20 cm (8") skill cushion for the purpose of mounting.
  - f. **An inflatable rebounding device CANNOT be used for mounting purposes.**
5. A gymnast may stand (without a board) on one or two 10 -12 cm (4") landing mats or one 20 cm (8") mat (with or without a 3 cm (1¼") base mat placed under or on top of the competition landing mat.)
- a. The gymnast may also stand on an "up to 20 cm (8-inch) skill cushion" (sting, throw mat or 20 cm (8") skill cushion) that is placed on the competition landing mat(s).
  - b. At Levels 1- 5, any combination of competition landing mats and skill cushions may be used to facilitate the mount.
- J. Make sure all reasonable safety measures are considered. Examples:
- 1. Each competitive area must have its own physical space and may not overlap with another competitive area.
  - 2. There cannot be any obstructions on the Floor Exercise Area.
  - 3. There must be sufficient room for mounting, dismounting, and vaulting areas.
  - 4. Procedures for the removal of blood and disinfection of the apparatus: A solution of 1 part bleach and 10 parts water (or an anti-viral spray disinfectant) should be available for the removal/disinfection of blood from the apparatus or matting.

## II. Vault

- A. Specifications:
- 1. The vaulting table is required for Levels 4-10. The maximum vaulting table height is 135 cm ( $\pm 1$  cm). If using a vault table with two uprights, both must be set at the same height. The height is determined by measuring the distance from the floor to the center top of the vault table.
    - a. The center top of the vault table is determined by measuring 68 cm from the back of the vault table. Tape of any kind, including athletic tape, may NOT be placed on top of the table at any time during warm-up or competition.
    - b. If the vault runway is on a raised platform, the vault table must also be placed on a raised surface of the same height and the measurement of the vault table should be taken from the runway surface to the center top of the vault table, rather than from the floor.
    - c. All manufactured models of the vault table (including "retro-fit" tables that are inserted into the uprights of the old horse) are allowed for competition, provided that they are capable of being adjusted to the various height specifications allowed for DP athletes. Matting must be used to cover the upright of the vault table as well as to cover any weights placed on the vault base for stability.
    - d. Levels 4-5: All age divisions may use the vault table at any manufacturer setting.  
Levels 8-10: All age divisions may use the vault table with a minimum setting of 115 cm ( $\pm 1$  cm) and a maximum of 135 cm ( $\pm 1$  cm).
    - e. Level 2 apparatus specifications: Mat stack placed lengthwise - minimum of 40 cm (16 inches) in height ( $\pm 2.5$  cm or 1 inch). Any combination of competition landing mats, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus four additional 20 cm (8") skill cushions to allow for 60 cm (24"), 80 cm (32"), 102 cm (40") and 123 cm (48") heights ( $\pm 2.5$  cm or 1 inch). An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface must be a minimum of a 10 cm (4-inch) skill cushion.
      - 1) All age divisions may use any of the above choices of heights.
      - 2) The mat stack may be placed on top of a solid foam pit.
      - 3) A tape line must be placed at 81 cm (32") from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm (32"). The tape line should also extend down the side of the mat.
      - 4) An additional mat (minimum of 10 cm/4") must be placed on the floor behind the mat stack.
      - 5) All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.
      - 6) An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the mat stack/resi-pit if necessary to provide a more stable landing surface. This mat must cover the entire uppermost surface.
      - 7) The top surface may be either a "squared" (standard 8: mat corners) or "curved" (similar to a vault table trainer) on the front edge.

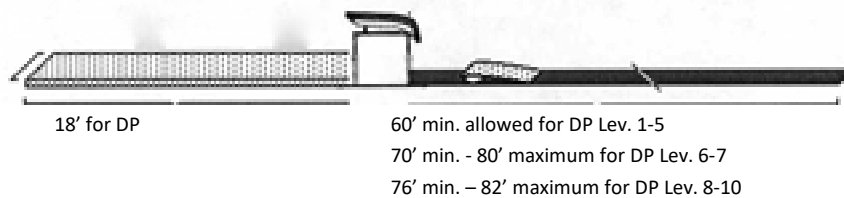
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- 8) A. sting mat may be used on top of the mat stack.
    - EXCEPTION: A sting mat is NOT ALLOWED on top of an inflatable mat. The uppermost landing surface when using an inflatable mat must be a minimum of a 10 cm (4-inch) skill cushion.
  - f. Level 3 apparatus specifications: **Minimum 5' Width, 5' Length (10' Length - placed sideways), minimum 32" – 48" maximum Height (+2.5 cm or 1-inch), including base mat.** Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus two additional 20 cm (8") skill cushions to allow for 102 cm (40") and 123 cm (48") heights ( $\pm 2.5$  cm or 1 inch). An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface must be a minimum of a 10 cm (4-inch) skill cushion.
    - 1) All age divisions may use any of the three choices of heights.
    - 2) The mat stack may be placed on top of a solid foam pit.
    - 3) An additional mat (minimum of 6' x 12' x 10 cm (4")) must be placed on the floor behind the mat stack.
    - 4) All mats used in forming the mat stack must be a minimum of 5' wide and 5' long,  $\pm 2$  inches.
    - 5) An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the mat stack/resi-pit if necessary to provide a more stable landing surface. This mat must cover the entire uppermost surface
    - 6) The top surface may be either a "squared" (standard 8" mat corners) or "curved" (similar to a vault table trainer) on the front edge.
    - 7) A sting mat may be used on top of the mat stack.
      - EXCEPTION: A sting mat is NOT ALLOWED on top of an inflatable mat. The uppermost landing surface when using an inflatable mat must be a minimum of a 10 cm (4-inch) skill cushion.
  - g. Level 6/7 apparatus specifications: Vault table, base mat, mat stack, additional minimum 8-inch mat opposite table
    - 1) Vault table: All age divisions may use the vault table at any manufacturer setting, with a maximum of 135 cm ( $\pm 1$  cm).
    - 2) Base mat, minimum 4-inch (10 cm), must be positioned up against the Vault table.
    - 3) Mat Stack dimensions:
      - a. Minimum 5' Width, 10' Length, minimum 32" – 60" maximum Height, including base mat. Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 4-inch (10 cm) skill cushion or the port-a-pit.
      - b. An inflatable mat may also be used in the configuration of matting; however, the uppermost landing surface must be a minimum of a 4-inch (10 cm) skill cushion.
      - c. A sting mat may be used on top of the mat stack.
        - EXCEPTION: A sting mat is NOT ALLOWED on top of an inflatable mat. The uppermost landing surface when using an inflatable mat must be a minimum of a 10 cm (4-inch) skill cushion.
    - 4) An additional minimum 8-inch mat is required on the floor at the end of the mat stack, opposite the Table.
- B. Runway Specifications
1. Measurement is from the front of the vaulting table. The runway should be a clearly defined area that provides a flat, consistent surface, free of cracks, obstructions or seams. The Meet Director must provide a tape measure, which must be extended the length of the runway in order for the gymnasts to find the point at which to start their run. Minimum width of the runway should be the width of the board.
    - a. Lengths:
      - 1) A 76' minimum, 82' maximum runway is allowed for Levels 8, 9 and 10.
      - 2) A 70' minimum, 80' maximum runway is allowed for Level 6 and 7.
      - 3) A 60' minimum, 80' maximum runway is allowed for Levels 1- 5.
    - b. Thickness: A minimum thickness of 3.5 cm (1 and 3/8 inches) ( $\pm .3$  cm or 1 /8 in.) is required for the vault runway at all Optional levels (6-10).
    - c. Athletic tape or Velcro strips (no chalk) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 5 cm (2"), maximum length is 3 feet.
    - d. For the safety of the athlete, the Meet Director must securely fasten the vault runway to the floor with tape or Velcro.
  2. A hand placement mat may be placed on the runway (but not on the board) ONLY for vaults that require placing the hands on the runway in front of the board (Round-off or Front handspring entry.) The hand placement mat must be manufactured by a gymnastics equipment manufacturer and cannot exceed 5 cm (2 inches) in height. No other type matting is allowed.

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- a. All Meet Directors of Level 8 and above competitions MUST provide a minimum of one manufactured Round-off hand placement mat.
  - b. At East/West and DP National Championships, only the round-off hand placement mats manufactured by the equipment company that is supplying the apparatus will be allowed. Clubs may not bring their own mats.
  - c. If the Meet Director cannot supply the above mentioned Round-off hand placement mats, they may allow clubs to bring their own, provided the mat meets the criteria as stated above.
  - d. If a Round-off entry hand placement mat is used, it must be placed Velcro-side down on the runway.
- C. Use of the "VAULTING BOARD SAFETY ZONE MAT" is REQUIRED for all Front handspring onto the board and Round-off entry vaults executed at DP Levels 8, 9 and 10. The safety zone mat must be placed snugly around the board so that there is no space between the board and the safety zone.
1. No extra matting is to be placed between the Round-off entry mat (Safety Zone mat) and the vault table.
  2. The Safety Zone mat may be used for all other vaults (not Front Handspring onto the board and Round-off entry vaults) at all DP levels. In this example, the Safety Zone mat does not have to be placed snugly around the board.

Example of fully matted landing area:



- D. Area required to be matted:
1. 3 cm (1¼ inch) Base mats: If 10 cm (4") competition landing mats are used, the following 3 cm (1¼") base mats are required:
    - a. A minimum of 6' by 18' for Levels 4/5.
    - b. A minimum of 8' x 18' for Level 6/7/8/9/10.
    - c. If 12 cm (4¾") or 20 cm (8") landing mats are used, base mats are not required.
  2. Competition Landing Mats (CLMs):
    - a. For Levels 1-3, refer to the Development Program Compulsory book for required matting at each level.
    - b. For Levels 4-5, a minimum of a 6' by 12' matted area is required.
    - c. For Levels 6-10, a minimum of an 8' x 15½' matted area is required.
  3. For Levels 8-10, whenever a 10 cm (4") supplemental mat ("throw" mat) is used in addition to the competition landing mat(s), it must be a minimum of 7' by 10'.
  4. For USA Gymnastics sanctioned DP competitions up to and including the State Championships for all levels, one 10-12 cm (4") or 20 cm (8") or two 10-12 cm (4") competition landing mats (plus the maximum allowable skill cushions) will be allowed to be placed on top of a solid-foam pit provided that this information is stated in the meet information sent to the participating clubs.
    - Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface.
      - Exception – this is allowable if the landing surface is deemed firm, with prior approval of the State Administrative Committee.

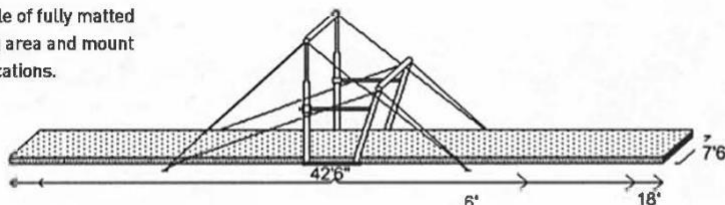
### III. Uneven Bars

- A. Specifications
1. Development Program (DP) specifications
    - a. Based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the FIG specifications. Regardless of the measurement, the rails must be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer's recommended safety parameters.
    - b. The distance (spread) between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.
      - For equipment that has a slider mechanism on both bars, it is strongly recommended that the low bar slider remain in the highest position, and that adjustments are made only with the high bar slider. This will expedite changing of bar sets during competition.

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- c. A single bar may be used for Levels 1, 2 and 3 competitions; provided that the single bar meets the current Low bar specifications.
  2. Fiberglass rails with wood covering are required for all sanctioned meets.
  3. No other substance besides chalk and water may be placed on the uneven bar rails.
  4. Round fiberglass rails are allowed at all USA Gymnastics competitions. Diameter: 39 mm  $\pm$  1 mm.
    - AAI "soft blue rails" are allowed at DP competitions but must be listed in the pre-meet information.
- B. Mount Specifications:
1. Levels 6-10: 18' minimum is allowed. (No maximum).
  2. Levels 1-5: 6' minimum is allowed. (No maximum).

Example of fully matted landing area and mount specifications.

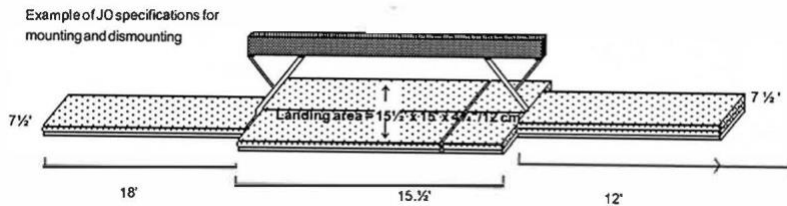


- C. Area required to be matted:
1. The matted area under bars must be:
    - a. a minimum of 6' by 15' for Levels 1-3.
    - b. a minimum of 6' by 24' for Levels 4 and 5.
    - c. a minimum of 7½' by 36' for Levels 6-10.
  2. Mount distance minimums:
    - a. Levels 1-5 – 6' minimum (no maximum)
    - b. Levels 6-10 – 18' minimum (no maximum)
  3. For Levels 6-10, whenever a 10 cm (4") supplemental mat ("throw" mat) is used in addition to the competition landing mat(s) for the dismount, it must be a minimum of 7' by 10'.
  4. If a 10 cm (4") mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an additional 10 cm (4") or 20 cm (8") skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion must be removed immediately after the release element is performed.
    - An alternate skill cushion made of softer foam is allowed at invitationals and is REQUIRED at State Championships and above. The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases ONLY (to be placed under the gymnast during the release and immediately removed). This is NOT allowed for dismounts or landings on any event.
  5. When a raised surface is needed to spot release moves, it is recommended that a spotting block or folded mat be used; however, there is no penalty for standing on the board, provided that the board (or spotting device) is removed immediately after the release move is performed.
    - For DP competition, a 0.30 deduction will be taken if the spotting device is not removed.

### IV. Balance Beam

- A. Height specifications - The height of the beam is measured from the floor to the top of the beam. For all competitions, the balance beam legs must be placed on the floor or a stable surface.
- a. For all sanctioned events, the beam MUST be adjustable.
  - b. All Levels may use the beam at any height, regardless of age division; however, the height must be within a minimum of 100 cm ( $\pm$  1 cm) and a maximum of 125 cm ( $\pm$  1 cm).
  - c. Padded manufactured beams are required at all sanctioned competitions.
  - d. Beams with a "spring" mechanism are allowed at DP competitions.
  - e. It is strongly recommended that padding for the Beam uprights and bases be used, if available from the manufacturer.

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### B. Mount Specifications

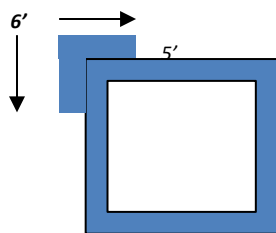
1. Levels 6-10: 18' minimum is allowed. (No maximum)
2. Levels 3-5: 12' minimum is allowed. (No maximum)
3. It is strongly recommended that the entire mounting area be level.

### C. Area required to be matted:

1. Levels 5-10: requires a minimum of 7 1/2' by 12' matted area at each end, and a minimum of 15' wide by 15 1/2' long matted area under the beam. An 8' wide mat for dismount area is recommended for Levels 7 and above.
  - For Levels 5-10, whenever a 10 cm (4") supplemental mat ("throw" mat) is used in addition to the competition landing mat(s) for the dismount, it must be a minimum of 7' by 10'.
2. Levels 1 - 4 requires a minimum of 6' by 12' matted area at each end of the beam (mats may be placed sideways since the dismount is not off the end), and a minimum of 12' wide by 15 1/2' long matted area under the beam.

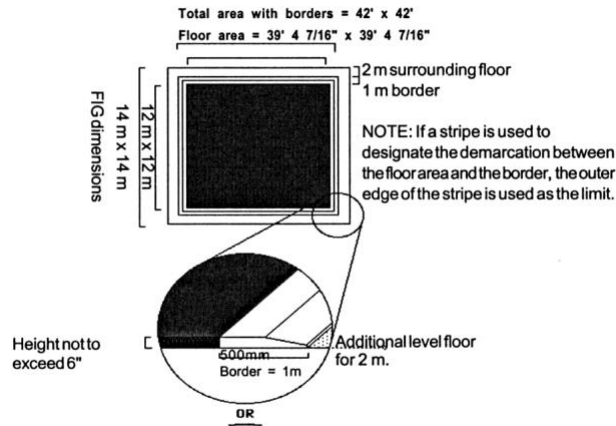
## V. Floor Exercise

- A. The Development Program uses FIG specifications for Levels 6 – 10. FIG specifications: 12 meters X 12 meters (39' 4 7/16" X 39' 4 7/16"). The measurement is from the outside of the tape or where the carpet changes color. The floor surface must be a minimum of 1 1/4" thick (3.2 cm) to a maximum of 7 1/2" thick (19.05 cm)  $\pm$  1/2". The top of the mat must be joined into one continuous level surface.
  1. When the floor exercise carpet has two colors to distinguish the border rather than a solid color with taped boundary lines, it is permissible to place small pieces of tape (of the same color as the floor area carpet) at the inside corners of the boundary to assist the gymnast's awareness of the boundary.
  2. For level 7 – 10 competitions held in outside facilities, the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam, a minimum of 3.5 cm (1 3/8 inches) high, to protect the gymnast if they go beyond the dimensions of the floor exercise mat. The matting must extend a minimum of five (5) feet out from the edge of the boundary line and extend a minimum of six (6) feet from the corner down each side of the Floor Exercise area. The corner padding should be attached (with Velcro or something similar) to the floor, foam or carpet to avoid separating or slipping. An example of the additional matting at one corner is shown below:



- B. Levels 3 and 4 may use a 36' X 36' area. Levels 1-3 may use a tumbling strip area provided it is a minimum of 8' wide and 56' long. If only a strip is available, the Meet Director must indicate this in the pre-meet information.
- C. If carpeting is used, 1/4" (3.2 cm) pile is maximum height recommended.
- D. Rebound or spring type floors are required for all DP Levels 8-10 competitions. It is strongly recommended that a spring type floor also be used at Level 7 and below.

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### E. Additional matting:

1. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked. It is recommended that athletic tape (provided by the coach) be used to mark the mats. Chalk may be used but should be removed before the next competitor. A towel should be provided by the Meet Director to facilitate the removal of the chalk markings.
  2. All DP levels: Up to two manufactured mats, maximum thickness of 20 cm (8"), may be placed separately on the floor exercise area. If the skill cushion is 20 cm (8") in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of or under the 20 cm (8") mat.
    - a. Only one skill cushion or 10 cm (4") throw mat per tumbling pass may be used, with no more than two mats on the floor exercise area at any one point in time. A sting mat may be placed on top of or under the skill cushion/throw mat(s).
    - b. Whenever additional matting is placed on the floor exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).
- F. When a tumbling "strip" is used in place of a full floor exercise area in the training and/or warm-up gym, it must be constructed of the same materials as the spring floor used in the competition gym and must be a minimum of 8' wide and 56' long for DP and Elite. A minimum of 3' in length of additional padding (carpet bonded foam or something similar), is required at each end of a 56' tumble strip that is used for warm-up.