

COUSAG State Meeting 2024
When: June 15, 2024
Location: Peak Athletics

- Introduction of Committee Members
 - Amanda Webb- State Chair
 - Trevor Campbell
 - Alicia Akiyama
 - Allie McNeill
 - JA Dominguez
 - Stacie Beckwith - SJD
 - Rich Villareal

RAFFLE: DU- 2 sets of 2. Rockies- 2 sets of 2

DU- Kathy- Aerials

DU- Jen- Incline

Rockies- Chancey- 5280

Rockies- Christy- Incline

NEW

COLLEGE GYMNASTICS UPDATES

RAC UPDATES:

Motion: Platinum / Diamond / Sapphire is required to be in two gyms for Regionals if the numbers require more than 3 days of competition

- Motion - Loui
- Second - Debbie
- Vote - 10 -0

Motion: Raise all regional entry fees to \$150

- Motion - Morgan
- Second - Rich
- Vote - 10-0

Motion: \$50 late fee per child for adds that are made within 14 days of the meet (regional meets).

- Motion - Kyle
- Second - Diane
- Vote - 10-0

Motion: Adults age 20 and above will be in their own age group at Regional meets.

- Motion - Loui
- Second - Morgan
- Vote - 9-0 (1 abstain)

Discussed: Reemphasized the need to send two coaches if you have athletes competing in separate gyms at Regional meets

Motion: At Level 7&8 Regionals - Competition order will be youngest 8s to oldest 8s and oldest 7s to youngest 7s

- Motion - Rich
- Second - Kyle
- Vote - 10-0

Motion: Judges must judge level 7 Regionals before level 8, Level 8 before 9/10, Level 9/10 before Westerns and Westerns before Nationals.

- Motion - Marilyn
- Second - Amanda
- Vote - 10-0

Discussion: The committee discussed adding level 6 regionals to 7&8 weekend and returning to a percentage basis for qualification in 2026.

SAC UPDATES- All changes are effective immediately

- 1) Raising the Level 2 achievement brackets to the following
9.0+ Blue
8.0-8.975 Red
Below 8.0 white
motion : Trevor
Second: Eric
Passed unanimously
- 2) Raising the spectator fee for state meets at outside venues to
\$15 per session
\$30 all-day pass
Motion: Allie
Second: Alicia
Passed unanimously
- 3) Raising the spectator fee for state meets at a club to
\$10 per session
\$20 all-day pass
Motion: Allie
Second: Alicia
Passed unanimously
- 4) Increase awarded medals at state meets
To 40% on events and 100% on AA
Motion: Stephanie
Second: Alicia
Passed unanimously
- 5) Increase State Meet entry fees
COMP 2-5- \$85.00- proposal- \$95
OPT 6-10- \$95.00- proposal- \$115
XB/XS- current- \$85.00- proposal -\$95
XG- current- \$85.00- proposal- \$95
XP/XD/SA- current \$95.00- proposal -\$115
Steph motions to this proposal
Eric seconds

Passed unanimously

REGIONAL UPDATES:

- Level 9/10 Regionals- Colorado at DU
- Level 6/7/8 Regionals- Wichita, KS, hosted by JAG
- Gold Regionals- Little Rock, AK hosted by Jacksonville Gymnastics
- Platinum/Diamond/Sapphire Regionals- Universal City, TX (near San Antonio), hosted by River City Gymnastics
- Plan for Level 9/10 Regionals to start on Thursday
- As a reminder a bra/undergarment showing is a deduction. ALL regional leos are posted on the Region 3 website so parents can plan accordingly
- All athletes MUST wear the Regional leo provided
- Gold Regionals projected to be in two gyms, so plan accordingly, Platinum/Diamond Sapphire could be as well if numbers are high

REVIEW DP/XCEL UPDATES- BE SURE TO READ YOUR CODE OF POINTS FOR WORDING AND INFORMATION ACCURACY, THIS IS JUST A HIGHLIGHT AND AT THIS TIME UNOFFICIAL

NEW COLOR- REGION 3- ELECTRIC BLUE

DP:

- The following clarifications and recommendations for change are to be effective for the 2024-2025 season, scheduled to begin August 1, 2024.
- Shorts can match the leo, black or skin tone. Tights are allowed as well.
- NO designation for IES- clarify again
Individual Event Specialist/IES
 An athlete who competes 3 events or less
All-Around athletes
 An athlete who competes all 4 events
 - State meet All-Around qualified gymnasts do NOT have to designate as an IES. If their scores do not qualify in the AA, they may still have qualified on an individual event.
 - State meet IES qualified gymnasts MUST designate events. Not eligible to compete on events in which they did not qualify.
- INJURED GYMNASTS- Only competing gymnasts and coach(es) allowed onto the field of play, only during session they are competing. (At State Meets and above, per R&P)
 - At Meet Director's discretion and at invitationals ONLY, may include gymnasts who were entered / scheduled for session but scratched due to injury.
- USA Gymnastics CANNOT require/mandate a gymnast to move up to a higher level/division.
- **An athlete may NOT drop back to a lower level/division in a competitive season AFTER the declaration date.**
 - SAC determines prior to the beginning of the competitive year, a designated

"declaration" date for each level for this purpose.

- *The highest level/division competed at a sanctioned competition after the "declaration" date will determine the program (Dev / Xcel) for which the athlete can compete for the remainder of that season. It does NOT matter if an athlete competed in 1 event or as an All-Arounder, if they competed a higher level/division after the declaration date they are bound by the qualification rules of that level/division for the rest of the season. **DO NOT MAKE THIS MISTAKE!!!***
- Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants.
 - USA Gymnastics acknowledges and regrets that athletes may have to choose to opt out of participation in any specific competition due to religious practices or scheduling conflicts.
- Currently in R&P: Only 1 skill cushion/throw mat (4 inch or 8 inch) per tumbling pass may be used, with no more than 2 mats on the Floor Exercise area at any one point in time. Matting may be used as a take-off / landing surface.

CLARIFICATIONS TO BE ADDED:

- An athlete may NOT utilize the 2 mats end to end on any one tumbling pass, i.e., punch off one mat to land on another.
- If using a sting mat in addition to the 2 supplemental mats, the sting mat must be under or on top of the 4" throw mat or 8" skill cushion.
- Level 5 Beam- round off added as an additional option- instead of BHS or BWO
- Level 6/7 VT- Angle of repulsion deduction reduced from 1.0 to .5
- Level 6/7 VT- mat stack MUST be aligned with the underside or top of the table or higher. If insufficient mat stack- .3 deduction
- .20 deduction for a coach who sprays the bar during a routine
- Beginning 8/1/2026- use of human or synthesized voice to create words, sounds or chanting will take a 1.0 deduction

XCEL:

- The following clarifications and recommendations for change are to be effective for the 2024-2025 season, scheduled to begin August 1, 2024.
- Shorts can match the leo, black or skin tone. Tights are allowed as well.
- If an athlete competed at an Xcel State Championships (or higher) and wishes to drop back through the divisions, her coach must submit a "reason for change" letter.
 - For Bronze, Silver, and Gold Divisions, the letter is sent to the SACC to be considered by the SAC (State Administrative Committee).
 - For Platinum, Diamond, and Sapphire Divisions, the letter is sent to the RTCC to be considered by the RAC (Regional Administrative Committee).
 - DEV athlete wishes to enter the Xcel Program in a division below the allowable division, her coach must submit a "reason for change" letter:

DEV Level 8 and Below , letter to the SACC for approval.

DEV Level 9 or 10 athlete, letter sent to RTCC for approval.

- Individual Event Specialist/IES
 - An athlete who competes 3 events or less
 - All-Around athletes
 - An athlete who competes all 4 events
- Shorts can match the leo, black or skin tone
- INJURED GYMNASTS- Only competing gymnasts and coach(es) allowed onto the field of play, only during session they are competing. ((at State Meets and above, per R&P)
 - At Meet Director's discretion and at invitationals ONLY, may include gymnasts who were entered / scheduled for session but scratched due to injury.
- USA Gymnastics CANNOT require/mandate a gymnast to move up to a higher level/division.
- **An athlete may NOT drop back to a lower level/division in a competitive season AFTER the declaration date.**
 - SAC determines prior to the beginning of the competitive year, a designated "declaration" date for each level for this purpose.
 - *The highest level/division competed at a sanctioned competition after the "declaration" date will determine the program (Dev / Xcel) for which the athlete can compete for the remainder of that season. It does NOT matter if an athlete competed in 1 event or as an All-Arounder, if they competed a higher level/division after the declaration date they are bound by the qualification rules of that level/division for the rest of the season. **DO NOT MAKE THIS MISTAKE!!!***
- Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants.
 - USA Gymnastics acknowledges and regrets that athletes may have to choose to opt out of participation in any specific competition due to religious practices or scheduling conflicts.
- Beginning 8/1/2026- use of human or synthesized voice to create words, sounds or chanting will take a 1.0 deduction
- Bars (deduction) – **Remove** the amplitude deduction for clear hip circles at the Platinum Division.
- Clear hip circles are a "B" VP as long as clear of the bar. This will fulfill SR #2. The Up to 0.40 deduction for amplitude of clear hips is not applied for Platinum.
- Bars (deduction) – Apply a 0.10 amplitude deduction to **any cast/clear support element that does not meet the Division angle requirement.**
 - Any cast/clear support element that is within 10 degrees of the Division angle requirement **will receive VP & SR.**
 - **In order to fulfill SR #1:**
 - Apply a 0.10 amplitude deduction to any cast/clear support element that does not meet the Division angle requirement.
 - Any cast/clear support element that is within 10 degrees of the division angle requirement will receive VP and SR

- Any cast/clear support element that is **not** within 10 degrees will receive a .10 deduction but will not receive SR #1.

REMINDERS:

- Make sure to read through R&P and the Code of Points often. It is your responsibility as a coach.
- Make sure to have all of your athletes submitted in the meet verification form, as athletes will not be verified for State Meets unless done so, and thus could hold up the process of getting State Meet schedules out. This can be found at www.cousag.com

REVIEW OF CALENDAR 2024/2025

Drop Back Dates

- L6-10- Feb 23, 2025
- G/P/D/Sapphire- March 2, 2025
- Level 2-5/Fall Bronze/Silver- October 20, 2024
- Spring Bronze and Silver- April 26, 2025

2024/2025 State Meets

- Fall Bronze/Silver/2: CGI
- Level 3/4/5: Premier @ Estes Park
- Level 6-10: Premier @ The Ranch Event Complex
- Gold: Peak
- Platinum/Diamond/Sapphire: Active @ Arapahoe County Fairgrounds
- Spring Bronze/Silver: Active @ Arapahoe County Fairgrounds

● **LEVEL REPS**

- 9/10 Level Rep- ERIC
- 6/7/8 Level Rep- ALLIE
- 5 Level Rep- JA
- 3/4 Level Rep- STEPHANIE
- PLATINUM/DIAMOND- TREVOR
- GOLD- ALICIA
- BRONZE- TREVOR- STEPHANIE FALL
- SILVER- TREVOR- STEPHANIE FALL
- Every Level Rep will be responsible for following up with each club if they have not filled out the verification spreadsheet. This can be found at www.cousag.com
- Reminder to submit the Level 4 to 6 mobility form so we know that will be taking place for a club. This can be found at www.cousag.com