GOAL: to provide NCAA visibility and additional competitive opportunities for athletes who may specialize in one or more events and for AA athletes from competitive regions

1. NAME: All-Star

- Squads are comprised of athletes from different regions, makes sense to utilize language we already use for this scenario

2. QUALIFIED ATHLETE ELIGIBILITY

- 2 All-Around athletes (min 35.00 AA)
- 5 individual event athletes (min 9.3 event score)
- Athletes can qualify on more than 1 event
- 7 routines MAX per event per region
- Cannot hold spot on any age group regional team (can be alternate)
- Does not qualify by age group
- Determined by combining all age groups from entire regional competition (after all regional teams announced), then ranking athletes (top 2 from AA scores and top 5 from each individual event).

3. QUALIFICATION: Ties

- All ties MUST be broken
- Tie for the AA Score:
- Each Region can only send MAX of 2 AA qualifiers.
- Ties broken by top event score. Second tie break would be to go to the second highest event score, etc.
- Tie for the 5th individual event slot on any event:
- Each Region can send MAX of 5 individual qualifiers per event.
- Broken by four score averages
- All four judges scores averaged instead of normal drop high and low and average the middle two.

4. TRAINING DAY

- All-Star session athletes may NOT attend training, unless they also hold the $1^{\text {st }}$ alternate position in their age group (alternate training determined by regional chairs).


## 5. DRAW

- Manual draw to allow for AA athletes to stay within same flight
- Teams with multiple athletes to be grouped together
- If squads have less than 5 athletes, a bye rotation MUST be utilized.

6. SCRATCHES

- If a qualifier is injured prior to the Friday evening All-Star session, the alternate gymnast from her region will replace her. Replacements will only be allowed up to $\mathbf{1 2}$ AM EST on the Thursday prior to the competition; however, the alternate must take the position and squad of the injured athlete.


## 7. FORMAT

- Competition will be conducted with two competition gyms (West (R1, R2, R3, R4) and East (R5, R6, R7, R8)) that includes 2 sets of each apparatus.
- 2-judge panels
- Modified Non-traditional (Capitol Cup) format: Flight 1 squads compete on one set of equipment; flight 2 squads compete on the other set of equipment. Timed warm-ups immediately precede competition on each event. No 30 -second touch is required.
- The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events. Judges will move from Flight 1 equipment to Flight 2 equipment during the competition.
- Only competing athletes assigned to the All-Star session and credentialed coaches are allowed on the field-of-play during the competition.


## 8. EQUIPMENT

- All 4 sets of events will continue to be utilized, as this will help to keep the timing of the session in line with the R\&P.
- All 4 (vs. only 2 of 4) sets of equipment will be used due to the large numbers of routines in this session.

9. JUDGES

- 2 judge panels to be utilized (vs. 4 judge panels)
- Athletes MUST be judged by same judging panels to compete against others for awards.
- The use of all 4 gyms with 2 judge panels (flight a and flight b) removes the ability for all athletes to compete against one another for the title of "national champion" from this session.

10. AWARDS

- Top 4 All-Around and top 6 Individual Event winners from each competing side (East and West) are determined by the competition. Ties are NOT broken; duplicate awards are presented.

