



NEWSLETTER

W i n t e r 2 0 1 9



Greetings;

First of all — I would like to congratulate Tina Ferriola on being selected as the 2018 Business Leader of the Year. There is no question that Tina is a leader — owner of 3 successful gymnastics facilities in NYC [NYC Elite]; USA Gymnastics NY State Administrative Chairman; National Gymnastics Foundation Board Member; Chairman of the Athlete Assistance Fund and most importantly the mother of 3 beautiful girls. Congratulations Tina — thank you for your leadership. You set the bar high.

2019 is an election year for the position of Regional Administrative Committee Chairman. My plan is to seek re-election for this position. If re-elected — it will be my last term serving the membership of USA Gymnastics Region 6. I look forward to the next 4 years and passing the torch to the next leader.

A special thank you to Jamie Winkler [Regional JO Chairman] and Marlyce Morace [Regional Training Camp Coordinator]. Jamie and Marlyce are the heart and soul behind the Rising Stars Training Camps and the Regional Developmental / High Performance Camps. Rising Stars Camps are the sole support of the Athlete Apparel Fund. The Region 6 Athlete Apparel Fund supports our gymnasts who qualify to the National Championships at their respective levels — J.O. National Championships — Eastern Championships. The Developmental / High Performance Camps provide training opportunities that will improve Region 6's performance at the National Championships. Thank you Jamie / Marlyce for your commitment to Region 6 athletes.

It is hard to believe — but the championship season is on the horizon. Please review the procedures / criteria for meet registration; petitioning and qualification to the Regional Championships. Clubs are responsible for adhering to all published deadlines.

Don't forget - 2019 USA Gymnastics Regional Congress is being held August 2 — 4 in Providence, RI. EARLY BIRD REGISTRATION is open at <http://www.usagymrc.com/region6/> until May 3, 2019.

In closing — USA Gymnastics Region 6 remains committed to providing a safe environment for the athlete membership. Thank you coaches — administrators — officials and club owners for having a positive impact on thousands of athletes.

Warm Wishes for a safe and successful season,

Kathy



REGION 6

USAG WOMEN'S PROGRAM COMMITTEE

Web page: www.region6usagym.org

REGIONAL CHAIRMAN	KATHY OSTBERG region6usag@gmail.com	365 Spring Street Shrewsbury, MA 01545	(508) 735-3149 (cell)
REGIONAL TECHNICAL CHAIRMAN	PATRICIA PANICHAS panichas@aol.com	9 Sherman Lane Hamden, CT 06514	(203) 392-6082 (Work) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	JAMIE WINKLER Region6jamie@gmail.com	641 Sierra Vista Lane Valley Cottage, NY 10989	(914) 837-9136 (cell) (845) 398-1009 (Fax)
REGIONAL Xcel COMMITTEE CHAIRMAN	GAIL CASPARE gailregion6Xcel@gmail.com	27 Taconic Road Millwood, NY 10546	(914) 941-7957 (Home) (914) 837-0788 (Cell)

STATE CHAIRMEN

CONNECTICUT	LAURIE DEFRANCESCO ldfusagct@aol.com	25 Congress Ave Shelton, CT 06484	(203) 924-9257 (Home) (203) 231-4967 (Cell) www.ctusagym.com
MAINE	CAROL HAMILTON - BREWER decalgym.carol@gmail.com	822 Middle Rd Skowhegan, ME 04976	(207) 474-3222 (Phone) (207) 399-7444 (Cell) www.maine-gymnastics.org
MASSACHUSETTS	MICHELE ARCHER michele.archer@aol.com	P.O. Box 294 Ashburnham, MA 01430	(978) 866-0439 (Phone) www.mausagym.com
NEW HAMPSHIRE	SEANA RIOUX nhusag@comcast.net	19 Bartlett Rd Brentwood, NH 03833	(603) 770-6199 (Cell) www.nhusagym.org
NEW YORK	TINA FERRIOLA usagny@gmail.com	480 Greenwich Street New York, NY 10013	(917) 549-6934 (Cell) (212) 334-1179 (Fax) www.nyusag.com
RHODE ISLAND	KELLI DOORLEY RIWStateChair@gmail.com	3769 Old Post Road Charlstown, RI 02813	(401) 213-6645 (Phone/Fax) www.riusag.com
VERMONT	JILL G. VANDERPOT jillnlg@yahoo.com	94 Olcott Dr. White River Jct., VT 05001	(603) 252-6075 (Cell) (802) 295-2070 (Work) www.vermontgymnastics.com

USA Gymnastics Office:
Membership: 1-800-345-4719

(317) 237-5050

USA Gymnastics

Congratulations to the 2018 USA Gymnastics TOPS National Team Members



Alexandra Kent [Yellow Jackets - MA]

Quinn Bohensky; Emmy Casselman; Sloane Mateo; Sylvie Josse; Lirit Newman-Achee [Chelsea Piers - NY]

Jayden Ecker [Gymnastics Unlimited - NY]

Josephine Cheatham [NYC Elite - NY]

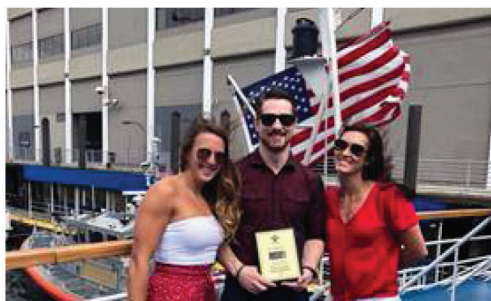
Harlow Buddendeck [Rochester Gymnastics Academy - NY]

Malena Kuzmanovski; Adelise Bochno [The Victors - NY]

Macey Silva [Aim High Gymnastics Academy - RI]



Congratulations 2018 State and Regional J.O. Club of the Year



USAG MA - Elite Gymnastics Academy



USAG RI - Aim High Gymnastics



USAG ME - Maine Academy



USAG Gymnastics Region 6 CT - Gymnastics Academy



USAG NH - NH Academy Gymnastics



USAG VT - Northern Lights



USAG NY - NYC Elite



2018 US Championships | TD Garden - Boston USA Gymnastics Region 6 is in the house!





**2019 REGIONAL
CHAMPIONSHIPS GENERAL
INFORMATION**

www.region6usagym.org

LEVEL 7 & 8

- DATE:** April 6-7, 2019
- HOST:** USA Gymnastics Region 6
Region6usag@gmail.com
- SITE:** MassMutual Center
1277 Main Street
Springfield, MA 01103
- ACCOMMODATIONS:** Hampton Inn West Springfield
1011 Riverdale St
West Springfield, MA 01089
413-732-1300
\$129.00++
4 miles from venue
- EQUIPMENT:** AAI
- FORMAT:** Modified Capitol Cup
- AGE GROUPS:** Each session will be divided into 4 equal age groups
- QUALIFYING CRITERIA:**
- Level 7**
 - Qualification will take place at the State Championships
 - Top seven gymnasts, regardless of age group, will qualify as the '*Super Seven*' State Team.
 - An additional 112 qualifiers [All Stars] will be selected on a % of a % formula.
 - Level 8**
 - Qualification will take place at the State Championship
 - Top seven gymnasts, regardless of age group, will qualify as the '*Super Team*'.
 - An additional 112 gymnasts [All Stars] will be selected on a % of a % formula.

NOTE: There are no alternates accepted into this meet after March 27, 2019

- ENTRY FEE:** \$120.00
2019 Regional Championships – all regional registrations on MeetMaker will go through the USA Gymnastics Reservation system. You will then need to Complete your registration and make payment on MeetMaker. You do not need To update your MeetMaker roster, the reservation will update it for you.

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DEADLINE: 3/13/19 [MA-NY]
3/20/19[CT-NH-VT-ME-RI]

Entries received after the deadline are subject to a \$25 / gymnast fee **No entries will be accepted after 3/22/19**

ADMISSION: Day Pass Adult \$15 / Seniors, Veterans, & Students [12 and under] \$10
Weekend Pass Adult \$25 / Seniors, Veterans, & Students [12 and under] \$15

All gymnasts and coaches who qualified for the 2019 Regional Championships will be provided credentials for the weekend.

All other spectators, including USA Gymnastics professional members and gymnasts not qualified for the meet, will be required to pay admission rates for this event.

SCHEDULE:

Saturday	Level 8 - All Stars 4 youngest age groups Level 8 - All Stars 4 oldest age groups Level 8 - <i>Super Team</i>
Sunday	Level 7 - <i>Super Seven</i> Level 7 - All Stars 4 youngest age groups Level 7 - All Stars 4 oldest age groups

***Final Schedule will be determined 3/20/19**

PLEASE READ!



MEET DIRECTORS

USA Gymnastics Region 6 Reporting Procedures

USA Gymnastics Region 6 requires Meet Directors to send a copy of the Sanction Report Form and \$1 / gymnast to the Regional Chairman. You are not required to send

- Results
- Coaches Sign in Sheet
- Judges Sign in Sheet

Please send a copy of the **Sanction Report Form** with a \$1 / gymnast to:

USA Gymnastics Region 6
Kathy Ostberg
365 Spring St
Shrewsbury, MA 01545

Make check payable to USA Gymnastics Region 6



2019 REGIONAL CHAMPIONSHIPS

GENERAL INFORMATION

www.region6usagym.org

LEVEL 9/10

DATE:	April 12-14, 2019		
HOST:	USA Gymnastics Region 6 Region6usag@gmail.com		
SITE:	MassMutual Center 1277 Main Street Springfield, MA 01103		
ACCOMODATIONS:	<div>Tower Square Hotel 2 Boland Way Springfield, MA 01115 \$133.00++ 413-781-7111 0.2 miles from venue BLOCK OPENS 3/20/19 at 8:00 AM</div> <div>Hampton Inn West Springfield 1011 Riverdale St West Springfield, MA 01089 413-732-1300 \$115.00++ 4 miles from venue</div>		
QUALIFYING CRITERIA:	34.00 at the State Championships Injury Petitions: Rules and Policies https://usagym.org/PDFs/Forms/Women/injury2015.pdf		
FORMAT:	Modified Capitol Cup		
ENTRY FEE:	<div>\$120.00</div> <div>2019 Regional Championships - all regional registrations on MeetMaker will go through the USA Gymnastics Reservations system. You will then need to complete your registration and make payment on MeetMaker. You do not need to update your MeetMaker roster, the reservation will update it for you.</div>		
DEADLINE:	<div>3/20/19</div> <div>Entries received after 3/20/19 are subject to a \$25 / gymnast fee</div> <div>No entries accepted after 3/22/19</div>		
SCHEDULE: *	Friday	April 12	Level 9 older age groups
	Saturday	April 13	Level 10
	Sunday	April 14	Level 9 younger age groups
	*FINAL MEET SCHEDULE WILL BE DETERMINED 3/20/19		

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EQUIPMENT: AAI

ADMISSION: Day Pass Adult \$15.00 / Seniors, Veterans & Students [12 and under] \$10.00
Weekend Pass Adult \$40.00 / Seniors, Veterans & Students [12 and under] \$25.00

All gymnasts and coaches who qualified for the 2019 Regional Championships will be provided credentials for the weekend.

All other spectators, including USA Gymnastics professional members and gymnasts not qualified for the meet, will be required to pay admission rates for the event

REMINDER: if you have athletes qualify to Level 9 Easterns and / or Level 10 Nationals, you must fill out Entry forms at Regionals, immediately following each session. You will need separate club checks per level.

NO PERSONAL CHECKS ACCEPTED.

****Schedule is tentative and subject to change***

JO National Qualifiers MUST achieve a minimum of 35.00 AA at the Regional Championships [Rules and Policies p 89; H; 2; a]



CONGRATULATIONS 2018 WORLD CHAMPIONS!





**2019 XCEL REGIONAL
CHAMPIONSHIPS GENERAL
INFORMATION**

www.region6usagym.org

SILVER; GOLD; PLATINUM; DIAMOND

DATE: May 18-19, 2019
HOST: USA Gymnastics Region 6
Region6usag@gmail.com
SITE: Shrewsbury High School
64 Holden St
Shrewsbury, MA
01545
ACCOMODATIONS:

Residence Inn
25 Connector Road
Westborough, MA
01581
508. 366.7700
\$159 - 219 ++
7 miles from venue

Holiday Inn Express
110 Summer St
Worcester, MA
508.757.0400
855.914.9635
Includes Breakfast
5.5 miles from venue

Residence Inn Worcester
503 Plantation St
Worcester, MA
2 miles from venue

Courtyard Worcester
72 Grove St
Worcester, MA
4 miles from venue

Doubletree Westborough
5400 Computer Dr
Westborough, MA
7 miles from venue

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Courtyard Boston Westborough
 3 Technology Dr
 Westborough, MA
 7.5 miles from venue

EQUIPMENT: AAI

FORMAT: Modified Capitol Cup

QUALIFYING CRITERIA: Qualification will take place at the State Championships.
 The top [7] gymnasts in each division will qualify as a state team.
 An additional [60] qualifiers, in each division, will be selected on a % of a % formula. The additional qualifiers will be determined using the State XCEL membership as of **2/1/19**.

ENTRY FEE: \$95.00
 Deadline to register: **Wednesday following the State Championships**
 \$25 late fee / gymnast for entries received after the deadline.
 No entries will be accepted after **5/10/19**
www.meetmaker.com

ADMISSION: Adult \$10.00 Seniors / Veterans /Students [12 and under] \$5.00

SCHEDULE:

Saturday – Silver / Gold

Session 1	Silver	All Stars
Session 2	Silver	State Team
Session 3	Gold	All Stars
Session 4	Gold	State Team

Sunday – Platinum / Diamond

Session 5	Platinum	All Stars
Session 6	Platinum	State Team
Session 7	Diamond	All Star / State Team

FINAL SCHEDULE WILL BE DETERMINED 5/8/19

****SCHEDULE SUBJECT TO CHANGE***

IMPORTANT

2019 PETITION ENTRY PROCEDURE

Clubs must register petitioned athletes – online. This will be a separate registration from club entries. The RTC will ‘ACCEPT’ or ‘DENY’ the petition online. The gym will receive an e-mail indicating the status of the petition. Clubs will NOT be charged the entry fee until the petition has been accepted.

PETITION RULES

These are found in the current [2018-2019] Rules and Policies, page 80, 84-85

Level 9 / 10 Regional Championships:

Coaches must notify their Regional Administrative Committee Chairman by e-mail NO LATER THAN the Monday following the State Championships of any athletes they intend to petition to their Regional meet. Region6usag@gmail.com

The following must be received by the RTCC [Pat Panichas] no later than [3] days after your state’s Level 9 / 10 State Championships:

- PETITION FORM – completely filled out with CORRECT INFORMATION.
- Photo copy of one pre-state; current sanctioned competition at the level the athlete is petitioning – with a MINIMUM score of 35.00 AA.
 - If a gymnast competed at the 2018 Level 9/10 Regional Championships; Easterns or JO Nationals and scored a 35.00 and she is at the same level – those scores may be used.
- A written request from the coach stating the reason for the petition (reasons are illness, injury or personal tragedy).
- A Licensed Medical Professional’s written verification of the illness or injury and **DATE of RELEASE** to return to gymnastics activity. **The release date must be prior to the Regional Championship.**

In order to meet the deadline: Attach/Scan all of the required paperwork listed above and submit via e-mail to

Pat Panichas

panichas@aol.com

If for some reason this is not possible then Express Mail [waive signature]

9 Sherman Lane – Hamden, CT 06514

Phone [203] 248-7999 or Cell (203) 215-8420

If you do not have the physician’s note- please send all other material by the deadline and the physician’s note ASAP!

Revised January, 2015



Injury Petition Form

Deadline – 3 days following the last qualifying meet

For State Championships: send your form to your State Administrative Committee Chairman
 For Regional Championships: send your form to your Regional Technical Committee Chairman (or other designated person).

Note: Notify the RACC by the Monday following the State Meet of any athletes who intend to petition to Regionals.

Refer to Chapter Eight, in the current *Women's Rules and Policies* under specific meet information.

*If this form is incomplete, it may NOT be accepted. It is the responsibility of the coach to provide all necessary information.

Meet _____ petitioning _____ to:

_____ Gymnast's Name:

_____ USA Gym Number: _____

Birth Date: _____ Age and Level: _____

Coach's Name: _____ Coach's Cell Phone #: _____

Coach's USA Gym Number: _____ Coach's E-mail: _____

Gym Name: _____

Gym Full Address: _____

Gym Phone #: _____ Gym Fax #: _____

1. Photocopy Results of a minimum of one Sanctioned Meet:

Meet: _____ Date of Competition: _____

Scores – Vault: _____ Bars: _____ Beam: _____ Floor: _____ AA: _____

2. Licensed Medical Professional's written verification of illness or injury and release to return to gymnastics activity. Please specify the DATE of return to gymnastics activity.



For the Region 6 regional meets in the 2018-19 season, all regional registrations on MeetMaker will go through the USA Gymnastics Reservation system then complete registration and make payment on MeetMaker. **You do not need to update your MeetMaker roster, the reservation will update it for you.**

To make sure the reservation will be linked to your gym account in MeetMaker make sure you have your USA Gymnastics Club Number in your MeetMaker account profile (reservations are linked by club number)

- Sign in to MeetMaker click MY GYM then Click MY ACCOUNT
- Click SANCTION ORGANIZATIONS
- Your USA Gymnastics Club Number should be in this grid
- If not click ADD NEW, or if it is wrong click EDIT to make sure your club number is listed correctly.
- If you happen to have more than one USA Gymnastics entry DELETE any extra entries.

For an ALTERNATE/PETITION entry:

Information on entering petition athletes to come.

For a REGULAR ENTRY:

1. Find the meet you are entering click REGISTER
2. Click the button, "USA Gymnastics Reservation System" click this button
 - a. A new tab or window will open (depending on your browser) with USAGYM.ORG sign in web page [Sign in to your USA Gymnastics account]
3. Once you sign in you will see the reservation page for the meet you are entering
4. Fill in the reservation data and select all the **coaches and gymnasts** that are going to attend the regional meet and complete the reservation
5. Go back to the MeetMaker window and click ALERTS
6. Then Process this reservation and enter payment information [you will receive a confirmation number in MeetMaker]

For help please see the instruction page: <http://www.meetmaker.com/usagreservationinfo> or contact support@meetmaker.com

To EDIT a registration for the regional meet:

TO UPDATE YOUR CURRENT MEET REGISTRATIONS IN MEETMAKER FOR A MEET THAT USES THE USA GYMNASTICS RESERVATION SYSTEM:

Scratch A Gymnast If the meet is in regular or late registration (if the cancelation date in the sanction has passed you can not scratch)

1. Click "MY GYM" then "MY MEETS"
2. Click "ADD NEW REGISTRATION" in the line of the meet you need to edit the registration
3. Click the "USA GYMNASTICS RESERVATION SYSTEM" button
4. Login to USA Gymnastics
5. Cancel the gymnast in the reservation and complete the reservation
6. In the MeetMaker window click "ALERTS"
7. Process the new reservation for that competition



8. You will be notified that the gymnast is scratched

Change Level of a Gymnast (if the change level date has passed in the sanction you can not change levels)

1. Click "MY GYM" then "MY MEETS"
2. Click "ADD NEW REGISTRATION" in the line of the meet you need to edit the registration
3. Click the "USA GYMNASTICS RESERVATION SYSTEM" button
4. Login to USA Gymnastics
5. Change the level of the gymnast in the reservation and complete the reservation
6. In the MeetMaker window click "ALERTS"
7. Process the new reservation for that competition
8. If the Level Change has a fee you will be taken to the payment page, if there is no fee you will be notified the level change has been made

Change General Info in a Gymnast Registration (Clothing Size, Notes and Team Member Status)

1. Click "MY GYM" then "MY MEETS"
2. Click "VIEW REGISTRATIONS" in the line of the meet you need to edit the registration
3. Click the "VIEW" button for the CONFIRMATION you need to edit
4. To edit the additional registration information for a Gymnast, click the "EDIT" button (not the down arrow)
5. Edit the information needed the click "SAVE"
6. Click "SAVE UPDATES" Above the Confirmation Bars

For Help please email support@meetmaker.com

Jason Braun
Co-owner MeetMaker

FROM THE DESK OF PAT PANICHAS

Regional Technical Chairman



★ ★ ★ Technical Q & A – November 2018 ★ ★ ★

In the November meeting, the Technical Committee reviewed a number of questions which were presented by the gymnastics community. These topics will be discussed and finalized at the Joint JO and Technical Committee meeting in May 2019, but for the purposes of giving direction for the 2019 winter/spring season, these questions and answers will be posted on the Regional websites -Technical page.

Any additional questions should be submitted to your respective Regional Technical Committee Chair, who will share them with the other RTCCs for inclusion on the Regional websites.

COMPULSORY-RELATED:

Q1: What is the correct mat stack specifications for the Level 2 Vault? There is a discrepancy between the R&P and the JO Compulsory book.

A1: *Compulsory book is correct. R & P will be updated. Minimum of 16", 24" or 32" (± 1 ").*

GENERAL:

Q2: Can an Inquiry include the "Not Up to the Level of competition" Composition deductions?

A2: *Yes, the deductions specifically listed in the charts are considered "flat" deductions and may be included in inquiries. The Inquiry form will be updated by Linda T. and Myra and Connie will post it on the website at <https://usagym.org/PDFs/Forms/Women/inquiry.pdf>*

Q3: Can Meet Directors pay judges by alternative methods such as Pay Pal or Venmo?

A3: *Yes, if there is agreement between the Meet Director and the individual judge prior to the competition.*

Q4: May the gymnast wear a medical bracelet while competing?

A4: *Yes, but it should be covered by tape or some type of bandage.*

Q5: May animals be present at USA Gymnastics sanctioned competition?

A5: *For the safety of the athletes and other participants at a competition, it is not acceptable to allow animals in the competition Field of Play. In compliance with the Americans with Disabilities Act, designated/qualified service animals would be allowed in the competition venue (spectator area).*

Q6: Is the "Incorrect attire" deduction different for JO and Xcel competitions?

A6: *Yes, 0.10 for Xcel; 0.20 for JO, after a warning, taken on the next event.*

OPTIONAL VAULT:

Q7: How is the angle of arrival determined for Level 6/7 Vault?

A7: *If there is a closed shoulder angle, measure from shoulders to hips.
If there is an open shoulder angle, measure from the hand to hips.*

Q8: How is the angle of repulsion determined?

A8: *Measure from the hands to the lowest body part. (This is the same as in the past for non-salto vaults.)*



Q9: What is the deduction for landing sideways on a Level 6/7 Tsukahara timer vault?

A9: *There is no specific deduction at this time; deduct for any applicable direction, body position and execution errors.*

Q10: Is there a deduction for not going through vertical on the Level 6/7 Tsukahara timer?

A10: *Not specifically; use appropriate body alignment and/or direction deductions.*

Q11: What is the deduction if a Level 6/7 gymnast vaults with the Vault Table below 115 cm?

A11: *Apply the 0.30 deduction for incorrect apparatus specifications.*

Q12: Must the mat behind the Level 6/7 mat stack be placed in a certain direction?

A12: *The mat behind the mat stack may be placed sideways or lengthwise at this time.*

OPTIONAL BEAM:

Q14: When do you start counting for a concentration pause?

A14: *You begin counting when the gymnast is stationary or is readjusting arms, feet or body prior to initiating an element or series of elements.*



ATTENTION



Women's Artistic Gymnastics Judges and Meet Directors:

Beginning on January 1, 2019,
the standard-IRS mileage rate will be 58 cents per mile.

Effective August 1, 2018, recommendation to allow an alternate skill cushion made of softer foam, minimum 4 ft x 6 ft and eight (8) inches high for bar releases ONLY (to be placed under the gymnast during the release and immediately removed). This is NOT allowed for dismounts or landings or any event. JO Committee Minutes - 5/18

FROM THE DESK OF GAIL CASPARE

Regional Xcel Chairman



1. Replacement pages and Xcel errata for the hard copy code are now available on the USAG web site. Go to Women/Rules/ Technical/updates. The replacement pages include all of the errata information. So, you can either correct your code using the errata or print the replacement pages. The icode has also been updated.

Judges who would like to review or test their knowledge may make the NEW Xcel quiz on the USAG web site. It is a self-test. No grades are given and you can't fail - just test your knowledge. You can treat it like an online game and it's a good review. Go to: Women/Technical Updates/Xcel Program Practice Test.

2. Vault: The equipment requirements for Silver Vault may be found in R & P on page 56.

Vault Silver Division - Support/Repulsion Phase Deductions:
Too long in support up to .30 (not up to .50)

3. Bars: A cast to a squat, stoop or straddle on, also with jump to high bar (#2.102) is an "A" Value Part. It may receive the "A" value part with or without a jump to the high bar.

The dismount listed on the Additional "A" Skills Chart for the Bronze and Silver Divisions indicates: "From squat, stoop or straddle position ON low bar - stretched jump forward". Cast to Squat, Stoop or Straddle on to a Stretched Jump Dismount counts as 2 "A" skills. Therefore, the following routine contains 5 skills for the Bronze and Silver Divisions:

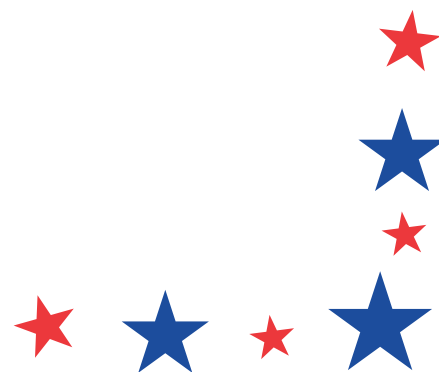
1. Pullover
2. Cast to 45 degrees below horizontal
3. Back Hip Circle
4. Cast to squat on
5. Stretched Jump Dismount

4. Bars: When a CAST Squat, Stoop or Straddle on is performed before an Underswing Dismount (#8.101), the CAST may receive "A" value part credit if it meets the Division's cast angle requirement.
5. Bars: The bar Special Requirement of "A skill finishing in a clear support....." is intended to give the gymnast additional choices. A CAST may still fulfill this Special Requirement. The following skills may fulfill the "to a clear support" Requirement:

Cast	Pike Sole Circle
Clear Hip Circle	Uprise, turning uprise
Stalder Circle	Straddle Back
Giants	Overshoot



6. Bars: "More than 1 Special requirement may be fulfilled by one Skill/VP element unless otherwise specified." (Page: Judges 3, hard copy code). Example, in the Platinum Division, a Clear Hip Circle to above horizontal may fulfill two special requirements - 1) a skill finishing in a clear support above horizontal and 2) a 360 degree circling skill
7. Balance Beam: Handstands do NOT need to be held to receive Value Part credit.
8. Balance Beam: Partial Handstand as on the "Additional "A" Skills Chart" do NOT fulfill the Gold acro requirement of reaching or passing through vertical. (Page: Beam 11 H. 1. c.)
9. Balance Beam: "All Beam mounts for all Divisions are valued as "A" unless listed as a "B" or higher in the Xcel Code of Points. Yes, even a jump to a front support is an "A" value part.
10. Balance Beam: The correct description of a Silver and Gold partial handstand is: "The feet must close together and be a minimum of 45 degrees from vertical -both criteria must be met simultaneously to receive VP credit." (On the Xcel errata and replacement pages)
11. Floor: Bronze Division - Special requirement #2: "2nd Acro PASS minimum one acro element (with/without flight)". The phrase "2nd PASS" just indicates that it must be separate from acro special requirement #1, "2 directly connected acro elements". The "PASS" may be an isolated skill or may be a combination of skills. The following examples fulfill both acro Special Requirements for **Bronze**:
 12. Round-off, rebound, backward roll
 13. Cartwheel
 14. Round-off, rebound, backward roll
 15. Forward roll step out directly connected to a cartwheel
 16. Forward roll, forward roll
 17. Round-off



Nomination Form for the Women's Regional Administrative Committee Chair Position

All nominees must be USA Gymnastics Women's Program Professional Members in good standing for a minimum of two consecutive years immediately prior to the nomination, be at least 21 years old and meet the prerequisites in Article V of the Operating Code Section H found posted in the Rules section of the USA Gymnastics website, Women's Program home page. The position will begin immediately following the completion of the election and will run through the current term, ending in 2023.

Nominations are to be sent to the Women's Junior Olympic Program Director and the NACC no later than March 1, 2019. Annie Heffernon – aheffernon@usagym.org Cori Rizzo - coririzzo@gmail.com

CRITERIA FOR NOMINATION

SECTION H – REGIONAL ADMINISTRATIVE COMMITTEE CHAIRMAN (RACC)

Must have served for a minimum of two (2) consecutive years as:

1. State Administrative Committee Chairman, or
2. Regional Administrative Committee Chairman, or
3. A National sub-committee member

I nominate:

Return the completed form to the Junior Olympic Program Director and the NACC via email to aheffernon@usagym.org and coririzzo@gmail.com.

DUTIES AND RESPONSIBILITIES

REGIONAL ADMINISTRATIVE COMMITTEE CHAIRMAN (RACC)

The Regional Administrative Committee Chairman (RACC) is responsible for the overall organization, administration, and finances of the Region.

- A. Must submit all meeting agendas and subsequent minutes to the National Administrative Committee Chairman (NACC) prior to distribution.

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- B. Be responsible for the overall organization of all regional events.
- C. Represent the region as a voting member on the Administrative Committee (AC) and attend any Sub-committee meetings for the Region, as needed.
- D. Attend as many events in the region as possible to lend assistance and to evaluate the program.
- E. Prepare a written annual report of regional activities and submit this report to the National Administrative Committee Chairman (NACC).
- F. Serve as the Women's Program consultant for the region and answer correspondence directed to the regional office.
- G. Inform the National Administrative Committee Chairman (NACC) of any major problems.
- H. After due investigation, receive recommended corrective measures from the National Administrative Committee Chairman (NACC).
- I. Actively promote membership to the USA Gymnastics Women's Professional Membership Program.
- J. Request the Regional Junior Olympic Committee Chairman (RJOCC) and the Regional Technical Committee Chair (RTCC) to submit reports of their activities.
- K. Be responsible to see that all states have a State Administrative Committee Chairman (SACC), either by election or appointment.
- L. Prepare and disseminate information to Women's Program Professional Members.
- M. Send any materials published in the form of newsletters, etc., by the Regional Administrative Committee Chairman (RACC) to the Director of Program Administration and the NACC, NJOCC, and NTCC.
- N. Be responsible for:
 - conducting regional congress
 - awarding of regional competitions and ordering awards
 - attending all regional meetings and competitions
 - providing consultation for the organization of all events
 - collecting entry forms for Regional entries into the Junior Olympic East/West and National Championships
 - service and recognition awards for the region
- O. Determine the site and meet director for the Jr. Olympic Regional Championships, in conjunction with the Regional Technical Committee Chairman (RTCC) and the Regional Junior Olympic Committee Chairman

(RJOCC). Site and directors shall be determined by soliciting bids. The Regional Administrative Committee Chairman (RACC) shall see that these events follow the USA Gymnastics *Rules and Policies* for competitions.

- P. Establish procedures to raise operating funds for the region, if necessary. The Regional Administrative Committee Chairman (RACC) may, with the approval of the Regional Administrative Committee (RAC), determine and/or collect competition and/or club fees for the purpose of raising operating funds for the region. All fees will be retained in the Regional account for use as determined by the Regional Administrative Committee (RAC).
- Q. Use the accounting office of USA Gymnastics to add to and access regional funds.
- R. Shall be accountable for all regional funds and publish each year the financial statement reflecting activity as of July 1 – June 30.
- S. Be directly responsible to the National Administrative Committee Chairman (NACC).
- T. Provided that they have attended a current TA Workshop, may serve as a Test Administrator for the certification of judges.
- U. Approves the lowering of any state qualifying scores.

CALENDAR 2019 – 2020



2019

MARCH

1	Nastia Liukin Cup	Greensboro, NC
2	American Cup	Greensboro, NC
16 - 17	Level 9 / 10 State Championships	Various Locations

APRIL

6 - 7	Level 7/8 Regional Championships	Springfield, MA
12 - 14	Level 9/10 Regional Championships	Springfield, MA

MAY

10 - 12	Level 9 Easterns	Kissimmee, FL
17 - 19	JO National Championships	Indianapolis, IN
18 - 19	XCEL Regional Championships	Shrewsbury, MA

AUGUST

2 - 4	USA Gymnastics Regional Champions	Providence, RI
8 - 11	USA Gymnastics National Congress & Trade Show	Kansas City, MO
8 - 11	USA Gymnastics Championships	Kansas City, MO

2020

APRIL

17 - 10	Level 9/10 Regional Championships	Springfield, MA
25 - 26	Level 7/8 Regional Championships	Springfield, MA

MAY

8 - 10	Level 9 Eastern Championships	Battle Creek, MI
15 - 17	J.O. National Championships	TBD
16 - 17	XCEL Regional Championships [tentative]	TBD





USA GYMNASTICS

REGION

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365 Spring St.
Shrewsbury, MA 01545