



NEWSLETTER

W i n t e r 2 0 2 0



Greetings;

2020 is an election year for the position of State Administrative Committee Chairman. The position is a two-year term that commences July 1, 2020. The following State Chairmen indicated they will be seeking re-election: Carol Evans [USAG ME] — Michele Archer [USAG MA] — Kelli Doorley [USAG RI] and Jill Vanderpot [USAG VT].

I would take this opportunity to thank Laurie DeFrancesco [USAG CT] and Tina Ferriola [USAG NY] for their commitment and dedication to the membership of their respective states. Both Laurie and Tina will not be seeking re-election. Laurie and Tina — your leadership will be missed.

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 — 2020 USA Gymnastics Regional Congress is being held August 7 - 9 in Providence, RI. EARLY BIRD REGISTRATION is open at <https://usagym.org/pages/education/courses/U310/6/> until April 13, 2020. 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



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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 2019 USA Gymnastics TOPS National Team Members



Diamond Team:

Emily Ruggaber [RGA - NY];
Grace Huskic [RGA - NY];
Khloe Russo [Blaze Gymnastics - NY]

TOPs A and B Team:

Josie Cheatham [Gotham Gymnastics - NY] -
Lirit Newman-Achee [Chelsea Piers - NY];
Sloane Mateo [Chelsea Piers - NY];

Missing Photo: Joelle Unson [Gold Medal Huntington - NY]; Macey Silva [Aim High Gymnastics - RI]



Congratulations 2019 State and Regional J.O. Club of the Year



USAG RI
Aim High Gymnastics



USAG VT
Regal Gymnastics



USAG NH
Nashua School of Gymnastics



USA Gymnastics Region 6 - Infiniti Elite



USAG MA
Daggett's Gymnastics



USAG CT
CT Gymnastics Academy



USAG ME
Decal Gymnastics



Congratulations to USA Gymnastics Developmental Camp Participants



Harlow Buddendeck; Kieryan Finnell [Rochester Gymnastics Academy - NY] Julia

Funaro [JAG - CT]

Anaya Rodriguez; Joelle Unson; Gabriel Vanterpool [Gold Medal Huntington - NY]

Lexi Kent [Yellow Jackets - MA]

Missing Photo: Allison Cucci [Victor's Gymnastics]





ATTENTION OFFICIALS

Effective for the 2020 – 2021 Season

Officials that wish to be considered for the 2021 Level 9/10 and / or Level 7/8 Regional Championships are required to:

- A. Attend the 2020 USA Gymnastics Regional or National Congress**
- B. Volunteer to work actively with the athletes at one of the following camps**
 - Rising Stars [Optional Camps]
 - Regional Developmental Camp

The official must work a minimum of 8 hours [or one full day] to fulfill the requirement.

OR

Work a minimum of 3 sessions as an auxiliary official at one of the Regional Championships

Officials that wish to be considered for the 2021 Eastern Championships; JO National Championships are required to:

- A. Attend the 2020 USA Gymnastics Regional or National Congress.**
- B. Volunteer to work actively with the athletes at one of the following camps –**
 - Rising Stars [Optional Camps]
 - Regional Developmental Camp

The official must work a minimum of 8 hours to fulfill the requirement.

1/16/20



ATTENTION



Women's Artistic Gymnastics Judges and Meet Directors:

Beginning on January 1, 2020,
the standard-IRS mileage rate will be 57 cents per mile



**2020 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION**

www.region6usagym.org

LEVEL 9/10

DATE: April 17 – 19, 2020

HOST: USA Gymnastics Region 6
Region6usag@gmail.com

SITE: MassMutual Center
1277 Main Street
Springfield, MA 01103

ACCOMODATIONS: Tower Square Hotel
2 Boland Way
Springfield, MA 01115
Rate: \$139.00 ++
0.2 miles from venue

BLOCK OPENS 3/30/20 at 8:00 AM

QUALIFYING CRITERIA: 34.00 at the State Championships
Injury Petitions: Rules and Policies p 88
<https://usagym.org/PDFs/Forms/Women/injury2019.pdf>
https://usagym.org/PDFs/Forms/Women/injury2019_3event.pdf

FORMAT: Modified Capitol Cup

ENTRY FEE: \$125.00
2020 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.

DEADLINE: **4/1/20**
Entries received after 4/1/20 are subject to a \$25 / gymnast fee
No entries accepted after 4/3/20

SCHEDULE: *

Friday	April 17	Level 9	older age groups
Saturday	April 18	Level 10	
Sunday	April 19	Level 9	younger age groups

***FINAL MEET SCHEDULE WILL BE DETERMINED 4/1/20**

continued on next page

EQUIPMENT:	AAI 20 CM MATTING	
ADMISSION:	Day Pass Adult \$15.00 / Senior, Veterans & Student [12 and under]	\$10.00
	Weekend Pass Adult \$40.00 / Senior, Veterans & Student [12 and under]	\$25.00

CREDENTIALS:

All gymnasts who qualified for the 2020 Regional Championships will be provided credentials for the weekend.

NEW for 2020

Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System. The number of Credentialed Coaches allowed per club are as follows:

- 1-4 athletes participating – maximum of 2 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 – maximum of 6 credentialed coaches allowed on the field of play

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 88; H; 2: a]





**2020 REGIONAL CHAMPIONSHIPS
GENERAL INFORMATION**
www.region6usagym.org

LEVEL 7 & 8

- DATE:** April 25 – 26, 2020
- HOST:** USA Gymnastics Region 6
Region6usag@gmail.com
- SITE:** MassMutual Center
1277 Main Street
Springfield, MA 01103
- ACCOMMODATIONS:** Tower Square Hotel
2 Boland Way
Springfield, MA 01115
\$139.00 ++
413-750-3020
Room Block Opens April 6, 2020 @ 8:00am
- EQUIPMENT:** AAI
20 CM MATTING
- 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 April 9, 2020

- ENTRY FEE:** \$125.00
2020 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.

DEADLINE: 4/1/20 [CT – ME – NH – RI – VT]
4/8/20 [MA – NY]

Entries received after the deadline are subject to a \$25 / gymnast fee
No entries will be accepted after 4/10/20

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

CREDENTIALS:

All gymnasts who qualified for the 2020 Regional Championships will be provided credentials for the weekend.

NEW for 2020

Coaches ARE REQUIRED to register online through the USA Gymnastics Meet Reservation System. The number of Credentialed Coaches allowed per club are as follows:

- 1- 4 athletes participating – maximum of 2 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 – maximum of 6 credentialed coaches allowed on the field of play

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

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 4/11/20**



2020 XCEL REGIONAL CHAMPIONSHIPS

GENERAL INFORMATION

www.region6usagym.org

SILVER; GOLD; PLATINUM; DIAMOND

DATE: May 16 – 17, 2020
HOST: USA Gymnastics Region 6
Region6usag@gmail.com
SITE: Shrewsbury High School
64 Holden St
Shrewsbury, MA 01545

ACCOMMODATIONS: Residence Inn
25 Connector Road
Westborough, MA 01581
508. 366.7700

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

continued on next page

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 **2/1/20**

ENTRY FEE:

\$100.00
Deadline to register: **Wednesday following the State Championships**
\$25 late fee / gymnast for entries received after the deadline.
No entries will be accepted after 5/8/20
www.meetmaker.com

ADMISSION:

Adult \$10.00
Senior, Veterans /Student [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 5/9/20

***SCHEDULE SUBJECT TO CHANGE**

IMPORTANT

2020 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 [2019-2020] 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!***



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, pages 80-85 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.



Petition Form to Regional Championships - Injury during last event

Injury during last (4th) event at State Championships and unable to finish the routine

This form MUST be included with the regular petition form and the other petition documentation.

If an athlete begins her fourth event, is injured during the routine and **unable to complete her fourth event**, she may petition to Regionals if her score from her first three (3) events is equal to or greater than 75% of the required petition score.

Name of Gymnast _____ USAG # _____

Name of Coach _____ Club _____

Contact # _____ E-mail _____

Indicate scores for all events - Circle the last event where injury occurred

Vault _____ Beam _____

Bars _____ Floor _____

Total of 1st three events _____

Regional Petition Score (RPS) = Regional Qualifying Score (RQS) + 1.00 = _____

75% of Regional Petition Score = _____

Verify, by signing below, that the gymnast was injured during her last event at the State Championships and COULD NOT finish the routine.

Coach (Print) _____ (Signature) _____

Chief Judge (Print) _____ (Signature) _____

Meet Referee (Print) _____ (Signature) _____

Medical Staff (Print) _____ (Signature) _____

Description of the injury _____



USA GYMNASTICS REGION 6 ATHLETE APPAREL FUND

The Region 6 Athlete Apparel Policy was revised in 2019. The Athlete Apparel Fund is solely supported by the funds generated from the Rising Stars Training Camps and Individual donors.

Our goals are to raise funds to support our athletes and to provide training opportunities that will improve Region 6 performance at the National Championships. This goal can only be accomplished with the support of the Region 6 community.

THE FOLLOWING POLICIES WILL IMPACT THE 2020 JO NATIONAL / EASTERN CHAMPIONSHIPS

- Clubs with potential JO National / Eastern competitors are expected to provide a coach to work as a clinician for a minimum **of two sessions** at a Rising Stars Training Camp.
- Clubs that do not fulfill their Training Camp responsibilities will be charged for coaches' athlete apparel. **12/28/19**

JO National

- **Club Assessment** **\$750.00** **[1 athlete and 2 coaches]**
- **Each additional athlete** **\$500.00**
- **Each additional coach** **\$150.00**

Easterns

- **Club Assessment** **\$500.00** **[1 athlete / 2 coaches]**
- **Each additional athlete** **\$300.00**
- **Each additional coach** **\$150.00**

*USA Gymnastics requires coaches to be dressed in matching regional apparel while on the 'field of play'.

Clubs that have fulfilled their 2020 Athlete Apparel Obligation

A2 [NH] - Ace [MA] - Ace [NY] - Aim High [RI] - Absolute [MA] - All Stars [CT] - All Stars [MA] - All Stars [NY] - Apex [NY] - Atlantic [NH] - Arena [CT] - Blaze [NY] - Brestyan's [MA] - Bright Raven [NY] - Broderick's [MA] - Cape Cod [MA] - Chelsea Piers [CT] - Chelsea Piers [NY] - CT Gymnastics Academy [CT] - CNY [NY] - Daggett's [MA] - Darien YMCA [CT] - Deary's [CT] - Decal [ME] - Elite [MA] - Exxcel [MA] - Galaxy [NY] - Gold Medal Centereach [NY] - Giguere's [MA] - Gold Medal Huntington - Gotham [NY] - Gymnastics at Brentwood [NH] - Gymnastics Express Too [CT] - Gymnastics and More [MA] - Gym-Nest [NY] - Gymnastics Learning Center [MA] - Gymnastics Training Center [CT] - Hotshots [NY] - Infiniti Elite [NY] - Massachusetts Elite Gymnastics [MA] - Metrosouth [MA] - MGC-Masstars [MA] - Mid Island [NY] - Mr Todd's [NY] - New Image [NY] - Niagara [NY] - Nashua [NH] - Nina's [NY] - NYC Elite [NY] - O'Leary's [MA] - Orchard Park [NY] - Phantom [NH] - Phoenix [NY] - Reading Gymnastics [MA] - Richmond [NY] - Rochester Gymnastics [NY] - Roots [MA] - Sagamore [NY] - South Shore [MA] - Spectrum - Spectrum - Sport Fitness Fun [NY] - Sterling [MA] - Stumpf's [NY] - Thames Valley [CT] - Towers [NY] - Victors [NY] - Valley [NY] - World Class [NY] - Yellow Jackets [MA]

???'s contact region6usag@gmail.com

12/28/19



For the Region 6 regional meets in the 2019 - 20 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.

YOU WILL ENTER PETITION GYMNAST SEPARATE FROM QUALIFIED GYMNAST.

Region Registration Instructions:

1. Find the regional meet you are entering click REGISTER
2. Click the button, "USA Gymnastics Reservation System"
3. A new tab or window will open (depending on your browser) with USAGYM.ORG sign in web page [Sign into your USA Gymnastics account]
4. Once you sign in you will see the reservation page for the meet you are entering
5. Select ONLY QUALIFIED ATHLETES AND COACHES that you are going to enter in the regional meet then make the regular entry in MeetMaker (you will receive a confirmation number once you have entered) see **For a REGULAR ENTRY:**
6. You now can enter PETITION GYMNAST, see **For an ALTERNATE/PETITION entry:**

For a REGULAR ENTRY:

You MUST enter ALL QUALIFIED ATHLETES FIRST before entering the PETITION ATHLETES

1. Make a Reservation in usagym.org for ONLY QUALIFIED athletes
2. In MeetMaker click ALERTS
3. Then Process this reservation
4. Click the button REGULAR REGISTRATION
5. This is the registration screen you cannot uncheck a participant from this screen (If you need to delete a participant from your event roster it must be done in the USA Gymnastics reservation system before you process and pay for the registration). Scroll down and CONTINUE this will take you to the PAYMENT page, enter payment information [you will receive a confirmation number in MeetMaker]

For an ALTERNATE/PETITION entry:

You MUST enter ALL QUALIFIED ATHLETES FIRST before entering the PETITION ATHLETES

1. Make a Reservation in usagym.org for ONE petition gymnast
2. In MeetMaker click ALERTS
3. Then Process this reservation
4. Click the button ALTERNATE/PETITION REGISTRATION
5. This is the registration screen you cannot uncheck a participant. Scroll down and CONTINUE this will take you to the PAYMENT page, enter payment information [you will receive a confirmation number in MeetMaker]
6. Repeat step 1 if you have additional Alt/Petition gymnast for this meet

continued on next page

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

To check to see if you have the correct USA gymnastics Club number in your MeetMaker account.

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 club number entry DELETE any extra entries.

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 cancellation 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 then click "SAVE"
6. Click "SAVE UPDATES" Above the Confirmation Bars

For Help please email support@meetmaker.com

FROM THE DESK OF GAIL CASPARE

Regional Xcel Chairman



Xcel Chatter Winter 2019-2020

Below are responses to recent questions or situations that have arisen this competitive season. Some have been addressed before, but have been asked again. So let's begin.....

1. The Xcel Practice quiz that can be used to review Xcel information is found at:
<https://usagym.org/pages/women/pages/xcel.html>
2. Criteria for Regional Xcel Club of the year 2020 (From the June Region 6 Committee Meeting Minutes)
 - a. Have representation of athletes who demonstrate excellence across all levels of competition at Xcel Regional Championships.
 - b. Exhibit sportsmanship by the club's coaches, athletes and parents, as evidenced by consistent respectful, supportive and courteous behavior at all Xcel events and competitions.
 - c. Actively participate in the growth of the Xcel Program and in the development of all of its participants within the club's state (and within the region when applicable)
 - d. Possess a current, professional club membership in good standing, which includes all of the club's owners and coaches displaying a high level of professionalism throughout the season.

Each state may submit an Xcel Club of the year nomination for consideration to the Xcel Region 6 Chair, Gail Caspare. The process for the nomination of the Xcel Club of the Year will be determined by the USAG State Administrative Committee. Nominations are due to Gail by May 26, 2020. The Region 6 Xcel Committee will review the nominations and forward their recommendations to the Region 6 Administrative Committee.

3. General: The number of Xcel gymnasts allowed in a session is listed in R & P on page 65.
4. General: Open scoring is not allowed at any Xcel Division below the State Meet level. The USAG State Administrative Committee decides if open scoring is allowed at Xcel States and the USAG Regional Administrative Committee decides if open scoring is allowed at Xcel Regionals. (Page JUDGES 6 in the hard copy Xcel Code)
5. General: Inquiries are Allowed at all meets. Page JUDGES 8 in the hard copy Xcel Code says that inquiries are only allowed at State meets and above. This statement is incorrect and will be corrected.
6. Vault: There is a general rule listed in the hard copy Xcel Code on page JUDGES 8, that says, "No routine will be awarded less than 4.0". This is the Xcel courtesy score. The only time it does not apply is if a vault or routine is voided.

For example, the 4.0 courtesy score may apply to Bronze vaulting option 1 (Start value 9.0) when the gymnast, for whatever reason, receives a zero for the first half of her vault (-4.5). She may still perform the second half of the vault that is worth 4.5. Even if the gymnast has more than 0.50 in deductions, say she has 0.90 in deductions, she would still receive a courtesy score of 4.0.

7. Bars: A tap swing forward with a ½ turn dismount is not listed in the Skills section of the Xcel Code. It is only listed on the additional "A" Skill Chart (page BARS – 21). As indicated, it may only be used for the Silver and Gold Divisions. A tap swing forward with a ½ turn is not an allowable dismount for the Platinum or Diamond Divisions.

A similar dismount, #8.101 in the Xcel Code, is from an underswing on the high bar, not a tap swing. Dismount #8.101 may be used for the Silver, Gold and Platinum Divisions.

If a gymnast competing in the Platinum or Diamond Divisions performs a tap swing ½ turn dismount, the dismount would not receive value part credit and a 0.50 deduction for not fulfilling the dismount special requirement would be taken. The 0.30 deduction for no dismount would not be applied.

8. Bars: Page 55 in R & P says, "When performing the uneven bar mount of glide swing, then back hip pullover (or jump to front support), the athlete may stand on a panel mat, spotting block or board.....to initiate the jump into the glide. The mat/board must be removed as soon as possible after the jump into the glide swing."

Therefore, the gymnast may not return to the spotting device before performing the Pullover. Returning to the mounting device would result in a 0.30 deduction.

9. Bars: In the Platinum Division a clear hip above horizontal may fulfill both special requirement #1, "a skill finishing in a clear support above horizontal" and special requirement #2, "360 degree circling skill". Also, in the Diamond Division a clear hip to a minimum of 45 degrees from vertical may also fulfill the special requirements #1 and #2.

"More than one special requirement may be fulfilled by one skill/VP element, unless otherwise specified." (page JUDGES 3 hard copy Xcel Code).

10. Beam: Leaps and jumps with a "B" or "C" value part as listed in the code may receive the "B" or "C" value part if the split is a minimum of 135 degrees. Split angle amplitude deductions are applied according to the angle of split required in each Division.

If Silver, Gold or Platinum reach 135 degrees, they receive the "B" (or "C") value part with no amplitude deduction. The split amplitude deduction is based on the split amplitude requirement for each Division: Silver = 90 degrees; Gold and Platinum 120 degrees and Diamond 150 degrees. Therefore, the only Division incurring a split amplitude deduction at 135 degrees would be Diamond (up to 0.20).

So, for example, using a split leap that is a "B"VP:

Silver, Gold or Platinum gymnast does split leap with 135 degrees = "B" VP, no amplitude deduction

Diamond gymnast does split leap with 135 degree split = "B" value part, with up to 0.20 deduction for insufficient split

Diamond gymnast does split leap with 150 degree split = "B" value part with no deduction for split angle.

11. Beam: On page BEAM-7 (A.,4,b) in the hard copy Xcel Code it says,

"If the gymnast attains vertical in a handstand mount and then falls off without touching a foot/body part to the top of the beam, VP credit is still awarded."

"PRESS handstand to vertical WITHIN the exercise that falls off without touching a foot/body part to the top of the beam will also receive VP credit."

However, if during the routine a KICK to handstand falls without touching the beam, the handstand would not receive VP credit.

Recap - Any handstand MOUNT that attains vertical would receive VP credit even if the gymnast falls without touching the beam. WITHIN a routine only a press to handstand would receive value part credit if a fall occurred without touching the beam. Other handstands within the routine would not receive value part credit on a fall unless a foot or body part touched the beam.

Best,
Gail Caspare

PURCHASE AN AD IN THE EVENT SLIDE SHOW



April 17-19, 2020
April 25-26, 2020



Advertising Authorization

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Company

Address

City / State / Zip

Telephone

Fax

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Signature

Page Rates

Full Page \$150.00

***Please e-mail or send order form,
payment and materials to:***

Brian Kerrigan

21 Abbott Road

North Reading, MA 01864

briank@twionline.com

Deadline: April 3, 2020

Materials & Ad Specifications

*Please provide photos for ads in (.jpg) format
along with ad copy. You may also send a
completed ad as (.jpg or .pdf) file.*

Max ad sizes:

*Full Page - LANDSCAPE
8"h - 10.5"w*

Payment Information

Ad Size _____

Ad Cost \$ _____

Check made Payable to USAG Region 6

Ad space is available on a first-come, first-serve basis.

***For the safety of our gymnasts we reserve the right to reject any advertisement
that will cause any distractions to the gymnasts, their coaches, or the audience***

2020 USA GYMNASTICS LEVEL 9-10 REGIONAL CHAMPIONSHIPS

This form is for High School Senior Profiles
Please e-mail the information below, include a 5x7 photo, to:

Brian Kerrigan
briank@twionline.com

Deadline: April 3, 2020

****Late Entries will NOT be included in Slide Show****

Athlete Name:_____

Gym Club and Coaches:_____

High School:_____

College Choice:_____

Favorite Event:_____

I would like to tell my family:_____

I would like to tell my coaches:_____

*To avoid misspellings - information must be typed in the body of the e-mail.
Handwritten forms will not be accepted.*

STATE ADMINISTRATIVE COMMITTEE CHAIRMAN ELECTIONS

2020 is an election year for the position for State Administrative Committee Chairman

Nominations for State Administrative Committee Chairman must be in hand March 1, 2020. Form below:

1. State Administrative Committee Chairmen (SACC) shall be elected by the Professional members of the Women's Program in their respective states.
2. They shall serve for two (2) years and be elected in the spring on even- numbered years.
3. Elections to be completed by April 15th. Term of office to begin July 1st.

Criteria for nominations:

- Nominees must be USA Gymnastics Women's Program professional members for a minimum of two years in the state program in which they seek election
- Nominees must be at least 21 years old and be members in good standing.
- It is strongly recommended that the State Committee Chairman candidates have financial skills, organizational skills, communication skills, a working knowledge of the program and the willingness to fulfill the duties and responsibilities of the position.

Duties and responsibilities of the SACC:

The State Administrative Committee Chairman (SACC) is responsible for the overall organization of all designated qualifying events and programs within their State. The State Administrative Committee Chairman (SACC) shall work in close cooperation with the Regional Administrative Committee Chairman (RACC), Regional Junior Olympic Committee Chairman (RJOC) and the Regional Technical Committee Chairman (RTCC) to effectuate State programs. Any problems that cannot be solved by the State Administrative Committee Chairman (SACC) should be submitted to the appropriate regional personnel.

For specific job responsibilities of State Administrative Committee Chairs,

Please see pages 25-27 of the Women's Operating Code found online at <https://usagym.org/PDFs/Women/Rules/operatingcode.pdf>.

Nomination form for State Chairman

Duplicate as needed

Name of Nominee:

Address of Nominee: _____

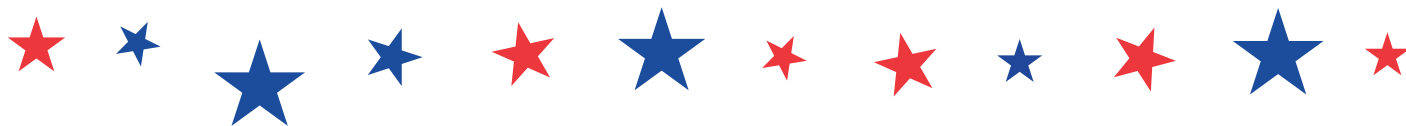
City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Return Completed Form to Kathy Ostberg at region6usag@gmail.com

CALENDAR 2020-2021



2020

MARCH

6	Nastia Liukin Cup	Milwaukee, WI
7	American Cup	Milwaukee, WI
27 – 29	Level 9 / 10 State Championships	Various Sites

APRIL

17 – 19	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	Tacoma, WA
16 – 17	XCEL Regional Championships	Shrewsbury, MA

JUNE

4 – 7	USA Championships	Ft Worth, TX
25 – 28	2020 US Olympic Team Trials	St Louis, MO
26 – 28	2020 USA Gymnastics National Congress	St Louis, MO

JULY

24 – August 9	2020 Olympic Games	Tokyo
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August

6 – 9	USA Gymnastics Region 6 Congress	Providence, RI
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2021

MARCH

26 – 28	Level 9 / 10 State Championships	Various Sites
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APRIL

9 - 11	Level 9/10 Regional Championships	Worcester, MA
24 – 25	Level 7/8 Regional Championships	Worcester, MA

MAY

7 – 9	Level 9 Eastern Championships	TBD
14 – 16	J.O. National Championships	TBD





USA GYMNASTICS



365 Spring St.
Shrewsbury, MA 01545