



## PETITION PROCEDURE TO REGIONAL CHAMPIONSHIPS

AS DEFINED IN THE 2025-2026 USA GYMNASTICS WOMEN'S PROGRAM RULES AND POLICIES

All petitions to the **2026 Xcel Region 1 Gymnastics Championships** must be e-mailed to:

1. **GIGI IAVARONE, Regional Technical Committee Chairman:**  
[Gigi.RTC1@cox.net](mailto:Gigi.RTC1@cox.net)
2. **JILL PRESTON Regional Xcel Committee Chairman:** [jill@gymcats.com](mailto:jill@gymcats.com)
3. **TAMMY PARSONS:** [region1.petitions@gmail.com](mailto:region1.petitions@gmail.com)

Please use the subject line: **Petition\_StateAbbreviation\_Level\_Athlete'sLastName**

(Example: Petition\_NV\_10\_Smith)

**State Abbreviations:** AZ, NV, UT, SoCal, NorCal

Petitions must contain:

- 1) Completed, legible [Injury Petition Form](#)
- 2) Verification of qualifying score which must include:
  - a. Name of meet
  - b. Date of competition
  - c. Scores for all events (with a minimum AA=1.00 greater than the Regional Qualifying Scores, per R&P) \*\*IES can petition into Regionals with a 9.25 for Diamond and Sapphire only.
    - Gold – Regional Qualifying Score 36.0 + 1.00 = 37.0 needed
    - Platinum – Regional Qualifying Score 34.0 + 1.00 = 35.0 needed
    - Diamond/Sapphire – Regional Qualifying Score 33.0 + 1.00 = 34.0 needed
- 3) Licensed Medical Professional's note which must include:
  - a. Written verification of illness or injury
  - b. Date of release for return to gymnastics activity – which lists a date giving the gymnast ample time to prepare for the competition; preferably > than one week.
  - c. Signature of medical professional

**WRITTEN REQUEST FROM THE COACH AND OFFICIAL RESULTS ARE DUE BY**  
**5:00 PM, MONDAY, MARCH 16, 2026 - NEVADA**  
**5:00 PM, MONDAY, MARCH 30, 2026 – ARIZONA, SOCAL & UTAH**

**ALL OTHER DOCUMENTS (PHYSICIAN'S NOTE) ARE DUE BY**  
**5:00 PM, WEDNESDAY, MARCH 18, 2026 – NEVADA**  
**5:00 PM, WEDNESDAY, APRIL 1, 2026 – ARIZONA, SOCAL & UTAH**

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1. Petitions may be considered for the following reasons:
  - a. Injury, illness or family tragedy (e.g., death, natural disaster)
2. If an athlete is injured prior to a qualifying meet, but can compete in 1, 2 or 3 events, she may compete in the qualifying meet without jeopardizing her right to petition to the next competition.
3. The coach (or club administrator) is responsible for submitting all necessary documentation for the petition on behalf of the petitioning athlete.
4. [Injury Petition Forms](#) are posted on the USA Gymnastics website.
5. Entry form and fees for petitioned athletes must be sent directly to the Meet Director, specifically marked as "Petition pending". If the petition is denied, the RTCC will contact the Meet Director, who will refund the entry fee.
  - a. If the gymnast was injured at the State Championships, the entry form and fees should be given to the USA Gymnastics officer who is designated to collect Regional entries at the State Championships. (Fees will be returned within 3 weeks if the petition is not accepted.)

## 6. Petitions and Deadlines – Xcel Regionals, Page 64

- a. NO petitions are allowed if qualification to the Regional Championships is by a percentage (%) or by a specific number of athletes.
- b. A coach may petition to the RTCC (or Regional Technical Assistant, if so designated) to allow an athlete to DIRECTLY enter the Regional Championship if the following requirements are met AND documentation is included with the petition form:
  - 1) If a gymnast is unable to compete at the State Championships (or cannot compete in the AA at State) due to injury or illness prior to or during State.
    - a) A photocopy of at least one pre-State, sanctioned meet results from the current season (at the division to which they are petitioning) showing a score at least one point (1.00) greater than the regional qualifying score.
      - If the gymnast competed in the same division in the previous year's Xcel Regionals and her 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 meet score.
    - b) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.
    - c) Written request from the coach.
  - 2) If an athlete who is unable to compete at State (or cannot compete AA at State) 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 Xcel Regionals at the same division, an injury petition for the same division may be considered under special circumstances by the RTCC and the RXCC. If necessary, the SACC, NXCC and NTCC will be consulted. The petition must include:
    - a) A copy of the meet results must be included with the petition form. The scores from the previous Regional competition must be at least one point (1.00) higher than the current Regional qualifying score for the division.
    - b) A current video that is sent to both Regional officers.
    - c) A Licensed Medical Professional's written verification of the illness or injury and date of release for return to gymnastics activity.

d) The RTCC (or her/his appointee) will handle the petition, in consultation with the RXCC and the SACC. If an agreement cannot be reached, the RTCC will make the decision.

**c. REGIONAL PETITIONS MUST BE SENT BY EMAIL AND RECEIVED BY THE RACC AND RTCC NO LATER THAN 5:00 PM LOCAL TIME THE MONDAY FOLLOWING THE STATE CHAMPIONSHIPS.**

- 1) The request in writing from the coach plus official results are due by 5:00 pm local time the Monday following the State Championships.
  - All other required documents (physician's note) must be received by the RACC and RTCC (also send a copy to the SACC) by 5:00 pm local time the Wednesday following the State Championships.
- 2) The petitioner will be notified of the approval or denial of the petition by the RTCC a minimum of 1 week prior to the Regional meet.
- 3) The RTCC will notify the Meet Director of the approval or denial of the petition.
- 4) If a petition is accepted, but the gymnast is unable to compete, the coach must IMMEDIATELY notify both the Meet Director and the respective RTCC.