

USA Minnesota Gymnastics

Rules & Policies

Updated December 29, 2025

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State Board Responsibilities

USA Minnesota Gymnastics

The state board shall work in close cooperation with the State chairperson to oversee the organization of all events and programs within the state.

- 1) State board members will attend meetings when called by the State Chairperson.
- 2) State board will determine the site for all State Championships. The sites will be determined by reviewing bids turned in by clubs wanting to host. Meet bids are due by November 25th for the following season.
- 3) A member of the State board will be present at all State Meets.
- 4) State board members will inform the State chairperson of any competitions that do not follow USA Gymnastics Rules and Policies.
- 5) State board members will serve on committees as necessary under direction of the State Chairperson.
- 6) State board will determine fees, qualifying scores, calendar and awards with the approval of the Regional Chairperson.

Judges Ranking Protocols

Each State Administrative Committee Member will rank judges based on the prior year's performance. Judges' performance in Application of Rules, Consistency, Professionalism,

number of judging assignments, and "benefit of doubt" given to gymnasts will be all taken into consideration. An average score between all committee members will be used to rank the judges in rank order.

Minnesota USA Gymnastics Meet Checklist

FACILITY / EQUIPMENT

- _____ Secure facility.
- _____ Provide all appropriate equipment for the level of competition being held.
- _____ Determine appropriate supplies needed (scoring system, judge's slips, calculators, pencils, stop watches, etc. See Rules and Policies)

SANCTIONS / JUDGES REQUEST

- _____ Complete your Meet Directors certification.
- _____ Send USA Gymnastics meet Sanction (Minimum 6 weeks prior)
- _____ Send Judges' Request for necessary officials (Refer to Judges website for due dates)

MEET INFORMATION

- _____ Prepare meet information and send to all members
- _____ Refer to (R&P) Rules and Policies book for specific guidelines.

MEET SCHEDULE / PROGRAMS

- _____ Determine maximum entries and decide on times according to R&P
- _____ Prepare a schedule of events and send to coaches and judges at minimum one week prior to the event, however the earlier the better.
- _____ Secure an efficient meet scoring program.
- _____ Check **all** athlete, coaches and judges USAG credentials

MEET PERSONNEL

- _____ Assign appropriate flashers, runners, timers, scorers, etc.
- _____ Prepare a job description and post at station.
- _____ Determine appropriate attire and behavior of all meet personnel.

AWARDS

- _____ Determine your awards budget
- _____ Order awards well in advance of competition. Include USA Gymnastics Logo on Awards for **State Meets**.
- _____ Identify awards procedures and location. Have an award script for the announcer, and

awards presenter identifying which age groups and awards are given. (Awards area for STATE meets must be adequate for all spectators and have a special feel for the participants.)

RESULTS

_____ In order for your meet to be considered a State Qualifier, the meet host must upload their results to the **MYUSAGYM** platform.

*Currently Proscore supports the Scorecat platform. If you do not use one of this platform, you may contact Brian Fry and he will upload any meet for a flat fee of \$100.

_____ Fill out paper work, meet inquires, injury reports, Coaches sign in sheets, Judges sign in sheets.

_____ Fill out sanction report and mail or fax all documents to USA Gymnastics.

Guidelines for the Minnesota State Meet Host

1. Ensure that the open scoring is flashed during all session of the State Meet.
2. Each judge must be places at a separate table (any deviation from this due to space must be approved by the State Board.
3. The Meet Director and the Meet Ref are required to have a formal meeting at each session.
4. There must be a well place/accessible/visible table for the Meet Ref during all sessions.
5. A volunteer "music person" must be provided for all sessions.
6. A formal March-In is required at the State Meet
7. State Meet hosts are required to provide quality decorations for the State Meets. It is strongly recommended that the State Meet host uses the pictures in the following link as a guideline (the State Meet host should consult with State Committee Member Heidi Mastro prior to finalizing decorations).
8. Session and Squad draw will be performed with the Meet Director and the State Chair (or a State Committee member that is selected to represent the State Chair).
9. Scoring for the State Meet will be as follows:
 - a. Compulsories - Closed Scoring (Only the average score is flashed)
 - b. Optionals - Open Scoring (Each judge's score is flashed with the average)
 - c. Xcel - Open Scoring (Each judge's score is flashed with the average)
10. Meet hosts are **STRONGLY** encouraged to offer Venmo as a form of payment.

Minnesota USA Gymnastics Award Guideline

General Guidelines:

- A. Meet information packets must include awards summary.
- B. Awards for State Championships must be ordered through A-1 Awards and have "USAG" or the USAG logo imprinted on them.

Levels 3-10 and Xcel Individual Awards:

State Championship Meets:

- A. Levels 3-10 - Individual event & all-around achievement awards are to be given

after each session as follows:

No. Of Gymnasts	Event	All-Around
1	(none)	1 Medal
2-10	1-3 Medals	1-6 Medals
11-20	1-6 Medals	1-10 Medals
21-30	1-10 Medals	1-10 Medals
31-50+	1-15 Medals	1-10 Medals

- B. Use the following age group guidelines:
1. Number of athletes allowed in the session
 - A. Levels 3-5 & Xcel Bronze - Gold: 96
 - B. Levels 6-7 & Xcel Platinum - Diamond: 80
 - C. Levels 8-10: 64
 2. Number of athletes in each age group
 - A. Levels 3-5 & Xcel Bronze - Gold: 4 groups of 21
 - B. Levels 6-7 & Xcel Platinum - Diamond: 4 groups of 19
 - C. Levels 8-10: 3 groups of 20
 3. Award 1-10 place per the state guidelines
 *1st-10th medals. We do not break ties. Award medals for placement of tie. Example: 2 way tie for second. Issue 1st place, 2 second places, **NO** third place. Then issue 4th - 10th place. IF there is a tie for 10th, issue all athletes 10th place medal.
 4. Last two age groups are combined
 5. We will follow the National R&P guidelines for awards (as of 2022, Xcel awards are listed at 40%)
- C. Team awards are given following the team guidelines listed below.
- D. Individual awards are to be ordered by the meet host directly and are not provided by the state. In addition to the USAG/Logo imprint, the State recommends meet hosts include the level of competition and "Minnesota" on awards, but does not require it.

Invitational Meets:

The State Board recommends that Invitationals follow the awards guidelines listed for Levels 3-10 and Xcel above. Meet hosts may present additional awards.

Levels 3-10 Team Awards:

Invitationals Meets:

Teams Entered	No. Awards Given
3 or Fewer	1 Award
4 Teams	2 Awards
5-6 Teams	3 Awards
7-10 Teams	4 Awards
11+ Teams	6 Awards

State Championship Meets:

- A. The state issues and pays for banners for the top three teams at each level.
 - B. The meet host is responsible for issuing awards for teams finishing 4th - 10th place. Banners are recommended.
- *Award 50% or up to 10th place, whatever comes first.

State Awards:

State Awards - Dev Program of the Year - Winter			
	1st	2nd	3rd
L10	10	8	7
L9	9	7	6
L8	8	6	5
L7	7	5	4
State Awards - Dev Program of the Year - Fall			
	1st	2nd	3rd
L5/6	10	8	7
L4	9	7	6
L3	8	6	5
*Level 6 is included in Fall to balance out L5/L6			
Xcel Program of the Year (same criteria as National Program of the Year)			
Sportsmanship:	Graciousness in victory and defeats. Respecting and supporting opponents.		
Leadership:	Active leadership within the gymnastics and local community through participation and volunteering.		
Teamwork:	Cooperation within your group, team, and the gymnastics community. Willingness to work together.		

Fun:	Coaches are supportive of the individual athlete experience regardless of the outcome in competition. Creating an enjoyable experience.
Dev Senior Award: Highest Level 10 AA	
Xcel Senior Award: Highest Sapphire AA	
Sportsmanship: Extraordinary Sportsmanship at meets	
Volunteer of the Year: Someone that volunteers above & beyond	
Judge of the Year: Outstanding performance	

Gymnast Competition Fee

The state head tax will now be added to each entry fee to the State Competition. The entry fees have been raised by \$15/athlete and the State Meet host will pay the State \$15/athlete that competes.

If an athlete competes in both state meets within a single year, they will still be responsible for the extra \$15 for each meet.

MN USA Gymnastics Fees and Qualifying Scores

Competition Entry Fees

State Meet:

State Meet Fees: Levels 3-5 & Xcel Bronze-Silver: \$150

Levels 6-10 & Xcel Gold - Diamond: \$150

Team entry fees are \$40 per level

MN State Championship Refund Policy

100% refund 2+ weeks out

75% refund for less than 2 weeks out, but more than 48 hours out

0% refund if less than 48 hours out

Meet admission fee allowed at State Meets:

State Championships

Daily Admission	Weekend
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Children 0-4 Years	Free	Weekend Pass	\$35
Current competitive year athlete	\$5		
Students & Seniors *Senior Rate: 65 and Older	\$15		
Adults	\$25		

Qualifying Scores

Level	To State		To Regionals	
	AA	IES	AA	IES
3-5	32	NA	NA	NA
6-8	32	9.0	34	9.0
9-10	32	8.5	34	8.5
Bronze	32	NA	NA	NA
Silver	32	NA	35.5	NA
Gold	32	NA	35	NA
Platinum	32	9.0	34	9.0
Diamond - Sapphire	32	8.5	33.5	8.5

*IES - Individual Event Specialist - Declared to be a specialist prior to entering State Meet and enters 3 or less events.

**A Level 9 or 10 Event Specialist can petition into our State Championships AND Regionals with a score of a 8.5. Normal Petition procedures must be followed.

** A Level 9 or 10 gymnast that has not qualified to State Championships in the All-Around, but has qualified as an event specialist in all events, she may be entered into the State Meet as an All-Arounder.

Note: Qualifying scores to State may be achieved at any Sanctioned meet with rules appropriate to the level. For example, a level 8 gymnast cannot use scores from an open optional competition. **When sending in your state meet entry form you must include a photo copy of sanctioned meet results showing that each athlete has obtained the state qualifying**

score. The last date for a qualification score may be no less than 14 days prior to the day of the State Meet (2 weekends before the state meet which sometimes means 13 days rather than 14).

MN USA Gymnastics TO DO List & Drop Back Date Information

TO DO list for our Minnesota coaches:

If your gym information has changed, get the correct information to the state chairman to get it included on the state website.

If you are planning on hosting an invitational, email the state calendar person.

Bids for the state meets should be submitted to the state chairman NO LATER than November 25th. Make sure all bid forms are filled out appropriately.

Meets to bid on are:

1. Compulsory State Meet Levels 3 – 5 combined with Xcel Bronze and Silver. The State Board has reserved Warner Arena at the State FairGround. Any club can bid on hosting the meet at that facility.

2. Xcel Bronze and Silver State Meet The weekend prior to the optional state meet. Can be hosted at any state approved facility.

3. Optional State Meet Level 6 – 10 combined with Xcel Gold, Platinum and Diamond. Preferred location Minneapolis Convention Center.

After hosting a competition, send a copy of all meet results to the statistician within 48 hours of the completion of the event.

Mail any out of town meet results for gymnasts who have received state qualifying scores to the appropriate state statistician.

DROP BACK DATE(S)

The Minnesota SAC has determined that the designated "declaration" date(s) for the 2024-2025 season is (or are) as follows:

Level / Division	Declaration Date
Levels 3-5 & Xcel Bronze-Silver	November 1st, 2025
Levels 6-10 & Xcel Gold - Sapphire	February 1st, 2026

As listed in the [*Women's Program Rules & Policies*](#): "The highest division / level competed at a USA Gymnastics sanctioned competition AFTER the declaration date will determine the program (Xcel / DEV) for which the athlete can compete for the remainder of that season." Please review the specific Dev and Xcel chapters for drop back procedures.