



# NEWSLETTER

## S u m m e r 2 0 1 8

Greetings,

THE GYMNASTS ARE COMING... THE GYMNASTS ARE COMING... THE GYMNASTS ARE COMING

As you know – The 2018 US Championships will be hosted by the City of Boston - August 16 - 19, 2018. The U.S. Championships features the country's best gymnasts vying for national titles and national team berths. This event is also part of the selection process for the U.S. Team for the World Championships. Do not miss an opportunity to witness today's stars as they compete for National titles and continue their journey towards the 2020 Olympic Games.

This year National Congress and the US Championships are stand alone events. USA Gymnastics National Congress and Trade Show is being held in Providence, RI – August 9 -11, 2018. Check out the Congress Schedule and Presenters at <http://www.usagymcongress.com/>. Do not miss this educational experience servicing all disciplines; Business Owners and Recreational Staff. There is something for everyone.

Congratulations to Laurie DeFrancesco [CT]; Carol Hamilton Brewer [ME]; Michele Archer [MA]; Seana Rioux [NH]; Tina Ferriola [NY]; Kelli Doorley [RI] and Jill Vanderpot [VT] on their re-election as State Administrative Committee Chairman. All candidates ran unopposed and will serve for the next two years [July 1, 2018 – June 30, 2020]. Thank you for your continued service to USA Gymnastics.

Shout out to Barry – Youlia Coss and Rochester Gymnastics Academy for hosting Level 9 Easterns. Thank you for providing a first-class event for all participants [athletes; coaches; officials; volunteers; family and friends]. You have set the bar very high.

This has been a challenging year for our sport. Thank you to the coaches – administrators – officials and club owners for having a positive impact on thousands of athletes. Keep doing what you do and remain committed to providing a safe environment for our gymnasts.

Looking forward to seeing you at National Congress and US Championships.

*Kathy*

**2018**  
**USA Gymnastics**  
**National Congress**  
**August 9-11**  
**Providence, RI**

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# REGION 6

## USAG WOMEN'S PROGRAM COMMITTEE

Web page: [www.region6usagym.org](http://www.region6usagym.org)

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REGIONAL CHAIRMAN	KATHY OSTBERG <a href="mailto:region6usag@gmail.com">region6usag@gmail.com</a>	365 Spring Street Shrewsbury, MA 01545	(508) 735-3149 (cell)
REGIONAL TECHNICAL CHAIRMAN	PATRICIA PANICHAS <a href="mailto:panichas@aol.com">panichas@aol.com</a>	9 Sherman Lane Hamden, CT 06514	(203) 392-6082 (Work) (203) 392-6093 (Fax)
REGIONAL JO PROG. CHAIRMAN	JAMIE WINKLER <a href="mailto:Region6jamie@gmail.com">Region6jamie@gmail.com</a>	6 Forest Ridge Rd Nyack, NY 10960	(914) 837-9136 (cell) (845) 398-1009 (Fax)
REGIONAL Xcel COMMITTEE CHAIRMAN	GAIL CASPARE <a href="mailto:gailregion6Xcel@gmail.com">gailregion6Xcel@gmail.com</a>	27 Taconic Road Millwood, NY 10546	(914) 941-7957 (Home) (914) 837-0788 (Cell)

## STATE CHAIRMEN

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

**USA Gymnastics Office:** (317) 237-5050  
(317) 692-5212 Fax  
[www.usagym.org](http://www.usagym.org)

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



# SEE THE NATION'S BEST GYMNASTS!

## U.S. <sup>Boston, MA</sup> Gymnastics Championships 2018

August 16-19

### Event Schedule

#### Thursday, August 16

1:30 pm ..... Junior Men's Competition – Day 1  
7:30 pm ..... Senior Men's Competition – Day 1

#### Friday, August 17

1:30 pm ..... Junior Women's Competition – Day 1  
7:30 pm ..... Senior Women's Competition – Day 1

#### Saturday, August 18

10:30 am ..... Junior Men's Competition – Final Day  
3:30 pm ..... Senior Men's Competition – Final Day

#### Sunday, August 19

1:30 pm ..... Junior Women's Competition – Final Day  
7:30 pm ..... Senior Women's Competition – Final Day

**Yul Moldauer**  
2017 World Bronze Medalist  
2017 National Champion

**Ragan Smith**  
2016 Olympic Team Alternate  
2017 National Champion

**TD GARDEN**



USA GYMNASTICS.

Schedule subject to change. All times are eastern.  
Past champions are not confirmed to compete in 2018.  
Field will be announced at a later date.

**Sam Mikulak**  
2012 & 2016 Olympian  
4-time National Champion

**Morgan Hurd**  
2017 World Champion

# TICKETS ON SALE NOW!

Groups: 617.624.1805 • [USAGymChampionships.com](http://USAGymChampionships.com) •





## ***ATTENTION MEET DIRECTORS!***

Meet Directors are responsible for adhering to all State / Regional and National reporting procedures. **Region 6 requires Meet Directors to send a copy of the Sanction Report form and \$1 / gymnast to the Regional Chairman.** Additional reporting procedures are at the discretion of the State Committee. Please refer to your State policies for additional information.

### ***SANCTION PROCEDURES***

Sanctions are required for all USA Gymnastics competitions, clinics, workshops, tours and exhibitions.

A request for sanction may be made by any USA Gymnastics Women's Professional member with Meet Director certification.

When sanctioning a USA Gymnastics event, follow these steps:

1. Send 'Request for Sanction' to USA Gymnastics office with appropriate fees.  
Forms are available online at [www.usagym.org](http://www.usagym.org) .  
Sanction Fee - \$140.00
2. Post 'Certificate of Approval Form' at the competition site.
3. All coaches / officials must sign in and record their USA Gymnastics Professional number; Safety Certification and Background Screening expiration date.
4. Send completed Sanction Report Form; Coaches / Officials 'Sign In' form to USA Gymnastics Member Services.
5. Send a copy of the 'Sanction Report Form' to the Regional Chairman with \$1 / gymnast. ***Make check payable to USA Gymnastics Region 6.***
6. Follow State Committee reporting procedures.

***USA Gymnastics Member Services***  
132 E. Washington St  
Suite 700  
Indianapolis, IN 46204

***Regional Committee Chairman***  
Kathy Ostberg  
365 Spring St  
Shrewsbury, MA 01545

### ***ENTRY FEES***

In an effort to maintain affordable competitions for our athlete membership the Regional Committee has established maximum entry fees that may be charged for pre-sectional QUALIFYING events. The meet fees for the 2017-2018 season are:

- Xcel [Bronze - Silver] \$45.00
- Compulsory \$45.00
- Optional / Xcel / Gold / Platinum / Diamond \$50.00

Competitions that are hosted within a gymnastics facility are considered ***THEME MEETS***. The scheduling of THEME MEETS is at the discretion of the State Committee. These competitions ***MAY NOT*** exceed an entry fee of ***\$65 [Compulsory / Xcel Bronze - Silver]*** and ***\$70 [Optional / Xcel Gold - Platinum - Diamond]*** In order to justify the increase in entry fee the meet director must adhere to the following:

- 1 judge panels are allowed for Levels 1 – 3 and Xcel
- 2 judge panels for Levels 4/5
- Awards must exceed recommendations in Rules and Policies
- Medals, trophies, plaques recommended

***\*An increase in the Theme Meet entry / team fee is at the discretion of the State Administrative Committee***

**Meet Directors may charge a maximum team entry fee of \$25 / level.**  
**This fee is optional and competing clubs are NOT required to participate in the team competition.**

**INVITATIONALS** are competitions held in outside facilities are not required to adhere to the state / regional entry fees. Invitational entry fees are at the discretion of the meet director. ***The State Committee determines if an Invitational may be used as a qualifying competition.***



*Return to Regional Chairman w #1/gymnast*

# 2016/2017 USA GYMNASTICS SANCTION REPORT FORM

## EVENT DETAILS

All fields are REQUIRED.

Event: \_\_\_\_\_

Event Location: \_\_\_\_\_ No. of participants: \_\_\_\_\_

Meet Director: \_\_\_\_\_ Sanction No.: \_\_\_\_\_

## MEET DIRECTOR

I (Meet Director's name) \_\_\_\_\_, certify that (event name) \_\_\_\_\_ was conducted according to the USA Gymnastics Rules and Policies. I understand that failure to comply with the stated rules and policy and/or failure to return the sanction report form to USA Gymnastics may cause sanction to be revoked, future sanctions, the withdrawal of possible participation of Professional Membership, loss of secondary insurance coverage and/or other fines imposed. I understand that it is my responsibility as the Meet Director to verify that all athletes, coaches and judges that participated in the stated event were registered USA Gymnastics members in good standing on the date of the event. I understand that allowing participants onto the floor of a sanctioned event without current USA Gymnastics membership is a violation of sanction and may result in a fine, voiding of meet results, loss of sanctioning, fines, and/or possible revocation of Professional membership. Furthermore, I understand that failure to comply with all USA Gymnastics rules and policies can cause the loss of secondary insurance coverage which may open the meet director up to unwanted liability. I further certify that no person permanently ineligible for membership in USA Gymnastics were not associated with this event in any way.

Please note, if this is a men's/acrobatic/t&t event, please also reference the event competition rules for additional instruction.

Meet Director Signature: \_\_\_\_\_

## MEET REFEREE

Please complete the required information below. Report any violations of the USA Gymnastics rules and policy to the USA Gymnastics and state/regional chairman.

Meet Referee Name (printed) \_\_\_\_\_ Date: \_\_\_\_\_

Meet Referee Signature: \_\_\_\_\_

Pro. Mem. \_\_\_\_\_ Member Exp. \_\_\_\_\_ Safety Expiration \_\_\_\_\_ Background Expiration \_\_\_\_\_

Event Comments \_\_\_\_\_

## IMPORTANT REMINDERS TO MEET DIRECTOR

- Sanction report form pages 1-4, as well as any other coach/judge sign in sheets must be returned to the National Office within 72 business hours of the conclusion of the event.
- Sanction Report forms may be faxed to: 317.692.5212 / emailed to [membership@usagym.org](mailto:membership@usagym.org) / mailed to : 132 E. Washington St. Ste. 700 Indianapolis, IN 46204
- Meet Director should display the Certificate of Sanction during the entire length of the event in a visible location. Certificate of Sanction DOES NOT need to be returned to National Office.
- Meet Director should review the Accident Reporting Procedures included in sanction packet prior to the start of the event.
- In the event of an accident during the event, the Meet Director should provide the appropriate Incident/Accident report forms to the injured participant.
- In the event of an accident Meet Director is responsible for faxing/mailling a copy of the completed Incident Report form to American Specialties.



**Return completed sanction report form to:** USA Gymnastics Member Services Department  
132 E. Washington St. Ste. 700 Indianapolis, IN 46204 • Fax: 317-692-5212  
Email: [sanctions@usagym.org](mailto:sanctions@usagym.org)

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### **USA GYMNASTICS REGION 6 ATHLETE APPAREL FUND**

The Region 6 Athlete Apparel Policy was revised in 2016. 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 2019 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 have athletes qualify to a Regional Developmental / High Performance Camp are required to work a minimum of **two sessions** at a Rising Stars Training Camp in addition to athlete or coach participation at the Regional Developmental / High Performance Camp.

If you are interested in volunteering for the *Rising Stars Training Camps* – please contact Jamie Winkler at [region6jamie@gmail.com](mailto:region6jamie@gmail.com)

### **ATTENTION MEET DIRECTORS**

#### **PLEASE READ!**

#### ***USA Gymnastics Region 6 - Meet Reporting Procedures***

USA Gymnastics Region 6 requires Meet Directors to send a copy of the Sanction Report Form [see **SAMPLE**] and \$1 / gymnast to the Regional Chairman.

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

***Make check payable to USA Gymnastics Region 6***

Please **DO NOT** send

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

**Effective for the 2018 – 2019 Season - The \$1 / gymnast competition fee will be capped at \$1000.00. The discounted fee is only available when meet directors submit the appropriate paperwork and fee within 72 hours.**



# Rising Stars Training Camps

*A Golden Opportunity For Athletes To Work With National And Regional Staff Members*

## RISING STARS – LONG ISLAND

**WHEN:** October 6 & 7, 2018

**WHERE:** New Image Gymnastics  
111 Wilshire Blvd  
Edgewood, NY 11717

**WHO:** Open to USA Gymnastics Optional Athletes – Level 6 and above

**COST:** \$110 / both days  
Registration will be accepted on a first come basis

<b>SCHEDULE:</b>	<b>New Image</b>	<b>Session 1</b>	<b>Session 2</b>
	Saturday	1:00 PM – 5:00 PM	5:00 PM – 9:00 PM
	Sunday	9:00 AM – 1:00 PM	1:00 PM – 5:00 PM

Registration opens August 6, 2018 and must be completed through the USA Gymnastics Meet Reservation System  
<https://usagym.org/pages/post.html?PostID=18319>

**Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to:  
 Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962**

## RISING STARS – MASSACHUSETTS

**WHEN:** October 13 & 14, 2018

**WHERE:** Roots Gymnastics  
209 Root Road  
Westfield, MA 01085

**WHO:** Open to USA Gymnastics Optional Athletes – Level 6 and above

**COST:** \$110 / Both Days  
Registration will be accepted on a first come basis

<b>SCHEDULE:</b>		<b>Session 1</b>	<b>Session 2</b>
	Saturday	1:00PM – 5:00 PM	5:00PM – 9:00 PM
	Sunday	9:00AM – 1:00 PM	1:00PM – 5:00 PM

Registration opens August 6, 2018 and must be completed through the USA Gymnastics Meet Reservation System  
<https://usagym.org/pages/post.html?PostID=18319>

**Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to:  
 Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962**



# *Rising Stars* *Training Camps*

*A Golden Opportunity For Athletes To Work With National And Regional Staff Members*

## **RISING STARS – COMPULSORIES**

**WHEN:** October 20 or 21, 2018

**WHERE:** Gymnastics and More  
8 Micro Drive  
Woburn, MA

**WHO:** Open to USA Gymnastics Compulsory Athletes Level 1- 5

**COST:** \$65 / 1 session  
Registration will be accepted on a first come basis

<b>SCHEDULE:</b>	<b>Gymnastics and More</b>	<b>Session 1</b>	<b>Session 2</b>
	Saturday	1:00 PM – 4:30 PM	4:30 PM – 8:00 PM
	Sunday	8:30 AM – 12:00 PM	12:30 PM – 4:00 PM

Registration opens August 6, 2018 and must be completed through the USA Gymnastics Meet Reservation System  
<https://usagym.org/pages/post.html?PostID=18319>

**Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to:  
Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962**

## **RISING STARS – ROCHESTER**

**WHEN:** October 27 & 28, 2018

**WHERE:** Rochester Gymnastics Academy  
131 Despatch Dr  
Rochester, NY 14445

**WHO:** Open to USA Gymnastics Optional Athletes – Level 6 and above

**COST:** \$110 / both days  
Registration will be accepted on a first come basis

<b>SCHEDULE:</b>	<b>RGA</b>	<b>Session 1</b>	<b>Session 2</b>
	Saturday	1:00 PM – 5:00 PM	5:00 PM – 9:00 PM
	Sunday	9:00 AM – 1:00 PM	1:00 PM – 5:00 PM

Registration opens August 6, 2018 and must be completed through the USA Gymnastics Meet Reservation System  
<https://usagym.org/pages/post.html?PostID=18319>

**Full payment is due 2 weeks from the date of registration. Send check – payable to USA Gymnastics Region 6 to:  
Galaxy Gymnastics - C/O JAMIE - 17 A. Greenbush Road South, Orangeburg, NY 10962**



## *A Message from Gail Caspare – Region 6 XCEL Committee Chairman*

### **Xcel Summer 2018**

As of May 2018, Region 6 reported 7,766 Xcel gymnasts. That is an increase of 410 from the previous year. Xcel is going strong in Region 6. As a matter of fact, we rank second in the number of Xcel gymnasts in a Region. At last count the total number of Xcel gymnasts in the country is 50,506.

Congratulations to all the gymnasts, coaches and judges who participated in the Region 6 Xcel Championships. The performances were very impressive. As always, the meet was extremely well run and enjoyed by everyone. The 2018 Regional Champions will be recognized at the Regional Celebration on August 19<sup>th</sup> on the Spirit of Boston.

At Xcel Regionals I collected email addresses from the clubs. The purpose is communication. We have a Region 6 Xcel Committee dedicated to keeping you informed, but sometimes there is a piece of information that requires immediate distribution. If you would like to be added to that list, email me your name, club name and email address.

Next year we hope to have an Xcel Club of the Year Award. A committee has been established to develop the criteria for the award. I would be happy to hear your suggestions, just send me an email – [gmc530@aol.com](mailto:gmc530@aol.com).

As there is a need for more Xcel judges, particularly in some states, a new Xcel/WTC ad hoc committee has been formed to investigate Kathy Ostberg's suggestion that we create an Xcel-Only Judge's rating. This will not affect JO rated judges who already judge Xcel. The rating will initially include the Bronze, Silver and Gold Divisions.

Lastly, I would like to thank the Region 6 Xcel committee for their dedication and commitment to our Xcel program. The committee members are:

Bonnie Butsch – CT  
 Gail Caspare - Chairperson  
 Paula Jo Chausse – NH  
 Bill Kane – MA  
 Carrie Kiley - NH

Mike Mordenga - NY  
 Mallory Nugent - ME  
 Mary Lou Smith - VT  
 Tonya Lesiuk - RI



## Xcel Updates July 2018

The Xcel Code will be available shortly. In the meantime, here are some of the updates and changes for 2018-19. Please be aware that this document is unofficial and may change when the new Xcel Code becomes official. I have listed the more important updates. There are other small updates that will be available at National Congress and in the new code.

### **GENERAL**

1. The deduction for Incorrect Attire has been lowered to .10 for Xcel. The .10 deduction is off the first event after a warning has been issued.
2. Clarification on a restricted element: A restricted element is based upon its value as listed in the Xcel Code of Points. The Value Part evaluation is NOT based on the execution/amplitude of the performed skill.  
For example, on beam a "C" Value Part is a restricted element. If a gold gymnast performs a switch leap on beam ("C" Value Part) with 120-degree split, which lacks the split amplitude to be a "C" Value Part, the switch leap is still a restricted element based on its listed Value Part in the Xcel code.
3. Video review at State meets and above will now be allowed for these additional circumstances: To determine if dismounts from bars and beam and acro elements on floor land feet first; if a beam element with a fall touched the top of the beam with a foot or body part before falling.

### **VAULT**

1. Bronze - Maximum mat stack height 48" plus or minus 1"
2. NEW Silver Vaults  
Choice of 2 vaults each with a 10.0 Start Value. Both vaults are over the resi stack mat placed sideways (24"-48")  
Choice #1 - Handspring over mat stack sideways  
Choice #2 - 1/4 to 1/2 on, repulsion off to land facing the mat stack  
Regular board or alternative board is allowed for a 10.0 SV  
Emphasis is body shapes. The new deductions will be in the new Xcel code.
3. Gold and Platinum Vaulting - NO changes
4. Diamond - Start Value Changes



- 1.106 1/4 or 1/2 On - repulsion off with flight to feet- Lowered from 9.6 to 9.4  
 1.109. 1/4 on - 1/4 off to land facing away from the table - lowered from 9.5 to 9.4  
 1.206 1/2 on - 1/1 off or 1/4 on - 1 1/4 off - lowered from a 10.0 to 9.9  
 4.101 RO, FF on - Repulsion off with flight to feet - lowered from 9.6 to 9.4

## **BARS**

1. The following statement has been eliminated from the Xcel Code:  
 “If the same circling skill is performed on the low bar and high bar, it counts as two different skills/VPs.”

2. **BARS RULES CHART**

BRONZE - No Change

SILVER - The cast Special Requirement and the cast requirement for “A” Value Part are now BOTH 45 degrees below horizontal.

This may mean that a gymnast’s cast into dismount, may not receive Value Part credit as it did before. A routine may need to add another skill.

GOLD - New Special Requirement (SR): “A skill finishing in a clear support at horizontal or above (not mount or dismount).”

A cast to horizontal may still fulfill this requirement. Now you may also use other skills to fulfill the requirement. For example, a clear hip circle to a minimum of horizontal would fulfill this special requirement. The clear hip circle may also fulfill the 360-degree circling Special Requirement.

PLATINUM - New Special Requirement: “A skill finishing in a clear support above horizontal (not Mount or dismount).”

As with Gold, a cast above horizontal may still fulfill the SR, but a clear hip to above horizontal may also fulfill the SR.

DIAMOND - New Special Requirement #1: “A skill finishing in a clear support 45 degrees from vertical (not mount or dismount).”

Again, a cast to 45 degrees from vertical may fulfill the SR, but other skills such as a stalder, toe-on and uprise may also fulfill the SR

New Special Requirement #3: (SR #2 is still “Minimum “B” 360-degree Circling Skill”). “Minimum” skill - either a Release, pirouette or 2nd 360-degree circling skill.”

New Special Requirement #4: Salto or Hecht dismount from High Bar.

## **BEAM**

### 1. BEAM RULES CHART

BRONZE, SILVER, PLATINUM and DIAMOND - No change

**GOLD** - New special requirement #2 - “Two different group 2 skills (Leaps, jumps, hops) - one a minimum of 120 degree cross or side split (isolated or in a series)”

The split angle for the Gold special requirement is now 120 degrees. A dance series is no longer required.

2. **BEAM MOUNTS** - All beam mounts in all divisions will receive “A” Value Part credit unless valued “B” or higher in the Xcel Code.
3. A split leap with 180-degree split is a “B” Value Part. A straight leg brush of the lead is required.
4. New Deduction - Concentration pause of 2 seconds .10 (not new)  
Concentration pause of more than 2 seconds .20 (new)

## **FLOOR**

### 1. FLOOR RULES CHART - NO Changes



**Level 9 Eastern Officials**

**Congratulations Senior 4  
Level 9 Eastern Team Champions**



## 2018-19 MEMBERSHIP SEASON PREVIEW

With the arrival of the 2018-19 membership year, USA Gymnastics and the community can positively impact the sport of gymnastics by working together to build an environment that empowers, encourages and supports athletes and the entire membership. This membership year brings changes in many areas, some to comply with the new federal legislation, the USA Gymnastics Safe Sport Policy, the recommendations from the Debrah Daniels report, and/or refining policies and procedures.

The opening of the new season is a good time to learn about important updates and reminders. We believe the modifications will enable USA Gymnastics to emerge as a stronger, better and more focused organization.

### Independent membership registration

Beginning with the upcoming season, all USA Gymnastics members will register themselves for USA Gymnastics membership. This important system enhancement will allow USA Gymnastics to strengthen its safe sport and education outreach to all members, including athletes and parents/guardians, while providing members with additional information about USA Gymnastics' membership policies and agreements.

#### So how does this actually work for athletes?

The most substantial change in the membership process for athletes is transitioning the online payment process to the parent/guardian or the adult athlete.

For the most part, club administrators will continue to use the same functionality that currently exists with the athlete roster.

- Adding and removing athletes to club's roster.
- Assigning the athlete's competitive level.
- Reserving/Registering athletes into sanctioned competitions.

Club administrators will continue to access the athlete roster information online. When they select the "renewal" button next to each gymnast's name, the system will automatically generate an email to the parent/guardian of a minor athlete or directly to the adult athlete who is 18 years or older.

The parent/guardian or adult athlete then receives the registration email that includes a link to the membership system. By clicking the link, the parent/guardian or adult athlete can either sign in or create a user profile that allows them to pay for the athlete's membership.

The entire process for the parent/guardian or adult athlete should take just a few minutes.

For athletes new to USA Gymnastics, the process is essentially the same, except instead of selecting the "renew" button, the club administrator will click on the "invite new" button to generate the registration email.

#### How does a club know if athletes are active?

Once the parent/guardian or adult athlete has paid for the membership, the parent/guardian/adult athlete and the club administrator will receive an email confirming the membership payment.

The athlete will also appear as active on the club's athlete roster.

If needed, club administrators may resend the registration email to a parent/guardian or adult athlete at any time by visiting the athlete roster page and clicking on the "renewal" or "invite new" button.

#### How does a junior professional or instructor member under the age of 18 register?

For instructor and junior professional members under the age of 18, the process is similar to the athlete process. The only difference is the club sends the renewal email to the parent or guardian via the club's professional roster.

#### How does a professional or instructor member register?

The adult professional or instructor member is responsible for logging in to the USA Gymnastics website with his/her username and password to register/renew his/her membership. Clubs will no longer be able to renew memberships for professional or instructor members via the club's professional roster page.

This process is similar to how members currently access their profiles to submit their criminal background check or to access the USA Gymnastics U101: Safety/Risk Management Course or U110: Safe Sport course.

#### What if paying by credit card is not an option?

A paper application form is available for individuals who are unable to provide payment via a credit/debit card.

For the 2018-19 season, an individual may mail in the completed membership application and payment by check or money order. Credit card payments will not be accepted for mail-in applications.

Members should allow 3-5-weeks for processing mailed forms.

#### What is communicated to parents/guardians and adult athletes?

The new registration process allows USA Gymnastics to communicate directly with parents/guardians, adult athletes and professional/instructor members about important safe sport policy information and the membership agreement.

The parent's/guardian's communication will be pertinent to his/her child's USA Gymnastics membership and safe-sport-related education and resources.



# 2018-19 MEMBERSHIP SEASON PREVIEW

## Do you have questions about the new process?

A complete step-by-step “How-to Guide for Club Administrators” has been developed to assist club administrators with this new process. The “How-to” Guide is available under “Club Resources” on the Member Club site.

## 2018-19 membership season pricing

- Introductory Athlete, \$27
- Athlete, \* \$59
- Professional, \$91 (includes 1 discipline-additional discipline \$15/discipline)
- Instructor, \$15
- Junior professional, \$91 (includes 1 discipline-additional discipline \$15/discipline)
- Member club, \$225
- Domestic sanction, \$140

*\*Those participating in the Women's Xcel Division's gold, platinum and diamond levels must register for an athlete membership (\$59).*

## U110: Safe Sport Course Requirement

With the new membership season, the U110 Safe Sport Certificate will be valid for one year.

As a reminder, anyone over the age of 18 who holds a professional or an instructor membership is required to have a current U110: Safe Sport Certificate to be a member in good standing. Starting August 1, 2018, members who fail to maintain current U110 status will have their membership marked pending, which means they are ineligible to participate in USA Gymnastics-sanctioned events or to obtain USA Gymnastics University certification until the U110: Safe Sport Certificate is current.

## Member club registration requirements

Only member clubs may enter an athlete into USA Gymnastics-sanctioned events and/or host sanctioned events. As a reminder, all member clubs must have the mandatory requirements in place prior to applying for a member club membership. Also, the owner/managing director of a member club, must be a current professional member prior to renewing the member club's membership. To prevent delays in the member club renewal process, the owner/managing director must first renew their professional membership. Please visit the home page for Member Services to review the requirements.

USA Gymnastics reserves the right to “audit” a member club to affirm the membership requirements are being followed. Failure to adhere to member club requirements will result in the loss of member club status and all benefits associated with the membership.

## Member Services is Here to Help

USA Gymnastics recognizes that change can, at times, be difficult, but it is necessary to transform the organization to reflect its dedication to creating a highly empowered culture. If members or parents have questions, the Member Services Department is available via phone or email to assist.

### Member Services Department

800.345.4719 or [membership@usagym.org](mailto:membership@usagym.org).

USA Gymnastics appreciates its members and their dedication to the sport, to their athletes and to keeping the best interests of the athletes at the heart of everything they do.

## 2018 - 2019 MEMBERSHIP



All Professional and Instructor members 18 years of age and older are required to have this course completed no later than July 31, 2018. The course is free and is comprised of three separate 30-minute segments. Please allow approximately 90 minutes to complete all three segments. All three segments must be completed in order to receive certification. Once completed the certification is valid for two years. **To complete the course today, visit [usagym.org/memberservices](http://usagym.org/memberservices). click on the My Profile link and then the U110 button.**

# CALENDAR 2018 – 2020

2018

**AUGUST**

3 – 4	Regional Developmental Camp #2	Wallingford, CT
9 – 11	USA Gymnastics National Congress	Providence, RI
16 – 19	US Championships	Boston, MA
18	High Performance Camp	TBD

**SEPTEMBER**

15	National Gymnastics Day	Various Locations
29 – 30	Regional Developmental Camp #3	Wallingford, CT

**OCTOBER**

5 – 7	TOPs National Testing	TBD
6 – 7	Rising Stars – Long Island	Edgewood, NY
13 – 14	Rising Stars – Massachusetts	Westfield, MA
20 – 21	Rising Stars – Compulsories	Woburn, MA
27 – 28	Rising Stars – Rochester [Coaches/Judges]	Rochester, NY

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 Eastern Championships	TBD
17 – 19	J.O. National Championships	TBD
18 – 19	XCEL Regional Championships	TBD

**AUGUST**

8 – 10	USA Gymnastics Region 6 Congress	TBD
	USA Gymnastics National Congress & Trade Show	TBD
8 – 11	US Championship	TBD

2020

**APRIL**

17 – 19	Level 7/8 Regional Championships	Springfield, MA
25 – 26	Level 9/10 Regional Championships	Springfield, MA

**MAY**

8 – 10	Level 9 Eastern Championships	TBD
15 – 17	J.O. National Championships	TBD
16 – 17	XCEL Regional Championships [tentative]	TBD



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