

USAG Alaska State Handbook

Table of Contents

- A. General Alaska State Information
- B. Alaska Competition Information
- C. Selecting Judges for Competitions
- D. 2024 Alaska State Championships
- E. 2024 Dates/Locations for Championship Meets
- F. 2023-2024 USAG Alaska DP Program of The Year

A. General Alaska State Information

1. Introduction

The USA Gymnastics Alaska Handbook is intended to clarify those areas left to state discretion by the USA Gymnastics Rules and Policies and to clarify procedures to implement the rules. The State handbook will be updated yearly by the USA Gymnastics Alaska State Administrative Committee (SAC) and USA Gymnastics State Administrative Committee Chair (SACC), to be in accordance with any changes to the R&P, Operating Code and State policy changes. Nothing herein is intended to change any policy outlined in USA Gymnastics Rules and Policies. No deviation from the Handbook is allowed without the prior approval of the USA Gymnastics Alaska State Administrative Committee

2. USAG Alaska State Administrative Committee Members

***State Administrative Committee Chair (SACC) – Charlene Moss
(4-year term ends July 1, 2026)***

Phone: 907-230-7368

Email: cmoss@charlenemoss.com

***Committee Member – Briana Biden
(2-year term ends Aug 31, 2024)***

Phone: 907-347-0634

Email: brewbiden@yahoo.com

***Committee Member – Melissa Chan
(2-year term ends Aug 31, 2024)***

Phone: 907-982-1698

Email: melissa@denaligymnastics.com

***Committee Member – Sariaye Fishburn
(2-year term ends Aug 31, 2023)***

Phone: 907-764-1469

Email: sariayefish23@gmail.com

***Committee Member – Elliott Marlow
(2-year term ends Aug 31, 2023)***

Phone: 907-229-8028

Email: emarlow@anchoragegymnastics.org

***Committee Member – Allison Reed
(2-year term ends Aug 31, 2023)***

Phone: 907-952-0984

Email: reedcreek@gmail.com

3. Duties of the State Administrative Committee (SAC)

All Committee Members:

- A USA Gymnastics professional member in good standing who will work on a consistent basis for their term educating, organizing, promoting membership, and communicating to the members in our state. You are representing coaches, judges, and business owners. You will be aiding the entire Alaska State Committee in promoting the relationship and unity between all the membership.
- Attend all State Committee meetings, and general membership meetings, or send a qualified representative. Failure to attend two consecutive meetings will result in dismissal from your position.

- Maintain confidentiality regarding all discussions and issues at any board meeting, and to maintain consistency, should only discuss issues after minutes from the meeting have been approved and published.
- Be organized and follow through with projects delegated to you from the USA Gymnastics Alaska State Chair. Take responsibility for your commitment, as well as be willing to delegate tasks expected of you throughout your term, and work with other board members and professional members.
- Must have access to email and respond to all communications (email or other) in a timely fashion, or request that the State Chair respond on behalf of the USAG Alaska SAC.
- Must attend and assist with the Alaska State Championships and/or Clinic (if applicable). Will be asked to assist at any educational clinics, as needed, which are hosted by USA Gymnastics Alaska.
- Work for state unity and the betterment of gymnastics in your state, maintaining a positive professional attitude always and uphold to the ethical standard of USA Gymnastics.
- Must govern the state using the USA Gymnastics Rules and Policies and the Operating Code.
- Must have a positive, professional attitude always and uphold to the ethical standards of USA Gymnastics
- Assumes responsibility to communicate with all club owners, coaches, and judges in your section.

4. Election Procedures

The election of the USA Gymnastics Alaska State Administrative Committee is done in July every year. Each position represents one vote. The State Chair may appoint committee positions that are non-voting and serve in an advisory capacity only.

Call for nomination will be sent to all professional members. Any nomination not filled out completely or containing false information will be disqualified.

Election will be done online. If only one person is nominated for a position the State Chair will cast the deciding vote on those positions and no formal election will be conducted.

5. Committee Meeting Dates

The Committee members will meet at least three times a year, and at any other time deemed necessary by the State Chair. State Committee meetings are closed unless otherwise stated. Should a professional member have a specific reason to address the committee, accommodations will be made. Members are encouraged to contact the appropriate committee members to discuss any questions, concerns or problems that may arise.

6. Finances

- The SACC will track finances and present financial reports to the committee throughout the year to review and approve. These financial reports will include, but are not limited to: Administrative fees, Entry/Meet fees, regional expenses, Hospitality expenses, Gifts, and other Misc. expenses.
- State Administrative fees will be collected prior to each competition season from each gym in the amount of \$35 for each competitor.

7. Website/Facebook

USA Gymnastics Alaska will contract and maintain a website and Facebook page for USAG Alaska.

Web address: www.usagymnasticsalaska.com

Facebook page: USA Gymnastics Alaska

The website and FB page will be the two main sources of information concerning competitive gymnastics in the State of Alaska. Every effort will be made to keep the both the website and FB page up to date.

Please also refer to the website for educational materials. Under the education tab you will find the State Library with a lot of educational materials.

8. State Clinic

Each year the USA Gymnastics Alaska Committee will sponsor a centrally located State Clinic, or vote to allocate funds to distribute to each

individual gym within the state to serve as an educational opportunity for each gym to bring clinicians into to their own gyms.

9. Clubs

Arctic Gymnastics Center – Anchorage, AK

Anchorage Gymnastics Association – Anchorage, AK

Denali Gymnastics – Wasilla, AK

Excel Gymnastics – Palmer, AK

Gymnastics Inc – Fairbanks, AK

Ketchikan Gymnastics – Ketchikan, AK

River City Gymnastics – Soldotna, AK

Southeast Gymnastics – Juneau, AK

10. TOPs

TOPs (Talent Opportunity Program), is a talent search and educational program for female gymnasts ages 7-10 and their coaches. During the months of June and July gymnasts age 7-10 are evaluated on physical abilities at the state or regional level. These dates are set by your State TOP's manager in conjunction with the National TOP Manager. From there, athletes are invited to participate in the National TOP test that is conducted in the month of October where they will be evaluated on the same physical ability's tests along with some basic gymnastics' skills. Athletes are then invited to participate in the National TOP Training camp which takes place in December of each year.

For more information, please contact one of Alaska's TOP's managers:

Tere Alonso at Anchorage Gymnastics Association

Katelyn Bennett at Denali Gymnastics

B. Alaska Competition Information

1. Alaska Competition Calendar

The USA Gymnastics Alaska State Calendar shall be discussed and meets will be determined based on each gym's input at the general membership meeting held at the close of State Championships in March. The calendar is updated as needed throughout the year.

2. Reporting Meet Results

Meet hosts in the State of Alaska are required to send the competition results and a copy of the sanction to the State Chair. Results must be sent within seventy-two hours after the conclusion of the meet.

3. State Meet Qualifying Scores and Level Mobility scores

State Meet qualifying scores will be determined by the SAC each year prior to the competition season.

Mobility scores will be based on information in the current R&P.

Scores that have been put into the MyUSAG app will be used to determine eligibility for State Meet and Level Mobility.

If a gym plans to use out of state meets for qualification purposes, or qualifying scores have been achieved at a sanctioned meet that did not use the MyUSAG app, please verify that the host used at least a 2-judge panel (when required) to meet our state's qualification requirements. You must also email those meet results to the State Chair.

4. State Championship Meet Bids

The following criteria will be used by the SAC in selecting state hosts:

- Bids must be submitted and signed by the club owner.
- Meet Director must be a professional member in good standing.
- Facility and Equipment
- Cost of entry/admission
- Continued financial good standing with USAG Alaska and Region 2
- Meet format: modified capital cup/capital cup (modified capital cup is preferred)

- Positive working relationship with USA Gymnastics Alaska, club support of USA Gymnastics State program
- Geographic location, club location: specific confirmed meet location is required
- Successful event organizational experience and the reputation of the operating according to the highest ethical standards (successfully hosted large, multi-session meets), reputation of the club.
- State Meet Bids are due no later than November 30, 2023
- Per Rules and Policies: Any committee member that works for a club that is bidding for a State Championship Meet, must leave the meeting for the discussion and the vote for the meet the club they work for is bidding.

Any USA Gymnastics Alaska Registered club in good financial standing with USAG Alaska and Region 2 are eligible and may bid on a State Championship meet.

5. Meet Directors

The Meet Reservation System provided by USA Gymnastics must be used for all USAG Sanctioned meets. This ensures that clubs can only register current athletes and coaches. (Per USAG beginning 2019-2020 season)

C. Selecting Judges for Competitions

1. Meet Host Request for Local and Invitational Judges

Meets that have been input into the GymJas assigning system will allow the State Judging Assigner to assign available judges to their meets. Failure to input your meet in a timely manner could cause difficulty in obtaining enough judges to adequately run a meet. Judges will be assigned to meets based on availability they have input in the GymJas assigning system. (Every effort will be made to fill every meet in the system. When the local judge pool has been depleted, with club permission, out of area judges will be used to fill the meets.) Judges are assigned by proximity to the club as well as the level of the judge unless

you specify otherwise. Judges will be paid an hourly fee, according to their rating, with a minimum payment of three hours PER DAY, per USA Gymnastics Rules and Policies. The assignor will make every effort to fulfill any special request, however there is no guarantee. The Meet Director may also request specific judges. USA Gymnastics Rules and Policies clubs may also assign judges to specific events at their invitationals. The USA Gymnastics Judges Compensation Package will be used at all sanctioned competitions.

2. Selection of State Championship Judges

The USA Gymnastics Alaska State Administrative Committee, per the USA Gymnastics Rules and Policies, selects judges for state competitions. All State Meets are a two-judge panel with a separate meet referee.

3. Selection of Region 2 DP & Xcel Championship Judges

All eligible judges will be sent an application to apply for DP and/or Xcel Regional Championships each year. The SAC will select and place applicants in ranking order for the State Chair to submit to the RTCC by July 1 each year.

Ranking is done to allow for eligible alternate judges to step in should there be travel issues, illness, or other reasons that selected judges are unavailable.

D. 2024 Alaska State Championships

1. Developmental Program (Level 2-10) Qualifications

Qualifying to State Championships 2024

- Level 2-4: 32.00 AA in one meet with a 1-judge panel
- Level 5-10: 32.00 AA in one meet with a 2-judge panel
- Event Specialist to State (Level 8 and above): 8.5 per event

2. Xcel (Bronze – Diamond) Qualifications

Qualifying to State Championships 2024

- Bronze/Silver: 32.00 AA in one meet with a 1-judge panel
- Gold/Platinum/Diamond: 32.00 AA in one meet with a 2-judge panel
- Xcel Event Specialists State Qualification: One score of 8.5 or higher on event to qualify to State Championships

3. Draw

All State Championships will be divided into approximate equal sized age groups by birthdate by the host. There should be efforts made to keep the same number of age groups in each session of the meet. The USA Gymnastics Alaska Committee has determined that the competition order will be a randomized draw.

The order of gymnasts and events shall be conducted by the State hosts and witnessed by a USA Gymnastics Alaska Committee member, the State's Meet Director, or the State Chair. Event Specialist must be first to compete and should not be first up on more than one event when possible.

Team Awards: 3 scores on each event per team will count for the team score.

4. Awards/Financial Reports

DP Awards

- Level 2-10: Event Placement – 50% +1
AA placement – 100%

Xcel Awards

- Silver/Gold/Platinum/Diamond: Event Placement – 50% +1
AA placement – 100%

State Meet Hosts are responsible for the cost of All-Around and Individual Event awards, using the official USA Gymnastics medals per the Rules and Policies to meet the 50% award requirement. The host must e-mail their order for the official state medals to the State Chair no

later than 10 days prior to the State meet. Ties are not broken at State Championships. Duplicate awards are presented. The state will cover the cost of the Team Award Banners and the Team Award Plaques.

Financial Report:

State Meet host, must submit a meet financial statement no later than 14 days following their meet to the State Chair.

E. 2024 Dates/Locations for Championships

Declaration Date for both DP and Xcel will be **February 23, 2024** (MUST INCLUDE Program/Level/Event Specialists by this date). State entry fees due 30 days before meet weekend for all gymnasts qualifying by that date. For gymnasts qualifying after that date, but before the last qualifying weekend (two weekends prior to the State Meet) you must email the host to register the gymnast and send the entry fee the Monday following the qualifying weekend. A late fee of \$25 per athlete will be charged for any late entries to the State meet. Meet host must send out meet information including site, entry fee amount, due date, and tentative level competition days by EMAIL to all clubs in the state at least 30 days before the meet weekend to allow for travel arrangements to be made.

1. 2024 State Championships:

Levels: **Optional Levels 6-10**

Compulsory Levels 2-5

Xcel Levels: Bronze, Silver, Gold, Platinum, Diamond

Date: March 23, 24, 2024

Host: TBD

Location: TBD

Entry Fee: TBD

Last Qualifying Weekend: March 9, 2024

Qualification Score: 32.0AA, IES – 8.5

Declaration Date: February 23, 2024

2. 2024 DP Regional Championships

Level 6: If applicable, Alaska Gyms may choose to register any Level 6 gymnasts to participate at the DP Region 2 Level 6 Invitational.

Levels: 7-10

Date: April 12, 13, 14, 2024

Location: Anchorage, Alaska

Entry Fee: TBD

Qualification Level 7/8: 34.00 AA at State

Petition for Level 7/8: Follow R&P guidelines

Qualification Level 9/10: 34.00AA at State

Qualification for Level 7/8/9/10 IES: 9.0 per event

Petition for IES: 9.25 achieved at one meet during the competitive season

3. 2024 Xcel Regional Championships

Levels: Gold, Platinum, Diamond

Date: April 19, 20, 21, 2024

Location: Boise, ID

Entry Fee: TBD

Qualification Gold: % of a % for a total from the State meet

- with 75 athletes per session and
- 4 sessions (no IES) with 5 age groups per session and
- awards to 8th place. (Approximately 55%). (June 2023)

Qualification Platinum: 35.00 AA at State meet

- with not more than 64 athletes in a session
- with 4 age groups per session, and
- awards to 8th place (50%). (June 2023)

Qualification Diamond: 34.00 AA at State meet

- with not more than 64 athletes in a session,
- with 4 age groups per session, and
- awards to 8th place (50%). (June 2023).

Qualification Sapphire: 34.00 AA at State meet (if applicable)

- with not more than 64 athletes in a session,
- with 4 age groups per session, and
- awards to 8th place (50%). (June 2023)

IES at Diamond – Platinum – Sapphire

- a. Qualifying Score of 8.5 at their respective State Meet. (June 2023)
- b. Petitioning IES athletes will need a score of 8.75.

4. 2024 DP Westerns

Date: May 2024

Location: TBD

5. 2024 DP Nationals

Date: May 2024

Location: TBD

F. 2023-2024 USAG Alaska DP Program of the Year

1. Alaska State Program of the Year: Summary

USA-Gymnastics mandates that each state develops a system to identify a gym which has excelled in athletic achievement, sportsmanship, participation within the gymnastics community and growth/retention. The information below is Alaska's program of the year for the 2022-2023

competition year. Points awarded through the process described in this document will be weighted 60% toward athletic achievement and 40% for growth/retention, sportsmanship, and community service.

Athletic Achievement points are awarded as follows:

- A. Placement and all-around scores for athletes in Levels 7 – 10 at state meet and regional meet (if applicable).
- B. Bonus points are awarded for athletes who advance to the Region 2 Meet.
- C. Bonus points are awarded for athletes who advance to level 9 Westerns and Level 10 Nationals.

Growth/Retention points are awarded as follows:

- A. Increase in number of gymnasts in Levels 7 – 10 adjusted for loss of seniors.
- B. Graduating seniors who are participating in the DP Program.

Sportsmanship Points are awarded as follows:

- A. One vote per gym present at the Alaska State Optional Meet.
- B. One vote per panel of judges at the Alaska State Optional Meet.

Community Service points are awarded as follows:

- A. Points for donating space/gym/coaches to gymnastics-related events for which no revenue is received.
- B. Points for hosting gymnastics meets that benefit a charity.

Points will be tabulated as outlined in the document and the Program of the Year will be submitted to Region 2 after the last day of the Region 2 Meet.

2. Alaska DP Program of the Year

I. Statement of Intent:

To be a successful candidate for the Alaska State DP Program of the Year, a gym should demonstrate a high level of success in athletic achievements at Levels 7 - 10. The following point system has been

adopted to assign points based on an individual gymnast's achievements for the current season, while also recognizing a gym for their excellence in growth/retention, sportsmanship, and community service. The goal is to reward programs with a high level of excellence and a broad depth of program using a quantifiable method. Points accrued by each gym will be used as a factor when determining the Alaska State Program of the Year. To be eligible for Program of the Year consideration a gym must be current with all fees associated with USA-Gymnastics programs, including state administrative fees.

The point system is a resource for the State Committee to use and intended to be used as a **guide** in the selection process, recognizing that some of the intangible reasons for a program's selection (or exclusion) may not be quantifiable. The State Committee cannot identify all circumstances where the point total may be overridden by a committee vote, but reserves the right to do so. This system of determining the state program of the year is in effect for the 2022-2023 competitive season and will be reviewed and reworked pending additional input from Alaska's Professional Membership.

II. Responsibilities:

The Alaska State Chair is responsible for compiling and entering data into the point system with assistance from other members of the state committee.

III. Term and Process:

- a.** Term: The Alaska State DP Program of the Year will be calculated annually based on results from the Alaska State Optional Meet and the Region 2 Championship Meet. Also considered are "Additional Factors" such as the growth of the program, retention of gymnasts, sportsmanship, and community service. "Additional Factors" will be calculated yearly from one Regional Meet to the next Regional Meet.
 - i.** Athletic excellence is weighted at 60%
 - ii.** Additional Factors are weighted at 40%
- b.** State Program of the Year submissions must be made to the Regional DP Coordinator as soon as the state

determines their Program of the Year but no later than the last day of the Region 2 Meet.

IV. Rules:

a. Athletic Excellence (60%)

i. State Meet:

Points are earned for placements at Levels 7, 8, 9, & 10 per the table listed in Appendix One.

Rationale: A strong program should have depth at all levels.

ii. Regional Meet:

Points are earned for Levels 8, 9, 10 at the Regional Championships per the table listed in Appendix One. The minimum scores listed below are in effect for all levels at the Regional Meet. Rationale: The focus is on excellent performances.

1. Events: must score a minimum of 8.50 to accrue points.
2. All-Around: must score a minimum of 34.00 to accrue points.
3. Specialists' scores will accrue towards their gym based on their placement within their age group.

b. Additional Factors (40%)

i. Growth of Program/Retention:

1. The number of USAG registered Athletes from the previous year's Optional State Meet will be calculated for Levels 7, 8, 9, 10 and compared to the number of athletes who qualify for the current competitive year's state meet. Ten points will be awarded for each gymnast above the previous year's number. An adjustment will be made for graduating seniors. No points will be subtracted if a gym's

numbers decline. See examples in Appendix three.

2. Each gym will also receive bonus points for graduating seniors at a rate of 20 points per graduating senior in the DP Program. In the event that a gymnast is injured during her senior year, her gym will accrue points if she competed in at least one DP Meet during the competitive season.

ii. **Sportsmanship:** Gyms will be awarded points based on one vote by the women's program head coach per gym present at the Alaska State Optional Meet AND one vote per panel of judges at the Alaska State Optional Meet per Appendix Two. Ballots will be marked with a first, second and third choice. Votes will be ranked. Items to be considered (but not limited to):

1. Gyms who are supportive of their teammates without negatively impacting gymnasts from other gyms or judges.
2. Gyms who cheer for gymnasts from other gyms.
3. Good sportsmanship on the award podium.
4. Coaches who work well with each other to set equipment.

iii. **Community Service:** Community Service is defined as donating use of a gym and/or staff time for a non-revenue producing, gymnastics related function. Ten points will be awarded per occurrence. Examples of Community Service are

1. Hosting the NAWGJ Judge's Open.

2. Hosting a fund-raising meet where profits are donated to a charity.
3. Hosting Special Olympics training and competition
4. Hosting a state clinic.

Community Service points are accrued from the Regional Meet of the previous year to the Regional Meet of the current year.

Appendix One: Post Season Point accrual tables:

State Meet Events and All-Around:

Placement	Events		All Around
First	3		6
Second	2		4
Third	1		2

Bonus Points: Qualifying to Regional meet:

- a. Level 8's with a score of 36.00 or above: 3 points
- b. Level 8's with a score of less than 36.00: 1 point
- c. Level 9's and 10s: 5 points

Rationale: Level 9's and 10's must make a minimum score whereas level 8 numbers are based on a designated number of gymnasts.

Region 2 Championship Meet:

Placement	Events		All-Around
First	6		12
Second	4		8
Third	2		4

Bonus points: Qualifying to Level 9 Westerns: 10
Qualifying to Level 10 Nationals: 20

Appendix Two: Sportsmanship Award:

To be voted on at the Optional State Meet by coaches and judges. Each head judge and chief judge will be given a ballot. Three gyms are to be selected, ranked first, second and third. Points will accrue based on placement on each ballot.

Ballot Ranking		Final Placement	
First	3 Points	First	10
Second	2 points	Second	7
Third	1 point	Third	5

Appendix Three: Examples of gym growth/retention calculations

- A. Gym A had 9 gymnasts competing in levels 7 – 10 last year. This year they have only 7 with none lost to graduation. Gym A gets no points for growth and retention.
- B. Gym B had 5 gymnasts competing in levels 7 – 10 last year. This year they have 7 gymnasts competing levels 7 – 10. Gym B earns 20 points (10 points per additional gymnast) in the growth/retention category.
- C. Gym C had 15 gymnasts competing in Levels 7 – 10 last year. Three of those gymnasts graduated. Gym C's growth and retention basis from the previous year is 12. This year Gym C has 13 gymnasts competing levels 7 – 10. Gym C earns ten points for growth and retention.