



UTAH
Rules and Policies

Updated March 31, 2026

UTAH STATE ADMINISTRATIVE COMMITTEE 2025-2026

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ALL CORRESPONDENCE NEEDS TO BE SENT TO THIS ADDRESS AND NOT THE GYM

Committee Members:

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1. USAG Utah Competition Calendar

- a. Competition season: August 1 – July 31
- b. Competitions will be placed on the calendar/website for the upcoming season AFTER May 1 for the next competition season (May 1 for following Aug 1 – July 31). Being placed on the calendar DOES NOT guarantee priority or judges. All requested dates will be placed on the calendar and can be adjusted as needed.
- c. State Meet hosts (or other 'awarded' meets) will be posted online after the bid process is complete.

2. Sanction Guidelines

- a. ALL National sanction guidelines must be followed as well as National and Utah Rules and Policies.
- b. ALL DP/XP/XD/XSA events **MUST** have a TWO judge panel per event, XB/XS/XG may have ONE. If there are extenuating circumstances, the SACC and NAWGJ Chair must be contacted and approve or it cannot be used as a state meet qualifier.

3. Requesting Judges

- a. Judge requests go through gymjas.com. Instructions are found on the state website.
- b. Meet Directors may request certain judges to be assigned or not. Availability and proximity will be taken into account as well.
- c. Meet Directors may request (or secure on their own) out of state judges if they choose.
- d. \$5.00/judge is due with your request. Please note that if you choose to obtain judges on your own and ultimately need help from the NAWGJ committee with any part of the process (contracting, assigning, travel, any part) the fee WILL BE CHARGED.
- e. Judges MAY NOT (National R&P) solicit meets.

4. Utah Reporting Requirements

- a. In order for your meet to be considered a state qualifier OR for mobility purposes, results MUST BE REPORTED within 48 hours to the MyUSAGYM App, Meet Scores Online, and Score Cat. THIS INCLUDES INTRASQUADS!
- b. Within **48 hours** of meet completion, the following needs to be sent to the SACC:
 - i. EMAILED copy of the completed sanction form will all necessary signatures
 - ii. Head Tax check for the number of entered athletes at your competition (\$1/local meets and inter-squads, \$8/state meets). *If the SACC does NOT receive your head tax payment, your scores WILL NOT count either as a state meet qualifier nor for mobility! You will also NOT be allowed to request judges for another intrasquad or meet, bid for state meets, nor add another meet to the USAG Utah calendar until this is PAID IN FULL.

- iii. Payable to USAG Utah (DO NOT PUT SACC'S NAME ON CHECK!) 1387 West 10690 South, South Jordan, UT 84095
- c. It is also REQUIRED that you keep a copy of results of the meets you have attended in case there are any questions about your athlete's qualification or mobilization scores.
- d. The MEET REFEREE from any local meets must not only report sanction violations on the form to USA Gymnastics but ALSO to the SACC. Email or text a photocopy of the sanction form to the SACC.

5. Mobility Requirements

- a. Mobility requirements are in the National Rules and Policies for Xcel and DP. Please refer to this if you have any questions. There are NO exceptions to these rules.
- b. Pay close attention to the rules between Xcel and DP. Entry level for DP is level 4, entry level for Xcel is Gold. When moving from Xcel to DP, compulsory mobility scores MUST be submitted to the SACC.
- c. Level mobility rules are as listed above. State qualification rules are different and are listed below.
- d. ALL inter-squad scores used for mobility MUST be reported through the USAgym app, Meet Scores Online, and Score Cat.
- e. If you are asked to provide proof of an athlete's mobility score – IT IS YOUR RESPONSIBILITY TO PROVIDE. If you cannot, your athlete cannot compete at the level they are entering. **There are no exceptions.**

6. USAG Competitions – STATE MEETS

- a. The Utah SAC has full jurisdiction over all state meets.
- b. The season for Xcel and DP is set by the national calendar. Xcel and Compulsory may be moved at the state committee's discretion depending on numbers.
- c. Qualifying scores:
 - i. Compulsory: 30.00 AA
 - ii. Xcel: 30.00 AA
 - iii. Optional: 30.00 AA
 - iv. Event Specialists (9/10 ONLY) – Up to 3 events: 8.00 or higher
- d. Regional Qualification scores/processes differ by level and are set by the Regional Committee.

7. STATE Meet Entry Fees/Deadlines

- a. Compulsory: In Gym \$65/Outside Venue \$75
- b. XB/XS/XG: In Gym \$65/Outside Venue \$75
- c. XP/XD/Optionals: In Gym \$75/Outside Venue \$85
- d. Gate Fees: In Gym \$10 Adult, \$7 Child/Outside Venue \$15 Adult, \$10 Child. Other discounts such as Military, family rates, and weekend rates should also be considered.

- e. Anything over these amounts is allowed but must be approved through the appropriate Regional or State Committee first. Details will be published to the state as soon as possible after the bid is finalized.
- f. Entry deadline is no later than 4 weeks prior to State Meet. Late fees WILL BE ENFORCED and all late entries must be approved by the SACC.
- g. Drop back date is February 1
- h. Petition deadline is 2 weeks prior and IES is 1 week prior to State Meet.

8. STATE Meet Age Divisions/Awards

- a. Utah SAC has full jurisdiction. Age groups will be set when all entries are in. Awards will go out AT LEAST 51%.
- b. All other award guidelines will follow National R&P.
- c. State Team scores will count top 3 scores on each event regardless of AA.

9. STATE Meet Host Responsibilities

- a. All State Meet responsibilities, whether SAC or Meet Host, are outlined in the State Meet Bid Form. That document is considered a part of the USAG Utah Handbook and can be found on the state website.

10. STATE Meet Judges Selection

- a. The Utah SAC selects judges for State Meet.
- b. State Meet must use 2-4 judge panels.
- c. The following are considerations for assignments to State Meet:
 - i. Have all memberships and paperwork required up to date with NAWGJ. This includes all USAG certifications, CPE, and availability forms.
 - ii. Overall experience
 - iii. The number of in-state meets and the number of meets done at the levels you are looking to be assigned
 - iv. Professional development activities: The number of clinics, training camps, in gym volunteering, etc. attended
 - v. Be available for ALL Utah State Meet sessions. Exceptions will only be RARE and will be made with committee approval and if necessary because of availability or rating.
 - vi. Active judging of USAG meets at the appropriate level. For example, if you are asking for a DP regional assignment but you have only done college or Xcel, this will be considered.
 - vii. Rating
 - viii. Affiliations
 - ix. Geography
 - x. Follow all other NAWGJ rules of professionalism through the season, including no last minute cancellations or no shows, not soliciting meets or asking Meet Directors why they were not assigned, and being professional while at competitions

- d. ****No single factor determines assignments. The USAG board looks at the entire portfolio****

11. REGIONAL Meet Judges Selection

- a. To be eligible for a regional judging assignment, the following criteria will include:
 - i. All of the criteria for state meets will still be in effect for regional assignments
 - ii. Previous performances at state and regional level competitions
 - iii. Availability (this carries over from state meet as well). No partial availability at championship meets for those with regional assignments.
 - iv. No overlap with college assignments
 - v. Affiliations
 - vi. Experience
 - vii. Feedback from other coaches and judges
 - viii. How often you are judging the levels you are requesting to attend regionals at
- b. ****ANY QUESTIONS** about State or Regional assignments need to be addressed with the STATE CHAIRPERSON and not others who do not have all the information. You will be given 100% honest feedback (about YOUR assignments, not OTHERS)

12. Meet Dress Code and Code of Conduct

- a. ALL participants must follow the USA Gymnastics Code of Ethical Conduct.
- b. Be professional
- c. Display good sportsmanship
- d. At state meets and above, the coaches dress code is as follows:
 - i. Athletic shoes with rubberized soles
 - ii. Athletic warm-up pants or 'docker style' pants – NO JEANS
 - iii. Athletic or tailored shirts of reasonable length. No holes, tears, or short shorts.
 - iv. Collared shirts, business casual shirts or T-shirts with gym logo. No spaghetti straps, low-cut tops or midriff revealing shirts
 - v. No hats or visors
- e. Be mentally and physically prepared to provide the safest environment for the gymnast.
- f. The use of cell phones for talking and texting while on the field of play is prohibited. Coaches are permitted to record THEIR OWN gymnasts exercise but cannot interfere with the competition.
- g. Attend all coaches' meetings
- h. Show respect for all gymnasts, coaches, judges and meet personnel.
- i. Coach gymnasts from your own team only unless specifically asked for assistance.

- j. Refrain from approaching judges directly. Direct inquiries to Meet Referee or Meet Director.
- k. Show up KNOWING your job and responsibilities. State meet is not when you should be trained. Owners DO NOT send inexperienced coaches; Coaches DO NOT come unprepared. Practice state meet protocols IN YOUR GYM with your STAFF AND ATHLETES! There will NEVER be an exception to coaches on the floor without all the proper certifications

13. Miscellaneous

- a. All state rules are available on the state website: www.usagutah.com
- b. All regional rules are available on the Region 1 website: www.region-one-gymnastics.com
- c. All national rules are available at:
https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2019_2020_w_rulespolicies_0918.pdf