



**North Carolina**

## North Carolina Rules and Operations August 2021 – July 2022

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[nc-usagymnastics.org](http://nc-usagymnastics.org)

### NC USA Gymnastics State Administrative Committee Members:

Stephanie Bruno	<a href="mailto:sbruno@newberngymnastics.com">sbruno@newberngymnastics.com</a>	252-635-2100
Cindy Cotten	<a href="mailto:cottenpatchkids@nc.rr.com">cottenpatchkids@nc.rr.com</a>	919-538-2458
Jen O'Keefe	<a href="mailto:topnotchcoach@aol.com">topnotchcoach@aol.com</a>	704-425-6488
Sarah Myers	<a href="mailto:sarah.myers@me.com">sarah.myers@me.com</a>	336-516-6685
Todd Shahan	<a href="mailto:tshahan@gmail.com">tshahan@gmail.com</a>	919-398-3410
Suzie Sanocki	<a href="mailto:yougogirl@carolina.rr.com">yougogirl@carolina.rr.com</a>	704-651-7525
Darlene Rose	<a href="mailto:rgtc.drose@gmail.com">rgtc.drose@gmail.com</a>	252-531-0296
Elaine Wulf	<a href="mailto:ewomaha@aol.com">ewomaha@aol.com</a>	919-610-4021

### USA Gymnastics Athlete Registration

Athlete membership information is found at the [usagym.org](http://usagym.org) website under the heading Member Services. Click on [BECOME A MEMBER](#). Club administrators will continue to add and remove athletes to the club roster, assign the athlete's competitive level and reserve/register athletes in to sanctioned events.

### North Carolina Athlete Registration Fee

A **\$15.00 fee**/check for each USA Gymnastics registered athlete (all levels and divisions) should be made to "NC-USA Gymnastics" and mailed to:

Karen Pleasants: 1921 Eagle Creek Ct., Raleigh, NC 27606 **OR**  
payment can be made on [MeetMaker](#).

Send names, levels/divisions and DOB in an Excel spreadsheet with team and coaches contact information.

\*\*\*Athlete Registration fees may be paid on MeetMaker and will incur an additional \$.45/gymnasts in handling fees.\*\*\*

- Unpaid athlete registration fees by **June 1<sup>st</sup>, 2022** will result in publication of delinquent teams who will be ineligible for Team competition at the next State Meets.
  - The NC athlete registration fees support the DP/Xcel programs' awards, apparel, education, training camps, clinics and admin.
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## Meet Director Information

### **FOLLOW CURRENT USA GYMNASTICS RULES AND POLICIES 2021-2022**

After the meet:

- Send competition fee of **\$2.50/gymnast** to “NC USA Gymnastics” and mail to: Karen Pleasants, 1921 Eagle Creek Ct., Raleigh, NC 27606 **OR** pay [here](#) on Meetmaker.
  - If competition fees are not paid by June 1<sup>st</sup>, 2022 the delinquent club will not be allowed to host a qualifier for 2022-2023.
  - Send completed scoresheet, sanction forms and competition fees to NC–USA Gymnastics. (pdf or link preferred)
  - Completed sanction forms must be returned to the National Office. Fines are imposed for tardiness.
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## Meet Intent: **Due October 1<sup>st</sup>, 2021**

Go to [nc-nawgj.org](http://nc-nawgj.org) and click on [Meet Intent](#). The commitment is neither required nor binding but greatly encouraged. This allows meet directors to better plan for judges, awards, facility use etc.

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## Virtual Meets:

For the 2021-22 season, virtual meets will be allowed as mobility meets and as qualifiers. The number of judges required, as well as declaration dates must be adhered to. In addition, there must be at least 2 clubs per competition (per R&P) in order to be considered a qualifier.

## State Meet Qualifying Scores

From a USA sanctioned meet:

- In state meets approved by NC Committee on NC-USAG calendar
- Out of state meets – coach must send score sheet to SACC as verification

**32.0** for Levels 9 and 10

**33.0** for all other levels and Xcel divisions

- **Last qualifier** is 2 weeks before any state meet
- **Declaration date** is 2 weeks before each state meet
- **State meet registration** is due 3 Mondays before each state meet. Registration will be done on MeetMaker
- **Specialists**
  - o Level 9/10 qualify to state meet with a 9.0 at a sanctioned meet (max 3 events)
  - o Platinum/Diamond 8.5 (no Xcel specialists at Xcel regionals)

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## 2022 North Carolina State Meet Dates & Sites

March 18 – 20	Bronze, Level 2 – 5	Central Carolina, Salisbury
March 25 – 27	Level 6-10	Raleigh School of Gymnastics
April 1 - 3	Xcel State (Div TBD)	Maxwell Center in Goldsboro, NC Hosted by New Bern Gymnastics
April 8 – 10	Xcel State (Div TBD)	Rose’s Gymnastics, Greenville

Entry fees: (updated 8/4/21)

In-house Compulsory and Xcel	\$75.00
In-house Level 6-10	\$90.00
Outside Facility Compulsory and Xcel	\$85.00
Outside Facility Level 6-10	\$95.00

### **IMPORTANT STATE MEET REGISTRATION INFORMATION:**

**BY MIDNIGHT 3 MONDAYS BEFORE STATE MEET, COMPLETE THE REGISTRATION OF YOUR QUALIFIED GYMNASTS INTO MEETMAKER.**

**ALSO, REGISTER in MEETMAKER (as an alternate) THE NAMES OF YOUR GYMNASTS WHO WISH TO ENTER THAT HAVE NOT QUALIFIED. A SPOT WILL BE RESERVED.**

**Note: \*\*\*Payment information required at time of entry but will not be charged until the gymnast qualifies. If the gymnast does not qualify then there is no financial transaction.\*\*\***

This allows the state meet schedules to be created and posted a week earlier using this process.

The 3% MeetMaker online fee will be added to the State Meet registration fees, paid by the registering gym. This will be added to the State Meet Registration Fee at time of checkout.

Coaches are asked to remind gym parents that only professional members should contact the State Meet Director. Schedules will be posted online at Meetmaker.com and the host meet site.

When registering for state meet on Meetmaker.com, verify and document the earned qualifying score. If the coach does not provide scores, the club's coaches will not receive free apparel if gymnast qualify to Regionals.

State meet team fee is \$45.00. Team placements extend from 1<sup>st</sup> – 6<sup>th</sup>.

#### State meet gate fees:

- Adults \$20, Children \$5, Under 5yrs free
- Family \$45 (2 adults, 1 child)
- Seniors (62 years +) \$5

\*Gate fee will allow entry for whole weekend. There shall be no additional fee to attend more than one day.

\*Credentialed gymnasts may gain entry for whole weekend.

## Additional State Meet information:

- State Committee members will set the State Meet schedule, age groups and competition order. Rotation order will be created by the Meet Director and implemented after approval by the Committee representatives. 2021-2022 Jason Braun and Sarah Myers will create the schedule.
- The order of age groups for each level shall be determined by a random draw for session and rotation. A Committee Member, other than the Meet Director must be present for the draw.
- Age Groups shall be created by dividing the number of gymnasts in a session into equal groups by birthdates (ChA, ChB, ChC, JrA, JrB etc...)
- 5 year old bronzes and 4 year old Level 2's shall make up their own age group.
- The Committee recommends that no more than 25 be placed in an age group, preferably 20.
- The rotation order shall be created by a random draw for starting events and for the order in each rotation. Teams should not be grouped alphabetically.
- If a club has 2 squads in a session, place the starting events in the same flight, skipping competition events (ie VT and BB in the same flight)
- Meals for active coaches and judges should be in separate locations at State Meet
- State meet host must provide a copier on the competitive floor

- The required A-1 Awards medals are purchased by NC-USA Gymnastics and delivered to the State Meet site. The host pays \$6.00/gymnast for the medals, even though the actual cost is much more. NC-USA Gymnastics provides this benefit as a service to the State Meet host.
  - The NC USA Gymnastics State Committee augments the State Meet award guidelines from USA gymnastics in the following way:
    - Award medals to ½ of the placements (1/2 + 1 when odd number of gymnasts). Follow USA Gymnastics guideline and extend with NC medals to the ½ number of placements.
    - First AA finisher receives a plaque
    - A “Q” medal (qualifier medal) is presented to each of the gymnasts in each age group who did not medal in the AA. For instance, if 21 gymnasts are in an age group, award 1-6 AA and events with state medals. Extend with NC bronze medals to 11<sup>th</sup> place. “Q” medals are the presented through 21<sup>st</sup> place for Compulsory and Xcel.
  - Team banners are ordered by NC-USA Gymnastics. The cost is \$40 for 1<sup>st</sup> – 3<sup>rd</sup> places, and \$25 for 4<sup>th</sup> – 6<sup>th</sup> places and paid by the meet director.
  - A copy of the State Meet Financial Report must be received by the SACC within 6 weeks. A copy of the report will be presented at the State Committee meeting in late spring.
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### Criteria for State Meet Bid Selection

- Outside facility preferred
- Ability to run Capital Cup with two sets of identical equipment, including floors
- Successful previous host meet experience
- Generous spectator seating and parking
- Quality equipment meet specs
- Awareness of geographical location
- Provide Medical Personnel on site
- Declare scoring and equipment contracts
- Festive atmosphere & small gift for competitors
- Quality hospitality for coaches
- Previous State Meet history considered

**BIDS ARE DUE TO STATE CHAIRPERSON FOR 2023 STATE MEETS  
BY APRIL 1<sup>ST</sup>, 2022.**

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## Judge Information

Number of Judges required for each competition level in NC:

### **Mobility meets:**

- Compulsories            1 judges unaffiliated
- Optionals                2 judge panels

### **Invitationals used as Qualifiers:**

- Level 2, 3 and Xcel Bronze, Silver and Gold 1 judge unaffiliated
- All other levels and divisions 2 judge panels

**State meets:**

- All Xcel State meets 2 judge panels
- Levels 2-5 State meet 2 judge panels
- Level 6-10 State meet 4 judge panels

\*State meet judges:

If judges are assigned to Regionals, they are strongly encouraged to judge the state meet at the same Level/Division. If a judge were to “pull off” a state meet for a non-emergency reason the act might negatively impact future state meet assignments.

## North Carolina Clubs of the Year

- The Club of the Year for each Level and Division shall be the club selected/voted upon by secret ballot of participating clubs (in those divisions or levels).
- A Rising Star Club Award may be determined at each state meet by the casting of one vote per club.

## North Carolina Program of the Year

- This award recognizes the NC program which excels above other NC clubs in ALL levels of USA Gymnastics competitions (Xcel, Compulsory, and WDP optionals).
- Points are earned after each State Meet.  
(5 points for 1<sup>st</sup>, 4 points for 2<sup>nd</sup>, etc...)
- The overall NC Program of the Year shall be determined by the established point system for state meet finishes. The winner will be the club with the most points earned from the state competition of NC USA Gymnastics 14 levels and divisions of WDP and Xcel.  
No additional votes taken.
- The winning program will be announced at the Level 9/10 Regionals. A plaque or banner will be presented later in the year.