

**COUSAG State Meeting 2023**  
**When: August 20, 2023**  
**Location: Peak Athletics**

- Introduction of Committee Members
  - Amanda Webb- State Chair
  - Eric Pung
  - Stephanie Sodden
  - Trevor Campbell
  - Alicia Akiyama
  - Allie McNeill
  - J.A Dominguez
  - Stacie Beckwith - SJD

**RAFFLE: DU TICKETS AND ROCKIES**

**NEW**

**CLUB OF THE YEAR: 5280**

**SAPPHIRE UPDATES:**

- Will be an official program and no longer a pilot program

**COMMITTEE # CHANGE:**

- It was motioned to change the COUSAG Committee from 5 members to 6 members (not including the State Committee Chair)  
Motion: Eric  
Second: Alicia  
Passed unanimously

**EMAILS:** Please make sure your email for your club is updated on the COUSAG website.

**CAMPS:** Rich wants to thank everyone for their support!! Huge thanks to Rich for all of his hard work he placed into the camps!!

**REVIEW DP/XCEL UPDATES- BE SURE TO READ YOUR CODE FOR WORDING AND INFORMATION ACCURACY, THIS IS JUST A HIGHLIGHT (see links below for complete details on updates)**

- Level 4 athletes are allowed to move directly to Level 6 (skip Level 5) by obtaining an AA of 36 at two separate Level 4 sanctioned meets, starting 8.1.2023
- Vault numbers can be visual or verbal at meets with fewer than 4 judges. If a 4 judge panel is being used, the vault number MUST be visually displayed.
- Any additional warm up or spotting equipment MUST be manufactured by a recognized equipment manufacturer.

- Level 7 vault- a pit pillow is allowed to be used as a landing surface on the mat stack. If available. You cannot take from bars, but if there is an extra, they can use it.
- Level 8/9/10/Diamond/Sapphire vault can use a pit pillow for warm up ONLY, if available. You cannot take from bars, but if there is an extra, they can use it.
- Landing on a resi surface is allowed on vault, bars and beam
- Chalk or water may not be added to rails or mats once the exercise has begun
- Shorts allowed under uniforms or over
- Coaches and judges should not wear earbuds/earpods while on the field of play
- Level 5 athlete dismount of a flyaway for a 10 start value  
- OR - perform Level 4 dismount with a 9.5 start value
- No deduction for coach standing between the bars throughout exercise for Levels 1-5
- All Xcel judges MUST be a rated judge
- See updated mobility requirements for Xcel once (when available)
- 9/10 IES- does not have to clarify before the state meet. They just need to scratch events.
  - Set the IES Regional qualifying score for Level 9 and 10 as a 9.1 at the state meet. Petitions will be considered as listed in R&P
- FOR MORE CHANGES/UPDATES, CLICK ON THE LINKS BELOW:
  - XCEL: <https://static.usagym.org/PDFs/Women/xcel/2324update.pdf>
  - DP: <https://static.usagym.org/PDFs/Women/development/2324update.pdf>

**REGIONAL UPDATES: (see Regional website for updates, etc)**

- Plan for Level 9/10 Regionals to start on Thursday beginning 2023
- Level 6/7/8 combined and held in Albuquerque
- Set the qualifying score for Level 7 and 8 Regionals in 2024 as a 34.00 All Around at the State Meet. No IES. All Around petitions will be considered.
- As a reminder a bra/undergarment showing is a deduction. ALL regional leos will be posted on the Region 3 website so parents can plan accordingly
- All athletes MUST wear the Regional leo provided
- Gold Regionals projected to be in two gyms, so plan accordingly
- REGIONAL MEET LOCATIONS:
  - Level 6/7/8- Albuquerque, NM
  - Level 9/10- Haltom City, TX
  - Gold- Aurora, CO
  - Platinum/Diamond/Sapphire- North Richland Hills, TX
- WESTERNS 2024; Coralville, IA
- PLEASE VISIT THE REGION 3 WEBSITE FOR REGIONAL INFORMATION:  
<https://www.reg3.com/>

**STATE UPDATES:**

- Platinum/Diamond starting the 2023/2024 season will have a 33.00 AA to qualify for the state meet once during the current season at a sanctioned meet.
- Grand champions for top 3 teams with a 3 out score for Spring Bronze and Silver State Meets.
- With the new change from the National Office of mobility from Level 4 to Level 6 (see updates with specifics), the State will create a form for clubs to submit for those athletes moving from Level 4 to 6 so we know that will be taking place for the clubs that choose to do this.
- Level 6-10 be a 32 AA to qualify for state meets.
- Trial for the 2024 State Meet season; we will allow Levels 6/7/8 to qualify as an IES by obtaining an 8.5 on an event once during the current season at a sanctioned meet.
  - \*\*There will be an AA form and an IES form for Level 6/7/8 for clubs to fill out prior to the state meet. When they register for the state meet the clubs will have to fill out these forms in addition to registration.
- Level 9/10 can qualify to the state meet with an 8.5 on an event once during the current season at a sanctioned meet, but do not need to fill out the IES form (no IES form per the new update from the National Office)

#### **REMINDERS:**

- ALL STATE MEETS WILL BE GROUPED BY AGE (beginning Fall 2022). And all State Meets will run in line with Regionals and will be youngest to oldest.
- Level 3 Achievement awards are no longer required- effective Fall 2021
- Review the National DP and Xcel Committee minutes, posted on the website. Make sure to refer to the minutes and the R&P frequently.
- Gold is no longer be Small, Medium and Large
- Level 2 awards, please see the chart online (COUSAG) for awarding ribbons. Ribbon or medals, but have to follow the achievement chart and not rank kids.

#### **REVIEW OF CALENDAR 2023/2024**

- Drop Back Dates-
  - L6-10- Feb 18, 2024
  - G/P/D/Sapphire- March 3, 2024
  - Level 3-5 - October 22, 2023

#### **LEVEL REPS**

- 9/10 Level Rep- ERIC
- 6/7/8 Level Rep- ALLIE
- 5 Level Rep- JA
- 3/4 Level Rep- STEPHANIE
- PLATINUM/DIAMOND/SAPPHIRE- TREVOR
- GOLD- ALICIA

- BRONZE- STEPHANIE SPRING- TREVOR FALL
- SILVER- STEPHANIE SPRING- TREVOR FALL
- Every Level Rep will be responsible for following with each club if they have not filled out the spreadsheet.

#### COLLEGE GYMNASTICS UPDATES

- DU

## COMMITTEE MEETING MINUTES



ALL INFORMATION CONTAINED IN THIS PRESENTATION IS NOW **"OFFICIAL"** AS ALL COMMITTEE MEETING MINUTES HAVE BEEN APPROVED AND POSTED ON THE WEBSITE.

## RULES & POLICIES



# Meeting Minutes

When reviewing meeting minutes remember to review **ALL** Committees

Various committees may have items which impact Xcel including:

- Administrative Committee
- Technical Committee
- Xcel Committee
- Women's Program Committee (meets at National Congress)

Meeting Minutes are  
posted online!

