



July 2-6 • Des Moines, IA **2019**

2019 USA GYMNASTICS CHAMPIONSHIPS ACROBATIC GYMNASTICS TECHNICAL INFORMATION

ENTRIES

Entry fees are a flat fee of \$150.00 per athlete.

A step-by-step guide to register for this event is available at:
<https://usagym.org/pages/post.html?PostID=18319&prog=h>

Entry Deadline:

Deadline is June 3, 2019

Late registrations will be accepted through June 4, 2019

Entry Fee for Late Registration is \$300.00 per athlete

NO CHANGES OR ADDITIONS WILL BE ALLOWED AFTER JUNE 4, 2019.

MANDATORY COACHES' ORIENTATION MEETING

One coach from each club is required to attend a Coaches Meeting on Monday, July 1, at 8 p.m. in meeting rooms 302-309 in the Community Choice Credit Union Convention Center. The first half of the meeting will be for coaches of all disciplines, followed by discipline-specific meetings.

TARRIFF SHEETS

All tariff sheets must be submitted through the "Online Tariff Sheet Manager" (OTSM). As of May 26, please upload tariff sheets in the "Nationals" folder for your club. New tariff sheets are required to be uploaded, even if you have used the same tariff all season within your region.

Coaches:

Submitted tariff sheets must be as accurate as possible. Only minor changes will be accepted after the deadline. If you have a question about your tariff sheets, please have them reviewed prior to uploading.

Deadlines

Tariff Sheet deadline is June 18.

A \$50 late fee penalty is applied per club for tariffs submitted after the deadline, but by June 23. Tariff sheets submitted after June 23 will receive a loss of difficulty.

Tariff Sheet Review

This year, the judges will evaluate the tariff sheets before arrival to the competition and complete review on July 1 from 12 p.m.-3 p.m.

Judges will be available to review their findings with coaches on July 1, 6:00 p.m.-7:30 p.m. local time (room location TBD). Any necessary revisions must be submitted by 9:00 a.m. on July 2. Coaches are asked to bring their own computer and USB drive so they can make revisions and save them on a USB drive to use for printing. Minor changes can be made using the minor change form per the Code of Points.



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MUSIC POLICY

Each club must submit all athlete competition music for the USA Gymnastics Championships through the OTSM. Music is to be submitted on, or before, June 18, 2019.

Each routine must be:

- Separate file in MP3 format
- The file name must be the pair/group's ID number and the first letter of the routine without spaces or other characters
 - Level 10 WG #165 balance routine would be "165B"
- These files will be used for all training and competitive routines occurring on the competition floor
- The music files should be uploaded in the "Nationals" folder for your club (same file as tariff sheets)

All music and tariff sheets currently in your club's folders will be cleared May 26, 2019.

Notes:

- All clubs must bring two CDs to the event
- Each CD should have ALL routines of pair/groups that will compete to during the USA Gymnastics Championships
- Should be labeled by each pair/group's ID number and routine (i.e., Level 10 WG #165 Balance).
- One CD must be turned in at accreditation as a backup to the online music submission.
 - This backup CD will only be used in the event of an equipment malfunction.

If there is a change to a pair/groups' music, coaches must bring separate CD marked with the pair/groups' name, club, level, and routine to Registration.

COACHES & OFFICIALS

Coaches, judges and officials who are professional members will be issued credentials. No pending Professional or Junior Pro memberships will be allowed. Coaches must register online for the 2018 USA Gymnastics Championships. No coach changes may be made after the registration deadline. No hospitality will be provided for coaches.

ACROBATIC JUDGE'S MEETING & COMMITTEE MEETINGS

Judges meeting room locations is TBA.

Monday July 1, 2019

12 p.m.-3 p.m.- Acrobatic Tariff Sheet judge's review; Meeting Room TBA

3 p.m.-5 p.m.-Acrobatic mandatory judges meeting; Meeting Room TBA

6 p.m.-7:30 p.m.- Acrobatic Tariff Sheet review with coaches; Meeting Room TBA

8:00-9 p.m.- Coaches Meeting and Acrobatic Break-out session; rooms 302-309 in the Community Choice Credit Union Convention Center



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ACROBATIC COMMITTEE MEETINGS

Friday July 5, 2019

9:30-11 p.m.-Acrobatic Selection Committee Meeting/National Team Coaching Staff; Meeting Room TBA

Saturday July 6, 2019

9:30-12 a.m.-Acrobatic Selection Committee Meeting/National Team Coaching Staff; Meeting Room TBA

Sunday July 7, 2019

10:00 a.m.-11:30 a.m.-Acrobatic Technical Committee Meeting; Room TBA

11:30 a.m. -1:00 p.m.-Acrobatic J.O. Committee Meeting; Room TBA

1:15a.m.-2:30 p.m.-Acrobatic Growth and Development Committee Meeting; Room TBA

2:30p.m.- 4:00 p.m.-Acrobatic Elite Committee Meeting; Room TBA

COACH ATTIRE

All coaches must wear club or athletic apparel with athletic shoes to be on the competition floor. No national team apparel that bears the USA flag or a national team logo may not be worn at any time during training, warm-up or competition at the USA Gymnastics Championships. This includes warm-ups, t-shirts, competitive apparel, backpacks, duffle bags, etc. National team attire may not be worn even if the logo or flag has been covered. Unless otherwise requested by Ryan Ward, the program director, please leave all national team apparel/accessories at home.

The following dress code must be followed during all training, warm-up and competition sessions. Violators will be asked to leave the event floor or training/warm-up area.

- Warm-up pants, long pants or capri length pants only. No shorts are allowed.
- Team polo shirt or team t-shirt. Warm-up jackets are optional.
- Gym/athletic shoes are required. No flip-flops.
- No denim allowed.
- No caps or hats allowed.

ATHLETE ATTIRE

All athletes must wear club or athletic apparel with athletic shoes to be on the competition floor. No national team apparel that bears the USA flag or a national team logo may be worn at any time during training, warm-up or competition at the USA Gymnastics Championships. This includes warm-ups, t-shirts, backpacks, duffle bags, etc. National team attire may not be worn even if the logo or flag has been covered. Unless otherwise requested by Ryan Ward, the program director, please leave all national team apparel/accessories at home. Acrobatic athletes will be permitted to wear competitive apparel that bears the American flag.

The following dress code must be followed during all training, warm-up and competition sessions. Violators will be asked to leave the event floor or training/warm-up area.

- During training, girls may wear long-sleeve or sleeveless leotards, and boys may wear shorts and t-shirts.



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- Girls may wear black bike shorts or leggings with only GK Elite logos during training or warm-up sessions; otherwise, they must be plain.
- Girls should not have any exposed undergarments or straps. Black or color-coordinated to leo t-back sports bra is acceptable.

Athletes named to the national team for the first time will receive a temporary national team warm-up to wear for photographs after the awards ceremony. National team members will receive their national team warm-ups once they receive an international assignment.

AWARDS

Junior Olympic Level Competition

Awards will be given out for first to sixth place.

Age Group 11-16 Competition

Awards will be given out for first to sixth place.

Elite Level Competition

Awards will be given out for first to third place.

Awards are given for all-around only. Separate awards for balance and dynamic will not be given. The master schedule will have the location of the J.O. awards ceremonies. Awards ceremonies for athletes competing in the arena will take place on the arena floor. Athletes should wear their competitive leotards for all award ceremonies.

Awards for each session will be given immediately following the session. Elite awards will be presented after finals. **If the session is running early, awards will be given early.** Athletes receiving awards should report to the staging area immediately following the session.

The athlete/athletes of the year and elite coach of the year will be awarded at a place and time yet to be determined. This information will be included in the master schedule that you receive upon arrival. If additional awards are given, these will also be listed in the competition packet.

Team Awards

- To be eligible for a team award, a club must have at least three (3) pair/groups competing at the respective level. Of the three pair/groups, there must be at least one pair (i.e., WP, MP, MXP) and at least one group (i.e., WG, MG).
- Top three all-around scores (including the highest scoring pair, the highest scoring group, and a third pair or group) are added together to determine places. The highest total score receives first place, and so on).
- The first-place team for each level will receive an award (i.e., banner, plaque, trophy). Second and third place should also be recognized (i.e., announcement, certificate, etc.).

Junior Olympic Awards

J.O. Coach of the Year

Glen Sundby Award for Outstanding Pair/Group Performance (J.O. and international track athletes)

Janet Von Bargen Judging Award



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Arena Awards

Pair/Group of the Year
Coach of the Year
Sportsperson of the Year

SIZING

Junior Olympic (JO) Athletes & 11-16 Age Group

Sizing will be taken from Regional Competitions. If a pair/group wishes to be re-sized prior to competition (i.e., pair/group may no longer receive a deduction), scheduled times will be available (see below).

Juniors (12-18 & 13-19) & Seniors

Sizing will be conducted during Elite Training times. All athletes must be measured.

Tuesday July 2, 2018

9 a.m.-11 a.m.-LEVEL 7,8,9,10, & 11-16, location TBA

Wednesday July 3, 2019

12:30 p.m.-2:30 p.m.- Junior and Senior athletes only, ARENA.

Friday July 5, 2019

8:00 a.m.-8:45 a.m.-LEVEL 7,8,9,10, & 11-16, location TBA.

NATIONAL TEAM SELECTION AND ANNOUNCEMENTS

The 2019 USA Gymnastics Championships will serve as the selection for the Senior National Team, Junior (12-18 and 13-19) National Team, 11-16 Age Group Team, and selections to Future Stars (Levels 8-10). To be considered for a National or Age-Group Team, each athlete must submit a signed selection procedures by Wednesday, June 18, sent to rward@usagym.org.

The Athlete Selection Committee (SNT, JNT and 11-16 AGT) consists of:

- Ronda Francis – Elite Committee chair.
- Lanie Davis – Elite Coach representative.
- Nicole Barrilleaux – International expert.
- Dylan Maurer – Athlete representative

The Future Stars Selection Committee consists of:

- Sarah Thomas.
- Ronda Francis.
- TBD

The Senior National Team will be named and recognized on Saturday, July 6, following competition. The Junior National Team will be named on Saturday, July 6, following the conclusion of competition, but no formal recognition will take place.



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The 11-16 Age Group Team will be announced within 48 hours after the completion of competition. Athletes selected for the Future Stars program will be notified no later than 10 days following the conclusion of the USA Gymnastics Championships. E-mails will be sent to all coaches and team members, and lists will be posted on the USA Gymnastics website (usagym.org/acro).

NATIONAL TEAM MEETING

The 2019-2020 National Team meeting is scheduled for Sunday, July 8, from 8 a.m.-12 p.m. in the Community Choice Credit Union Convention Center. This meeting is required for all 2019-2020 National Team members and coaches. Parents are invited to attend. Departing flights should depart after 3 p.m.

ACROBATIC GYMNASTICS FOUNDATION (AGF) EVENT

The Acrobatic Gymnastics Foundation (AGF) will host an event in the evening of July 6, 2019. There will also be an #iheartacro Silent Auction. More information on tickets, event time, event location, and the silent auction will be available and communicated by the AGF. The AGF was founded by Kristin Allen in 2011 to support, expand, and cultivate the acrobatic community. The AGF supports athletes competing in acrobatic gymnastics in both national and international competition.

CONTACT

Acrobatic Gymnastics Program Director: Ryan Ward, rward@usagym.org

Good luck at the USA Gymnastics Championships!