



July 2-6 • Des Moines, IA 2019

## 2019 USA GYMNASTICS CHAMPIONSHIPS TRAMPOLINE & TUMBLING TECHNICAL INFORMATION

### ENTRIES

Entry fees are a flat fee of \$150 for 1-4 events. The entry deadline is May 21, 2019.

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

**A LATE FEE WILL APPLY FOR ADDITIONS BETWEEN MAY 22 AND MAY 24, 2019.**  
The entry fee for additions will be \$300.

**NO CHANGES OR ADDITIONS WILL BE ALLOWED AFTER MAY 24, 2019.**

Scratches made from May 22, 2019, through June 28, 2019, should be submitted via the online registration system. Scratches submitted on or after June 28, 2019, must be done onsite.

Refunds will not be given for athletes who entered but did not qualify to the USA Gymnastics Championships.

### ELIGIBLE COMPETITORS

All athletes who have met the 2019 USA Gymnastics Championships qualifying scores and eligibility requirements at USA Gymnastics T&T sanctioned competitions may enter the USA Gymnastics Championships. All entries are subject to verification by the respective State Chair. All competitors must enter the USA Gymnastics Championships at the same competition level where the qualifying score was achieved. If the athlete competes at a higher level after the qualifying score is reached, he/she may not compete at the previous level at the USA Gymnastics Championships. See the Rules & Policies and J.O. Code of Points for complete information.

Non-resident, international competitors are not allowed to compete at the USA Gymnastics Championships. Resident international J.O. athletes who are members of USA Gymnastics and have met all qualification requirements may compete at the USA Gymnastics Championships.

### COACHES & OFFICIALS

Coaches, judges and officials who are professional members will be issued credentials. No pending pro memberships will be allowed. Coaches must register online for the 2019 USA Gymnastics Championships. No coach changes may be made after the registration deadline. No hospitality will be provided for coaches.

### JUDGES

Judges can complete their request to be considered for assignment for the USA Gymnastics Championships, July 2-6 in Des Moines, IA, at <https://goo.gl/forms/PaGzIBNz0w2ty3NA2>. The deadline to submit completed forms is May 21.

## COMPETITION CARDS

Competition cards must be filled out using the International Gymnastics Federation's FIG terminology. All competition cards should be on the correct color paper and must be filed correctly at the competition office. Any competition card that is not turned in by the respective deadline will incur the deductions listed in the Code of Points.

### Deadlines

- Monday, July 1:  
All Synchronized trampoline and Level 9-10 (all disciplines), immediately following training.
- Wednesday, July 3:  
Youth, junior, open and senior elite (all disciplines), by 12:00pm.
- Thursday, July 4:  
Level 8 (all disciplines), by 5:00pm.

### Card links

- Trampoline: [http://usagym.org/PDFs/Forms/T&T/comp\\_card\\_trampoline.pdf](http://usagym.org/PDFs/Forms/T&T/comp_card_trampoline.pdf)
- Tumbling: [http://usagym.org/PDFs/Forms/T&T/comp\\_card\\_tumbling.pdf](http://usagym.org/PDFs/Forms/T&T/comp_card_tumbling.pdf)
- Synchro: [http://usagym.org/PDFs/Forms/T&T/comp\\_card\\_synchro.pdf](http://usagym.org/PDFs/Forms/T&T/comp_card_synchro.pdf)
- Double mini: [http://usagym.org/PDFs/Forms/T&T/comp\\_card\\_dm.pdf](http://usagym.org/PDFs/Forms/T&T/comp_card_dm.pdf)

## MANDATORY COACHES' ORIENTATION MEETING

One coach from each club is required to attend a coaches' orientation meeting on Monday, July 1 at 8:00pm in 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.

## RULES

Rules from the current FIG Elite Code of Points with the USA Gymnastics T&T Special Requirements and J.O. Code of Points will be used.

Time of Flight will be used for all trampoline elite divisions and Level 10 at the 2019 USA Gymnastics Championships.

All age groups are based on the age of the competitor on December 31, 2019.

The 2019 USA Gymnastics Championships scoring is cumulative, including prelims and finals on all events. There are no "new life" finals.

## VIDEO REVIEW

Video review will be provided for the following:

- Trampoline Level 10 and above
- Tumbling Senior Elite
- Double Mini Senior Elite

If coaches wish to video their athletes' routine in the other levels, they must shoot the video from the designated spot set by the Meet Director.

## COACH & ATHLETE ATTIRE

All athletes must be in club or athletic apparel. No national team apparel, including anything with the USA flag or logo, may be worn at any time during training, warm-up or competition at the USA Gymnastics Championships by coaches or athletes. USA attire may not be worn even if covering logo and flag. USA backpacks or duffle bags are also not allowed. 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 your program director, please leave all national team apparel/accessories at home.

Athletes and coaches must follow the dress code listed in the elite or J.O. Code of Points, depending on the level of competition in which they are participating or coaching.

## DOPING CONTROL

The U.S. Anti-Doping Agency (USADA) will conduct doping controls for select athletes at the USA Gymnastics Championships. Athletes will be notified immediately following competition if they have been selected.

If an athlete is currently taking any medication that may be on the banned substance list, the athlete and/or parent/guardian should call the USADA Drug Reference phone line at 719-875-2000 or visit [globaldro.com](http://globaldro.com) for verification. There are many over-the-counter medications, such as cold medicines, that are banned substances. It is important to call the drug reference line with any questions regarding this important issue or to speak with the medical doctor or trainer onsite at your venue. DO NOT leave this to chance. Use of methods or substances prohibited by any applicable anti-doping rules may be subject to penalties including, but not limited to, disqualification and suspension. Possible doping violations will be managed by USADA protocol.

## COMPETITION EQUIPMENT

### Hy-Vee Hall

- 4 Eurotramp trampolines with Eurotramp 4x4 beds and springs
- 2 Eurotramp ultimate double mini-trampolines 6x6
- 1 tumbling floor (Acrosport or Ross TBD)

### Wells Fargo Arena

- 2 Eurotramp ultimate trampolines with Eurotramp 4x4 beds and springs
- 1 Eurotramp ultimate double mini-trampoline 6x6
- 1 Acrosport tumbling floor

**WARM UP****Hy-Vee Hall**

Each session will have a one 50-minute general warm up prior to the session or one 60-minute general warm up in the case of SR, YE, JR, and OE sessions, as well as the following:

**Prelims****Trampoline**

- Level 8 – 10: 2 touches
- YE, JR, OE, & SR Synchro: 2 touch
- Level 9-10 Synchro: 1 touch

**Tumbling**

- Level 8 - 10: 3 touches
- YE, JR & OE: 3 touches

**Double mini-trampoline**

- Level 8 - 10: 3 touches
- YE, JR & OE: 3 touches

**Finals****Trampoline**

- Level 9 -10: 1 touch
- YE, JR & OE: 1 touch
- YE, JR, OE, & SR Synchro: 1 touch

**Tumbling**

- Level 9 - 10 3 touches
- YE, JR & OE: 3 touches

**Double Mini**

- Level 9 - 10: 3 touches
- YE, JR & OE: 3 touches

**Wells Fargo Arena**

Prior to their designated flight time, each athlete will have a one hour general warm up in the Hy-Vee Hall that ends 15 minutes prior to their designated flight time in the arena. Athletes will be marched over to the arena directly following their general warm-up.

**Prelims****Trampoline**

- 1 touch

**Tumbling**

- 2 touches

**Double-mini**

- 2 touches

**Finals****Trampoline**

- 1 touch

**Tumbling**

- 2 touches

**Double-mini**

- 2 touches

**AWARDS**

Overall awards will be presented to 1<sup>st</sup> through 6<sup>th</sup> place in each age group and level for Junior Olympics, and 1<sup>st</sup> through 3<sup>rd</sup> for Elites. No flight awards will be given. Overall awards for each session will be given immediately following the session. Level 9,10, and Elite awards will be presented after finals. If the session is running early, awards will be given early. Athletes who place in the top six in J.O. divisions and top three in Elite divisions should be in the staging area immediately following the session. All athletes are required to wear competition attire for all awards ceremonies.

- Girls: leotard, bare feet or tramp shoes.
- Boys: step-in, competition shorts or pants, bare feet or tramp shoes.
- No warm-ups or street clothes allowed.

The Junior National Team will be announced following junior elite finals in Hy-Vee Hall. The Senior National Team will be announced following the senior elite finals in the Wells Fargo Arena.



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The following awards will be presented at the 2019 USA Gymnastics Championships senior elite session. Details regarding the awards can be found in [Section VI \(Elite Program\)](#) of the Rules & Policies.

- Trampoline & Tumbling Coach of the Year
- Trampoline Athlete of the Year
- Tumbling Athlete of the Year
- Double-mini Athlete of the Year
- Sportsperson of the Year

The following awards will be presented at the 2019 USA Gymnastics Championships in the Junior Olympic venue. Details regarding the awards can be found in [Section VI \(Elite Program\)](#) of the Rules & Policies.

- James A. Rozanas Tumbling Coach of the Year
- Milton B. Davis & George Nissen Trampoline Coach of the Year
- Bob Bollinger Double-mini Coach of the Year
- Trampoline & Tumbling Club of the Year

## CEREMONIES AND COMPETITION PROTOCOL

### **OPENING CEREMONIES – Athletes competing at the Wells Fargo Arena**

All elite gymnasts are required to participate in the Opening Ceremonies prior to their competitive session. Club/team warm-ups are the required attire. Athlete cooperation is requested in reporting promptly to the staging area in preparation for the march-in and introduction. All athletes are requested to follow the instructions given by the stage manager.

### **AWARDS CEREMONIES – Athletes competing at the Wells Fargo Arena**

At the conclusion of competition, all competing athletes **MUST** return to the staging area to prepare for the awards ceremonies. All athletes are requested to cooperate, even if they are not participating in the awards ceremony. Athletes should be in their competitive attire.

### **AWARDS CEREMONIES – Athletes competing at Hy-Vee Hall**

All awards ceremonies will take place in the awards room located in rooms 302-309 in the Community Choice Credit Union Convention Center. At the conclusion of competition, all competing athletes **MUST** return to the athlete staging area in the awards room to prepare for the awards ceremonies. All athletes receiving an award are requested to cooperate. Athletes should be in their competitive attire.

## NATIONAL TEAM MEETING

The 2019-2020 National Team meeting is scheduled for Sunday, July 7, from 8:00am - 12:00pm in the meeting rooms at 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 2:00pm.

## COACHES & JUDGES COURSES

Level 1 judges' courses are being held in conjunction with USA Gymnastics Championships. Level 1 Judges Course Schedule – Sunday, June 30, 2019:

- Tumbling: 8:00am - 12:00pm



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- Double-mini: 2:30pm - 4:30pm
- Trampoline: 5:00pm - 9:00pm

Other Education sessions will be held throughout the week, with a schedule being released at a later date.

## CONTACTS

Program Director: Jacqui Godfrey at [jgodfrey@usagym.org](mailto:jgodfrey@usagym.org) or 317.829.5665

Program Manager: Sydney Carlson at [scarlson@usagym.org](mailto:scarlson@usagym.org) or 317.829.5626

**Good luck at the USA Gymnastics Championships!**