

Region 2 Handbook

The Rules and Policies and the Operating Code of USA Gymnastics govern our program. *Most all answers to questions are located there.* You can download copies from <http://usagym.org>.

This handbook is intended to explain policies within the Region. Policies not under regional control are referenced to the Rules and Policies and Operating Code of USA Gymnastics. The handbook will be updated yearly to be in accordance with any changes to the R and P, Operating Code, and Regional policy changes. Regional policies are identified with an * and a date when they were put into effect.

The regional website has up to date information on Committee members and rule updates. The website is <http://usagregion2.com/>. Any information for or about the website needs to be sent to r2racc@gmail.com.

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1. Committee members and duties:

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Duties: This is just an Overview. See the Operating Code and chairmen's handbook for the full list of duties.

RACC - Regional Administrative Committee Chair

- ✓ Approves any State entry fees higher than the national recommendation in the R and P page 50 II.7. a and b for Xcel and page 81 6. 1. for JO. Currently the amounts are \$85 for optional levels and Platinum and Diamond and \$75 for compulsory levels, bronze, silver and gold levels. This is determined by dividing fixed expenses by the number of athletes.
- ✓ Takes care of entering Level 9 and 10 athletes to post Regional Meets.
- ✓ Organizes GK athlete apparel sizing.
- ✓ Pays the regions bills.
- ✓ When appropriate, assists USA Gymnastics with a Regional Congress.

RJOCC - Regional Junior Olympic Committee Chairman

- ✓ Organizes and runs all Regional JO camps.
- ✓ Organizes and runs the training days for the region at Western and National Competitions.
- ✓ Represents Region 2 in all meetings attended as RJOCC.
- ✓ Evaluate submitted skill videos

RTCC - Regional Technical Committee Chairman

- ✓ Answers all technical questions within the region.
- ✓ Receives and makes determinations on petitions.
- ✓ Receives recommendations from states on judges for regionals.
- ✓ Puts together a slate of judges for post regional meets for approval by the regional committee.
- ✓ Represents Region 2 in all meetings attended as RTC.
- ✓ Evaluate submitted skill videos

RXCC - Regional Xcel Committee Chairman

- ✓ Organizes and runs regional Xcel camps and clinics.
- ✓ Answers questions within the region on Xcel.
- ✓ Represents Region 2 at all National Xcel meetings.

State Chairmen

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Duties: This is just an Overview. See the Operating Code and chairmen's handbook for the full list of duties.

SACC - State Committee Chairmen

- ✓ To track athletes within their states to make sure the rules of USA Gymnastics are being followed. This includes tracking the age of athletes, movement between levels and programs, qualifying scores, and move up meets from year to year. This job can be delegated and a fee paid.
- ✓ Represent their respective states opinions at the regional level.
- ✓ Manage the finances of their respective state.
- ✓ Maintain a state website (this can also be delegated).
- ✓ Communicate to their members using e-mail or regular mail as their first mode of communication. Social media can be used but not as the main way of communicating with members.
- ✓ Have a state committee. The composition of this committee can be determined by each state. Only elected members to this committee can vote on issues.

Voting members of the Regional Committee are all the SACC's, RJOCC, RTCC, and the RXCC. The RACC votes only in the case of a tie.

2. Region 2 Vision

As a region of USA Gymnastics, our vision is to provide opportunities to increase participation and increase the levels of ability to all our members through gymnastic clinics for athletes, clinics for coaches, and clinics for judges' education.

- ✓ Provide opportunities for athletes from all the states in the region through
 - a. Camps and clinics
 - b. Apparel for Level 10 athletes attending National Championships
 - c. Safe and unbiased regional competition
- ✓ Provide for coaches' education through
 - a. Regional Congress
 - b. Clinics/Training Camps
 - c. Technical updates
- ✓ Provide for judges' education through
 - a. Regional Congress
 - b. Test administrations
 - c. Technical updates
 - d. Training Camps

3. Member Misconduct (Rules and Policies)

Member misconduct is reviewed and determined by the USA Gymnastics Ethics Committee. Member misconduct complaints must be in writing, and be aware, complaints will be copied to the Professional member about whom the complaint is being submitted. Complaints should be sent to the National office for review. Complaints MUST be signed. Complaints should be submitted in a timely manner. Complaints must include date, time and place and details of the misconduct.

4. Coaches' Professional Attire State Meets and Above – R. and P. page 18 IV.D.2.

Dress in attire reflecting the best image of gymnastics. USA Gymnastics prohibits clothing that promotes drug or alcohol use, is vulgar, obscene or worn in a manner that draws attention away from the competitive environment. At State meets and above, the coaches' dress code is as follows:

- a. Athletic shoes with rubberized soles. Athletic warm-up pants or "Docker-style" pants (No jeans).
- b. Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts.
- c. Collared shirts, business casual shirts or T-shirts with or without a gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts).
- d. No hats or visors.

5. REGIONAL MEETINGS AND MINUTES:

After approval of the NACC, agendas will be distributed to State Chairs for upcoming Regional Committee Meetings in a timely manner for the gymnastics community to review and have an opportunity to request items to be added to the agenda. Committee Meeting Minutes are distributed to members of the Regional Committee for proof reading. After review by the Regional Committee, the minutes will be sent to the NACC. Once approved, minutes will be posted on the Regional web site.

6. REGIONAL FINANCES:

➤ **Income:**

- All state championships and regional meets held at all levels, including Xcel, will send \$5 per athlete to the RACC. **This is due within 5 days of the conclusion of the meet.** *(April 2012)
- The RJOCC and RXCC will run clinics. The RJOCC will run Super Camps and High Tech Camps. The RXCC will run clinics for Xcel within the region. Super camps entry fee will be \$110 and High Tech \$175. *(November 2016)
- The Region with USA Gymnastics when appropriate, will host a regional congress. USA Gymnastics gives a percentage of the profit to the Region. In years when the National Congress is close by in Region 1 or in Region 2, a Regional Congress may not be held.
- At Regional Congress or National Congress when a Regional Congress is not held, an auction will be held. All states will provide a basket for the auction. All profits from the auction go to the region.
- States will purchase Level 9 athlete goody bags at \$50 each. (As of May 2017, up to \$125 may be spent on Level 9's - May 2017 RACC minutes). A state can petition the region for funding to help with this expense. (August 2017)

➤ **Major Expenses:**

- The region will pay the entry fees to Level 10 Nationals. 7 athletes per 12 age groups is 84 athletes. Entry fees are \$135 per athlete equaling \$11,340.00 if all spots are filled. (R and Page 87 3.b.1)). Paying the Level 9 entry fees are discontinued until monies are determined by the RAC to be available. *(August 2015)
- The Region will provide \$300.00 each to the hosts of Level 9 Western Meet and Level 10 National Meet. (Rules and Policies page 84 and 86)
- The region pays for training day leotards for the Level 10 athletes and the competitive tank leotards for the Level 9 athletes manufactured by GK.
- The Region provides accessories for the athletes attending Level 10 Nationals.
- The region will provide coaches attire for those who have earned it. (See Coaches Post Regional Attire)
- All expenses of each of the Regional Committee Chairmen for their respective offices and all Regional meetings will be paid by the region.
- The Region will provide a website and a web host. <https://usagregion2.com/>

7. COACHES POST REGIONAL CHAMPIONSHIP ATTIRE:

- The region will have an apparel committee to choose the apparel coaches will wear to represent the region at Level 9 Westerns and Level 10 Nationals. The attire will be paid for by the coach or club. The RJOCC will determine what is worn each day of championships.
- To earn "free" apparel, coaches are required to have 10 gymnasts at a regional camp. The ten gymnasts can be split between super camp and High-Tech camp. For example, 5 to

Super Camp and 5 to high Tech counts as 1 apparel credit. If they bring 5 gymnasts, they get ½ of the apparel. (August 2009)

8. REGIONAL JUDGES:

- The list of judges put forward by each state should be in rank order with those at the top of the list the strongest judges in their state regardless of rating.
- The Judges selection formula for regionals is Washington 4, Oregon 4, and 2 from all other states. State chairpersons are to submit to the RTCC by July 1 each year a rank order of judges from their state for the regional meet. One alternate should be included on the list.
- If a state elects to send different judges for the level 8 sessions at the regional meet, the host gym is not responsible for any extra expenses involved in the state bringing additional judges to the competition. (August 2017)
- Judges need to attend one of the following to be considered for a regional assignment: High Tech Clinic (preferred), Regional or National Congress. *(April 2013)
- Proposed - Judges will fill out an application form to show experience during the previous year for selection. State committees can then, if they so choose, use this information to make decisions. *(November 2015)
- The RTCC takes the state nominations in rank order puts together the slate of judges. This is done based on experience, state rank, and continuing education to submit to the RAC for consideration.

9. Regional Meets

Information on petitions, meet director requirements, and scoring are found in the Rules and Policies. The petition form is at <https://usagym.org/PDFs/Forms/Women/injury2015.pdf>. The Regional Meet is under total jurisdiction of the RAC. NO CHANGES in format can be made by the host without the approval of the RAC.

• Specialists

The specialist must declare her intention to specialize at a date set by each state. Their names would be forwarded by the state to the RTCC. 1) Only Level 9 and 10 specialist athletes can participate in the Regional meet. (April 2017) 2) A score of 9.0 must be achieved at an athlete's respective state meet in order to compete at Regionals. 3) If petitioning, a score of 9.25 must have been achieved during the competitive season. (March 2016)

• Guidelines for Awarding of Regional Meet Bids

Persons interested in hosting a regional championship competition need to submit a bid and cover letter which can be found at <http://usagregion2.com/>. All bids and cover letter should be submitted to the RACC no later than April 1. Traditional Capital Cup (2 sets of equipment with a double wide strip for warmup) for floor is the suggested format. The format and placement of sessions is a Regional Administrative Committee responsibility.

• Gate Fees

Gate fees must meet the guidelines listed within the Rules and Policies of USA gymnastics.

- **Financial Reports**

Per the Rules and Policies page 85 F.14, a financial report must be sent to the RACC within 45 days. If no report is filed, the host will not be eligible to host another Regional Meet. Financial report forms are found at <https://usagym.org/PDFs/Forms/Women/financial.pdf>.

- **Change(s) In Meet Bids**

All meet directors are required to notify the RACC of any significant changes to the bid, i.e., site, meet director or other changes that will impact the competition. A major change after a bid has been awarded could rescind the award of the bid and reopen the bidding process.

- **Equipment Requirements**

Each meet director is to be familiar with the USA Gymnastics Rules and Policies and the requirement of equipment for all regional competitions. Meet directors are required to furnish enough equipment including sting mats to provide a safe and adequately furnished environment as required by the USA Gymnastics.

- **Regional Meet Qualifications**

1. The number of Level 8's numbers are determined by a percent of a percent. All the Level 8's entered into all the state meets excluding specialists will be totaled. The percent of the total of level 8's in the region will be the percent of 190 athletes (3 sessions of Level 8) allowed to the regional meet from that state. *(April 2012). (For April 2017 meet, 4 sessions of Level 8 with 250 total and no invitational will be tried.)
2. Level 9 and 10 athletes who score 34.00 AA at their State Championships will automatically advance to Regional Championships. Athletes meeting the criteria of petitioning into Regional Championships will also advance to Regional Championships. See requirements for petitions in USA Gymnastics Rules and Policies.
3. Regional Meet Schedule: *(April 2017)
 - ✓ This can vary depending on numbers but level 9 and 10 competitions have priority. Depending on numbers: Friday Level 10, Saturday, Level 9, and Sunday Level 8.
 - ✓ The schedule is under the jurisdiction of Regional Committee.
 - ✓ April 2017 – The Regional meet in 2018 will be compressed to 2 ½ days with 4 sessions of level 8 and no invitational.

- **Level 8 All State Session at Regionals**

- ✓ Each state will pay \$600 for the state entry fee into the Level 8 State session at the regional meet. These monies are to support Region 2 NAWGJ. *(April 2013)

- **Regional Meet Awards**

1. Level 8 will have 9 age groups and awards will be given to 8th place in each age group. (April 2015)
2. USA Gymnastics pays for 1-3 awards at level 9 and 10 only. Awards will be given to 5th place at Level 9 and 10. (April 2015)
3. All graduating seniors are to be recognized in addition to any awards earned.

10. Regional Recognition Awards

Annually, if nominations are put forth, the region will recognize a USA Gymnastics Club JO Program of the Year (formally JO coach of the year), volunteer of the year, judge of the year, and the Mulvihill Award for Lifetime Achievement. The Judge of the Year Award will be decided by the Regional NAWGJ Board. All other awards are decided by the RAC. If possible, all awardees will be recognized at Regional Congress. If no Congress is held, another time will be set aside to present the awards. Consideration for each award will include service to the Region. If no candidates are put forth, no award will be given.