



# Program Information 2021

Version: September 2020

## WHO IS Xcel FOR?

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Junior Olympic Program to attract and retain a diverse group of athletes.

Xcel is a great program for gymnasts that:

- Are at a variety of levels, abilities, ages and commitment levels and want to enjoy all the benefits that gymnastics has to offer while having more flexibility than the Junior Olympic program.
- Wants to enjoy the sport of men's gymnastics in a program that has less strict skill requirements than the Junior Olympic and Compulsory programs. In Xcel, requirements are more flexible.

## A NOTE ABOUT XCEL FOR BOYS

*The Xcel Program for Boy's is just getting started and is very different from the Girl's Xcel Program. It is a beginner competitive program that will take some time to develop as clubs discover the most effective way to use it to grow their program and participant numbers. Xcel for Boys has the potential to foster great growth within the men's program and programs are urged to remain flexible in their approach to using the program.*

### General explanation of the program

- ***The Xcel for Boys Program consists of two competitive levels, Bronze and Silver.***
- ***All aspects of the Xcel for Boys program will be determined by each individual state through the Men's State Chairman and their respective state board. This includes Xcel season, age groups, competition format, awards, judges' requirements, judges' fees, and level of competition (up to and including State Championship)***
- ***Competition Organization will be determined by each individual state but will follow USA Gymnastics event sanctioning requirements. Xcel for Boys competition may be held in conjunction with an existing sanctioned Age Group Competition Program event.***

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## 2021 COMPETITION SCHEDULE

January 9-10	GAA Men's Invitational	Lake Pointe Sports Complex - Emerson, GA
January 30-31	Atlanta Centennial Classic	GA International Conv. Center - Atlanta, GA
February 27-28	Champions Cup	Gymnastix Training Center - Buford, GA
March 13-14	State Championships	TBA

## Section I: General Rules and Regulations

- A. Age Determination and Competition Level
  - i. A gymnast's competitive age for the entire competitive season is determined by the age he will be on May 31 of the current competitive season. (I.e. for all competitions held from 9/1/20 to 5/31/21, a gymnast's competitive age is determined by his age on 5/31/21).
  - ii. A gymnast under the actual age of 6 years old will not be permitted to participate in the Men's Xcel program under any circumstances. If a gymnast's competitive age, as of 5/31, is 6 years old he may only compete once he has reached the actual age of 6 years old.
- B. Uniforms
  - i. Gymnasts in Xcel are only required to wear gymnastics shorts and team T-shirt. Gymnasts are not required to wear footwear (socks or gymnastics shoes).
- C. Coach's Professional Attire - The following coach's professional attire is required at all competitive sessions, scheduled warm up sessions and event training sessions.
  - i. Closed toe shoes, no sandals
  - ii. Slacks, Warm-up pants or hemmed "dress" shorts (No Denim or "Cargo Style" – Defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)
  - iii. Collared shirts
  - iv. No hats
  - v. No backpacks or string bags while spotting
- D. Coach's Spotting Responsibilities
  - i. A spotter is required, for all levels, to be in a position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.
  - ii. A spotter is allowed at all levels on Parallel Bars.
  - iii. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.3 from the routine's final score.
  - iv. The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be 0.2, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.
  - v. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.
- E. Fees maximums will be set by each individual state. (See Section VI)
- F. Competition Format rules will be set by each individual state. (See Section VI)
- G. Awards will be set by each individual state. (See Section VI)
- H. Requirement for the level of judges and judges' fees will be set by the individual state. (See Section VI)
  - i. Judges must be USA Gymnastics Professional or Junior Professional members.
  - ii. A minimum of NGJA Junior Olympic certification is recommended, but if participating programs are in agreement, coaches and/or Junior Professional members may be used as judges for the Xcel program.

## Section II: Equipment and Mat Specifications

- A. General
  - i. Floor – routines may be performed on either a regular 40'x40' Floor or a 6'x40' Strip.
  - ii. Pommel horse – routines are performed on a Floor Mushroom or Regular Mushroom for Bronze and a Regular Mushroom for Silver.
  - iii. Still Rings – routines may be performed on either a regular Ring Tower or hanging rings.
  - iv. Vault – routines are performed on stacked mats with a minimum height of 16”.
  - v. Parallel Bars – routines are performed on spotting blocks for Bronze and spotting blocks or standard Parallel Bars for Silver.
  - vi. High Bar – routines are performed on a low bar for Bronze and on a High Bar for Silver.
- B. Additional Matting – minimum requirements for matting can be found in the Men's Age Group Competition Program manual. Additional matting may be used at SR, PB & HB but must not impede the athlete's ability to swing freely on those apparatus.

## Section III: Judging Guidelines

- A. Document Precedence

The International Gymnastics Federation (Fédération Internationale de Gymnastique - FIG) Code of Points will be used except where superseded by rules found in this USA Gymnastics Program Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict is:

  - i. The USA Gymnastics Men's Xcel Competition Program Manual with official Rules Updates (Rules Updates are available online at <http://www.usagymnastics.org>).
  - ii. The International Gymnastics Federation (Fédération Internationale de Gymnastique - FIG) Code of Points with Rules Updates published by the FIG Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: <http://www.fig-gymnastics.com>)
- B. Judging Requirements
  - i. Only one judge per event will be used for all Xcel competitions.
  - ii. See Section I. H. for additional information
- C. Minimum Score - The minimum score for any exercise or attempted vault in the Xcel Program is 6.00.
- D. Routine Repetition Rule
  - i. One attempt at a routine is allowed.
  - ii. Should circumstances occur that are beyond the control of the gymnast which interrupt his attempt at a routine the gymnast may be given the opportunity to repeat his routine, at the discretion of the head judge.
  - iii. Should a hand guard (grip) tear during the routine; the gymnast will be allowed to repeat his performance, at the discretion of the head judge.
  - iv. An incomplete vault may be repeated once with safety in mind and at the judge's discretion with a deduction of 1.00 from the final score of the second attempt. No third attempt is allowed.

#### E. Spotting Deductions

- i. All spotting must be performed by an active USA Gymnastics Professional Member in good standing.
- ii. If there is no spotter, when required, the routine may not begin. If the spotter walks away when required, deduct 0.2. The event judge will warn the coach that another infraction may disqualify his athlete(s) on that event for that day.
- iii. If a spotter appears on the Floor Exercise or Pommel Horse / Mushroom events, the deduction is 0.3 from the routine's final score.
- iv. Unless specifically stipulated in an Xcel routine as an allowable spot, if the spotter assists in the execution of the skill, deduct 0.5 for the spot and also deduct for any execution errors that occurred in the execution of the skill. The judge has the discretion to not recognize the skill if, in his opinion, the gymnast could not have completed the skill on his own.
- v. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting or assisting in the skill, there is no deduction.
- vi. A coach may not spot an athlete from a surface that is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.

#### F. General Apparatus and Behavioral Deductions

- v. Falls - All FIG rules concerning falls apply in competition, i.e., a fall onto or off of the apparatus will be deducted 0.5 in addition to any other execution errors, the gymnast has 30 seconds to re-mount, the coach may ask the judge if credit for the skill was received.
- vi. After a fall a gymnast may repeat the skill to earn its skill value or bonus value This rule includes dismounts. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of 0.2 should be taken from the gymnast's 'E' score. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine. iii. If a springboard is used inside the uprights to mount the parallel bars, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of 0.3.

#### G. Landing Deductions - All landing deductions are as per FIG.

#### H. Routine Error and Deduction Table:

<b>Table of Routine Errors and Deductions</b>	
<u>Error</u>	<u>Deduction</u>
Small error (as per FIG)	0.1
Medium error (as per FIG)	0.2
Large error (as per FIG)	0.3
Fall (as per FIG)	0.5
Non-Recognizable part	0.5 (plus all accrued execution deductions)
Missing value part	0.5
Missing Special Requirement	0.5
Skills of unallowable difficulty	0.5

## Section IV: Routine Requirements

### I. General Requirements

- A. Bronze level – Minimum of 4 Value Parts, Silver level – Minimum of 5 Value Parts
- i. Any "A" in the FIG Code of Points
  - ii. Any skill from the JO compulsory program receives "A" value (Including Basic Swings)
  - iii. Any skill from the Essential Elements program receives "A" value
  - iv. Any other recognizable skill receives "A" value
  - v. No Repetition Deductions
  - vi. No "B" or higher value parts
  - vii. No Saltos or Aerials (Except on Still Rings for Silver only)
  - viii. One skill cannot fulfill more than one Special Requirement

II. Special Requirements - The Special Requirements for each event are listed in the following charts.

FLOOR EXERCISE		
	Bronze	Silver
<b>Start Value (SV)</b>	<b>9.9</b>	<b>9.9</b>
<b>Value Parts (VP)</b>	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.
<b>Clarifications</b>	One skill cannot fulfill more than one Special Requirement.	One skill cannot fulfill more than one Special Requirement.
<b>Difficulty Restrictions</b>	<ul style="list-style-type: none"> <li>● No "B" or higher (VP)</li> <li>● No Saltos or Aerials</li> </ul>	<ul style="list-style-type: none"> <li>● No "B" or higher (VP)</li> <li>● No Saltos or Aerials</li> </ul>
<b>Special Requirements</b>	<ol style="list-style-type: none"> <li>1. An Acro skill with or without Flight.</li> <li>2. A 2nd Acro Skill with or without Flight. (Must be Different than first Acro Skill)</li> <li>3. A Support Skill.</li> <li>4. A Balance, Flexibility, or Strength Skill.</li> </ol>	<ol style="list-style-type: none"> <li>1. Min. 2 directly connected Acro skills with or without Flight.</li> <li>2. A 2nd pass with one Flight skill. (Must be Different than #1)</li> <li>3. Support Skill to or from a Roll.</li> <li>4. Balance, Flexibility, or Strength Skill.</li> </ol>

POMMEL HORSE		
	Bronze	Silver
<b>Start Value (SV)</b>	<b>9.9</b>	<b>9.9</b>
<b>Value Parts (VP)</b>	Execution = 9.9	Execution = 7.9 1/2 Circle = .5 3/4 Circle = 1.0 1 Circle = 1.5 1/2 Circle Dismount = .5
<b>Clarifications</b>	<ul style="list-style-type: none"> <li>● Routine is done on a floor or regular mushroom.</li> <li>● Compulsory Routine – see Special Requirement Box</li> </ul>	<ul style="list-style-type: none"> <li>● Routine is done on a regular mushroom.</li> <li>● Compulsory Routine – see Special Requirement Box</li> </ul>
<b>Special Requirements</b>	<ol style="list-style-type: none"> <li>1. Walk to ¼ Circle (hold 3s)</li> <li>2. Walk to ½ Circle (hold 3s)</li> <li>3. Walk to ¾ Circle (hold 3s)</li> <li>4. Complete Circle to Front Support (hold 3s)</li> <li>5. Stand &amp; Jump to ½ Circle w/ ¼ turn</li> </ol>	<ol style="list-style-type: none"> <li>1. Circle to Front support</li> <li>2. 1/2 Circle 1/4 Turn Dismount</li> </ol>

<b>STILL RINGS</b>		
	<b>Bronze</b>	<b>Silver</b>
<b>Start Value (SV)</b>	<b>9.9</b>	<b>9.9</b>
<b>Value Parts (VP)</b>	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.
<b>Clarifications</b>	One skill cannot fulfill more than one Special Requirement.	One skill cannot fulfill more than one Special Requirement.
<b>Difficulty Restrictions</b>	<ul style="list-style-type: none"> <li>• No "B" or higher (VP)</li> <li>• No Salto Dismounts</li> </ul>	No "B" or higher (VP)
<b>Special Requirements</b>	<ol style="list-style-type: none"> <li>1. Strength skill</li> <li>2. Long Hang skill</li> <li>3. Inverted skill</li> <li>4. Dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Strength skill</li> <li>2. Long Hang skill</li> <li>3. Inverted skill</li> <li>4. Dismount</li> </ol>

<b>VAULT</b>		
	<b>Bronze</b>	<b>Silver</b>
<b>Start Value (SV)</b>	<b>9.9</b>	<b>9.9</b>
<b>Allowable Vaults</b>	Stretch Jump onto min of 16" mat. <b>OR</b> Kick to Handstand Fall Flat on top of 16" mat.	Run, hurdle and jump to Handstand - fall to flat back on min of 16" mat. (No repulsion required.) <b>OR</b> Run and hurdle to Front Tuck Salto onto min of 16" mat.
<b>Clarifications</b>	Alternative springboard (Tramp Board) or springboard may be used.	Alternative springboard (Tramp Board) or springboard may be used.

<b>PARALLEL BARS</b>		
	<b>Bronze</b>	<b>Silver</b>
<b>Start Value (SV)</b>	<b>9.9</b>	<b>9.9</b>
<b>Value Parts (VP)</b>	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.
<b>Clarifications</b>	<ul style="list-style-type: none"> <li>• Routine to be done on P Bar Blocks or Stacked Panel Mats.</li> <li>• One skill cannot fulfill more than one Special Requirement.</li> </ul>	<ul style="list-style-type: none"> <li>• Routine to be done on P Bar Blocks or Stacked Panel Mats, or P Bars.</li> <li>• One skill cannot fulfill more than one Special Requirement.</li> </ul>
<b>Difficulty Restrictions</b>	<ul style="list-style-type: none"> <li>• No "B" or higher (VP)</li> <li>• No Salto Dismounts</li> </ul>	<ul style="list-style-type: none"> <li>• No "B" or higher (VP)</li> <li>• No Salto Dismounts</li> </ul>
<b>Special Requirements</b>	<ol style="list-style-type: none"> <li>1. Support Skill</li> <li>2. Swing Skill</li> <li>3. 2<sup>nd</sup> Swing Skill (may be the same as skill #2)</li> <li>4. Dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Support Skill</li> <li>2. Swing Skill to Horizontal or Higher</li> <li>3. 2<sup>nd</sup> Swing Skill to Horizontal or Higher (may be the same as skill #2)</li> <li>4. Dismount</li> </ol>

<b>HORIZONTAL BAR</b>		
	<b>Bronze</b>	<b>Silver</b>
<b>Start Value (SV)</b>	<b>9.9</b>	<b>9.9</b>
<b>Value Parts (VP)</b>	Min 4 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.	Min 5 - "A" Value Parts. Any "A" in the FIG Code of Points or recognizable gymnastics skill.
<b>Clarifications</b>	<ul style="list-style-type: none"> <li>● Routine to be done on a low bar.</li> <li>● Either Men's or Women's rail.</li> </ul>	<ul style="list-style-type: none"> <li>● Routine to be done on High bar.</li> <li>● Either Men's or Women's rail.</li> <li>● Spotter assistance allowed to get to support. (Not a VP)</li> <li>● One skill cannot fulfill more than one Special Requirement.</li> </ul>
<b>Difficulty Restrictions</b>	<ul style="list-style-type: none"> <li>● No "B" or higher (VP)</li> <li>● No Salto Dismounts</li> </ul>	<ul style="list-style-type: none"> <li>● No "B" or higher (VP)</li> <li>● No Salto Dismounts</li> </ul>
<b>Special Requirements</b>	<ol style="list-style-type: none"> <li>1. Mount</li> <li>2. Cast (hips must leave bar)</li> <li>3. Circling skill</li> <li>4. Dismount</li> </ol>	<ol style="list-style-type: none"> <li>1. Long Hang skill</li> <li>2. Cast (hips must leave bar)</li> <li>3. Circling skill (not mount or dismount)</li> <li>4. Dismount</li> </ol>





<b>STILL RINGS</b>	
<b>Bronze Special Requirements</b>	<b>Silver Special Requirements</b>
<p>1. <i>Strength skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Chin Hang  Tuck Hang  L Hang  Inverted Hang</p>	<p>1. <i>Strength skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Chin Hang  Tuck Hang  L Hang  Inverted Hang  Piked Inverted Hang  German Hang</p>
<p>2. <i>Long Hang skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Basic Swing  Swing to Inverted Hang</p>	<p>2. <i>Long Hang skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Basic Swing  Swing to Inverted Hang  Slow Inlocate  Dislocate  Inlocate</p>
<p>3. <i>Inverted skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Inverted Hang  Swing to Inverted Hang</p>	<p>3. <i>Inverted skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Inverted Hang  Piked Inverted Hang  German Hang  Swing to Inverted Hang  Slow Inlocate  Dislocate Inlocate</p>
<p>4. <i>Dismount</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Drop from Rings</p>	<p>4. <i>Dismount</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Drop from German Hang  Fly Away</p>

**Still Rings Sample Routines** - All these routines fulfill all requirements and start from a 9.9

Bronze - L Hang, Basic Swing, Swing to Inverted Hang, Basic Swing, Drop from Rings

Silver

Routine #1 - Chin Hang, L Hang, Basic Swing, Swing to Inverted Hang, German Hang Drop Off

Routine #2 - Tuck Hang, Swing to Inverted Hang, Piked Inverted Hang, Basic Swing, Fly Away

**Vault Routine Options** - Vaults are done on a stack of mats minimum of 16" and start from a 9.9  
Alternative springboard (Tramp Board) or springboard may be used.

Bronze - Option #1 - Stretch Jump      Option #2 - Kick to Handstand Fall Flat

Silver - Option #1 - Jump to Handstand, Fall to Flat Back      Option #2 - Front Tuck Salto

<b>PARALLEL BARS</b>	
<b>Bronze Special Requirements</b> <i>Routine on P-bar Blocks or Stacked Panel Mats.</i>	<b>Silver Special Requirements</b> <i>Routine on P-bar Blocks, Stacked Panel Mats, or P-Bars</i>
<p>1. <i>Support skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Tuck Support Hold  L Seat  L Seat with Legs in Straddle  Support Walk  Straddle Travel</p>	<p>1. <i>Support skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Tuck Support Hold  L Seat  L Seat with Legs in Straddle  Support Walk  Straddle Travel</p>
<p>2. <i>Swing skill</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Support Swing  Swing Handstand</p>	<p>2. <i>Swing skill to horizontal or higher</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Support Swing above Horizontal  Swing Handstand</p>
<p>3. <i>2nd Swing skill (may be the same as skill #2)</i></p>	<p>3. <i>2nd Swing skill to horizontal or higher (may be the same as skill #2)</i></p>
<p>4. <i>Dismount</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Drop Between Blocks  Swing to Side of Blocks to Push  Up Position</p>	<p>4. <i>Dismount</i></p> <p><b><u>Sample Skills - not a definitive list</u></b>  Drop Between Blocks  Swing to Side of Blocks to Push  Up Position  Stutz to Push Up Position on  Blocks  Swing Over the Side of the Bars</p>

**Parallel Bars Sample Routines** - All these routines fulfill all requirements and start from a 9.9

Bronze - Performed on P-Blocks or a Stack of Panel Mats

Routine #1 - Tuck Support Hold, Support Swing (x2), Drop Between Blocks

Routine #2 - Support Walk, Support Swing (x2), Swing to Side of Blocks to Push Up Position

Silver - Performed on P-Blocks or a Stack of Panel Mats or P-Bars

Routine #1 - Performed on P-Bar Blocks - Straddle Travel, Tuck Support Hold, Support Swing above Horizontal, Support Swing above Horizontal, Drop Between Blocks

Routine #2 - Performed on P-Bars - Support Walk, L Seat, Support Swing above Horizontal, Support Swing above Horizontal, Swing Over the Side of the Bars to Stand

<b>HORIZONTAL BAR</b>	
<b>Bronze Special Requirements</b> <i>Routine to be done on a low bar with either men's or women's rail.</i>	<b>Silver Special Requirements</b> <i>Routine to be done on High Bar with either men's or women's rail.</i>
<b>1. Mount</b>  <u><b>Sample Skills - not a definitive list</b></u> Jump to Support Kick Over Pull Over Knee Swing Up	<b>1. Long Hang skill</b>  <u><b>Sample Skills - not a definitive list</b></u> Basic Swing Pull Over Baby Giant Hang ½ Turn Swing ½ Turn
<b>2. Cast (hips must leave bar)</b>	<b>2. Cast (hips must leave bar)</b>
<b>3. Circling skill</b>  <u><b>Sample Skills - not a definitive list</b></u> Back Hip Circle Front Hip Circle Mill Circle	<b>3. Circling skill-not mount or dismount</b>  <u><b>Sample Skills - not a definitive list</b></u> Back Hip Circle Front Hip Circle Mill Circle Free Hip Circle Baby Giant Underswing
<b>4. Dismount</b>  <u><b>Sample Skills - not a definitive list</b></u> Cast Off Forward Roll Down Underswing Off Sole Circle Off	<b>4. Dismount</b>  <u><b>Sample Skills - not a definitive list</b></u> Underswing Off Sole Circle Off Drop From Swing Swing ½ Turn Drop Off

**Horizontal Bar Sample Routines** - All these routines fulfill all requirements and start from a 9.9

Bronze - Performed on Low Bar with either Men's or Women's Rail

Routine #1 - Jump to Support, Cast, Back Hip Circle, Cast Off

Routine #2 - Kick Over, Leg Cut, Mill Circle, Cast, Underswing Off

Silver - Performed on High Bar with either Men's or Women's Rail

Routine #1 - Lift to Support (no VP), Cast, Back Hip Circle, Underswing, Swing, Drop from Swing

Routine #2 - Pull Over, Cast, Underswing, Basic Swing, Swing ½ Turn Drop Off

Routine #3 - Hang ½ Turn, Lift to Support (no VP), Cast, Underswing, Swing, Drop from Swing

## Section VI: Specific Georgia Program Policies

- A. Season - The season will begin in January and will include three (3) local competitions PLUS the State Championships for a total of four (4) competitions.
- B. Membership - Athletes must have an active USA Gymnastics Athlete Membership. This is the responsibility of the individual athlete/family.
- C. Fees
- Season Fees - \$140 paid to GA Men's USA Gymnastics to cover the judges' compensation and awards for all four competitions.
  - Georgia Seasonal Athlete Registration Fee - Waived
  - USA Gymnastics National Scholarship Fund - Waived
  - Georgia Competition Head Tax - Waived
  - Door Fee/Admission - Handled by the Host Club at the competition.
  - Vendors/Concessions – Handled by the Host Club at the competition
- D. Competition Format
- Age Groups will be determined by dividing the total number of athletes in a respective level into equal age divisions of approximately ten (10) athletes per division.
  - Competitions will be Traditional or Warm Up/Compete Format
  - General Stretch will be a maximum of 15 minutes
  - Each athlete will get one turn to warm up per event. A second turn is allowed at the Meet Director's discretion for an emergency situation only.
  - March In will acknowledge all teams and judges in the competition.
- E. Stick Bonus – All routines will start at a 9.9 SV. A one-tenth (.01) bonus will be awarded for a stick landing per event for all levels. On Floor Exercise, this bonus applies to the last skill only.
- F. Competition Host Responsibilities
- Schedule the competition
  - Assign Staff – Admissions, Score Table, Ribbon Organizer, Announcer
- G. Awards - **GA USA Men's Gymnastics will cover the costs of all awards.**
- Individual Event Ribbons will be given to all athletes based upon his score on each apparatus using the following chart. Ribbons will be placed in an envelope and distributed at the end of the competition.
- |              |            |           |           |
|--------------|------------|-----------|-----------|
| Ribbon Color | BLUE       | RED       | WHITE     |
| Score Range  | 10.0 - 9.0 | 8.9 - 8.0 | 7.9 - 7.0 |
- Champion Medals will be awarded to the top three (3) athletes per event and All Around per level.
  - Team Awards (if applicable) will be awarded per level to top three (3) teams using top three (3) scores per event.
- H. Judges - **GA USA Men's Gymnastics will cover the judges' compensation.**
- Judges must be USA Gymnastics Professional or Junior Professional members.
  - A minimum of NGJA Junior Olympic certification is recommended, but coaches and/or Junior Professional members may be used.
  - Compensation will utilize the GMGJA fee template (\$1.00 per athlete per judgement) with NO minimum number of routines.