

***Rules and Policies  
That Govern the 2010 YMCA National  
Gymnastics Championship &  
Invitational***



**June 22-25, 2010  
San Diego, CA**

The Nationals are conducted according to the “Rules That Govern YMCA Competitive Sports” and are authorized by, and under the supervision of the YMCA of the USA Gymnastics Advisory Committee. The Nationals will be operated according to USAG Rules with modifications approved by the YMCA of the USA Gymnastics Advisory Committee.

# 2010 Roster

## National Gymnastics Advisory Committee

**Bonnie Nicolai**  
Eau Claire YMCA

**Casey Koenig**  
South Toledo YMCA

**Curtis Lee**  
Upper Main Line YMCA

**Darlene Malone**  
Hatboro YMCA

**Debby Lenz**  
Cameron Family YMCA

**Tina Breen**  
Chula Vista YMCA

**Denice Nugent**  
Sheboygan County YMCA

**Kevin Milliren**  
YMCA of Tacoma-Pierce Count  
Lakewood Branch

**Murdina Misson**  
Freedom Valley YMCA  
Phoenixville Branch

**Kelly Burton**  
Freedom Valley YMCA  
Phoenixville Branch

**Nina Milinazzo**  
Newport County YMCA

**Noel Brendefur**  
National Competitive Sports Events  
YMCA of the USA

# General Information – ALL DIVISIONS

## A. Eligibility Rules:

Athletes must:

1. Be members in good standing of the YMCA they are representing for at least 90 days prior to **June 22<sup>nd</sup>, 2010**.
2. Not have competed or trained with another YMCA, USAG, college or other private club during the past four months. Have represented their YMCA in a formal competition during the current season (where opportunity existed).
3. Have met the qualifying score required for their division as set forth in the rules and policies of the National Gymnastics Advisory Committee.
4. Athlete has not been disqualified for moral reasons.
5. Have met the eligibility requirements as set forth in the YMCA Rules That Govern Competitive Sports.

The *Masters Division* is open to any gymnast wanting to compete beyond the summer of their High School Graduation, and not currently competing for an NCAA-recognized college gymnastics program and meeting all other eligibility and qualifying requirements as laid out in this document.

## B. Qualifying Information:

1. Women's Qualifying scores **required** to compete:
  - a. Championship Division is 32.0 All-Around at Level 9, 10, Elite or 33.0 All-Around at Level 8.
  - b. Level 8 Division is 31.0 All-Around at Level 8 or 33.0 at Level 7. No level 9 scores will be accepted for qualification into this level. This division is not for experienced Level 9 gymnasts.
  - c. Level 7 Division is 31.0 All-Around at Level 7 or 33.0 at Level 6. This division is not for experienced Level 8 gymnasts.
  - d. Prep-Optional Division is 31.00 All-Around at prep-Optional or 33.0 at Level 6. This division is not for experienced Level 7 gymnasts.
  - e. Level 6 Division is 30.0 All-Around at Level 6 or 33.00 at Level 5.
  - f. Level 5 Division is 32.0 All-Around at Level 5 or 35.00 at Level 4.
  - g. Level 4 Division is 32.0 All-Around at Level 4 or 35.00 at Level 3.
  - h. Level 3 Division is 33.0 All-Around at Level 3 or 35.00 at Level 2.
  - i. Level 2 Division is 33.0 All-Around at Level 2.
2. Men's Qualifying scores **required** to compete:
  - a. Championship Division consisting of optional gymnasts must compete in one meet at Level 8, 9, 10, Elite
  - b. Level 7 Division is 72.0 All-Around or 74.0 at Level 6.
  - c. Level 6 Division is 72.0 All-Around or 74.0 at Level 5.
  - d. Level 5 Division is 72.0 All-Around or 74.0 at Level 4.
  - e. Level 4 Division is 72.0 All-Around or 74.0 at Level 3.
3. Score must be achieved in a meet setting, judged by USAG Certified gymnastics judges per USAG rules.
4. Qualifying scores may be achieved in any meet beginning 8/1/2009. **Last year's National scores do not count as qualifying scores.**
5. Meet results must be *dated and submitted* per individual gymnast as requirements for eligibility. **No signatures are required.** (Any submitted score that has not been verified with official meet results by **May 3, 2010** will result in that gymnast being dropped from the competition.)
6. Individual gymnast meet results must be **highlighted** on the meet result form along with dates and level of competition.

## C. Entry Fees:

1. Intent to Compete Fee: \$20 per team
2. Gymnast Fees:
  - a. \$100 per gymnast entered in the Men's or Women's Level 2, 3, 4, 5, 6, or 7 Divisions.
  - b. \$100 per gymnast entered in the Women's Prep-Optional Division.
  - c. \$110 per gymnast entered in the Women's Level 8 Division.
  - d. \$120 per gymnast entered in the Men's and Women's Championship Divisions.

- i. All gymnast entry fees include T-shirt, Goodie Bag, admission to all sessions and Opening Ceremonies.
  - ii. **NO REFUNDS** *once entries are received and accepted by the host association.*
3. Coaches' Fees
  - a. \$75 per coach; includes shirt, admission credentials, Opening Ceremonies. NO REFUNDS.
4. **No Team Fees for 2010.** All teams with required number of gymnasts are automatically eligible for team awards.

#### **D. Coaches' Guidelines:**

1. **Mandatory meeting for all coaches on June 22, 2010.**
2. A coach **must** be present for any gymnast to compete at this meet: *Attendance will be taken and a \$100 fee will be assessed to each team that does not have a coach attending this meeting.*
3. USAG Safety Certification is **required** for all coaches on the competition floor in all divisions. Proof of Safety Certification is required with entry form. Meet credentials must be **visibly** worn at all times on the competition floor.
4. Please follow USAG Rules and Policies regarding appropriate dress. Please dress in attire that is comfortable, professional and safe for spotting.
5. It is highly recommended that teams with more than 2 levels bring additional coaching staff to avoid the risk of overlapping sessions.
6. **The YMCA of the USA Coaches/Parents/Gymnast Code of Conduct will apply at all times.**

#### **E. Equipment Sets and Touch:**

1. Actual warm-ups and stretching should be completed prior to the designated equipment sets and touch time on the stretching mats provided.
2. Equipment sets and touch will be available for all Prep-Optional and Optional Division gymnasts.
3. Equipment sets and touch will **not** be available for compulsory level gymnasts.
4. Equipment sets and touch will take place on **June 22, 2010.**
5. **Teams will be placed into squads, with a maximum of 20 minutes on each piece of equipment.**
6. Teams will be scheduled accordingly and warm-ups times will be sent out prior to the meet date.
7. No workouts will be allowed at the end of any competition.
8. Gymnasts' Equipment sets and touch **may not** necessarily be in the same gym they will be competing in with the exception of Championship Gymnasts

#### **F. Equipment:**

1. All equipment must be FIG approved. For the 2010 National competition AAI equipment will be used. Teams are **NOT PERMITTED** to bring springboards or other equipment to this meet. Springboards will be labeled and not moved from their designated events.
2. USAG age group equipment settings will be allowed.

## Entry Instructions – ALL DIVISIONS

### A. Completing Entries:

1. An acceptable entry *must* include:
  - a. All Official Entry Forms **legibly** completed as per instructions in registration package. Electronic submission using on-line registration tool of gymnast entry information is *highly recommended* to reduce likelihood of errors in data entry.
  - b. All fees in the *correct total amount*.
  - c. Check made payable to: **Cameron Family YMCA**
  - d. Check drawn on a YMCA account, money order, or certified check is required – **One check per team. (Men’s and Women’s teams may send separate checks.)**
  - e. Copies of Meet Results verifying qualifying scores entered on Official Entry Form **ALL entries received without the Official Entry Forms and check will be returned without processing!**
3. Make copies of all *Official Entry Forms* for your records.

### B. Mailing Instructions:

1. **ENTRY DEADLINE: APRIL 5, 2010** (Some sessions of the meet are anticipated to fill before this date)
2. If additional space is available after the entry deadline, late applications will be considered, but will be assessed a \$25.00 late fee per athlete and coach. This late fee applies to Senior packets, information and recognition
3. Entries must be sent by certified return receipt requested mail.
4. The use of guaranteed overnight or express mail is *highly recommended*.
5. Entries will be accepted into the meet on a ‘First Come, First Served’ basis (not by postmark).
6. Entries received after a division fills will have the option of going onto a waiting list, or being returned.
7. The host YMCA cannot be responsible for late, lost, or misdirected mail.
8. No FAXED entries will be accepted.
9. Mail Entries to:

**Cameron Family YMCA  
East County Family Branch  
10123 Riverwalk Drive  
Santee, CA 92071  
ATTN: 2010 National Gymnastics Championships  
Debby Lenz**

**Make checks payable to: Cameron Family YMCA Nationals**

## YMCA National Invitational Compulsory Division

### A. Purpose:

1. To have fun while participating in a meet with gymnasts from YMCA's around the country.
2. To expose compulsory level gymnasts to an optional national caliber championship competition.
3. To include these gymnasts in the overall positive experience, which the National Championships can provide.
4. To inspire gymnasts, coaches, and parents to continue in the sport of gymnastics and strive to be the best they can be.
5. To provide the opportunity for furtherance of YMCA Character Development values.

### B. Competition Rules:

1. Female athletes must compete in all four events. USAG Level 4, 5, or 6 Compulsory Routines only.
2. Male Athletes must compete in all 6 events, USAG Levels 4, 5, 6 and 7 Compulsory Routines only.
3. USAG Compulsory rules apply.
4. Best Vault counted. Not Average.

### C. Meet Format: **MODIFIED CAPITOL CUP FORMAT** (warm-up event; compete event):

1. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which There are two set of apparatus. (Except Floor)
2. The timed warm-ups immediately precede competition on each event (This format eliminates the requirement of a 30-second touch warm-up).
3. Teams warm-up as a group and bump to the next event. If a Team has a large group they should split their group and rotate to the next in event in order to keep the meet moving.

### D. Competition Information:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.**
2. There will be three age groups plus masters division.
  - a) Children/Junior/Senior: determined by one third split by total number of gymnasts for each level per session.
  - b) The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
  - c) Age is determined as of **June 25, 2010. Note – if birthday is on June 25<sup>th</sup>, then gymnast will be included in the older age group. This date will determine ages for the 3 divisions.**
3. Individual/All-Around Competition
  - a. Various sessions to be held.
  - b. All entrants compete.
  - c. Sessions determined by blind draw.
  - d. This Round determines Individual Event and All-Around winners for each session.
4. There is no team competition at this level.
5. Gymnasts compete against those gymnasts in their session only.
6. For the safety of the gymnasts, the meet referee and the meet director may be viewing warm-ups.
7. **This level is a YMCA National Invitational Meet – It does not determine National Champion(s).**

### E. Determining Awards:

1. Team Awards – **There will be no team competition at this level.**
2. Individual Event and All-Around Awards.
  - a. Minimum of one-third of competitors will be awarded in each of the 3 age groups, plus masters.
  - b. Medals will be awarded for each event and All-Around after each session.
  - c. Places determined by scores after each session of Compulsory Competitions.
  - d. Ties will be broken according to USAG Rules & Policies.
  - e. Awards announced and presented following each session of Compulsory Competitions.
  - f. Males participating and placing in the women's competition will receive a duplicate award. The placement of the female competitors will not be adjusted

## YMCA National Invitational Prep-Optional Division

### A. Purpose:

1. To help gymnasts who have not reached the Level 7 skill requirements to have the opportunity to compete as an optional level gymnast. Prep-Optional Level allows the gymnast the chance to compete at the optional level without the specific skill requirements needed at level 7.
2. To encourage these gymnasts to continue in the sport of gymnastics.
3. To provide the opportunity for furtherance of YMCA Character Development values.

### B. Competition Rules:

1. ALL athletes must compete in all four events. *Optional Routines only.*
2. Prep-Optional rules to be determined by host team and posted on meet website.
  - a. USAG difficulty restrictions apply
  - b. See 2009-2010 USAG Rules & Policies for complete Prep-Optional Guidelines.
  - c. Best Vault counted. Not Averaged.
3. The purpose of this division is just what it says: Prep-Optional. For safety reasons please do not have gymnasts attempt skills above their *accomplished* level.

### C. Meet Format: **MODIFIED CAPITOL CUP FORMAT** (warm-up event; compete event):

1. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which There are two sets of apparatus. (Except Floor)
2. The timed warm-ups immediately precede competition on each event (This format eliminates the requirement of a 30-second touch warm-up).
3. Teams warm-up as a group and bump to the next event. If a Team has a large group they should split their group and rotate to the next in event in order to keep the meet moving.

### D. Competition Information:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.**
2. There will be three age groups plus masters division.
  - a. Children/Junior/Senior: determined by one third split by total number of gymnasts for each level per session..
  - b. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
  - c. Age is determined as of June 25<sup>th</sup>, 2010. Note – If birthday is on June 25<sup>th</sup>, then gymnast will be included in the older age group.
3. Individual/All-Around Competition
  - a. Various sessions to be held
  - b. All entrants compete
  - c. Sessions determined by blind draw
  - d. This Round determines Individual Event and All-Around winners for each session.
  - e. Prep Optional Division may have competition on June 25, 2010.
4. There is no team competition at this level.
5. Gymnasts compete against those gymnasts in their session only.
6. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm-ups.
7. **This level is a National Invitational Meet – It does not determine National Champions(s).**

### E. Determining Awards:

1. Team Awards – **There will be no team competition at this level.**
2. Individual Event and All-Around Awards
  - a. Minimum of one-third of competitors will be awarded in each of the 3 age groups, plus masters.
  - b. Medals will be awarded for each event and All-Around after each session.
  - c. Places determined by scores after each session of Prep-Optional Level Competition.
  - d. Ties will be broken according to USAG Rules & Policies.
  - e. Awards announced and presented following each session.

- f. Males participating and placing in the women's competition will receive a duplicate award. The placement of the female competitors will not be adjusted.

## YMCA National Invitational Level 7 Division

### A. Purpose:

1. To help gymnasts who have not reached the Level 8 Optional Level, improve skills at the Level 7 Optional Level.
2. To encourage these gymnasts to continue in the sport of gymnastics and to strive to attain the Championship Level.
3. This division is to be regarded as the YMCA National Invitational Optional Level Competition.
4. *To provide the opportunity for furtherance of YMCA Character Development values.*

### B. Competition Rules:

1. ALL athletes must compete in all four events *Optional Routines only*.
2. USAG Level 7 rules apply.
  - a. USAG difficulty restrictions apply
  - b. See 2009-2010 USAG Rules & Policies for complete Level 7 Guidelines.
  - c. Best Vault counted. Not Averaged.
3. The purpose of this division is Level 7. For safety reasons please do not have gymnasts attempt skills above their *accomplished* level.

### C. Meet Format: **MODIFIED CAPITOL CUP FORMAT** (warm-up event; compete event):

1. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which There are two set of apparatus. (Except Floor)
2. The timed warm-ups immediately precede competition on each event (This format eliminates the requirement of a 30-second touch warm-up).
3. Teams warm-up as a group and bump to the next event. If a Team has a large group they should split their group and rotate to the next in event in order to keep the meet moving.

### D. Competition Information:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.**
2. There will be three age groups plus masters division.
  - a. Children/Junior/Senior: determined by one third split by total number of gymnasts for each level.
  - b. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
  - c. Age is determined as of **June 25<sup>th</sup>, 2010**. **Note – if birthday is on June 25<sup>th</sup>, then gymnast will be included in the older year**
3. Individual/All-Around Competition
  - a. Various sessions to be held.
  - b. All entrants compete
  - c. Sessions determined by blind draw
  - d. This Round determines Individual Event and All-Around winners for each session.
4. There is no team competition at this level.
5. Gymnasts compete against those gymnasts in their session only.
6. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm-ups.
7. **This level is an Invitational Meet – It does not determine National Champion(s).**

### E. Determining Awards:

1. Team Awards – **There will be no team competition at this level.**
2. Individual Event and All-Around Awards
  - a. Minimum of one-third of competitors will be awarded in each of the 3 age groups and masters.
  - b. Medals will be awarded for each event and All-Around after each session.
  - c. Places determined by scores after each session of Level 7 Competition.
  - d. Ties will be broken according to USAG Rules & Policies.

- e. Awards announced and presented following each session of Level 7 Competition.
- f. Males participating and placing in the women's competition will receive a duplicate award. The placement of the female competitors will not be adjusted.

## Women's Level 8 Division

### A. Purpose:

1. To help gymnasts who have not reached the Championship Optional Level and improve on skills at the Level 8 Optional Level.
2. To encourage these gymnasts to continue in the sport of gymnastics and to strive towards the Championship Optional level.
3. To provide the opportunity for furtherance of YMCA Character Development values.

### B. Competition Rules:

1. Athletes must compete in all four events. *Optional Routines only.*
2. USAG level 8 rules apply (4A, 4B, 0C)
  - a. USAG difficulty restrictions apply
  - b. See 2009-2010 USAG Rules & Policies for complete Level 8 Guidelines
  - c. Best Vault counted. Not Averaged.
3. The purpose of this division is developmental. For safety reasons please do not have gymnasts attempt skills above their *accomplished* level.

### C. Meet Format: **MODIFIED CAPITOL CUP FORMAT** (warm-up event; compete event):

1. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which There are two sets of apparatus. (Except Floor)
2. The timed warm-ups immediately precede competition on each event (This format eliminates the requirement of a 30-second touch warm-up).
3. Teams warm-up as a group and bump to the next event. If a Team has a large group they should split their group and rotate to the next in event in order to keep the meet moving.

### D. Competition Information:

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.**
2. There will be two age groups plus masters division.
  - a. Junior/Senior: determined by fifty-fifty split over the entire division. Age groups remain the same throughout the competition across all sessions.
  - b. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
  - c. Age is determined as of **June 25<sup>th</sup>, 2010**. Note – if birthday is on June 25<sup>th</sup>, the gymnast will be included in the older age group
3. Event / Team Competition (Round I)
  - a. To be held on **June 23/24, 2010**
  - b. All entrants compete
  - c. Sessions determined by blind draw
  - d. This Round determines Session Individual Event Winners and National Team Champions.
4. All – Around Final Competition (Round II)
  - a. To be held on **June 25, 2010**.
  - b. **Gymnasts competing as Masters will not advance to All-Around Final Competition.**

The top 25 all around scores in each division from the combined sessions after Round I will be used to identify the gymnasts who will advance to Round II. Ties for the 25<sup>th</sup> place will also advance; ties will not be broken to determine finalists. In addition, the top 2 gymnasts in each age division from each Round I session automatically advance to Round II, even if their scores were not in the top 25.
  - c. Men competing in the women's competition advance to finals if their score is higher than the 25<sup>th</sup> women's score in their age division. Women's juniors/senior advancement will not be affected (total finalists in the age division will exceed 25).
5. For the safety of the gymnasts, the meet referee and meet director may be viewing meet warm-ups and have the authority to eliminate any unsafe skill from a gymnast's routine.

## E. Determining Awards:

1. Individual Event Awards
  - a. Minimum of one-third of competitors will be awarded in each age group.
  - b. Individual event awards will be awarded after each session.
  - c. Places determined by scores achieved in each separate session of competition.
  - d. Ties will be broken according to USAG Rules & Policies
  - e. Event awards announced and presented following each session of Level 8 Division Competition.
  - f. Male competitors will receive duplicate awards based on their placement. The placement of female competitors will not be adjusted.
2. Individual All-Around Awards
  - a. Individual All-Around awards will be awarded after Round II All-Around Finals *only* (not each session).
  - b. All-Around scores from Round I and Round II will be *added* to determine winners.
  - c. In addition, All- Around II competitors will receive a certificate in recognition of their achievement.
  - d. Ties will be broken according to USAG Rules & Policies.
  - e. All finalists will receive all-around awards. 1<sup>st</sup> through 10<sup>th</sup> place will receive trophies; 11<sup>th</sup> through 25 (or greater in case of ties or additional automatic qualifiers) will receive medals. Male competitors will receive duplicate awards based on their placement.
  - f. Awards announced and presented following Championship Event Finals on **June 25, 2010**.
3. Team Awards
  - a. Top 4 scores per event used to determine team score.
  - b. Only Junior and Senior age groups may count toward team scores.
  - c. Scores from Masters or men competing in the women's competition will not count toward team scores.
  - d. Total team score from Round I determines Final Team Score.
  - e. 1<sup>st</sup> through 10<sup>th</sup> place teams will be awarded banners.
  - f. Awards announced and presented following Championship Event Finals on **June 25, 2010**.
4. Masters Awards
  - a. All Masters awards (four individual events and All-Around) will receive medals which will be awarded following the conclusion of the last Level 8 or Level 9 competition in Round I, or as determined by the meet host as being the most appropriate time.

## Women's Championship Division

### **A. Purpose:**

1. To provide national competition for the accomplished gymnasts who are physically and mentally prepared and have experience in the skills they are competing.
2. To provide the highest level of competition at a national meet.
3. To determine the 2010 YMCA Gymnastics National Champion.
4. *To provide the opportunity for furtherance of YMCA Character Development values.*

### **B. Competition Rules:**

1. Athletes must compete in all four events during the first two Rounds of Competition.
2. USAG, JO level 9 rules apply (3A, 4B, 1C, Start value 9.7) on the first two days of competition with the following exceptions:
  - a. Full bonus will be awarded
  - b. May perform D & E skills
  - c. No vault restrictions – best vault counted. Not average. Level 9 Vault Chart will be used.
3. Event Finals will be judged using Competition 9 Rules (3A, 4B, 1C) with the following exceptions;
  - a. D's & E's allowed
  - b. Full bonus awarded
  - c. Level 9 vault chart
  - d. **Start Value 9.5**

### **C. Meet Format: MODIFIED CAPITOL CUP FORMAT** (warm-up event; compete event):

1. Meets in which the open stretch, timed warm-ups and competition are conducted in one gym in which There are two set of apparatus. (Except Floor)
2. The timed warm-ups immediately precede competition on each event  
(This format eliminates the requirement of a 30-second touch warm-up).
3. Teams warm-up as a group and bump to the next event. If a Team has a large group they should split their group and rotate to the next in event in order to keep the meet moving.

### **D. Competition Information:**

1. **Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.**
2. There will be two age groups plus masters division.
  - a. Junior/Senior: determined by fifty-fifty split over the entire division. Age groups remain the same throughout the competition across all sessions.
  - b. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
  - c. Age is determined as of **June 25<sup>th</sup>, 2010**. Note – if birthday is on June 25<sup>th</sup>, the gymnast will be included in the older age group
3. Preliminary Competition (Round I)
  - a. To be held on **June 23, 2010**
  - b. All entrants compete
  - c. Sessions determined by blind draw
4. Event Preliminaries and All-Around Finals Competition (Round II)
  - a. To be held on **June 24, 2010**.
  - b. Gymnasts competing as Masters will not advance to All-Around Finals Competition (Round II).
  - c. Top 80 All-Around junior/senior gymnasts advance to Round II, as well as top 10 juniors and seniors, on each event if not top 80 All-Around. Masters gymnasts and men competing in the women's competition receiving a score that ranks them in the top 80 all-around will also advance. Junior/Senior placements will not be changed. Session placement is by all -Around score.
  - d. Top 40 All-Around, all age groups combined, from Round I will compete in Round II, Session 2. Masters and men competing in the women's competition will not change junior/senior placements.

- e. Places 41-80 All-Around as well as top 10 junior and senior on each event (if not in 40 All-Around) from Round I, will compete in Round II, Session 1. Masters and men competing in the women's competition will not change junior/senior placements.
5. Event Finals Competition (Round III)
    - a. To be held on **June 25, 2010**
    - b. Top 10 junior, top 10 senior gymnasts or men competing in the women's competition receiving a score that ranks them in the top 20 overall on each event will compete. Junior or senior standing will not be changed.
    - c. Event Finalists determined by adding Round I score to Round II score.
    - d. Round I & II Rules remain in effect with the following exception: Start Value 9.5, .5 bonus available
    - e. The format for event finals will be:
      - i. Open warm up one hour prior to competition with a touch warm-up before each event.
      - ii. Draw done by top 4 and bottom 4
      - iii. Women's event finals will be combined with men's exhibition event finals in 2009.
  6. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm-ups.

## E. Determining Awards

1. Individual Event Awards
  - a. Places determined by adding the average of Round I and Round II score to Round III scores.
  - b. 1<sup>st</sup> through 10<sup>th</sup> place on each event in junior and senior age groups will be awarded medals. All Finalists will receive an award.
  - c. Ties will be broken according to USAG Rules & Policies.
  - d. Awards announced and presented following Event finals on June 25, 2010.
  - e. Male and masters competitors will receive duplicate awards based on their placement. The placement of female competitors will not be adjusted.
2. Individual All-Around Awards
  - a. All Around scores from Round I and Round II will be *added* to determine winners.
  - b. 1<sup>st</sup> through 10<sup>th</sup> place will receive trophies; 11<sup>th</sup> through 20 will receive medals in junior and senior age groups. Male and masters competitors will receive duplicate awards based on their placement.
  - c. 1<sup>st</sup> through 10<sup>th</sup> place in junior and senior age groups will be recognized as YMCA All Americans with a Jacket. *Masters Division gymnasts are not eligible for All American Status.*
  - d. Ties will be broken according to USAG Rules and Policies.
  - e. All participants will receive a certificate of recognition in the coaches' packet.
  - f. Awards announced and presented following Event finals on June 25, 2010.
3. Team awards
  - a. Top 3 scores per event used to determine team score.
  - b. **Only Junior and Senior age groups may count toward team scores.**
  - c. Men competing in the women's competition or Masters will not count toward team scores.
  - d. Total team score from Round I added to total team score from Round II to determine Final Team Score.
  - e. 1<sup>st</sup> through 10<sup>th</sup> place awarded banners.
  - f. Awards announced and presented following Event Finals on June 25, 2010.
4. All Masters awards (four individual events and All-Around) will receive medals which will be awarded following the conclusion of the last Level 8 or Level 9 competition in Round I, or as determined by the meet host as being the most appropriate time.

## YMCA NATIONAL Invitational Men's Levels Compulsory Divisions

### A. Purpose:

1. To have fun while participating in a meet with gymnasts from YMCAs around the country.
2. To expose compulsory level gymnasts to an optional NATIONAL caliber competition.
3. To include these gymnasts in the overall positive experience, which the National Championships can provide.
4. To inspire gymnasts, coaches, and parents to continue in the sport of gymnastics and strive for the best they can be.
5. To provide the opportunity for the furtherance of YMCA Character Development values.

### B. Competition Rules:

1. Athletes must compete in all six events. USAG Levels 4, 5, 6 and 7 Compulsory Routines only.
2. USAG Compulsory rules apply.

### C. Meet Format: - Will be determined by host depending on entry numbers.

### D. Competition Information:

1. Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.
2. Individual Event and All-Around Competition will be evaluated by Level **and** Age Group.
3. Age groups will be determined by USAG rules and by the number of entries received.
4. Age is determined as of June 25<sup>th</sup>, 2010. **Note – if birthday is on June 25<sup>th</sup>, then gymnast will be included in the older age group.**
5. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
6. Individual/All-Around Competition:
  - a. Various Sessions to be held
  - b. All entrants compete
  - c. Sessions determined by blind draw
  - d. Individual Event and All Around winners for each session
7. **There is no Team Competition in the compulsory divisions.**
8. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm-ups.
9. The Compulsory Divisions are an Invitational Meet; it does not determine National Champion(s).

### E. Determining Awards:

1. Individual Event and All-Around Awards.
  - a. One-third of competitors will be awarded for each event and All-Around after each session.
  - b. Places determined by scores after each session.
  - c. Ties will be broken according to USAG Rules and Policies.
  - d. Awards announced and presented following each session.
2. Team Awards – There will be no team competition at this level.

## Men's Championship Division (Levels 8-10)

### A. Purpose:

1. To have fun while participating in a meet with gymnasts from YMCAs around the country.
2. To expose optional level gymnasts to a National caliber championship competition.
3. To include these gymnasts in the overall positive experience, which the National Championships can provide.
4. To inspire gymnasts, coaches, and parents to continue in the sport of gymnastics and strive for the best they can be.
5. To provide the opportunity for the furtherance of YMCA Character Development values.

### B. Competition Rules:

1. While Compulsory Athletes are expected to compete in the All-Around, Optional Athletes (8-10) are encouraged to compete in as many events as are safe.
2. Consistent with USAG policies, Event Specialists are allowed in the Championship Division.
3. USAG Junior Olympic Rules will be used and gymnasts will be judged at their appropriate level based on registration (most current updates will be upheld as the standard for evaluation).
4. Gymnasts who are capable of **SAFELY** competing Level 10 vaults **will** be allowed to compete them in this competition (*i.e. – they are level 10s or they are level 9s who train level 10 vaults through the Future Stars program*).
5. This will be an Invitational Meet with no advancement to finals. However, the top Individual All Around winners will be asked to participate in an Exhibition performance during Women's Division Event Finals (1 or 2 Events of their choice)

### C. Meet Format: - Will be determined by host depending on entry numbers.

### D. Competition Information:

1. Entries will be accepted into the meet on a 'First Come, First Served' basis starting March 1, 2010. Registration will close April 5, 2010.
2. Individual Event and All-Around Competition will be evaluated by Level **and** Age Group.
3. Age groups will be determined by USAG rules and by the number of entries received.
4. Age is determined as of June 25<sup>th</sup>, 2010. **Note – if birthday is on June 25<sup>th</sup>, then gymnast will be included in the older age group.**
5. The Masters Division will be in place for those individuals competing after the summer of their Senior Year.
6. Individual All-Around / Team Competition (Round I)
  - a. To be held **June 23 or 24, 2010**
  - b. All entrants compete
  - c. Competition in Round I will determine All-Around Placement and Individual Event Winners. .
  - d. ALL gymnasts will be judged using USAG Rules and Policies at their appropriate level based upon Level on gymnast registration (most current updates will be upheld as the standard for evaluation).
  - e. The top individual All Around winners will be asked to participate in an Exhibition performance during Events Finals ( 1 or 2 events of their choice)
7. For the safety of the gymnasts, the meet referee and the meet director will be viewing warm-ups.

### E. Determining Awards:

1. Individual Awards:
  - a. One-third of competitors will be awarded for each event and All –Around after each session.
  - b. If there are 10 or more gymnasts in the Championships Division, 1<sup>st</sup> through 3<sup>rd</sup> place in junior and senior age groups will be recognized as YMCA All Americans with a jacket. Masters Division gymnasts are not eligible for all American Status.
  - c. Ties will be broken according to USAG Rules & Policies.
  - d. Awards will be announced and presented following each session.
2. Team Awards: Top 3 scores per event from Round I used to determine team score.
  - a. **All age groups may count toward team scores except the Master Division scores**
  - b. **One-third of teams (if there are more than 3 teams registered) will receive a banner.**
  - c. **Awards will be announced and presented following event finals on June 25, 2010.**