



USA GYMNASTICS®

Region 4

2021 – 2022

Rules & Policies

Updated 06/2021

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Region 4 Administrative Committee

www.Region4Gymnastics.com

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<p>RXCC Megan Bankole 310 Arrowhead Dr Waukee, IA 50263 Wk 515-276-2027 Cell 515-669-6556 region4xcel@gmail.com</p>	<p>*Region 4 NAWGJ Judging Director Robin Smith rsmithmo@gmail.com * Contracts judges for Regionals but is not a RAC member</p>	<p>SACC – IA Todd Beyer 2906 C Avenue NE Cedar Rapids, IA 53402 Wk 319-389-3704 Cell 319-389-3704 btltmt@mchsi.com www.lowausag.com</p>
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Region 4 Administrative Committee (RAC) Structure

Regional Administrative Committee Chairman (RACC)

- Must have served for a minimum of two (2) consecutive years as:
 - State Administrative Committee Chairman, or
 - Regional Administrative Committee Chairman, or
 - A National sub-committee member

Regional Technical Committee Chairman (RTCC)

The Regional Technical Committee Chairman (RTCC) must be a Brevet or hold a National rating for a minimum of two cycles.

Regional Women's Development Program Committee Chairman (RWDPCC)

- Must have coached a gymnast who has qualified to Level 9 or 10 Regionals within the prior or current Olympic cycle and
- Is presently coaching at the Women's Development Program level.
- If a candidate does not meet the above criteria, the Regional Administrative Committee may nominate a candidate with demonstrated ability and suitability for the position.

Regional Xcel Committee Chairman (RXCC)

- The Regional Xcel Committee Chairman (RXCC) must be presently a coach, judge, or administrator in the Xcel program.
- If a candidate does not meet the above criteria, the RAC may nominate a candidate with demonstrated ability and suitability for the position.

7 State Administrative Committee Chairmen (SACC)

Individual from each of the 7 states in Region 4 – IA, MN, MO, NE, ND, SD, WI

- Must have been active within that State's program for a minimum of two (2) consecutive years.
- It is strongly recommended that the candidates have:
 - Financial skills
 - Organizational skills
 - Communication skills
 - Working knowledge of the program
 - Willingness to fulfill the duties and responsibilities of the position.

RAC Member Elections*

Regional Officers

- Regional Officers - RACC, RTCC, RWDPCC, and RXCC shall be elected by a vote of the Women's Program Professional membership within each Region.
- Elections for the RACC will be conducted the year before the Olympic Games.
- Elections for the RTCC, RWDPCC, and RXCC will be conducted one year after the Olympic Games.
- They shall serve for four (4) years.
- Elections are to be completed by April 15 and term of office begins July 1st.

- USA Gymnastics will conduct the election and post the results online.

SACC Elections

- SACC shall be elected by the Professional members of the Women's Program in their respective states.
- They shall serve for four (4) years and be elected in the spring on even numbered years.
- Elections to be completed by April 15th. Term of office to begin July 1st.
- USA Gymnastics will conduct the election and post the results online.

**For complete election regulations - [USAGym.org/PDFs/Women/Rules/operatingcode.pdf](https://www.usagym.org/PDFs/Women/Rules/operatingcode.pdf)*

RAC Meetings

The RAC shall have an annual meeting and other meetings as called by the RACC.

- If a Regional officer or SACC is unable to attend the Regional meeting, the RACC or SAC respectively shall approve a replacement for that meeting from members of the SAC, or a suitable replacement.
- The proxy has full voice but no voting privileges.
- In the case of a SACC's replacement, the RACC must be informed of the replacement prior to the meeting.

Regularly scheduled Region 4 RAC meetings are held at:

- L8-10 Regional Championships – Thursday evening before day one of competition.
- Region 4 Congress – Thursday evening before Congress.

RAC Function

With the help of specialized people, the RAC

- Develops gymnastics in the region.
- Determines the format and organization of all the designated qualifying events and programs under their jurisdiction within the Region.
- Supports and attends regional events. Determines the officials' contractor for regional events under their jurisdiction.
- Determines the numbers of judges per panel for regional meets.
- Selects judges for regional meets with the input of state administrative committees.
- Determines the entry and gate fees for all regional meets.
- Determines if and when there will be an Xcel or Level 6,7 8 Regional meet.
- Determines the format and qualifying score for the Xcel, Level 6,7, or 8 Regional meet.
- Submit financial reports to the Chief Financial Officer or his designee as directed.
- In cooperation with the RACC, creates the budget for the region on a yearly basis.
- Recommends judges for DP Nationals and East/West Championships.
- Annually determines a Regional DP Program of the Year to be put forward by the RJWDPC for DP National Program of the Year at the spring meeting of the National DP Committee.

Region 4 Legislation

Region 4 Web Site - www.Region4Gymnastics.com

- \$595 is allocated for website support annually. Sports Engine will host site. (4/5/18)
- RACC is to contract and determine compensation for someone to design and maintain the Region 4 web site and social media presence. (4/16/17)

State Newsletters and Meeting Agendas

- State newsletter should be sent to RACC, RWDPC, RTCC and RXCC. (6/23/16)
- State Meeting agendas must be pre-approved by RAC. (6/23/16)

States Head Tax

- Region 4 State Meet hosts must pay per athlete Head Tax to Region 4.
 - \$6/ L3-10 Athlete
 - \$6/ Xcel Athlete (6/2021)

Make check payable to: USA Gymnastics – Region 4
Send to: Rick Nelson
573W17240 Lake Dr.
Muskego, WI 53150

- States may appeal to the RAC in the event of extenuating circumstances that may prevent them from paying the head tax. (6/23/16)
- Payments are due two weeks after completion of State Meet.

Regional Funds

- Financial procedures imposed by USAG effective as of July 31, 2010. All accounts are based out of Indianapolis.

State Meets

- State Meets are under the jurisdiction of the SAC.
- Optional State Meet Dates outside the approved Regional calendar dates must be approved by RWDPC before being published to membership. Xcel State Meet Dates outside the approved Regional calendar dates must be approved by RXCC before being published to membership.
 - Xcel State Meets must be scheduled at least 3 weeks prior to Xcel Regionals. (4/9/15)
- A gymnast who competed in a DP State or higher competition in the USA Gymnastics membership year (August 1 – July 31) is not eligible to compete in Xcel State or Regional meet. (6/11/15)

Club of the Year

- Each SACC submits its state's candidate to the RACC at the Regional meeting in March/April. The point system determines the Region 4 Club of the Year.
- Award for Club of the Year is presented during Region 4 Congress.

Contributor of the Year

- Each SACC submits their state's nomination for Regional Contributor of the Year to be voted on by the RACC.
- The RAC votes on Regional Contributor of the Year.
- Award for Contributor of the Year is presented by SACC's during Region 4 Congress. (6/24/10)

Region 4 Congress

In conjunction with USA Gymnastics, Region 4 hosts an annual Regional Congress in June.

Elite & TOPS Programs

Athletes who have met their respective Elite Qualifying scores receive all Region 4 National Team Apparel excluding GK Leos/Warm-Ups. (4/6/17)

Region 4 Championships

Meet Schedule

Level 8-10

Level 10's on Friday followed by the level 9's and then the 8's. (If the level 10's do not fill Friday then the 9's would begin competition following the 10's on Friday. (6/24/10)

Level 6-7

Determined by RWDPC

Xcel

Determined by RXCC

Bids

- Prior to Regional bids being submitted to the RAC all aspects of bids must be approved by the RXCC for Xcel Regionals and RWDPC for DP Regionals including (but not limited to): venue, equipment, awards, sponsors, and vendors. (6/23/16)
- AAI Equipment is preferred for all Regional Meets.
- DP 8-10 Regionals requires 1 spring floor. (6/2021)
- Xcel Regionals requires 3 full gyms.
- If requirements not met, the bid process will be re-opened to other hosts. (4/7/16)
- RXCC & RWDPC must approve all Judging-related issues with RTCC. (6/23/16)
- Regional Championships bid **deadline is April 1** for all Regionals to be held the following year. (6/23/16)
- Bid forms are available on the Regional Website, region4gymnastics.com.

Qualification Scores from State Meet

	AA	IES*		AA	IES*
Level 10	34.00	9.00	Xcel Diamond	33.50	9.00
Level 9	34.00	9.00	Xcel Platinum	33.50	9.00
Level 8	34.00	9.00	Xcel Gold	34.00	9.00
Level 7	34.00	9.00	Xcel Silver	35.50	9.00
Level 6	34.00	9.00			

*IES – Individual Event Specialist - Declared to be a specialist prior to entering State Meet and enters 3 or less events.

Entry Fees

Level 10	\$135	Xcel Diamond	\$85
Level 9	\$135	Xcel Platinum	\$85
Level 8	\$135	Xcel Gold	\$85
Level 7	\$100	Xcel Silver	\$85
Level 6	\$100		

Petitions

- USAG Injury [Petition Rules](#) are available download (.pdf)
- Download the [USAG Petition Form](#)
- Per USAG R&P you must notify RTCC and RWDPC or RCXX of ***the intent to petition by the MONDAY*** after the state meet. All required ***paperwork must be submitted within 3 days*** of the completion of your State Meet. (By Wednesday following)
- Email the Petition form with a copy of your meet results to the appropriate chairperson.
 - DP Petitions - Linda Thorberg – RTCC (**Email Only** – Linda4rtc@aol.com)
 - Xcel Petitions – Megan Bankole – RXCC (**Email Only** – region4xcel@gmail.com)
- Gymnasts wishing to petition must enter the Regional Championships at their State Meet with entry fee paid. It should be noted on the entry form that they are a *Petition*.
- If the Petition is not approved the entry fee will be refunded.

Meet Entry System – USA Gymnastics Meet Reservation

- Coaches are required to register all professional members and athletes through the USA Gymnastics Meet Reservation System for all Region 4 Championship Meets by the stated deadline. Failure to register by the stated deadline will result in a \$100 per coach onsite penalty. (6/15/17)

Refund Policy

Refunds due to illness or injury will be awarded up to two weeks prior to start of the Regional Meet with appropriate physician note. Refund requests should be sent to RTCC and RWDPC (DP Requests) or RTCC and RXCC (Xcel Requests).

Age Divisions

Level 10

12 approximately equal age divisions based on birthdates as established annually by USA Gymnastics – Level 10 Regional and National Championships Chart.

6 Senior (A, B, C, D, E, F) and 6 Junior age divisions (A, B, C, D, E, F).

Level 9

16 approximately equal age divisions based on birthdates as established annually by USA Gymnastics – Level 9 Junior Age Divisions and Level 9 Senior Age Divisions for Regional & Western Championships.

8 Senior (1, 2, 3, 4, 5, 6, 7, 8) and 8 Junior age divisions (1, 2, 3, 4, 5, 6, 7, 8).

Level 8

12 approximately equal age divisions using same formula as Level 10 - rank by age, divide by 2, and then by 6. (4/23/09)

6 Senior (A, B, C, D, E, F) and 6 Junior age divisions (A, B, C, D, E, F).

Level 6 & 7

Evenly split age groups within each Level with a maximum of 24 athletes per group.

Xcel

Evenly split age groups within each Division with a maximum of 24 athletes per group. (6/23/16)

Judges

- Regional judges are contracted through the Region 4 NAWGJ Judging Director.
- All states will have judges' representation at Region 8-10 Championships but assignment of level, event, etc. is at the discretion of the RTCC. (6/7/12)
- All Regional meets are required to have a Regional Technical Director paid by the meet host. The Regional Technical Director will be compensated in accordance with applicable judging fees. The Regional Technical Director will be approved by the Regional Administrative Committee. (6/15/17)
- An on-site alternate Level 10 or higher judge is designated for L9/10 and will be compensated in accordance with applicable judging fees; may be used as an assistant to the Regional Technical Director unless needed to actively judge.

Regional Resume

Each SACC receives a copy of the CPE forms submitted by judges (due by May 15) in their respective state. Based on this information, the SAC makes recommendations to the RAC for selection of judges to Regional Championships. (4/8/10)

Region 4 judges' assignment criteria, including attendance at a Regional Training Camp every 3 years, is to guide state committees when recommending officials for Regional and National meets. (6/24/10) SACCs should use specific criteria in selecting judging panels for State Meets. (4/9/15)

Each SACC must submit a rank order list of judges for Regional assignment due to RTCC by June 1. (4/14/11)

Scoring System

- The **ProScore** system is used at all Region 4 Championships.
- Open scoring is used at all Region 4 Championships.

Meet Results

All Regional Meet results must be published on **myusagym**.

Draw

- RDPCC will do draw through meet software for both 8-10 and 6-7 meets.
- RXCC will do draw through meet software for Xcel Meet

Awards

- The RACC is responsible for purchasing and stocking Regional DP and Xcel medals. Meet hosts purchase medals from RACC. (4/9/15)
- DP Region 4 Championships award 25% of participants or per USA R&P guidelines, whichever is greater. (6/12/14)
- Xcel Regional Championships award 40% of participants of per USA R&P, whichever is greater.

- All participating Xcel Regional athletes receive a participation award subject to the approval of the RXCC. (6/23/16)

Equipment

- Level 8-10 uses the same equipment manufacturer that is contracted for at DP Nationals.
- Level 6/7 equipment must be approved by RWDPC and will be published in meet information.
- Xcel Regional Meet host must be approved by RXCC and will be published in meet information. (6/23/16)

Gate Admission Fees

- Maximum gate fee for any Regional Meet is \$20 per day. (06/14/18)

Financial Report

Regional Meet Directors must send a Financial Report to the RACC within 45 days.

Region 4 Apparel

Region 4 seeks competitive bids for Region 4 Apparel Sponsor. Anyone interested in bidding for the Region 4 Apparel Sponsor should complete the Region 4 Apparel information sheet and submit the information to RWDPC. RAC will approve the final bid. (6/21)

Apparel Sponsor has exclusive right to sell Region 4 logo apparel. Region 4 receives 20% of profit.

Apparel term typically lasts the time span of Region 4 color cycle.

Vendor receives a booth at all Region 4 events.

Apparel Requirements

- Coaches', athletes', judges apparel
- Online store from which Region 4 receives 20% profits.
- Must include but not limited to products as per USAG
- Attendance at Region 4 DP Level 6-10 Championships and Xcel Regionals
 - Intent to be present at other Region 4 events including Region 4 Congress
- Athletes who qualify for Westerns or DP Nationals receive apparel provided by Region 4.
- Coaches of those qualified athletes also receive apparel. Note- Coaches apparel should not be altered before being worn at the competition.
- Regional judges assigned to Westerns and DP Nationals receive Regional apparel.
- All judges at Level 8-10 Regionals receive a free Regional Apparel Item.
- Sizing and orders for apparel are done onsite at Level 8-10 Regionals.

Level 9 & 10 Region 4 Championships

Meet Format

- Modified Capital Cup – 2 sets of equipment, one FX – A & B, (judges move back and forth).
- Timed warmup - 2 minutes per athlete (UB - 2.5 min.) followed by competition on Side A.
- Side B begins warmup when Side A begins competition.
- No 30-second touch warmup.
- Order of competition is random draw.
- 4-judge panels.
- IES are allowed.

Qualification to DP Nationals

Top 7 Level 10 All Around in each of the 12 age groups qualify to DP Nationals (minimum 35.00 AA), and compete as Region 4 Jr/Sr Teams. Team members are outfitted with a leotard and warm-up by the national sponsor in addition to Region 4 apparel.

Qualification to Westerns

Top 7 Level 9 All Around in each of the 16 age groups qualify to Westerns (minimum 34.00 AA), and compete as the Region 4 Jr/Sr Teams. Team members are outfitted with a leotard and warm-up by the national sponsor in addition to Region 4 apparel.

Level 8 Region 4 Championships

- Level 8's must qualify or be petitioned in the AA or as an IES.

Meet Format

- 2 simultaneous meets (Juniors/Seniors) using Modified Traditional format. Warmup-compete on one set of equipment.
- 2-judge panels.

Level 6 & 7 Region 4 Championships

Meet Format

- Number of simultaneous gyms based on number of athletes.
- Modified Non-Traditional – 2 sets of equipment – A & B, (judges move back and forth).
- Timed warmup – 1.5 minutes each followed by competition on Side A.
- Side B begins warmup when Side A begins competition.
- No 30-second touch warmup.
- Order of competition is random draw.
- 2-judge panels.
- IES are allowed.

Xcel Region 4 Championships

XCEL Region 4 Championship is usually held the weekend after Level 8-10 Region 4 Championships unless there is a conflict and then it would be moved to the next weekend. (6/13/13)

Silver, Gold, Diamond, and Platinum Xcel divisions are included in Region 4 Championships. (6/2021)

No State Team, Super Team or Club Team competition held. (6/13/13)

Meet Format

- Number of simultaneous gyms based on number of athletes.
- Modified Non-Traditional – 2 sets of equipment – A & B, (judges move back and forth).
- Timed warmup followed by competition on Side A.
- Side B begins warmup when Side A begins competition.
- No 30-second touch warmup.
- Order of competition is random draw.
- 2-judge panels.
- IES are allowed.

Region 4 Training Camps

Basic Camp Info

- Clinicians will be brought in from within and outside Region 4, including NCAA coaches.
- All coaches must have a current USA Gymnastics professional number, background check, and Safe Sport Certification.
- Unless working as a clinician, coaches rotate with their athletes to each event.
- Coaches are expected to work within the plan established at each event by the master clinician and must be willing to aid the clinician in the implementation of the plan while at the event.
- Judges will provide critiques of the athletes.
- An expectation letter will be sent out to athletes and coaches prior to the camp. Athletes will be expected to come to camp prepared.
- A typical schedule includes:
 - 6 rotations on Saturday, 30 minutes/rotation. Athletes will get to each event 2X on Saturday (Vault, Bars, Beam, Floor, Dance, Judging/Outside Experts).
 - 6 rotations on Sunday, 45 minutes/rotation (Vault, Bars, Beam, Floor, Dance).
- The goal of the training camps is to provide opportunities for learning for coaches, athletes, and judges, to develop relationships within our Region, raise the level of gymnastics, and provide opportunities for comradery between the gymnasts.

2021 Camps:

- R4 Developmental Camp – Sept. 10-12 @ Iowa Twisters
 - Open to Level athletes with Level 6-8 & Xcel Diamond Experience
 - 120 Athletes @ \$185
 - 6 Clinicians (National Level Devo/DP 9-10 Level)
- R4 Training Camp – Oct. 22-24 @ North Shore
 - Open to Level athletes with Level 9/10 Experience
 - 90 Athletes @ \$185
 - 6 Clinicians (NCAA/Elite/DP 9/10 Level)
- High Performance Camp – Nov. 5-7 @ Mizzou
 - Open to Level 10 DP National Qualifiers, Select Western Qualifiers
 - 72 Athletes @ \$185
 - 6 Clinicians (NCAA Level)

Entry Fee

- \$185 / athlete (coaches are FREE with athletes)
- \$100 / observing coach (coach with no athletes)
- \$50 / observing judge (CPE Clinic credit)

Interested In Hosting Camp?

- Bids are due June 1st. Please complete the form bid form and email it to Region 4 RWDPC, Paige Roth at paiger@iowagymnest.com
- Bid Form
- Host Facilities must provide:
 - Full Access to the facility from 4:00 PM Friday through 1:00 PM Sunday
 - Loose foam pits for Vault, Floor, and Bars (shared pits okay, but not ideal)
 - Ability to host 90 athletes plus many coaches and observing coaches/judges
 - Secondary area for Dance
 - Additional area with AV for classroom sessions
 - Trampolines and Tumble Trak
 - Multiple Vault Areas with additional areas for drills and side stations
 - Combination of low and high beams (minimum 8-12 beams)
 - Bar area to include floor bars, channel, and multiple sets
- Host Facility must help facilitate:
 - Athlete check in
 - Host hotel(s)
 - Transportation for clinicians
 - Area for Clinicians meeting
 - Catering (paid for by the Region) for clinician's meals
 - Area for the Saturday night social (for example, pool area at host hotel)
- Camp hosts will be compensated \$2500 gym rental fee (6/2021)
- Please contact Region 4 RWDPC, Paige Roth at paiger@iowagymnest.com with questions.