

2024 - 2025 ARKANSAS USA GYMNASTICS CLUBS

ARKANSAS CENTER FOR EXTREME SPORTS

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CHAMPIONS GYMNASTICS ACADEMY

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DIDION ATHLETICS

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EMPIRE KIDS

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Tara Shelton

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FLAME GYMNASTICS ACADEMY

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GENESIS GYMNASTICS

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GYM STARS GYMNASTICS

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GYMNASTICS UNLIMITED

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ARKANSAS USA GYMNASTICS GUIDELINES

Hosting a Meet

Meet directors should follow Arkansas's meet bid criteria when requesting a meet date. Request must be emailed to the State Administrative Chair (argym02@gmail.com) by requested deadline. Late or incomplete request will not be considered. All meet bids received will be reviewed, approved and voted on by the SAC. All meets placed on the Arkansas Calendar are considered State Meet qualifiers. Your meet must be sanctioned, clubs must register through the USA Gymnastics portal and meet results must be posted on MyUSAGym.

Next, apply for your sanction. In addition, you will need to submit a request for judges at www.gymjas.com/ar and send an assignor fee of five dollars (\$5.00) per judge requested to our State Judging Director, Karma White. (Please see Assigning Procedures and Guidelines)

After completion of a meet, the official meet results, plus a copy of the sanction, must be sent to the State Tabulator (Michael York) within 48 hours. Failure to send your results in that time frame will result in a fine of fifty dollars (\$50.00). Make checks payable to AR USA Gymnastics and send to Diane Garner. This fine will double if still unpaid after two weeks. Meet Results should be exported directly from an approved computer scoring system such as ProScore, ScoreMaster, preferably in "csv" format.

A copy of the **Competition Fee worksheet**, along with a check for one dollar (\$1.00) per athlete registered in your meet, must be postmarked and sent to the SACC (Diane Garner) no later than 48 hours after the last session of the meet. A copy of the sanction must also be emailed to USA Gymnastics. Please make certain you are familiar with the requirements for completion of all sanctions.

Meet Results should be exported directly from an approved computer scoring system such as ProScore, ScoreMaster, preferably in "csv" format.

Do not omit any gymnasts from the meet results; send complete results for all sessions.

Make sure your meet results contain:

- Gymnast Name
- USAG Athlete Number
- Level
- Club Name
- All-Around score

Email team rosters, meet results and mobility meet scores to:

Michael York
email to: myork2013@gmail.com

Send Competition Fee worksheet and payments to: Checks payable to ARUSAG

ARUSAG
PO Box 101
Roland, AR 72135

Send Assignor fees to:

Karma White
5839 Airport Road
Percy, AR 71964

Completed Sanctions are now done online

Membership roles that are allowed on the field of play (from – Rules & Policies)

1. Athlete
2. Competitive Coach
3. Judge
4. Meet Director
5. Volunteer*
6. Photographer/Videographer*
7. Medical*

*Must be contracted by the Meet Director

Injured Athletes (from – Rules & Policies)

- Only competing gymnasts and coach(es) allowed onto field of play, only during session they are competing.
- At Meet Director's discretion and at *INVITATIONALS ONLY*, may include gymnasts who were entered / scheduled for session but scratched due to injury.

Courtesy Guidelines for Entering Meets:

- Enter on or before the deadline.
- Include all information on the entry form including birthdates, levels, and athlete numbers.
- Payment must be received with entry. Pay for the number of gymnasts that you entered, not the number that competed.
- Give parents directions and competition information, in a timely manner. Parents should not need to call the host gym.

Arkansas Declaration Date: Monday, February 10th

Friendly reminder (from Rules & Policies)

- An athlete may NOT drop back to a lower level/division in a competitive season AFTER the declaration date.
- SAC determines prior to the beginning of the competitive year, a designated "declaration" date for each level for this purpose.
- *The highest level/division competed at a sanctioned competition after the "declaration" date will determine the program (Dev / Xcel) for which the athlete can compete for the remainder of that season. It does NOT matter if an athlete competed in 1 event or as an All-Around, if they competed a higher level/division after the declaration date they are bound by the qualification rules of that level/division for the rest of the season. DO NOT MAKE THIS MISTAKE!!!*

Age Determination:

- The gymnast's age for competitive season is determined by the date of the final day of competition at the culminating championship meet for that level. Exception: The gymnasts must have reached the minimum age for her level prior to entering any qualifying competition.
- For Level 9 & 10 State Championships and below. Age is determined by the date of the LAST day of the State Championships

Arkansas State Meet Qualifying Scores:

- All DP L3 - L10 & XCEL G-S 32.00AA at a USAG Sanction Competition (XCEL athletes 20yo+ will compete in their own age division)
- IES DP & XCEL 9.0

Regional Championship Qualifying Score:

- Level 7 and Level 8 athletes must score a 34.00AA at the State Championship.
- Level 9 and Level 10 athletes must score a 34.00AA at the State Championship.
- Level 9 & Level 10 athletes may advance to Westerns or DP National Championships by placing in the top percentage of their age group

- XCEL Gold, Platinum, Diamond, and Sapphire gymnasts must score a 34.00 all-around at the State Championship. (XCEL athletes 20yo+ will compete in their own age division)
- **Level 7 & 8 Regionals - Competition order will be Youngest 8s to oldest 8s and Oldest 7s to youngest 7s**
- **Please be prepared to send at least two (2) coaches to Level 7 & 8 Regionals. They will compete in two gyms.**

Qualifying to the Level 6 All-Star Meet:

- Top 10 Level 6 All-Around athletes at the State Meet (regardless of age) advance to the All-Star Meet
- This All-Star Team Event will be held in conjunction with Level 7/8 Regionals.
- This event will take place on Saturday evening

Defining IES Athletes (from - Rules & Policies)

- Individual Event Specialist/IES - An athlete who competes 3 events or less
- **All Around Athletes** - An athlete who competes all 4 events
- *Exceptions as written still apply

IES Designation (from – Rules & Policies)

- State meet All-Around qualified gymnasts do NOT have to designate as IES.
- If their scores do not qualify in the AA, may still have qualified on an individual event.
- State meet IES qualified gymnasts MUST designate events
- Not eligible to compete on events in which they did not qualify

Number of Judges at meets State Meet and below

Compulsory – 2 Judges per event

Optional – 2 Judges per event

Member Conduct (from Rules & Policies)

- **No nicotine products (cigarettes, e- cigarettes, chewing tobacco, etc.), vapes or any other smoking paraphernalia are allowed in the venue.**
- **No firearms or dangerous weapons are allowed in the venue.**

Arkansas Dress Code for All Competitions

The State Administrative Committee has adopted the USAG's National Policy of proper coaching attire for all sanctioned competitions held in Arkansas. 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. The following clothing is considered proper coaching attire.

Shoes: Appropriate athletic shoes, must have rubberized soles

Pants: Athletic warm-ups or “Docker-Style” Pants (NO JEANS)

Shorts: Athletic or Tailored shorts that are a reasonable length (7-inch inseam). No shorts with tears or holes, and no short shorts or jean shorts.

Shirts: Collared shirts, Business Casual Shirts, or T-shirts with or without gym logo. No spaghetti straps, low cut tops or midriff revealing shirts.

Hats: No hats or visors

ALLOWABLE ATHLETE APPAREL (from – Rules & Policies)

- Shorts or tights allowed
 - Can be capri length or longer that match the leotard, are black, or match the athletes skin tone.
- May be worn under or over the leotard.
- A small manufacturer's branding allowed, but no embellishments.
- Unitards may have long legs to the ankle or short length and may be with or without sleeves.