

USA Minnesota Gymnastics

Rules & Policies

2007-2008

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Minnesota State Board Members

State Chairperson

Connie Dickson
State Chair
4895 155th Lane N.W.
Ramsey, MN 55303
E-mail: Condickson@aol.com
Phone: 763-712-5782

Board Members

Calendar/Zones

Wendy Seifert
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Eagan, MN 55122
Gym: 952-920-5342
Voice Mail: 952-953-5130
E-mail: seifertwendy@hotmail.com

Statistician / Athlete Tracking

Sami Wozney
9001 123rd. Ave North
Champlin, MN 55316
Gym: 763-421-3046
Fax: 763-421-1448
E-mail: samiwozney@yahoo.com

Special Events

Becky Metz
1310 Gentry Ave. S.
Oakdale, MN. 55128
Gym: 651-738-8796
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E-mail: cgcenterbmetz@yahoo.com

Ribbons
Mandi Gagne
255 NW 7th Street
Forest Lake, MN 55025
651-464-8648
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Education / Clinics

Will Vaughn
2885 Water Tower Place
Chanhassen, MN 55387
Gym: 6952-368-1909
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State Web Master

Bill Corcoran
1111 Applewood Ct.
Waite Park, MN 56387
Gym: 320-251-3416
Fax: 320-251-7533
Email: billcorcoranz@yahoo.com

Suggestions Regarding Judges Meals

For meets in which judges are required to be present between three to eight hours (report time to end of meet), per diem payment is now \$15. For meets in which judges are required to be present over eight hours the per diem payment is now \$30.

We realize this increase might prompt more clubs to provide a meal (or meals) for the judges on site. We have come up with a few suggestions to make this option acceptable to both parties.

- 1) Provide a comfortable, private room for dining and meeting.
- 2) Meals should consist of low-fat foods which are healthy and appealing. Please try to provide a couple of choices. It's OK to include a dessert.
- 3) If "fast food" is served, please choose low-fat varieties.
- 4) One hot item is appreciated, such as soup, or a casserole.
- 5) Judges with a specific dietary need are on their own. (Unless this is discussed with the host club prior to the meet)
- 6) Judges have the option to charge part of per diem if only one meal is served. (This is if judges are required to be on site for more than eight hours.)
- 7) If food is provided during both breaks, the same food should not be brought out twice. One full meal and one "snack" or lighter meal is acceptable.
- 8) Remember "food safety" -- hot foods hot, cold foods cold.

We hope this provides a guideline for you. If you have any questions, please contact either the State Judging Director or the Meet Referee.

We look forward to working with you during another exciting gymnastics season!

State Board Responsibilities

USA Minnesota Gymnastics

The state board shall work in close cooperation with the State chairperson to oversee the organization of all events and programs within the state.

- 1) State board members will attend meetings when called by the State Chairperson.
- 2) State board will determine the site for USA Jr. Olympic Qualifying meets and State Championships. The sites will be determined by reviewing bids turned in by host clubs.
- 3) A member of the State board will be present at all level 5, 6 qualifying meets.
- 4) State board members will inform the State chairperson of any competitions that do not follow USA Gymnastics Rules and Policies.
- 5) State board members will vote on any petitions to enter competition presented to the State chairperson.
- 6) State board members will serve on committees as necessary under direction of the State chairperson.
- 7) State board will determine fees, qualifying scores, calendar and awards with the approval of the Regional Chairperson.

State board members will be nominated by requests from all professional members. Election ballots will be sent to all professional members.

Consider serving a term or two on the state board or as state chairman. It is a great way to get to know others as well as serve our sport in a vital and important way. For more info please talk with any board member.

Minnesota USA Gymnastics Meet Check List

DATES: (This must be done a minimum of 2 months before the event date)

- _____ Determine approved date for the event.
- _____ Contact the State Chairperson and State Judging Director with the event date.

FACILITY / EQUIPMENT

- _____ Secure facility and provide appropriate insurance binders.
- _____ Provide all appropriate equipment and required footage for the level of competition being held.
- _____ Determine appropriate supplies needed (score flashers, judge's slips, calculators, pencils etc. See Rules and Policies book.)

SANCTIONS / JUDGES REQUEST

- _____ Complete your Meet Directors certification.
- _____ Send USA Gymnastics meet Sanction (Minimum 6 weeks prior)
- _____ Send Judge's Request for necessary officials (Minimum 6 weeks prior)

MEET INFORMATION

- _____ Prepare meet information and send to all members (Min 6 weeks prior)
- _____ Refer to Rules and Policies book for specific guidelines.

MEET SCHEDULE / PROGRAMS

- _____ Determine maximum entries and decide on times.
- _____ Prepare a schedule of events and send to coaches and judges at least one week prior to the event.
- _____ Secure an efficient meet scoring program and type meet program.

MEET PERSONAL

- _____ Assign appropriate flashers, runners, timers, scorers, etc.
- _____ Prepare a job description and post at station.
- _____ Determine appropriate attire and behavior of all meet personnel.

AWARDS

- _____ Determine your awards budget.
- _____ Order awards well in advance of competition. Include USA Gymnastics on Awards (not mandatory.)
- _____ Identify awards procedures and location. Have an award script at the computer, announcer, and awards presenter identifying which age groups and awards are given.
- _____ Follow Minnesota guidelines for all Qualifying meets

RESULTS

- _____ Please forward all meet results to the state chair and statistician within 48 hours

Minnesota USA Gymnastics
Award Guidelines

1. **AWARDS FOR LEVEL 5**

A. Individual event & all-around achievement awards as follows:

<u>Ribbon</u>	<u>Event</u>	<u>All-Around</u>
Blue	9.0	35.00
Red	8.0	33.00
White	7.5	31.00
Yellow	7.0	29.00
Green	6.0	26.00

*Achievement awards must be given at all Level 5 meets

- B. Team awards will be given following the team guidelines listed below.
C. No individual placement awards will be given at qualifiers or state meet. An invitational may give placement awards, but these must be in addition to achievement awards, and this should be noted on meet information. See Rules and Policies for more information.
D. Contact State Board ribbon person to make pick-up arrangements. Ribbons must be returned within 48 hours of the competition.

2. **AWARDS FOR LEVEL 6-10 & Elite (Age groups divisions will follow USA R&P)**

A. If only 1 gymnast is entered in the age division she receives 1st AA medal

<u># of Gymnasts</u>	<u>Event</u>	<u>All-Around</u>
2-10	1-3 Ribbon	1-3 Large medal 4-6 Small Medal
11-20	1-6 Ribbon	1-3 Large medal 4-6 Small medal 7-10 Ribbon
21-30	1-10 Ribbon	1-3 Large medal 4-6 Small medal 7-10 Ribbon
31-50	1-15 Ribbon	1-3 Large medal 4-6 Small medal 7-10 Ribbon

3. **TEAM AWARDS**

<u>Teams Entered</u>	<u># Awards Given</u>
3 or fewer	1 award
4 teams	2 awards
5-6 teams	3 awards
7-10 teams	4 awards
11 teams	6 awards

- A. Team awards for State meets will be standardized per USAG board approval
B. Current standards are state plaques for top 10 teams, individual medals for top 3 teams
C. State board will pay the cost of individual medals for the top 3 teams
D. Individual & team awards must be given after each session for state & qualifying meets
E. At STATE MEET: No more than 10 individual awards per age group
F. These guidelines are minimums. Please refer to the R&P for more information.

2007– 2008 MN USAG Gymnast Competition Fee Head Tax

Coaches,

Minnesota USA Gymnastics is growing in leaps and bounds. There are currently over 1,000 gymnasts in over 40 clubs participating in the MN USA program and sanctioned events.

All Minnesota athletes pay a **\$15.00** annual competition fee to the Minnesota State Office. This fee supports:

- MN gymnastics competitions
- Local organizing boards
- Education
- Publications to keep the community and coaches up to date
- Region IV Fees
- Judges for the regional level 8,9,10 meet

Please send in your \$15.00 competition fee per athlete, **Using the Head Tax Form provided online** to: (Please, one check per club)

Sami Wozney
Twin City Twisters
9001 123rd. Ave North
Champlin, MN 55316
Phone: 763-421-3046

- Send in before 1st qualifier of compulsory season.
- Send in with your MN USAG Tracking Form
- Send in with any new gymnasts that enter your program
- **Clubs that do not send in the competition fee will be ineligible for team competition at the state level.**

Note from your state chairman:

This fee is very important for our State. It is our state board's goal to give our athletes every opportunity we can. Without money in our bank account we are severely limited with what we can and can't do. Please support your boards continuing effort in providing Minnesota athletes with quality gymnastics events. Failure to pay these fees on time will result in your team being ineligible for state team competition.

MN USA Gymnastics Fees and Qualifying Scores

Competition Entry Fees for 2007 – 2008

Level	Zones / Qualifiers	State Meet
7-8-9-10	NA (See Note at Bottom)	\$70.00
6	\$45.00	\$60.00
5	\$45.00	\$60.00

Meet admission fee allowed at Qualifiers: \$5.00 (State board recommends that children under 12 and seniors be allowed in at a reduced fee.)

State Meet hosts must have approval on admission charge.
(\$5.00 in your own gym, \$7.00 in another facility)

Minnesota does not have State qualifying meets for Levels 4, 7, 8, 9, and 10. Instead, all sanctioned invitational meets will count towards qualifying.

Qualifying Scores

Level	to State	to Regions	to Nationals
10	32.00	34.00	Top 7 in each age group.
9	32.00	34.00	Minimum 34.00 qualifying, will be a % of a %
8	33.50	Top 16 from State. All ages combined.	-----
7	35.00	-----	
6	32.00	-----	
5	32.00	-----	
4	32.00		

Note: Qualifying scores to Level 4, 7, 8, 9, and 10 State may be achieved at any sanctioned meet with rules appropriate to the level. For example, a level 8 gymnast cannot use scores from an open optional competition. **When sending in your optional state meet entry form you must include a photo copy of sanctioned meet results showing that each athlete has obtained the state qualifying score. The last date for a qualification score may be no less than 14 days prior to the day of the State Meet.**

MN USA Gymnastics TO DO List & Drop Back Date Information

TO DO list for our Minnesota coaches:

- Mail your gymnast competition fees and athlete roster (levels 4-10) to the appropriate board member BY SEPTEMBER 15th. Include gymnast name, level, USA #, DOB & age as of the state meet. Refer to your handbook for mailing address & specifics
- If your gym location or roster information has changed, get the correct information to the state chairman before August 1st for inclusion in the handbook. Include a map to your gym for the State handbook if you have not already done so.
- Send in your compulsory & optional estimated numbers to Wendy Seifert by August 1st.
- If you are planning on hosting an invitational, call the state calendar person before June 1st with the dates of your event for inclusion on the state calendar.
- Bids for qualifiers and the state meet should be submitted to the state chairman NO LATER than July 1st. Make sure all bid forms are filled out appropriately.
- After each meet, especially qualifiers, submit a meet evaluation form to the state chairman. Much effort goes into preparing for & running a quality meet. Please take time to fill out an evaluation form as the feedback can only make our meets run more efficiently.
- After hosting a competition, send a copy of all meet results to the statistician within one week of the completion of the event.
- Mail any optional out of town meet results for gymnasts who have received state qualifying scores to the state statistician.

DROP BACK DATE: FEBRUARY 1st, 2008

The drop back date has been set as February 1st, 2008. This allows you to compete an optional gymnast at the next level, provided she has received the correct mobility score, and then “drop her back” a level after competition if you feel that she is not ready. You **MUST DECLARE** her level to the state statistician by February 1st in order for the move to become effective. Failure to declare her to the board will result in that gymnast being locked in at that higher level for the remainder of the season.