

NORTH CAROLINA WOMEN'S ARTISTIC USA GYMNASTICS

2008-2009



**CLUB DIRECTORY
COMPETITIVE SCHEDULE
COMPETITION GUIDELINES**

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2008-09 NC USA Gymnastics Competitive Season

Guidelines

ALL CURRENT USA GYMNASTICS RULES & POLICIES must be followed for sanctioned competitive events.

DECLARATION DATE:

North Carolina USA Gymnastics State Administrative Committee does not require a Sectional to qualify for any State Meet. A qualifying meet need only be sanctioned, following Rules & Policies.

Therefore this is the explanation of a “Declaration Date” in R & P , Section I Eligibility, C., Dropping Back through the Levels, #1.

When contemplating a new level, a gymnast is allowed to compete two levels, at will, before a State Meet. However, the gymnast must be qualified at the level of the State Meet she enters by the Declaration Date.

For example: A gymnast qualifies for the Level 5 State Meet in October, but competes as a Level 6 in November, and qualifies for Level 6 State Meet. If she decides that she wants to compete in the Level 5 State Meet, she needs to re-qualify as a Level 5 by the Declaration Date.

COACH INFORMATION

All professional members are requested to please wear credentials on competitive floor. Credentials must be shown when coaches sign on the sanction form sign-in sheet. NC USAG will provide a clip-on, retractable badge holder.

At the 6-1-08 NC-USAG Board meeting a motion was passed to add a few professional behavior suggestions to the 08-09 Club Directory:

- No cell phones are to be used or heard on the competitive floor. Please set off the floor for phone conversations.
- Coaches are reminded that non-competing gymnasts should not be on the competitive floor as spectators.
- No babies will be permitted on the competitive floor
- Coaches' children may not be in the hospitality room

- Coaches and judges need to appreciate the efforts of the host gym to provide hospitality rooms and should not make unreasonable requests

STATE MEET LATE ENTRIES:

If a gym requests an entry after the deadline:

1. Gymnasts will be accepted on a scratch-only basis
 2. The gym must pay a fine of \$25/ gymnast to NCUSAG
- Fee must be in MD's hand before meet's first session.

NORTH CAROLINA REGISTRATION FEE REMINDER:

A \$10 per USAG gymnast registration fee should be sent to NC USA Gymnastics, 86 Rollo Rd., Grantsboro, NC 28529. Coaches are reminded to complete the registration form (on nc-usag.org web-site). This fee might be collected at the same time fees are requested for national USAG athlete registration in July/August but are due by season-ending State Meet.

NC GYMNASTS MAY QUALIFY to a State Meet from any USAG sanctioned meet. (Exception: Prep gymnasts must qualify in state)

MEET INTENT FORM DEADLINES are posted on website. nc-usag.org

ALL MEET DIRECTORS are reminded that a competition fee of \$2.50/gymnast and a completed sanction report form should be sent to NC USAG @ 86 Rollo Rd., Grantsboro, NC 28529 within one week of meet. MD's are also reminded to send meet info to judges at the same time info is sent to teams.

STATE MEET DIRECTORS are reminded to send a fee of \$3.00/gymnast (awards provided), a financial report within 6 weeks, and a completed sanction report form within 48 hours to NC USAG @ 86 Rollo Rd., Grantsboro, NC 28529

Team fee @ State Meets is \$35: Host gym will order Team Trophies. Up to 10 places per level will be awarded. State banners will be awarded for 1st – 3rd. Host gym will pay for team awards and banners from team entry fees.

NC USAG orders medals. Contact Jennie Adams w/ age group numbers for medal information two weeks prior to state meet.

