



## **USA Gymnastics Arizona Women's Program Rules and Policies**

*Supplement to the USA Gymnastics Women's Rules and Policies*

(These rules and policies are specific to Arizona. Each professional member should also be familiar with *USA Gymnastics Women's Rules and Policies* for clarification of specific rules that must be followed in addition to the ones outlined in these *Arizona Rules and Policies*.)

**Updated 04/2026**

## **Arizona State Committee Positions and Responsibilities**

*State Administrative Committee is responsible for ensuring the rules and policies/ethics of both USA Gymnastics and Arizona are upheld by all professional members. Provide a safe and equitable playing field for all Arizona athletes and professionals.*

***In the best interest of the State, there is a two-member per club limit on board positions.***

### **1) State Administrative Committee Chair (4 year term)** non-voting, tiebreaker

Committed to adhering and enforcing the rules, policies, and procedures established by USA Gymnastics (references: Operating Code, Rules and Policies, and State Chairman Handbook. Procedures include:

- A. Work in collaboration with the State Administrative Committee to create effective policy for the State, maintaining compliance with the current USAG Rules and Policies.
- B. Fulfill the role as a member of your Regional Administrative Committee.
- C. Communicate in a timely fashion with your professional members via email or official newsletter.
- D. Follow the USA Gymnastics protocol for questions and/or concerns.
- F. Conform to all policies and procedures related to financial reporting and management under the direction of the Chief Financial Officer of USA Gymnastics.
- G. With the administrative Committee, oversee the organization and running of all State Meets.
- I. With the State Administrative Committee, review and award the bids for State Meets and other State Activities.

### **2) State Administrative Assistant (4 year term)** Voting

- A. Commit to taking detailed minutes, noting motions, submitting minutes to State Chair.
- B. Work in close cooperation with the State Chair and Committee Members and provide up to date detailed minutes from committee meetings and/or emails.

### **3) Website Administrator/Social Media State Representative (4 year term)** Voting

- A. Maintain State USAG Website with current communications, stats, Meet Calendar etc.
- B. Commit to implementing and maintaining an informative State Facebook page in compliance with Safe Sport policies.
- C. Communicate important updates with state membership, through Constant Contacts, as requested by SACC
- D. Manage Advanced ticket Sales for events including state banquet

### **4) Optional State Representative (4 year term)** voting

- A. Must be a current optional level coach with a minimum of 3 years prior experience coaching at this level
- B. Commit to tracking mobility and State qualification scores of all active level 6-10 gymnasts in Arizona.
- C. Work in close cooperation with the State Chair and Committee Members and provide up to date detailed spreadsheet of tracking system.

### **5) Compulsory State Representative (4 year term)** Voting

- A. Must be a current compulsory level coach or higher, with a minimum of 3 years prior experience coaching
- B. Commit to tracking mobility and State qualification scores of all active compulsory level gymnasts in Arizona.
- C. Work in close cooperation with the State Chair and Committee Members and provide up to date detailed spreadsheet of tracking system.

### **6) Xcel State Representative (4 year term)** Voting

- A. Must be a current Xcel Program coach or higher, with a minimum of 3 years prior experience coaching
- B. Commit to tracking mobility and State qualification scores of all active Xcel Bronze-Diamond gymnasts in Arizona.
- C. Work in close cooperation with the State Chair and Committee Members and provide up to date detailed spreadsheet of tracking system.

### **7) Educational Representative (4 year term)** Voting

- A. Commit to providing education for coaches in Arizona, regarding technical aspects of the sport, as well as on updates and clarifications with the women's developmental and Xcel programs.
- B. Work in close cooperation with the State Administrative Members to offer educational opportunities

### **8) Event Coordinator Committee Member (4 year term) Voting**

- A. Commit to organization, planning, and production of annual awards banquet
- B. Work in conjunction with State Administrative Members to assist with educational events, State Championships preparations, and other events.

### **9) NAWGJ Representative (non-voting; appointed annually as needed)**

- A. The Judges' Representative will be appointed annually at the discretion of the SACC
- B. Commit to guiding the board with names of qualified judges to consider for the State Championships.
- C. Update the State Administrative Committee with concerns/ issues that could affect judge selections.

### **Become a State Committee Member**

1) The State Administrative Committee Chairman (SACC) will publish a description of the State Administrative Committee positions in the state newsletter or on the state website in order to solicit nominations along with nomination form. a. A minimum of one month will be given for the return of nominations. b.. New committee members take office by July 1<sup>st</sup>. d. Committee members serve a two-year term. 2) All nominees who are eligible candidates will be placed on the online ballot. a. The winner of the election will be the candidate who receives the most votes. b. If there is a tie, the State Administrative Committee Chairman (SACC) will break the tie. c. If only one nomination for a position is received, the State Administrative Committee Chairman (SACC) will cast one vote and the nominee will win by acclamation. 3) Only ONE professional member may serve as a voting member from the same club

### **Criteria for Nomination (in accordance with USAG State Committee Handbook)**

The nominee must be:

- 1) Active and In good standing in the State
- 2) A minimum of 21 years of age
- 3) Current Active USAG Professional Status

### **Removal of a State Committee Member**

1) A State Administrative Committee member can be removed from the committee if a. he/she fails to fulfill the duties of his/her job. 2) This can be done by a vote of the State Committee members upon documentation that the member has failed to meet his/her obligations. 3) A State Committee member must remain a professional active member in good standing in order to remain on the committee.

### **Professional Members**

1) All owners, coaches, judges, and meet directors MUST have an ACTIVE status with USA Gymnastics to be allowed on the competition floor at all Arizona sanctioned events. 2) Current USAG pro card must be worn, carried, or mobile accessible always during the competition. 3) All members must adhere to USA Gymnastics Safe Sport Policy to include mandatory reporting, adherence to all prevention policies, and conducting themselves in a manner free from all misconduct.

3) Per USAG Women's Rules and Policies (Chapter 9, Specific Competition Procedures) ONLY competing gymnasts and their coach(es) are allowed onto the competition area, and ONLY during the session in which they are competing. The only additional people allowed on the competition floor are those directly involved with the running of the event (e.g., trainers, scorers, flashers, runners, etc.). Coaches should make childcare arrangements for their offspring, unless the child is old enough to act in a volunteer capacity at the competition.

4) Alcohol and Drug Free Environment. Members of USA Gymnastics must ensure that the sport is conducted in an environment free of drug or alcohol abuse. Members may not: • Use or provide to a third party any illegal (scheduled) drug pursuant to applicable federal, state or municipal law. • Assist or condone any competing athlete's use of a drug banned by any applicable governing body, or, in the case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by any governing body. • Provide alcohol to or condone the use of alcohol by minors;

consume alcohol while engaging in USA Gymnastics activities, including coaching and/or training and/or competing; consume excessive alcohol in the presence of athletes or at USA Gymnastics' events; or consume alcoholic beverages while a minor.

### **USAG Professional Member Dress Code**

At State meets and above, the coaches' dress code will be enforced:

- Athletic shoes with rubberized soles.
- Athletic warm-up pants or "Docker-style" pants (No jeans)
- Athletic or tailored shorts that are of a reasonable length
- No holes, tears or short shorts
- Collared shirts, business casual shirts or T-shirts with gym logo
- No spaghetti straps, low-cut tops or midriff revealing shirts
- No hats or visors

### **State Championships**

Are under the total jurisdiction of the State Administrative Committee and State Administrative Committee Chairman (Chapter 8 USAG Women's Rules and Policies "E. State Championships 1. Are under the total jurisdiction of the State Administrative Committee and State Administrative Committee Chairman.")

### **State Championship Bid Procedure**

1) State Championships are open to a statewide bidding process. The following criteria for bidding on a state meet; a. Bid forms are due to the State Administrative Committee Chairman (SACC) by June 15th along with a proposed budget plan. Host MUST be an active Professional Club with USA Gymnastics Host must have held at least one invitational in an OUTSIDE facility during the previous competitive season e. Bids are ONLY considered if bidder has secured outside facility with documentation

### **State Championship Host, Meet Director and/or Coordinator**

- 1) MUST have a working knowledge of USAG Women's Rules and Policies specifically sanctions, meet director responsibilities, meet formats, equipment standards, specific competition procedures, and awards.
- 2) MUST have a working knowledge of USAG Arizona additional rules and policies
- 3) The Meet Director MUST be a USAG Meet Director Member with current U101, U110 and U113 and criminal background check, and also must be certified as a Meet Director.
- 4) Supply athlete/coaches seating at each designated event
- 5) Must have EMT or certified medical personnel
- 6) Supply judges with hospitality outlined in Chapter 5 of USA Gymnastics Rules and Policies
- 7) Supply coach's hospitality within reason, outline procedure, and submit to member clubs (specify in meet flyer)
- 8) Email event information six weeks prior to the State Meet and a minimum of three weeks prior to meet entry deadline. a. include date, entry fee, entry deadline, qualifying score, and location.
- 9) State meet details such as session times must be distributed a minimum of two weeks prior to start of meet date.
- 10) Spectator Admission no more than a. \$15/adult b. \$5/children 6 and under c. \$5/Seniors 60+

### **State Championships Late Entry Fees and Refund Policy**

- 1) Under Jurisdiction of State Committee in accordance with USAG Women's Rules and Policies, *State / Regional entry fee refunds are at the discretion of the State Administrative Committee Chair / Regional Administrative Committee Chair.*
  - a. Meet Director MUST utilize the USA Gymnastics Meet Reservation System.
  - b. Late entry fee may not exceed \$50 for any club not conforming to the State meet entry deadline.
  - c. No refunds, exceptions non-qualifiers and/or denied petitions.
  - d. Full refunds for non-qualifiers and/or denied petitions.

## State Championship Entry Fees/Qualification Score

**Note: All gymnasts must declare their level of participation and program (WD vs Xcel) the Monday following the last sanctioned competition of the season prior to State Championships.**

\* Meet Entry Fees vary from year to year. They may not exceed the rate of the current year Regionals Entry Fee.

\*The SACC submits the budgets and State Meet Entry Fees to the current RACC for approval prior to awarding the meet. (When teams submit their entries/payments after Entry deadline -an additional \$15.00 will be added to entry fees)

**\*Note that the state of Arizona collects State and Regional head tax fees at the time of the state meet –**

### **For all Compulsory levels - an additional fee of \$15.00 (State head tax only is added to the State Meet Entry Fee Levels 2-5**

- Must achieve a 30.00 AA at a USAG sanctioned meet in which two or more teams are competing
- There are No Individual Event Specialists
- Athletes are permitted to enter the state meet as an AA, and scratch events during the meet.

### **For all Optional levels - the state of Arizona & Region One collect their head tax fees at the time of the state meet – Levels 6-7**

- *Additional Fees - State Head Tax \$15, Regional Head Tax \$2*
- Must achieve a 32.00 AA at a USAG sanctioned meet in which two or more teams are competing
- There are No Individual Event Specialists
- Athletes are permitted to enter the state meet as AA, and scratch events during the meet

### **Levels 8-10**

- *Additional Fees - State Head Tax \$15, Regional Head Tax \$2*
- Must achieve a 32.00 AA at a USAG sanctioned meet in which two or more teams are competing
- IES - Must achieve an 8.5 on the event(s), at a USAG Sanctioned meet in which two or more teams are competing

### **For Xcel Levels Hugs through Silver, only a state head tax is collected**

#### **HUGS**

- *Additional Fees - State Head Tax \$15*
- Must compete in at least one USAG sanctioned meet in which two or more teams are competing  
There are No Individual Event Specialists
- Athletes are permitted to enter the state meet as AA, and scratch events during the meet

#### **Xcel Bronze-Silver**

- *Additional Fees - State Head Tax \$15*
- Must achieve a 31.00 AA at a USAG sanctioned meet in which two or more teams are competing
- No Individual Event Specialists
- Athletes are permitted to enter the state meet as AA, and scratch events during the meet

#### **Xcel Gold through Sapphire**

- *Additional Fees - State Head Tax \$15, Regional Head Tax \$2*  
Must achieve a 32.00 AA at a USAG sanctioned meet in which two or more teams are competing  
**Gold** - No Individual Event Specialists
- **Platinum through Sapphire** – IES Must achieve an 8.5 per event entered, at a USAG Sanctioned meet in which two or more teams are competing

### **State Qualifying Events**

- All dual or larger Invitationals/Meets, sanctioned by USAG and using appropriately rated officials, may be used to qualify into the state meet.
- Meet results must be entered into Meet Scores Online or sent to the SACC  
Approved – for the 2025-2026 Competitive Season, in Arizona, 1 judge panels may be used in meets designated as State Qualifiers, for Levels 2 & 3, as well as for Xcel levels Bronze & Silver

### **State Championships Entry Procedures**

- 1) Entry must be through USA Gymnastics Meet Reservation System
- 2) All Gymnasts need to be entered by this deadline without exception
- 3) An athlete is considered registered/entered only when all fees are paid in full *per USA Gymnastics Women's Rules and Policies*
- 4) "Unforeseen" circumstances and religious reasons may compete on a different day/session.
  - a. must notify host with a separate entry form highlighting those athletes that cannot compete on certain days due to religion by entry deadline date
  - b. athletes that participate in a different session than designated do not receive individual or all-around awards and score cannot count for team.
- 5) Petitions to State Championships must be submitted no later than the Wednesday after the last qualifying meet is held. Petitions must be sent to the State Administrative Committee Chairman by e-mail per USAG Women's R&P.

### **State Championship Awards**

- 1) MUST be ordered from the national medal company (A-1 Awards) per USAG Women's Rules and *Policies (Awards for state meets and above must be ordered from the national medal company, A-1 Awards)*
- 2) All awards MUST ONLY include USAG logo (no private club logo/team name)
- 3) The AZ State Committee orders and pays for all State Champion Team Banners and Plaques
- 4) Host Meet Director funds and orders individual event and all-around medals

### **Event and All-Around Medals**

- 1) 50% for each age division
- 2) Ties for first place will not be broken, both winners receive 1<sup>st</sup> place medal and are State Champions
- 3) At Levels 2, 3, and Bronze, medals will be awarded to all competitors in the All-Around category
- 4) AA Medals beyond State Meet Host responsibility for Levels 2,3, & Bronze will be paid for by USAG
- 5) Every All-Around competitor will be called to the Award Stand to receive a medal (Levels 2,3, Bronze)

### **Team Fees - Compulsory, HUGS, Xcel, and Optional**

\$50 (one team per club)

### **Team Score**

- 1) Team score is determined by the top three scores per event, no designation, and ONLY one team per club/per level.
  - a. ONLY levels 2-5; teams may not utilize a gymnast's score to count toward team if the athlete participated in the same level at the prior year's State Championship and earned a 37+ all-around

### **Team Awards (Trophies and Banners paid for by AZ USAG Board)**

- 1) Levels 2-5 award 1<sup>st</sup> through 10<sup>th</sup> place
- 2) Levels 6-8 award 1<sup>st</sup> through 10<sup>th</sup> place
- 3) Levels 9-10 award 1<sup>st</sup> through 5<sup>th</sup> place
- 4) Xcel Bronze-Gold award 1<sup>st</sup> through 10<sup>th</sup> place
- 5) Xcel Platinum award 1<sup>st</sup>-5<sup>th</sup> place
- 6) Xcel Diamond award 1<sup>st</sup>-3<sup>rd</sup> place

### **State Championship Sessions/Age Division**

- 1) The AZ State Committee will determine per level youngest to oldest or oldest to youngest, no draws
- 2) Age Division are divided into equal groups based on total participates
- 3) Event start position is to be done through pro-scores randomization
- 4) Large team squads are split by VT/BB and/or UB/FX same flight following randomization draw

### **Xcel Regional Qualification Procedures**

Xcel Regionals will be held in 2026 for Levels Gold through Sapphire.

Qualification Scores as designated by the Region One Board:

Gold – 35.50

Platinum – 33.00

Diamond and Sapphire – 32.00