

# COUSAG State Meeting 2025

 **Date: August 17, 2025**

 **Location: Peak Athletics, Highlands Ranch, CO**

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## **2025–2027 COUSAG Committee Members**

Amanda Webb – State Chair

Trevor Campbell

Alicia Akiyama

Allie McNeill- not in attendance

Lisa Campbell

Stephanie Sodden

Eric Pung

Stacie Beckwith – SJD

Rich Villareal- not in attendance

**Special Thanks: JA for his service to the USAG Committee (2023–2025)**

 **Raffle Giveaway: 2 sets of DU Season Tickets**

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## **College Gymnastics Updates**

*Details shared during the meeting.*

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## **RAC Motions Passed**

**Starting 2026:**

- **Daily Admissions for Regionals: \$25 (Ages 4+), Free for ages 3 & under**
  - Motion: Debbie | Second: Kyle | Vote: 9-0
- **Regional Entry Fee: \$175**

- Motion: Rich | Second: Loui | Vote: 9-0
- **Judges Requirement: Xcel Regional judges must complete USAG Judges Course for their assigned level**
  - Motion: Morgan | Second: Marilyn | Vote: 9-0
- **Regional Host Eligibility: Must have hosted a State or Regional meet within the last 5 years**
  - Motion: Debbie | Second: Rich | Vote: 9-0

### **2027 Calendar Updates:**

- **Platinum/Diamond/Sapphire Regionals: May 7–9**
- **Gold Regionals: April 23–25**
  - Motion: Kyle | Second: Amanda | Vote: 9-0

### **Regional Structure Change (Effective 2027):**

- Level 6: 375 athletes
- Level 7: 525 athletes
- Level 8: 360 athletes
- Qualifiers determined by AA % at State Meet — *No IES qualification*
  - Motion: Rich | Second: Amanda | Vote: 9-0

### **2028 Calendar Highlights:**

**Mar 17–19: Last weekend for L9/10 State**

**Apr 6–9: Level 9/10 Regionals**

**Apr 21–23: Level 6/7/8 Regionals**

**Apr 27–30: Level 9 Westerns**

**Apr 28–30: Xcel Gold Regionals**

**May 5–7: Level 10 Nationals + Xcel Platinum/Diamond/Sapphire Regionals**


-  **Recommendation: States should pay 25% of Regional Entry Fees to host by Feb 1, based on prior year entries**
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## **SAC Updates**

*Provided in meeting.*

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## **Regional Meet Locations (2026)**

- **Level 9/10 Regionals: Kansas City, KS-  Note: L9/10 Regionals will begin on Thursday**
- **Level 6/7/8 Regionals: Oklahoma City, OK**
- **Gold Regionals: Galveston, TX**
- **Platinum/Diamond/Sapphire: Loveland, CO**

## **Reminders:**

- **Regional Leos are mandatory – all posted on Region 3 website**
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## **DP & Xcel Updates**

- **Review the Code of Points for official language and full updates.**
- **Bra Straps: NEW-** Bra straps, may be black, match the leotard, be the athlete's skin tone, or clear in color.
- **At State meets and above-Verification heat sheets are required to be used. At local or invitational meets, their use is left to the discretion of the Meet Director.**
  - If a verification sheet is not used, the Chief Judge must document: •both individual scores •the average score •any neutral deductions.
- **At all sanctioned events: if a Level 9 and/or Level 10 squad has fewer than five athletes (i.e., four or fewer) on Uneven Bars due to onsite scratches or unforeseen circumstances, an additional 2<sup>1</sup>/<sub>2</sub>-minute timed warm-up may be provided. This additional warm-up time must include bar settings.**

- Any athlete who has prior competitive experience in the Development Program and then competes in a State meet under an alternative program (e.g., Xcel or another gymnastics organization) must submit a petition to re-enter the Development Program at Level 5 or higher. Levels 5–8: Petitions must be submitted to the SAC. Levels 9–10: Petitions must be submitted to the RAC
- Levels 8-10 may use the Vault table at any manufacturer setting, with a maximum of 135 cm (+ 1 cm)
- ~~At all sanctioned competitions for levels 4-10: It is REQUIRED that the LOW BAR SLIDER REMAIN FIXED ON THE FIG (F) SETTING, and only adjustments can be made to the high bar slider. INTENT: The front Uneven Bars slider must be set to the FIG 'F' position. If the bars use a different label for 'F' or measure differently, then the setting should be 195 cm to match the AAI Evo bars~~  
**REVERSED AS OF 8/15/2025**
- If the Balance Beam end cap detaches WHILE AN ATHLETE IS IN THE PROCESS OF A DISMOUNT, it is considered equipment failure. The 0.50 Fall deduction WOULD NOT APPLY. The end cap falling off during any other point in the athlete's CODE OF POINTS routine would not be considered equipment failure
- All matting must be in place PRIOR TO THE START OF THE ROUTINE AND CANNOT BE ADDED ONCE THE ROUTINE HAS STARTED. A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun. Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible.
- Recommendation to increase entry fees for Level 9 Eastern/Western Championships & Level 10 National Championships to: \$225
- Xcel Code of Points will transition to digital in 2028.
- Proposal has been submitted for an Xcel Nationals. Details to follow as they work through putting a plan together.
- The current Xcel code 2022-2026 will be extended through 2028. The National Office is working to have the DP code and the Xcel code change on opposing years so they can give full attention to each from the Technical Committees. This will also allow for coaches who coach both DP and Xcel learn one new set of rules at a time.

## 2025–2026 Calendar Reminders

### FALL COMPETITION SEASON

-  **Drop Back Deadline (L3/4/5, L2, XB, XS): October 19, 2025**
-  **Last Qualifying Weekend (L3/4/5): November 8–9, 2025**
-  **Last Qualifying Weekend (L2, XB, XS - Fall): November 15–16, 2025**

- ★ **L3/4/5 State Meet: November 21–23, 2025**
  - ★ **L2/XB/XS Fall State Meet: December 6–7, 2025**
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## SPRING COMPETITION SEASON

- 🔄 **Drop Back Deadline (Level 6–10): February 22, 2026**
  - 🔄 **Drop Back Deadline (XG, XP, XD, XSA): March 8, 2026**
  - ✅ **Last Qualifying Weekend (Level 6–10): March 14–15, 2026**
  - ★ **Level 6–10 State Meet: March 27–29, 2026**
  - ✅ **Last Qualifying Weekend (XP/XD/XSA): March 28–29, 2026**
  - ✅ **Last Qualifying Weekend (XG): April 4–5, 2026**
  - ★ **XP/XD/XSA State Meet: April 10–12, 2026**
  
  - ★ **Level 9/10 Regionals: April 9–12, 2026**
  - ★ **XG State Meet: April 17–19, 2026**
  - ★ **Level 6/7/8 Regionals: April 17–19, 2026**
  - ★ **XP/XD/XSA Regionals: April 24–26, 2026**
  - ★ **Level 9 Westerns: April 30 – May 3, 2026**
  - ★ **Gold Regionals: May 1–3, 2026**
  - ★ **Level 10 Nationals: May 7–10, 2026**
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## SPRING XB/XS SEASON

- 🔄 **Spring Drop Back Deadline (XB/XS): April 12, 2026**
  - ✅ **Last Qualifying Weekend (XB/XS Spring): May 15–17, 2026**
  - ★ **XB/XS Spring State Meet: May 29–31, 2026**
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## 🧩 Level Reps

Level	Representative
Level 9/10	Eric
Level 6/7/8	Allie
Level 5	Stephanie

Level 3/4	Stephanie
Platinum/Diamond/Sapphire	Trevor
Gold	Alicia
Bronze	Lisa (Spring), Stephanie (Fall)
Silver	Trevor (Spring), Stephanie (Fall)

 Level Rep Duties:

- Responsible for club follow-up regarding verification spreadsheet submissions
- Spreadsheet available at: [www.cousag.com](http://www.cousag.com)

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 **Coach Reminders**

- Fill out all necessary forms:
  - Level 4–6 Mobility
  - Level 6/7/8 IES Designation
  - Xcel State Designation
  - **Score Verification for ALL levels**

**\*All forms can be found at [www.cousag.com](http://www.cousag.com)**

- Read the Rules & Policies
- Coaches are responsible for understanding athlete requirements