

# Oregon USA Gymnastics

Summer 2018

## Notes from your State Chairman

Hi all,

Recently I attended the Regional Congress and there were a number of things I wanted to bring your attention to.

1. JO Update—here is the link to the JO Update:

[https://usagym.org/PDFs/Women/Member%20Updates/joopt\\_xcel\\_040618.pdf](https://usagym.org/PDFs/Women/Member%20Updates/joopt_xcel_040618.pdf)

2. Rules and Policies will have several updates on the following:

Vaulting boards, skill cushions on bar releases, inquiries, petitions to regionals, video reviews, cell phone usage on the floor, # of athletes in sessions, meet ref sanction violations, meet entries, warm up times for Levels 6 and 7 plus 9/10 bars is changing, and assigning

starting events at championship meets. So when the new Rules and Policies comes out be sure to download and review it.

3. USA Gymnastics registrations expire this month. Please renew. It is especially important for those connected to your club membership to renew on time. The process to renewing members and athletes has changed. A club can no longer register for their members or their athletes. They must do it themselves.

4. Element changes:

A wolf triple turn on FX is an E, Beam—a switch full is an E, a split leap with a straight leg entry will now be a B, a BHS to shoulder stand mount is a D, Uneven bars—a piked Delchev is an E, and

there have been two new vaults added: Front Handspring on to board with a 1/2 turn onto the vault and a back tuck full off is a 9.9 SV, if you make it a piked 1/2 it is a 10 + 1.

5. If you have not been to a clinic regarding the changes to level 6/7 vault that are in effect this year you most definitely need to purchase a code of points. The books have been on back order but you can always purchase the i-book form.

6. Lastly, composition changes for levels 8 thru 10 are significant—make sure to get the code of points and begin reviewing those changes. You can always bring a judge into your gym to help bring your team up to speed.

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### Special points of interest:

- *Boot Camp, August 18th at Athletic Edge—space is limited—send rosters now!*
- *Fall competitive rosters are due to me by Sept 1st!!*
- *Welcome new Education Chair, Casey Chandler to the Committee! Congrats to Ann Heppner, Judges Rep, Kirsten Gackowski, Secretary, and Kelsey Kottek, Gym Owner/Meet Director Rep for being re-elected.*
- *Please visit our website: [www.usagoregon.com](http://www.usagoregon.com) and check your gym information—please notify us right away of any changes!*

## What's your responsibility right now?

As professional members of USA Gymnastics there are a few things that are expected:

- Renew your membership now! Get all your certifications up to speed while you are at it.
- Continue to educate

yourself. Our website as well as the USA Gymnastics website is the first place to start.

All member clubs who host meets or go to meets are responsible for:

- Turning in Fall rosters to the state.

- Go to Gym Jas and put in your judges request.
- Update your club info on our website: [www.usagoregon.com](http://www.usagoregon.com)
- Purchase your sanctions so the meet reservation system in USA Gymnastics is activated

