

Colorado Men's USAG R&P

State Board- The State Board consists of six members: the State Chairman, 2 Owner Representatives, 2 Coach Representatives and the President of Colorado Judges Association. Each member has a vote except for the President of the Judges Association.

State Chairman Duties –

- Maintain an updated list of all gymnasts, coaches and clubs within the state.
- Maintain electronic communication with all state coaches and clubs. Forward all Regional and National information to all professional members.
- Maintain or oversee a state website.
- Secure bids and oversee execution of State Championships.
- Conduct 2 state meetings per year (one at Championships and one in summer/fall).
- Put together proposed agenda and send them to Board and all clubs minimum one week prior to the meeting.
- Oversee meet calendar and collect state and regional head tax.
- Conduct an annual State Clinic.
- Conduct State Chairman election every two years (odd years).
- Oversee election of State Board every two years (even years).
- Attend State Championships.
- Attend Regional Championships.
- Approve or disapprove petitions to State Championships.
- Collect a list of Graduating Senior athletes and recognize them at the state meet.
- Order State Championship individual medals from A1 for each meet host. Maintain and store extra medals.
- Receive and make recommendations for all petitions to the Regional Championships.
- Maintain an open line of communication with the local judging organization.
- Maintain the State bank account with USA Gymnastics.
- Attend all Regional Board meetings and conference calls or assign a proxy.

- Attend Regional Coaches/Board meetings at the Regional Championships or send a proxy. Prepare a state report that includes the numbers of athletes and clubs within the state as well as the State financial data.
- Attend State Chairman summit if state budget allows.

State Board Duties –

- Maintain an open line of communication with the Chairman and other members of the board and gymnastics community.
- Suggest and ratify changes to Colorado State R&P.
- Participate in State Board meetings or conference calls.
- Attend all State meetings or assign a proxy and help review the agenda for all state meetings.
- Review State Championship bids and vote to award State Championships hosts.
- Fulfill individual assignments on behalf of the State and/or Board.

State Events -

- State Championships (March)
- State Meeting (March at State Championships)
- State Level 4-10 Developmental camp (summer) – “Top 10 Camp”
- State Clinic (summer/fall)
- State Meeting (summer/fall)

State Championships -

- A google form asking for bids to host the State Championships will be sent out no later than **January 15th**.
- Bids will be awarded as early as possible but no later than State Championships.
- State Board will vote on the bids to host State Championships.
- All gymnasts must attend one sanctioned meet in Colorado to be eligible to compete at the Championships unless Chairman approves eligible petition.

- **Clubs must enter their athletes via the USA Gymnastics online registration and send payment to the host clubs no later than Feb. 1st. Changes after Feb. 1st will not be allowed except for movement between JN and JE. This further applies for JN Athletes switching between Division 1 & 2**
- State Championships will be hosted on two separate weekends if needed. State Championships must be at least 3 weeks prior to Regional Championships, if needed level 3-4 will be held the following weekend.
- The State Championships' session format will be decided by the State Board each year to best meet the current needs of the program.
- An attempt should be made to have the meet have a "Championship feel" to it. The State has purchased tablecloths, flags and a backdrop that can be used unless the host club has their own decorations. Other items can be added, at the host clubs expense to enhance the state meet.
- Entries must be completed via the USAG portal and payment for Regional Championship must be submitted to the state chairman by the conclusion of state championship.
- Gymnasts must compete at State championships to qualify for Regional Championships or submit petition to Regional Chairman. Elite team members automatically qualify to Regional Championships (state competition/petition not required).

Hosting an Invitational Meet -

- A google form is sent out on **Feb. 1st** to collect meet dates and final schedule is presented at the spring state meeting.
- USA Gymnastics Sanction Report Forms (including Report form along with Judges and Coaches Sign in sheets) should be returned to USA Gymnastics within 48 hours of the completion of the meet. Copies should also be sent to the State Chairman.
- The National Scholarship form and \$3 per athlete should also be sent to the National Office. A copy of the form is included in the sanction packet.
- A Head Tax of \$7 per athlete should be sent to the State Chairman with the other forms. Checks are made out to CO Men's Gymnastics. \$6 of the head tax is donated to help fund the Rocky Mt. Mavericks and the \$1 is put into the state account to be used for camps, clinics and other possible fundraising events for the state.
- Head tax will be waived for Judge's Cup.
- Coaches' attire must follow USA Gymnastics R&P.
 - Closed toe shoes, no sandals.

- Slacks, Warm up pants or hemmed “dress” shorts (No Denim or “cargo style”—defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh).
- Shirts with gym logo. No cut off sleeves or Tank tops
- No hats.
- No backpacks while spotting.
- Dress code infraction may result in removal from the floor.
- Division 1 and Division 2 must have separate awards for individual
 - Team awards are combined for Division 1 & 2.
- Club Boys:
 - ***Bronze***
 - *Event Achievement Ribbons*
 - *All-Around Participation Medals*
 - *Each athlete called to the podium.*
 - *Ranked Team Trophies*
 - ***Silver***
 - *Event Achievement Ribbons*
 - *Achievement All-Around Medals-blue, red, white*
 - *Each athlete called in “color” group to the podium.*
 - *Ranked Team Trophies*
 - ***Gold***
 - *Event Achievement Ribbons*
 - *Ranked All-Around Medals + Age Divisions*
 - *Ranked Team Trophies*
 - ***Platinum***
 - *Ranked Event Medals + Age Divisions*
 - *Ranked All-Around Medals + Age Divisions*
 - *Ranked Team Trophies*

- Club boys' entry fee should be NO MORE than \$75 for an invitational
- AA - called each boy to receive medal based on scores; announce color category before first kid of that color:
 - **55.8 and above = Blue**
 - **50.4 - 55.7 = Red**
 - **50.3 and below = White**
- Event - ribbons
 - **9.3 and above = Blue**
 - **8.4-9.2 = Red**
 - **8.3 and below = White**
- Additional Ranges for scores may be included at discretion of the meet Host
 - First three score ranges must be implemented
- No head tax is due for club level boys

Hosting a State Championship meet -

- Once bids are awarded, the host clubs must apply for a sanction as soon as possible.
- Any vendors used at a state championship must be a USAG approved vendor: <https://usagym.org/membership/licensed-vendor-program/>
 - These vendors are responsible for following all USAG safe sport policies.
 - All apparel must be designed based on USAG guidelines and approved by USAG
- The host clubs will be responsible for organizing and running the meet, including being the meet director, running the scoring, giving out awards, announcing, and other similar functions.
- The host club is responsible for securing a trainer as per USAG R&P.
- Host gyms are responsible for securing a host hotel located nearby.
- All athletes must be registered for the State championships by February 1st. Price increase set by USAG starting for 2025-2026 Season
 - State entry fee for Club Levels Bronze-Gold meet is set at \$80
 - State Entry fee increased to \$165 for all Level 3-10, and Platinum Athletes

- No extra charge for Technical Sequence Athletes
- A late fee of \$15 per athlete will be due if monies are not received by the host club by Feb. 1st.
- All the entries fees are paid directly to the host clubs. The host club will also collect all proceeds from concessions, spectator entrance and any other revenue generated outside of the State entry fee.
- Host clubs incur all the costs associated with hosting the meet including judges, awards, food for both concessions and hospitality room and any other goods sold, such as t-shirts.
- A \$7 Head tax is also owed by the State Championship hosts.
- USA Gymnastics R&P at a minimum must be followed for awards.
- Individual medals must be ordered from A1 Awards by the State Chairman no later than 5 weeks prior to the first Championship meet. Host clubs are responsible for getting the Chairman the numbers of awards needed.
- State Chairman will determine the design of the team awards and the host clubs are responsible for ordering what they need from the predetermined vendor.
- Division 1 and Division 2 must have their own sets of individual awards. Team Awards are combined for the Divisions.
- Top 3 scores on each event count towards team awards at each level.

State Championship meet awards:

Individual Awards:

- ***Bronze***
 - *Event Achievement Ribbons*
 - *All-Around Participation Medals*
 - *Each athlete called to the podium.*
 - *Ranked Team Trophies*
- ***Silver***
 - *Event Achievement Ribbons*
 - *Achievement All-Around Medals-blue, red, white*
 - *Each athlete called in “color” group to the podium.*
 - *Ranked Team Trophies*

- **Gold**
 - *Event Achievement Ribbons*
 - *Ranked All-Around Medals + Age Divisions*
 - *Ranked Team Trophies*
- **Platinum**
 - *Event Ranked Medals + Age Division*
 - *Ranked All-Around Medals + Age Division*
 - *Ranked Team Trophies*

****Levels are broken up into equal age groups, with no more than 15-20 in an age group****

****D1 and D2 must be in separate groups****

Levels 3 through 6 –

Events – top 30% receive medals

AA – top 50% get medals

Level 7-10

Events – top 30% up to 10 places receive medals

AA – top 50% up to 10 places get medals

****If any age group has 3 or less athletes, the Gold medal is awarded on events and all 3 are recognized in the AA**

Team Awards:

***In all levels/divisions, the team must be comprised of at least 3 athletes in order to receive a team trophy.**

**** Division 1 & 2 must be Combined for Team Scores****

Levels 3-10 & Club –

- a minimum of 3 teams must receive trophies (as long as there are 3 teams)
- If there are less than 10 teams, the top 5 teams are awarded

- If there are more than 10 teams, 50% are awarded up to 10 places

State Level Top 10 Developmental Camp -

- This camp is to take place in the summer and is to be hosted by a Colorado gym.
- The top 10 in the combined age group for each level, level 4 through 10, regardless of age, from the State Championships will qualify to attend the camp. The top 10 in each group will be contacted and if they are unable to attend, the next athletes on the list will be offered the spot until there are 10 athletes at each level. If there are less than 10 in a level, then the available spots will be filled from the other levels for a total number of 70 athletes.
- The camp will be staffed with the appropriate number of coaches, based on the final number of athletes attending. The host club will receive a facility rental fee.
- Camp contact form, athlete's t-shirt size and payment (\$100) are due prior to the start of camp.

State Clinic -

- The state clinic will be held during the summer at a Colorado club.
- Bids are due at the Spring Meeting following the State Championships.
- Any current USAGym male athlete in the state can attend the clinic.
- Any current USAGym coach can attend the clinic regardless of having attending athletes.
- The cost for the clinic is \$100 per athlete. There is a \$15 late fee for athletes that are added past the deadline.
- The state chairman is responsible for obtaining the necessary coaches based on the number of athletes that are attending.
- The State meeting will be held following the clinic.

State Meetings –

- State meetings will be held in the summer/fall following the state clinic and again in the spring during the State Championship.

- The proposed agenda for the State meeting will be sent to the Board 3-4 weeks prior to the meeting. And once agreed upon to all the clubs in the State 1-2 weeks prior to the meeting.
- Only current items on the proposed agenda will be voted on at the state meeting.
- A club representative or proxy must be present at the meeting to cast a vote on behalf of a club.

Club's Rights and Responsibilities -

- Current definition of a club is:
 - Current good standing USAGym club membership.
 - Must have registered athletes in any USAGym men's program under that club membership.
 - Must have a physical location.
 - Must have at least one Pro or Junior Pro member within the Men's discipline.
- On matters that require a public vote, each "club" gets one vote (based upon current definition of a "club").
- Elections for State Chairman and State Board will be done via an online vote. Nominations must be at least 2 weeks before the election and must include a short bio.

Changes to the Colorado State Rules and Policies –

- The Colorado R&P may be amended by a majority vote of the State Board. For a vote to take place, ALL board members must be present, either in person, over the phone or by proxy.

State Championship Bid Criteria:

***State Board will decide the final meet schedule**

****Criteria ranking is different for level 3-4 & Club Bronze, Silver and Gold and level 5-10 & Platinum**

Level 3-4 and Club Bronze, Silver, Gold state meet – if needed to accommodate numbers

1. Session requirements

- Must be able to accommodate a minimum of 72 boys per session
- A minimum of 200 spectator seats is required
- 130+ designated (sole access and use of – street parking does not apply) and adjacent parking spaces are required
- Must be able to have seating for all athletes without obstructing the parent viewing
- Must note specific bathroom (Male, female, family)
- Must include a paragraph on what the Opening ceremonies will be and what decorations will be provided

2. Equipment requirements

- Must meet a minimum of current USAGym requirements

3. Hosting Experience

- Include number/level of meets hosted
- Include scoring system used
- Include staffing capabilities

Level 5-10 & Platinum state meet

1. Equipment requirements

- Must meet a minimum of current FIG standards for equipment
- Must meet a minimum of current USAGym Junior program matting standards

2. Session requirements

- Must be able to accommodate a minimum of 60 boys per session
- A minimum of 200 spectator seats is required
- 130+ designated (sole access and use of – street parking does not apply) and adjacent parking spaces are required
- Must be able to have seating for all athletes without obstructing the parent viewing
- Must note specific bathroom (Male, female, family)
- Must include a paragraph on what the Opening ceremonies will be and what decorations will be provided

3. Hosting Experience

- Include number/level of meets hosted

- Include scoring system used
- Include staffing capabilities