

Rules and Policies 2019-2020 Updates (Pertaining to Judges) – Changes in Red Font

Safe Sport p. 15	Professional members who knowingly employs or associates with an ineligible member will be subject to termination of their membership.
Athlete member rights and obligations p.19	10. Present herself in the proper attire. A deduction for “inappropriate” attire will be applied for any infraction. a. No bare midriffs, backless leotards, leotards with "spaghetti" straps, T-shirts or Boxer shorts. • <b>EFFECTIVE AUGUST 1, 2020: A leotard is considered backless when the open area extends past the bottom of the bra line, and the open area extends past the vertical midpoint of the scapula, unless the open area is filled with mesh or flesh-colored fabric. • A clear bra is acceptable.</b>
P. 19	d. Sleeveless leotards and unitards with ankle length legs, as well as gymnastics footwear, are permitted for competition. Leotard and/or warm-up uniforms should be worn for march-in and award ceremonies. Tennis shoes (athletic sneakers) are NOT considered gymnastics footwear. If the athlete wears tennis shoes while competing, a 0.20 deduction for inappropriate attire will be applied. • <b>In addition to a leotard or ankle-length unitard, acceptable attire would also include ankle-length tights worn under the leotard (that match the leotard or are skin tone).</b>
Judges’ specific responsibilities p. 22	Junior Professional members who turn 18 prior to their Jr. Professional membership expiration date are required to complete the U110: U.S. Center for SafeSport Core Course. are exempt from the Criminal Background check and the U110.
Judges’ Compensation P.44	2. <b>For meets with 3 or more sessions PER DAY, judges are to be provided a minimum of two 30-minute break times. Meals are to be provided during breaks, when appropriate as determined by the Meet Referee, regardless of the number of sessions per day.</b> 3. Additional breaks, of any duration, may be provided between sessions throughout the day. 4. The maximum amount of unpaid break time is 60 minutes (30 minutes for 2-session meets), including the required 30minute breaks for lunch and/or dinner. 5. The daily number of paid hours is calculated by subtracting the required break time per day (minimum 30 minutes for two-session meets and maximum of 60 minutes for meets with more than two sessions) from the total time at the meet (from start of report time/judges’ meeting to the completion of all four events for the day).
P.44	B. Championship Meet Fees Judges shall receive a daily or flat rate, according to ratings. The Daily Rate applies to all meets of more than four hours - up to eight hours of actual judging time. Half-day competitions (up to 4 hours of actual judging time) will use the Half-Day Rate. For JO/Xcel Regional Meets only, any additional time over eight hours/day will be compensated at the regular hourly rate. 1. <b>Judges’ fees to be calculated by:</b> a. Calculate first the total time at the meet (report time to end of competition) b. Deduct up to 1 hour for break time (if only one break-deduct 30 minutes). c. Deduct 8 hours, which are paid by the daily rate d. Any excess hours are paid using the regular hourly rate. i. Example: report time-8:00 AM, three sessions (2 breaks), meet ends 10 PM ii. 14 hours – 1 hour break = 13 hours iii. 8 hours to be paid at daily rate, 5 additional hours to be paid at regular hourly rate for specific rating
XCEL Judging Guidelines p. 45	1. A Level 7/8 rating is required for Platinum and Diamond divisions. • <b>A minimum of Level 9 rating is recommended for Diamond division.</b>
Compensation See p. 46	<b>NEW FEES: Level 9 E/W Championships, JO Nationals, Elite Classic, USA Championships, US Olympic Trials</b>
XCEL Vault p. 56	<b>No Chalk on Vault Runway</b>
XCEL Bars p. 58	3. If a 10 cm (4”) mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an additional 10 cm (4”) or 20 cm (8”) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion must be removed immediately after the release element is performed. • <b>An alternate skill cushion made of softer foam is allowed at invitationals and is REQUIRED at State Meets and above.</b> The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches high for “C” and more difficult bar releases performed in the Diamond Division ONLY (to be placed under the gymnast during the release and immediately removed). This is NOT allowed for dismounts or landings on any event.
XCEL General meet Information p.61	3. In all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first on the event she is competing using the following steps: a. Organize gymnasts into squads. b. Draw for starting events and flights. c. Place the IES first on the event she is competing within the squad. • <b>No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.</b>
XCEL Meet Warm Ups	3) <b>Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on balance beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed.</b> d. Block time for timed warm-ups is not allowed on Vault or Floor Exercise. *Note: The entire squad warms up at the same time for Vault and Floor. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session

XCEL Specific Competition Procedures P.71	6. A final score of 4.00 will be awarded for any Vault, Bars, Beam or Floor Exercise routine that would result in a score equal to or less than four points (4.00). This does not include circumstances that require the event to be voided (score 0.00). a. At State Meet and above, all void (optional) vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
P. 72	7. At State Meets and above, video review will be allowed to consider spotting deductions. 8. At State Meets and above, video review will be allowed to consider floor line violations.
P. 73	3. Floor music must be downloaded onto a mobile device for competition to avoid interruptions/failure to play/errors. Accessing music via cellular or internet connections is not allowed. Streaming music using Wi-Fi will not be allowed.
Junior Olympic Competitive Program – Vault P.93	d. Levels 4-5: All age divisions may use the vault table at any manufacturer setting. Levels 6-7: All age divisions may use the vault table at any manufacturer setting, with a maximum of 135 cm (+ 1 cm). Levels 8-10: All age divisions may use the vault table with a minimum setting of 115 cm (+ 1 cm) and a maximum of 135 cm (+ 1 cm).
VAULT p. 94	c. Athletic tape or Velcro strips (no chalk) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 5 cm (2”), maximum length is 3 feet.
P, 95	4. If a 10 cm (4”) mat (skill cushion) is placed on the competition landing mat(s) for dismount purposes, an additional 10 cm (4”) or 20 cm (8”) skill cushion may be used for the purpose of protection on a release element; however, the additional skill cushion must be removed immediately after the release element is performed. • An alternate skill cushion made of softer foam is allowed at invitationals and is REQUIRED at State Meets and above. The mat must be a minimum of 4 ft. x 6 ft. and eight (8) inches. It may be used for bar releases ONLY (to be placed under the gymnast during the release and immediately removed). This is NOT allowed for dismounts or landings on any event.
Meet Format P. 100	4. Continuous competition format (“Gymfest format”) a. A version of the “Modified Capital Cup” meet format mentioned above, except this new format allows sessions to overlap start and end times. It was created to maximize the number of athletes who can compete in one day in a one gym setup with two sets of equipment, with a smaller separate general warm-up space. Warm-up times and maximum number of competitors for this format should mimic the “Modified Capital Cup” meet format in the below reference chart. For additional information, please see link on usagym.org. B
P. 103	c. In all sanctioned USA Gymnastics State and Regional Championships, Individual Event Specialists (IES) shall be placed first on the event she is competing using the following steps: 1) Organize gymnasts into squads. 2) Draw for starting events and flights. 3) Place the IES first on the event she is competing within the squad. 4) No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
P. 103	9. Draw for competitive order by taking the numbers of all gymnasts assigned to that squad and draw randomly. No one gymnast shall compete as the first performer of the competition in more than one event, unless there are scratches that reduce the total number of competitors in the squad to less than four (4) athletes.
Meet Warm up P. 104	2) Optionals: Level 6-7: 1½ min. x number of gymnasts per squad (regardless of format) Levels 8 / 9 / 10: 2 min. x number of gymnasts per squad (regardless of format) i. For Levels 9 / 10, 2.5 minutes x number of gymnasts per squad on UNEVEN BARS ONLY, INCLUDES BAR SETTINGS (regardless of format).
P. 105	b. All Levels (1-10) Bar settings (adjustments) are NOT included in the warm-up time, unless an athlete chooses to block time, either within their own team or with other teams. 1) The clock will not stop within the block time. 2) Each block is allowed to set the Bars ONE INITIAL TIME before the warm-up time begins. 3) The clock WILL STOP between EACH block. 4) Separate blocks of ANY SIZE can occur within a squad.
P. 105	4) Coaches with more than one gymnast from the same team are allowed to block all of their gymnasts together on balance beam; however, this is NOT required. Individual time per gymnast is allowed with the time stopping between gymnasts. Coaches are strongly encouraged to assist each other with any adjustment of equipment, if needed. d
Specific Competition Procedures P. 108	6. A final score of 1.00 will be awarded for any Compulsory or Optional Bars, Beam or Floor Exercise routine that would result in a score equal to or less than one point (1.00). • At State Meet and above, all void (optional) vaults should be unofficially scored, but not submitted, unless a video review is decisive in determining the vault was complete.
P.110	b. At State Meets and above, video review will be allowed to consider spotting deductions. c. At State Meets and above, video review will be allowed to consider floor line violations.
P.111	4. Floor music must be downloaded onto a mobile device for competitions to avoid interruptions/failure to play/errors. Accessing music via cellular or internet connections at competitions is not allowed.