



# OFFICIAL RULES & REGULATIONS 2024-2025

Updated July 2024



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# **PART A**

## **NGA PROGRAM**

### **CHAPTER 1—COMMUNICATIONS**

### **CHAPTER 2—MISSION & PURPOSE**

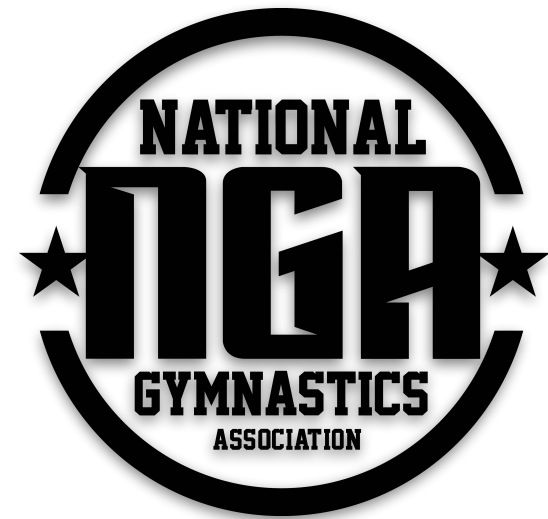
### **CHAPTER 3—CODE OF ETHICAL CONDUCT**

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### **CHAPTER 7—JUDGES/MEDICAL STAFF MEMBERSHIP**



# CHAPTER 1

## NGA COMMUNICATIONS

### MEN & WOMEN STATE COMMUNICATIONS

### NGA COMMUNICATIONS PATHWAY

# MEN & WOMEN STATE REPS

ZONE	STATE REPRESENTATIVES							
M-1	<b>AZ</b> Mike Naddour	<b>CA-N</b> Michelle Huffman	<b>CA-S</b> Dean Archie	<b>HI</b>	<b>NV</b>	<b>UT</b> Eric Kartchner		
W-1	<b>AZ</b> Courtney Hatheway	<b>CA-N</b> Haylee Brown	<b>CA-S</b> Bambi Olesiuk	<b>HI</b>	<b>NV</b>	<b>UT</b> Jeremy Graff		
M-2	<b>AK</b>	<b>ID</b>	<b>MT</b>	<b>OR</b>	<b>WA</b> Josh Blaser	<b>WY</b>		
W-2	<b>AK</b>	<b>ID</b>	<b>MT</b>	<b>OR</b>	<b>WA</b> Claudia Cecil	<b>WY</b> Carrie Raymond		
M-3	<b>AR</b>	<b>CO</b>	<b>KS</b>	<b>NM</b>	<b>OK</b>	<b>TX</b>		
W-3	<b>AR</b>	<b>CO</b>	<b>KS</b>	<b>NM</b>	<b>OK</b>	<b>TX</b>		
M-4	<b>IA</b>	<b>MN</b>	<b>MO</b> Richard Quick	<b>NE</b>	<b>ND</b>	<b>SD</b>	<b>WI</b>	
W-4	<b>IA</b>	<b>MN</b> Krystal Wallerich	<b>MO</b>	<b>NE</b>	<b>ND</b> Sheila Anderson	<b>SD</b>	<b>WI</b> Abby Wefel <b>WI</b> Brenen Boarman	<b>CAN</b> Kim O'Brien
M-5	<b>IL</b>	<b>IN</b>	<b>KY</b>	<b>MI</b>	<b>OH</b>			
W-5	<b>IL</b> Justin Hornickel	<b>IN</b> Tracy Dunn	<b>KY</b> Niki Martin	<b>MI</b>	<b>OH</b>			
M-6	<b>CT</b>	<b>ME</b> Jonas Contakos	<b>MA</b>	<b>NH</b>	<b>NY</b>	<b>RI</b>	<b>VT</b>	
W-6	<b>CT</b>	<b>ME</b> Doug Springer	<b>MA</b>	<b>NH</b> Cori Cunningham	<b>NY</b> Bill Borges	<b>RI</b> Sue Paul	<b>VT</b>	
M-7	<b>DE</b>	<b>MD</b>	<b>NJ</b>	<b>PA</b>	<b>VA</b>	<b>WV</b>	<b>DC</b>	<b>PR</b> Maria M Cartagena
W-7	<b>DE</b>	<b>MD</b>	<b>NJ</b> Chris Deskovic	<b>PA</b>	<b>VA</b> Margie Barnes	<b>WV</b>	<b>DC</b>	<b>PR</b> Maria M Cartagena
M-8	<b>AL</b>	<b>FL</b> Brian Fowler	<b>GA</b> James Jones	<b>LA</b> Kevin Anderson	<b>MS</b>	<b>NC</b> Shawn Bryant	<b>SC</b>	<b>TN</b>
W-8	<b>AL</b>	<b>FL</b> Teresa Proctor <b>FL</b> Gillian Kieft	<b>GA</b> Jackie Estes	<b>LA</b> Jessica Smith <b>LA</b> Tyson Schmidt	<b>MS</b>	<b>NC</b> Melissa Ruffino	<b>SC</b> Millie Godines	<b>TN</b> Melanie Kurz



## NGA COMMUNICATION PATHWAY

COMMUNICATION		
WHO ASKS	WHAT IS	WHO ANSWERS
<ul style="list-style-type: none"> <li>• General Public</li> <li>• NGA Membership</li> </ul>	<ul style="list-style-type: none"> <li>• Programming</li> <li>• Rules &amp; Regulations clarification</li> <li>• Abuse non-emergency</li> <li>• All Membership questions</li> </ul>	<ul style="list-style-type: none"> <li>• State Reps</li> <li>• NGA Membership Department</li> </ul>
<ul style="list-style-type: none"> <li>• General Pubic</li> <li>• NGA Membership</li> <li>• Judges Community</li> </ul>	<ul style="list-style-type: none"> <li>• Judging requirements</li> <li>• Judging rules clarification</li> </ul>	<ul style="list-style-type: none"> <li>• State Reps</li> <li>• National Judging Administrator</li> <li>• National Technical Administrator</li> </ul>
<ul style="list-style-type: none"> <li>• Individual State Reps</li> </ul>	<ul style="list-style-type: none"> <li>• Technical questions</li> <li>• Code of Point questions</li> <li>• Athlete Petitions</li> <li>• Recommendations for Changes</li> <li>• Athlete Qualification/Registration</li> <li>• Competition Bids</li> <li>• Competition Reports</li> <li>• Rules &amp; Regulations questions</li> </ul>	<ul style="list-style-type: none"> <li>• Men's Program Administrator</li> <li>• Women's Program Administrator</li> </ul>
<ul style="list-style-type: none"> <li>• Media inquiries</li> </ul>	<ul style="list-style-type: none"> <li>• General information</li> </ul>	<ul style="list-style-type: none"> <li>• NGA Director of Communications</li> </ul>



**NGA Board Chairperson**  
**Kaye Pinkowski**

<a href="#"><u>Men's Program Administrator</u></a> <b>Mike Naddour</b>	<a href="#"><u>Women's Program Administrator</u></a> <b>Bryan Neal</b>	<a href="#"><u>Membership</u></a> <b>Elizabeth Millard</b>	<a href="#"><u>President/CEO</u></a> <b>Linda Barclay</b>
<a href="#"><u>Men's Judging Administrator</u></a> <b>Thomas Burton</b>	<a href="#"><u>Women's Ass't Program Administrator</u></a> <b>???????</b>	<a href="#"><u>Merchandise</u></a> <b>Elaine Snapp</b>	<a href="#"><u>Director of Communications</u></a> <b>Robert Neat</b>
<i>Click title for email</i> <i>Click name for phone</i>	<a href="#"><u>Women's Technical Administrator</u></a> <b>Donagene Jones</b> <a href="#"><u>Women's Judging Administrator</u></a> <b>Pat Ergle</b>	<a href="#"><u>GotScored Virtual Director</u></a> <b>Kim Keller</b>	<a href="#"><u>Sanctions</u></a> <b>Mandy Tilden</b> <a href="#"><u>Digital</u></a> <b>Chere Hoffman</b>

# CHAPTER 2

## MISSION AND PURPOSE

### MISSION STATEMENT & INTRODUCTION

PURPOSE

HISTORY

WELLNESS VISION STATEMENT

ONE SET OF RULES

ONE SET OF DEDUCTIONS

ONE GOAL





## MISSION, VISION AND PURPOSE

NATIONAL GYMNASTICS ASSOCIATION		
PURPOSE	HISTORY	WELLNESS VISION STATEMENT
<ul style="list-style-type: none"> <li>• Provide a positive and healthy competitive and wellness program for the sport of gymnastics that will permit participants of all levels to achieve their own personal goals</li> </ul>	<ul style="list-style-type: none"> <li>• NGA was granted 501(c)3 status, effective June 2020</li> <li>• The first National Championships were achieved in 2021 and are anticipated as a culmination for all future seasons</li> <li>• NGA has a focused goal to bring NGA to all fifty (50) states</li> </ul>	<ul style="list-style-type: none"> <li>• <i>“National Gymnastics Association strives to provide a positive and competitive wellness program for the sport of gymnastics that creates a transparent, safe and nurturing environment to foster excellence by engaging athletes and their families in programs that promote athletes' physical, social and emotional health”</i></li> <li>• This vision allows participants of all ages and ability levels to achieve their own personal goals</li> </ul>
ALL ONE TOGETHER		
ONE SET OF RULES	ONE SET OF DEDUCTIONS	ONE GOAL
<ul style="list-style-type: none"> <li>• As a completely optional program, there are ten (10) skill levels for men and fourteen (14) for women</li> <li>• Designed to combine all levels of competitive gymnastics into one program—Level 1N (beginner) through Level 10N (college bound)</li> </ul>	<ul style="list-style-type: none"> <li>• Utilizing one program for each level of competition allows for one set of deductions over the skill levels offered and streamlines the judging process</li> </ul>	<ul style="list-style-type: none"> <li>• To provide a fun, safe environment for each member that will also keep the business of gymnastics strong</li> </ul>



**Learn more about our Camps!**

# CHAPTER 3

## CODE OF ETHICAL CONDUCT

### ETHICS CODE/SCREENING

NGA COACHES ETHICS CODE (NCEC)

ABUSE PREVENTION SCREENING

### NATIONAL COACHES CHARTER

### BEST SAFE PRACTICES

PRACTICE SESSIONS

ONE-ON-ONE

LOCKER ROOM

MEDICATION/DRUGS/ALCOHOL

HANDS ON ADJUSTMENTS, MASSAGES

STRETCHING, TAPING, ICING, CORRECTION, PHYSICAL CONTACT

PHOTOS / VIDEOGRAPHY

REPORTING

EMAIL / TEXT / SOCIAL MEDIA

TRANSPORTATION

GIFTING

### CODE COMPLIANCE & ENFORCEMENT

VOLUNTARY COMPLIANCE

REFER

ATHLETES BEST INTEREST

COMPLIANT PROCESS

MEMBER CONDUCT

POLICY VIOLATIONS AT SANCTIONED COMPETITIONS

FIRST OFFENSE

SECOND OFFENSE

THIRD OFFENSE

## ETHICS CODE/SCREENING

### NGA COACHES ETHICS CODE (NCEC)

<ul style="list-style-type: none"> <li>• NGA Club, Coach, Independent Coach and Judge Members have the obligation to and responsibility for providing a positive and safe environment for all NGA athletes with safety being a primary focus</li> </ul>	<ul style="list-style-type: none"> <li>• Accurate and positive communication with athletes is essential</li> </ul>	<ul style="list-style-type: none"> <li>• Each Member is responsible for contributing to a culture that includes inclusivity, positivity and organization while delivering a gymnastics program focusing on the athlete</li> </ul>
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### ABUSE PREVENTION SCREENING

<ul style="list-style-type: none"> <li>• Should a situation surface that cannot be handled by the local club member promptly and in a satisfactory manner, member should refer the matter to NGA via email: <a href="mailto:info@nationalgym.org">info@nationalgym.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• All adult members (age 18 and over), as a condition of their membership with NGA, must submit to and complete a satisfactory background screening through NCSI link: <a href="#">NGA/Background</a></li> <li>• Background screening is required every two (2) years and expires June 30th of the 2nd year</li> </ul>	<ul style="list-style-type: none"> <li>• Any person identified on any published banned list will be precluded from obtaining NGA membership</li> </ul>
<ul style="list-style-type: none"> <li>• Any professional member who facilitates or fails to report an individual who is ineligible or refuses to screen, will be terminated as a member</li> </ul>	<ul style="list-style-type: none"> <li>• All NGA members are required to read and fully comply with the NGA Code of Conduct</li> </ul>	<ul style="list-style-type: none"> <li>• NGA will comply with sport-specific safeguarding arrangements for athlete protection</li> </ul>
<ul style="list-style-type: none"> <li>• Membership shall be granted without discrimination or harassment on the basis of age, gender identity, race, ethnicity, national origin, religion, sexual orientation, gender expression, genetic information, disability, language, socioeconomic status, veteran status or marital status or any other status protected by federal, state or local law, where applicable</li> </ul>		



**Learn about the Benefits of Gymnastics!**



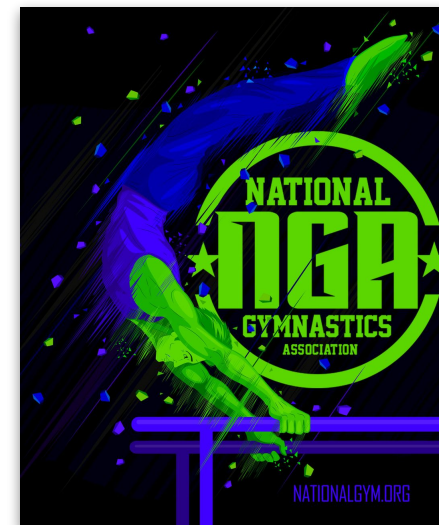
# NATIONAL COACHING CHARTER

## NGA NATIONAL COACHING CHARTER (NCC)

- Coaches should be the most ethical persons in an organization
- The public and all of its people are constantly observing and scrutinizing sport organizations
- Sport organizations are in the public eye and the public should demand nothing less than professionalism from its coaches
- Everyone understands coaches are role models and any prospective coach should be aware of and strive to produce positive images and public relations for the sake of the sport organization and the community
- Whether or not a coach, or other professional, has violated the NCC Code does not by itself determine if they are legally liable in a court action, if a contract is enforceable or if other legal consequences occur—these results are based on legal rather than ethical rules

- However, compliance with or violation of NGA NCC Codes may be admissible as evidence in some legal proceedings, depending on the circumstances
- This Code and its parts also provides a common set of values upon which coaches and professionals build their professional work
- It is the individual responsibility of each person to aspire to the highest possible standards of conduct
- Coaches and industry professionals respect and protect human and civil rights and do not knowingly participate in or condone unfair discriminatory practices

- The **NATIONAL COACHING CHARTER (NCC)** Code is intended to provide standards of professional conduct that are applied to members of National Gymnastics Association (NGA)
- The NCC Charter provides both the general principles and the decision rules to cover most situations encountered by coaches and industry professionals
- Its primary goal is the welfare and protection of the individuals and groups with whom coaches work
- The NCC Charter was inspired by the Ethical Principles of Psychologists and Code of Conduct (American Psychological Association, Vol. 47, No.12 1597-1611)
- Other ideas for ethical standards were drawn from Coaching Association of Canada and British Institute of Sport Coaches



**NGA National Coaching Charter**


- *The NCC Code has been provided by the US Gymnastics Coaches Association, and partnered with US Elite Coaches Association as a document to use in its entirety by NGA and it's membership*
- *This charter is not intended to supersede USOPC SafeSport codes*

## BEST SAFE PRACTICES

### BEST SAFE PRACTICE GUIDELINES

Adults with access to athletes should be mindful to avoid even the appearance of behaviors that could lead to or encourage grooming behavior. Below are suggested policies to avoid actions and appearances of inappropriate behavior. Healthy, happy athletes should be our common goal and consistent behavior as outlined below should assist in attaining individual best results.

#### BEING MINDFUL FOR ATHLETE SAFETY

PRACTICE SESSIONS	ONE ON ONE	LOCKER ROOM		
<ul style="list-style-type: none"> <li>Whenever minors are training on site, parents and/or legal guardians <b>MUST</b> have access to observe</li> </ul>	<ul style="list-style-type: none"> <li>Athlete and coach should always remain in an open area (no closed door), visible by others or if a private conversation is necessary and/or appropriate, another adult must be present in the room</li> <li>A coach should never be alone with any number of gymnasts at any time</li> </ul>	<ul style="list-style-type: none"> <li>No unrelated adult is permitted to be alone with an athlete in a changing area, dressing room or locker room</li> <li>Only a parent and/or legal guardian may be with their own child</li> </ul>	 <p><b>Learn about NGA BEST SAFE PRACTICES</b></p>	
<p><b>MEDICATION/DRUGS/ALCOHOL</b></p> <ul style="list-style-type: none"> <li>An impaired coach, instructor, adult should have <b>NO</b> contact with an athlete at any time</li> </ul>				
<p><b>HANDS ON ADJUSTMENTS, MESSAGES</b></p> <ul style="list-style-type: none"> <li>Rubdowns, massages, tapings or adjustment of any sort are not to be done without written consent from the parent and/or legal guardian and in an open area on the competition or gym floor in view of others</li> </ul>	<p><b>STRETCHING, TAPING, ICING, CORRECTION, PHYSICAL CONTACT</b></p> <ul style="list-style-type: none"> <li>Physical interaction with an athlete should be for correction and coaching and should not include any compromising positions</li> <li>Physical interaction (coaching), Icing and taping should occur in an open area on the competition or gym floor in view of others</li> </ul>	<p><b>PHOTOS / VIDEOGRAPHY</b></p> <ul style="list-style-type: none"> <li>Athlete photographs or videos may only be taken in public view with parent and/or legal guardian approval and must be appropriate for any public publication</li> </ul>		
<p><b>REPORTING</b></p> <ul style="list-style-type: none"> <li>All coaches and staff of a club member are mandatory reporters of any child abuse</li> <li>If receiving a possible child abuse call you are to contact the child protection services and local police in your area</li> <li>Suspected child abuse should be reported to <a href="http://www.childwelfare.gov">www.childwelfare.gov</a></li> </ul>	<p><b>EMAIL / TEXT / SOCIAL MEDIA</b></p> <ul style="list-style-type: none"> <li>Any and all adult generated social media to a minor must also include the parent and/or legal guardian</li> </ul>	<p><b>TRANSPORTATION</b></p> <ul style="list-style-type: none"> <li>Minor athletes (under the age of 18) should never ride alone with an unrelated adult</li> </ul>	<p><b>GIFTING</b></p> <ul style="list-style-type: none"> <li>Gifts are unnecessary and inappropriate unless all athletes are included for a specific purpose</li> <li>No individual gifts allowed and must be with parent and/or legal guardian consent</li> </ul>	

**ALL ONE-ON-ONE ADULT TO MINOR INTERACTIONS MUST ALWAYS BE OBSERVABLE AND INTERRUPTABLE**



## CODE COMPLIANCE & ENFORCEMENT

CODE COMPLIANCE			
VOLUNTARY COMPLIANCE	REFER	ATHLETES BEST INTEREST	COMPLIANT PROCESS
<ul style="list-style-type: none"> <li>• Compliance with the Rules &amp; Regulations depends</li> <li>• First, on understanding and voluntary compliance</li> <li>• Second, on reinforcement by peers</li> <li>• Third, when necessary, on enforcement through disciplinary action</li> </ul>	<ul style="list-style-type: none"> <li>• Should a situation arise that cannot be handled by the local club member promptly and in a satisfactory matter, member should refer the matter to NGA via email: <a href="mailto:info@nationalgym.org">info@nationalgym.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• The best interest of each athlete must be paramount irrespective of the level of the athlete's competition</li> </ul>	<ul style="list-style-type: none"> <li>• All persons (Mandatory Reporters) who suspects or has knowledge of sexual or physical abuse MUST report to local authorities immediately</li> <li>• Any complaint of sexual or physical abuse to NGA will immediately be forwarded to the local authorities</li> <li>• NGA is not an investigating organization</li> <li>• Fully documented complaints for mental or emotional abuse may be emailed to <a href="mailto:info@nationalgym.org">info@nationalgym.org</a>.</li> <li>• Written notice to both parties and an opportunity for response, and, where appropriate, additional discussions with the parties, President or Chairman of the Board or an appointed designee may                             <ul style="list-style-type: none"> <li>• Recommend counseling or mediation for both parties or the member who is the subject of the complaint</li> <li>• Impose an appropriate sanction or an appropriate relief of membership</li> <li>• Recommend athlete(s) move to another club</li> </ul> </li> </ul>
MEMBER CONDUCT POLICY			
DOCUMENTATION	ROLE MODEL	COMPLAINT REVIEW	
<ul style="list-style-type: none"> <li>• Member is responsible for accurate official documentation of personal information as well as any documentation submitted on behalf of athletes, (i.e. dates of birth, residence, scores submitted for qualification/advancing)</li> </ul>	<ul style="list-style-type: none"> <li>• Each member is responsible for conducting themselves to not only be a role model for athletes under their care, but to utilize styles of teaching/learning that will preclude any athlete abuse</li> <li>• Such abuse to be avoided may include: verbal, emotional, sexual, physical, alcohol or drugs, or other inappropriate actions/behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Upon review of complaint and where appropriate, additional discussions with Complainant and/or Member who is subject of complaint, President or Chairman of the Board may:                             <ul style="list-style-type: none"> <li>• Determine level of complaint</li> <li>• As appropriate, may refer to the State Reps or other involved persons</li> </ul> </li> </ul>	
POLICY VIOLATIONS AT SANCTIONED COMPETITIONS			
FIRST OFFENSE	SECOND OFFENSE	THIRD OFFENSE	
<ul style="list-style-type: none"> <li>• Verbal warning issued by Competition Director/Competition Referee and/or designated representative of NGA</li> <li>• Warning to be documented and recorded by Competition Referee on sanction report form</li> </ul>	<ul style="list-style-type: none"> <li>• Written warning from National NGA Office</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of NGA membership for the remainder of the season</li> <li>• Severity of the violation may result in membership being permanently revoked</li> </ul>	

# CHAPTER 4

## CLUB MEMBERSHIP OVERVIEW

### CLUB MEMBERSHIP

NGA CLUB MEMBERSHIP  
CLUB PARTICIPATION  
GOOD STANDING  
CLUB NUMBER  
MEMBERSHIP PROTECTION  
MEMBER LOG IN

### CLUB MEMBER RIGHTS AND OBLIGATIONS

#### CLUB MEMBER RIGHTS

PARTICIPATION  
COMPETITION FACILITIES  
AWARDS  
COURTEOUS TREATMENT

### CLUB MEMBERS OBLIGATION

NGA MEMBERSHIP  
COMPLIANCE  
FOLLOW NGA POLICIES  
ABIDE BY COMPETITION RULES  
ABUSE PREVENTION POLICY  
ASSOCIATIONS  
INSURANCE



# CLUB MEMBERSHIP DETAILS

## CLUB MEMBERSHIP RULES

**ANY GYMNASTICS CLUB IS ELIGIBLE FOR CLUB MEMBERSHIP PROVIDED THE OWNER IS NOT ON a BANNED OR SUSPENDED LIST OF ANY KIND**

CLUB PARTICIPATION	GOOD STANDING	CLUB NUMBER
<ul style="list-style-type: none"> <li>• Club registration link is available on the <a href="#">NGA Club Membership page</a></li> <li>• Club Membership provides ALL Coach and Rookie Coach memberships to be <b>FREE</b></li> <li>• Athlete’s wishing to participate in NGA sanctioned events <b>MUST</b> be affiliated with a current NGA Club Member</li> </ul>	<ul style="list-style-type: none"> <li>• Club Members in good standing <b>ONLY</b> may apply for Athlete Membership with NGA</li> <li>• Club owners must <b>NOT</b> be on any banned or suspended list to be in good standing</li> </ul>	<ul style="list-style-type: none"> <li>• Club number assigned will remain the same through the length of membership with NGA</li> </ul>



## CLUB MEMBERSHIP REQUIREMENTS

NGA CLUB MEMBERSHIP	CLUB MEMBER NUMBER ASSIGNED	MEMBERSHIP PROTECTION	MEMBERSHIP LOGIN
<ul style="list-style-type: none"> <li>• Club Membership is available for an annual fee of <b>\$225 USD</b></li> <li>• Club Membership includes all coaches membership at no additional cost</li> <li>• Coaches are responsible for creating their own profiles for membership</li> <li>• Club Administrator to send onboarding link to all coaches in Club Membership Program</li> </ul>	<ul style="list-style-type: none"> <li>• Club Member Numbers renewed and/or assigned only after:                             <ul style="list-style-type: none"> <li>• Payment of applicable fee in full is received</li> <li>• Club Membership Application form is received fully completed with all required information and signatures</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Club Memberships are non-refundable, non-transferable and not prorated</li> </ul>	<ul style="list-style-type: none"> <li>• Club Membership is valid for one year, July 1 through June 30</li> </ul>
	INTERNATIONAL CLUB MEMBERSHIP		
	<ul style="list-style-type: none"> <li>• NGA is open to international club membership following the same requirements as the US teams</li> <li>• All club athletes must also be NGA members</li> <li>• NGA is not able to provide liability or participant medical insurance outside of the US</li> <li>• Liability coverage will be in place for International teams competing inside the USA at an NGA sanctioned competition</li> <li>• Medical is only covered if the athlete holds a visa</li> <li>• NGA encourages all international members to obtain travel insurance including medical when competing in the US</li> </ul>		





# CLUB MEMBERS RIGHTS & OBLIGATIONS

CLUB MEMBER RIGHTS			
<p><b>PARTICIPATION</b></p> <ul style="list-style-type: none"> <li>• Enter and compete athletes in a sanctioned NGA competition, provided all requirements for eligibility (<i>Membership, level, age, discipline</i>) are met</li> </ul>	<p><b>COMPETITION PROGRAM</b></p> <ul style="list-style-type: none"> <li>• Have access to all NGA programs and information to use the NGA programs on the NGA website</li> </ul>		<p><b>COURTEOUS TREATMENT</b></p> <ul style="list-style-type: none"> <li>• Expect respectful treatment from all NGA Staff, contractors, and volunteers</li> </ul>
ALL CLUB MEMBERS ARE OBLIGATED TO:			
<p><b>COMPLIANCE</b></p> <ul style="list-style-type: none"> <li>• NGA has the right to audit Club Member to determine whether club is compliant with this Club Membership Agreement or any governing policy</li> <li>• Clubs are required to promptly provide all necessary information requested by NGA as part of any such audit</li> <li>• Club does not adhere to Club Member Agreement and all governing policies, it will lose membership</li> </ul>	<p><b>FOLLOW NGA POLICIES</b></p> <ul style="list-style-type: none"> <li>• Enforce all NGA policies, including Abuse Prevention, Rules &amp; Regulations and Code of Conduct</li> </ul>	<p><b>ABIDE BY COMPETITION RULES</b></p> <ul style="list-style-type: none"> <li>• Follow all rules and schedules of an NGA sanctioned competition</li> </ul>	<p><b>ABUSE PREVENTION POLICY</b></p> <ul style="list-style-type: none"> <li>• All Club members must have an Abuse Prevention policy provided by NGA that affirms commitment to the welfare of gymnastics participants in their club</li> <li>• Club Members policy must minimally include:                             <ul style="list-style-type: none"> <li>• Description of conduct that will not be tolerated</li> <li>• Standards of behavior for staff/ volunteers promoting athlete safety</li> <li>• Prevention polices to eliminate the opportunity for grooming behaviors</li> <li>• Process for receiving and handling complaints regarding conduct that violates Club Member requirements</li> <li>• As Mandatory Reporters, club personnel must report any suspected abuse to local authorities</li> </ul> </li> </ul>
	<p><b>ASSOCIATIONS</b></p> <ul style="list-style-type: none"> <li>• Will not hire/be associated in any way with persons permanently ineligible for NGA membership unless association to ineligible person is through their child being in the club's program.</li> <li>• Will not be associated/hire any person listed on a federal, state sex-offender registry—Search conducted: <a href="http://nsopw.gov">nsopw.gov</a>)</li> </ul>	<p><b>NGA MEMBERSHIP</b></p> <ul style="list-style-type: none"> <li>• Obtain a Member Club Number from NGA Membership</li> <li>• Have Club coaches complete Coach membership requirements</li> <li>• Maintain all completed Athlete Registration forms for up to (7) years</li> </ul>	
INSURANCE			
<ul style="list-style-type: none"> <li>• Maintain comprehensive general liability insurance, limits of at least \$1,000,000 per occurrence, \$2,000,000 annual aggregate for the entire duration of NGA club membership</li> <li>• Upon request of NGA, provide insurance policy certificate demonstrating the insurance required by this Agreement</li> <li>• Clubs must notify NGA at least 30 days before any cancellation of, or material change to, the required insurance</li> <li>• Failure to maintain required insurance is grounds to terminate NGA membership</li> <li>• Maintain Sexual Abuse Insurance — Check with <a href="#">Snyder Insurance</a></li> </ul>			

# CHAPTER 5

## COACH MEMBERSHIP OVERVIEW

### COACH MEMBERSHIP

AGE REQUIREMENT

NGA SANCTIONED EVENTS

ABUSE PREVENTION

NCSI BACKGROUND SCREENING

CONCUSSION PROTOCOL

UNAFFILIATED COACHES

### ROOKIE COACH MEMBERSHIP

ACCOMPANIED

AGE REQUIREMENT

NGA SANCTIONED EVENTS

ABUSE PREVENTION

NCSI BACKGROUND SCREENING

CONCUSSION PROTOCOL

UNAFFILIATED COACHES

### ALL COACHES RESPONSIBILITIES

CREDENTIALS

ETHICS

COMPETITION ARENA

INJURIES

# COACH MEMBERSHIP DETAILS

## COACH MEMBERSHIP

**ANY COACH WHO SATISFACTORILY COMPLETES THE FOLLOWING IS ELIGIBLE FOR COACH MEMBERSHIP**

AGE REQUIREMENT	NGA SANCTIONED EVENTS	
<ul style="list-style-type: none"> <li>• 18 years and older</li> </ul>	<ul style="list-style-type: none"> <li>• Coach Member must hold a valid Membership prior to participating in any NGA Sanctioned event</li> <li>• Only Coach Members actively coaching are allowed on the competition floor for a sanctioned competition - NO wives, children or babies, husbands or club owners, if not coaching with an active and current Coach membership</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone who has been banned from any organization will be prohibited from obtaining a NGA membership</li> </ul>



## COACH MEMBERSHIP REQUIREMENTS

COACH MEMBERSHIP	ABUSE PREVENTION	NCSI BACKGROUND SCREENING
<ul style="list-style-type: none"> <li>• NGA Annual Coach Membership is available for all coaches (18+) assigned to a registered NGA Club Member = <b>FREE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Successfully complete Abuse Prevention Course—Every two (2) years = <b>FREE</b></li> <li>• Only NGA Abuse Prevention Course will be accepted—SafeSport will no longer be accepted</li> </ul>	<ul style="list-style-type: none"> <li>• Successfully complete NCSI Criminal Background Check every two (2) years = <b>\$30 USD</b></li> <li>• Coach screened by another sports organization using ONLY NCSI must email proof of screening—no further screening is necessary until after the current screening expires</li> <li>• Send to: <a href="mailto:sanctions@nationalgym.org">sanctions@nationalgym.org</a></li> </ul>
INDEPENDENT COACHES	CONCUSSION PROTOCOL	
<ul style="list-style-type: none"> <li>• All coaches must be affiliated with a registered NGA club to participate in NGA events</li> </ul>	<ul style="list-style-type: none"> <li>• Successfully complete Concussion Protocol every two (2) years = <b>FREE</b></li> <li>• Be familiar with the state's protocol, following a concussion for "return to play"</li> <li>• Heads-Up Concussion course located at: <a href="#">NGA Membership—Concussions</a></li> </ul>	
<ul style="list-style-type: none"> <li>• All certifications and screenings are good for 2 years expire June 30th of the 2nd year</li> <li>• Coaches must complete the Coaches Agreement every year to be active and allowed on the competition floor.</li> </ul>		



# ROOKIE COACH MEMBERSHIP DETAILS

ROOKIE COACH MEMBERSHIP		
<b>ROOKIE COACH MEMBERSHIP IS ONLY FOR COACHES (16-17 Yrs) COACHING AT NGA SANCTIONED EVENTS</b>		
AGE REQUIREMENT	NGA SANCTIONED EVENTS	ACCOMPANIED
<ul style="list-style-type: none"> <li>16-17 years old</li> </ul>	<ul style="list-style-type: none"> <li>Rookie Coach Member must hold a valid Membership prior to participating in any NGA Sanctioned event</li> </ul>	<ul style="list-style-type: none"> <li>Rookie Coach must be accompanied by an active Coach Member (18+) to be eligible to be in the competition area as a coach</li> </ul>
ROOKIE COACH MEMBERSHIP REQUIREMENTS		
ROOKIE COACH MEMBERSHIP	ABUSE PREVENTION	CONCUSSION PROTOCOL
<ul style="list-style-type: none"> <li>NGA Annual Rookie Coach Membership is available for all coaches (16-17 yrs) assigned to a registered NGA Club Member = <b>FREE</b></li> </ul>	<ul style="list-style-type: none"> <li>Successfully complete NGA Abuse Prevention Course—Every two (2) years Requirement = <b>FREE</b></li> <li>Only NGA Abuse Prevention Course will be accepted—SafeSport will no longer be accepted</li> </ul>	<ul style="list-style-type: none"> <li>Successfully complete Concussion Protocol every two (2) years = <b>FREE</b></li> <li>Be familiar with the state's protocol, following a concussion for "return to play"</li> <li>Heads-Up Concussion every two (2) years course located at: <a href="#">NGA Membership—Concussions</a></li> </ul>
ROOKIE COACH MEMBERSHIP TURNING 18 YEARS OF AGE		
18th BIRTHDAY	EXPIRATION DATE	
<ul style="list-style-type: none"> <li>Rookie Coach Members, upon their 18th birthday, may continue as a Rookie for the current season</li> </ul>	<ul style="list-style-type: none"> <li>Upon Rookie Coach membership expiration, they will be required to renew as a Coach Member with:                             <ul style="list-style-type: none"> <li>Completed NCSI Background check, NGA Abuse Prevention and Concussion Course</li> </ul> </li> <li>Anyone who has been banned from any organization will be prohibited from obtaining a NGA membership</li> </ul>	



## ALL COACHES' RESPONSIBILITIES

ALL COACHES MEMBER RESPONSIBILITIES			
CREDENTIALS	ETHICS	COMPETITION ARENA	INJURIES
<ul style="list-style-type: none"> <li>• Maintain a current and valid National Gymnastics Association Coach or Rookie Coach membership— See Membership</li> <li>• At NGA Sanctioned Events, all Coach members must:                             <ul style="list-style-type: none"> <li>• Sign-in and produce a current and valid Membership record showing:                                     <ul style="list-style-type: none"> <li>• Membership Expiration Date</li> <li>• Current and valid Concussion Course Certification</li> <li>• Current and valid Criminal Background Check Certification (18+)</li> <li>• Current and valid Abuse Prevention Course Certification</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Proof of compliance may be pre-determined upon registration for a Sanctioned event</li> <li>• Adhere to the NGA Code of Conduct</li> <li>• Be the consummate professional— Set a good example for the athletes by displaying a positive attitude and exemplary conduct</li> <li>• Display good sportsmanship at all times</li> <li>• Dress in attire reflecting the best image of gymnastics                             <ul style="list-style-type: none"> <li>• Rubberized sole athletic shoes with covered toes</li> <li>• Warm-up pants, athletic pants— no jeans or holes/tears in pants/shirt</li> <li>• Shorts with a reasonable inseam length</li> <li>• Avoid spaghetti straps, low-cut or stomach revealing tops</li> </ul> </li> <li>• Wireless communication device is prohibited within the competition area, exceptions:                             <ul style="list-style-type: none"> <li>• Recording athletes performance</li> <li>• Floor routine music</li> </ul> </li> <li>• Avoid texting and talking within the competition area</li> <li>• No e-cigarettes, vaping or other tobacco products allowed at any NGA Sanctioned Event</li> </ul>	<ul style="list-style-type: none"> <li>• Be familiar with the competition arena— and ready to attend all coaches' meetings</li> <li>• Must be present during warm-up and competition sessions</li> <li>• Provide floor routine music in digital format (MP3, computer, tablet, smart phone, etc.)                             <ul style="list-style-type: none"> <li>• All digital devices must be kept on airplane mode and full volume</li> <li>• All digital devices, if possible, to have a display of athletes name</li> </ul> </li> <li>• Follow all published competition guidelines as stated in NGA Rules &amp; Regulations</li> <li>• Only coach of personal athletes— Exception; if another coach seeks assistance or athletes have no coach available</li> <li>• Direct all inquiries through Competition Director and/or Competition Referee</li> <li>• Coaches may approach an unoccupied judge during the competition with permission from Competition Referee</li> <li>• Inform the athletes and athletes' parents of their competitive rights and obligations</li> </ul>	<ul style="list-style-type: none"> <li>• If needed, obtain a completed and signed Incident Report Form from the Competition Director and/or Medical Staff regarding any injury to an athlete</li> <li>• Incident Report forms included in Sanction packet must be given to Competition Director to be returned with Post Event Report</li> <li>• Follow all directions on Incident Report Form for timely submission to Insurance Company</li> <li>• Coach or parent of injured athlete must secure a copy of the Incident Report form, completed by medical personnel and signed by Competition Director before departing the competition</li> <li>• Click <a href="#">here</a> for form</li> </ul>

# CHAPTER 6

## ATHLETE MEMBERSHIP OVERVIEW

### ATHLETE MEMBERSHIP

MEMBERSHIPS

APPROVAL

UPPER AGE LIMIT

ATHLETE MEMBERSHIP REQUIREMENTS

COMPLETED FORM

MEMBERSHIP FEE

YOUNGEST AGE

AFFILIATED

PARENT PERMISSION

### ATHLETE RIGHTS AND OBLIGATIONS

ATHLETES RIGHTS

ATHLETES OBLIGATION

### ATHLETE RESIDENCY

### CLUB RESIDENCY



# ATHLETE MEMBERSHIP DETAILS

ATHLETE MEMBERSHIP		
TO BE ELIGIBLE FOR PARTICIPATION IN A NGA SANCTIONED EVENT, ATHLETE MUST:		
MEMBERSHIPS	APPROVAL	UPPER AGE LIMIT
<ul style="list-style-type: none"> <li>Athlete membership is all inclusive and open to all athletes, ages 4 and up</li> <li>Memberships are non-refundable and non-transferable</li> <li>Memberships must be renewed annually to be in good standing.</li> </ul>	<ul style="list-style-type: none"> <li>Once approved, Athlete will be assigned a member number and will retain this number through the duration of their membership with NGA</li> <li>Number and registration information will be available to the Club representative/Administrator in the Club membership account</li> </ul>	<ul style="list-style-type: none"> <li><b>Athletes turning 18 within season</b>—Not required to complete Background Check, Abuse Prevention, nor Concussion Protocol course. Athletes may finish their competitive season, concluding June 30th. If athletes continue to compete, (which they are eligible), they are required to successfully complete all Adult over 18 years screenings and certifications before being registered as a competitive athlete for the next season.</li> <li><b>Athletes over 18 years</b>—Must be affiliated with a club member</li> <li><b>Adult athletes</b>—Will compete in their own “adult” age division. Adult athletes must complete Background Check, Abuse Prevention and Concussion Protocol course to be eligible as an adult athlete in a NGA sanctioned event</li> </ul>



ATHLETE MEMBERSHIP REQUIREMENTS			
CONSIDERED REGISTERED	MEMBERSHIP FEE	YOUNGEST AGE	PARENT PERMISSION
<ul style="list-style-type: none"> <li>Cub Member receives completed Athlete Membership Application form, athlete registration fees and makes payment</li> <li>Club may register entire team or parent may register an individual athlete <b>by onboarding</b></li> <li>Club will maintain Athlete Forms for future audit and/or request from National Office</li> </ul>	<ul style="list-style-type: none"> <li>Athlete registration fee determined annually</li> </ul> <p><b>Annual</b></p> <ul style="list-style-type: none"> <li>2024/2025 season: July 1, 2024-June 30, 2025</li> </ul> <p><b>\$40 USD</b></p>	<ul style="list-style-type: none"> <li>Four (4) years old on the day of NGA Sanctioned event</li> <li>No set age determination date. Gymnasts compete at the age they are at the competition</li> </ul>	<ul style="list-style-type: none"> <li>Athlete Forms must be completed by parent/guardian and returned to the Club Member Administrator prior to on-line registration—Forms must be kept on file with Club and may be requested at any time by NGA Office</li> </ul>
		<p><b>TRANSGENDER ATHLETES</b></p> <ul style="list-style-type: none"> <li>Athlete membership is welcome</li> <li>Athletes will compete in their own age group in the chosen level</li> </ul>	<p><b>AFFILIATED</b></p> <ul style="list-style-type: none"> <li>All athletes must be a registered member with a NGA Member Club prior to competing</li> </ul>
		<p><b>MALES REGISTERED IN FEMALE EVENTS</b></p> <ul style="list-style-type: none"> <li>Athlete membership is welcome</li> <li>Athletes will compete in their own age group in the chosen level</li> </ul>	



## ATHLETE RIGHTS & OBLIGATIONS

ATHLETE RIGHTS				
PARTICIPATION	COMPETITION FACILITIES	AWARDS		COURTEOUS TREATMENT
<ul style="list-style-type: none"> <li>Enter and compete in a sanctioned NGA competition, provided all requirements for eligibility (<i>level, age, discipline</i>) and membership are met</li> </ul>	<ul style="list-style-type: none"> <li>Be provided with a safe competition facility</li> <li>Use services of any person officially provided with the competition (physician, trainer, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Receive awards based on scores and ranking in designated age group as outlined in the competition directives</li> <li>If ties occur, awards mailed to club, free of charge, not later than 30-days after completion of competition if awards are not available at competition</li> </ul>		<ul style="list-style-type: none"> <li>Respectful treatment is expected from all participants and competition personnel</li> </ul>
ALL ATHLETES ARE OBLIGATED TO:				
NGA MEMBERSHIP	SAFE PROGRESSIONS - MOBILITY	FOLLOW RULES / SCHEDULE	MODEL BEHAVIOR	CELL PHONE
<ul style="list-style-type: none"> <li>Obtain an Athlete Member number from NGA Membership</li> <li>Be affiliated with an NGA Club Member</li> </ul>	<ul style="list-style-type: none"> <li>Be competent at lower levels prior to participating in higher levels</li> <li>Achieve mobility score to move up to possibly two (2) levels                             <ul style="list-style-type: none"> <li>31AA Women / 40AA Men</li> <li>8.0 IES Women / 7.0 IES Men</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>At NGA sanctioned competitions</li> <li>Remain in designated competition area until session is complete and all athletes have competed</li> </ul>	<ul style="list-style-type: none"> <li>Be courteous, polite, respectful to all judges, coaches, volunteers, competitors or other competition personnel</li> </ul>	<ul style="list-style-type: none"> <li>Cell phone use (talk, text) or any wireless communication device is prohibited while in competition area</li> </ul>
COMPETITION ARENA	COMPETITION APPAREL - MEN	COMPETITION APPAREL - WOMEN		CHANGING AREA
<ul style="list-style-type: none"> <li>Remain in the area of competition designated for athletes while in your competitive session</li> <li>Food and drink—Eat or drink outside competition area (except water bottles)—Pick up all trash generated by snacks</li> </ul>	<ul style="list-style-type: none"> <li>Level 1N-5N and 4X4 - Only required to wear athletic shorts and team t-shirt or jersey top</li> <li>Level 6N-10N - required to wear gymnastics shorts on FX &amp; VT, form pants and socks with jersey on PH, SR, PB and HB</li> </ul>	<ul style="list-style-type: none"> <li>Long sleeve or tank leotard or unitard may be worn</li> <li>Leggings or unitards with feet out may be worn</li> <li>Lycra shorts manufactured by a leotard company may be worn over/under the competition leotard—Should be one color that compliments the competition leotard</li> </ul>		<ul style="list-style-type: none"> <li>Athletes must change clothes ONLY in designated changing area or restroom—never in public view on the competition floor</li> </ul>
VIOLATION		APPEARANCE		
<ul style="list-style-type: none"> <li>Be aware violation of obligations could lead to deduction and/or expulsion by joint decision of Competition Director and/or Competition Referee</li> <li>Athletes may NOT compete wearing any restricted medical device; i.e., cast or boot</li> </ul>		<ul style="list-style-type: none"> <li>Be well groomed:                             <ul style="list-style-type: none"> <li>Clean attire</li> <li>Hair secured away from face to not obscure vision</li> <li>Stud earrings only - Ears only. No other jewelry permitted</li> <li>Tattoos do not have to be covered</li> <li>Nail polish is allowed</li> <li>No gum chewing</li> </ul> </li> <li>Contact National Office for any special concerns regarding apparel or appearance</li> </ul>		
				SPORTSMANSHIP
				<ul style="list-style-type: none"> <li>Accept the received score without criticism or comment</li> </ul>





# ATHLETE RESIDENCY/CLUB RESIDENCY

## ATHLETE RESIDENCY

### DETERMINED BY PHYSICAL LOCATION OF ATHLETES / TEAM TRAINING FACILITY

#### ADDRESS

- Athlete’s training club physical address

#### STATE CHAMPIONSHIPS

- Athlete may compete in **one** State Championships, based on the state where their affiliated club is located
- Exception: if State Championships not held in that state

## CLUB RESIDENCY

### DETERMINED BY PHYSICAL LOCATION OF FACILITY

#### STATE CHAMPIONSHIPS

- Club competes in State Championships of the state where training facility is physically located
- Exception: If State Championships not held in that state

#### MULTIPLE CLUB LOCATIONS

- Multiple locations, with same owner, must compete in the state of the clubs address as distinct and separate individual clubs

#### MULTIPLE CLUBS / SAME COACH

- Same coach represents two clubs, clubs are considered separate individual clubs



**Find out more about  
NGA Benefits**

# CHAPTER 7

## JUDGE MEMBERSHIP OVERVIEW

### JUDGES MEMBERSHIP

AGE REQUIREMENT

NGA SANCTIONED EVENTS

ABUSE PREVENTION

NCSI BACKGROUND SCREENING

CONCUSSION PROTOCOL

MEMBERSHIP FEE

### JUDGES RESPONSIBILITIES

CREDENTIALS

ETHICS

CONTRACTS

COMPETITION ARENA

# JUDGES MEMBERSHIP DETAILS - MEN/WOMEN

## JUDGES MEMBERSHIP

ANY JUDGE WHO SATISFACTORILY COMPLETES THE FOLLOWING IS ELIGIBLE FOR JUDGE MEMBERSHIP

AGE REQUIREMENTS	NGA SANCTIONED EVENTS	CONCUSSION PROTOCOL
<ul style="list-style-type: none"> <li>• 18 years and older</li> <li>• 16-17 year olds may judge local Levels 1N-5N only (no overnight stays)</li> </ul>	<ul style="list-style-type: none"> <li>• Judge Member must hold a valid NGA membership and applicable Judges Association (NAWGJ/NGJA) membership prior to participating in any NGA Sanctioned event</li> </ul>	<ul style="list-style-type: none"> <li>• Judges are NOT required to have Concussion protocol for membership</li> </ul>



## JUDGE MEMBERSHIP REQUIREMENTS

JUDGES ARE REGISTERED AS INDIVIDUALS FOR THEIR MEMBERSHIP

NGA JUDGES MEMBERSHIP	ABUSE PREVENTION	NCSI BACKGROUND SCREENING
<ul style="list-style-type: none"> <li>• NGA Annual Judge Membership is required for all judges assigned to a registered NGA sanctioned event = <b>\$35 USD</b></li> </ul>	<ul style="list-style-type: none"> <li>• Successfully complete Abuse Prevention Course—Every two (2) years = <b>FREE</b></li> </ul>	<ul style="list-style-type: none"> <li>• Successfully complete the NCSI Criminal Background Check every two (2) years = <b>\$30 USD</b></li> <li>• Judge screened by another sports organization, or NGB, using NCSI may email proof of screening—no additional screening is necessary until after current screening expires</li> <li>• Send to: <a href="mailto:sanctions@nationalgym.org">sanctions@nationalgym.org</a></li> </ul>
	<ul style="list-style-type: none"> <li>• <i>Anyone who has been banned from any organization and/or has been denied a SafeSport™ certification will be prohibited from obtaining a NGA membership</i></li> </ul>	



## JUDGES' RESPONSIBILITIES DETAILS

JUDGES MEMBER RESPONSIBILITIES			
CREDENTIALS	ETHICS	CONTRACTS	COMPETITION ARENA
<ul style="list-style-type: none"> <li>• Maintain a current and valid NAWGJ or NGJA membership</li> <li>• At NGA Sanctioned Events, judges must:                             <ul style="list-style-type: none"> <li>• Sign-in and produce electronically or physically, a current and valid NGA membership record showing:                                     <ul style="list-style-type: none"> <li>• Membership Expiration Date</li> <li>• Current and valid Criminal Background Check Certification</li> <li>• Current and valid Abuse Prevention Course Certification</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Proof of compliance may be pre-determined upon assignment to a Sanctioned event</li> <li>• Adhere to the NGA Code of Conduct</li> <li>• <b>Come prepared and with full knowledge of the NGA Rules</b></li> <li>• Be the consummate professional— Set a good example by displaying a positive attitude and exemplary conduct</li> <li>• Display good sportsmanship at all times</li> <li>• Dress appropriately— See <u>Judges Uniform</u></li> <li>• Be considerate of competition's equipment— refraining from wearing footwear that could damage the equipment</li> <li>• Show proper respect and welcoming to all competitors, coaches, meet personnel and volunteers</li> <li>• All competitors, regardless of the level, should be treated the same</li> <li>• During the competition, may have conversation with other judges, coaches or athletes during downtime — never be involved with the athlete during warm-up or training</li> <li>• No e-cigarettes, vaping or other tobacco products allowed at any NGA Sanctioned Event</li> <li>• Judge not following the NGA Rules or abusing power may face disciplinary review from the National Judging Administrator and Technical Advisory Panel</li> <li>• Must evaluate routines using NGA deductions without personal beliefs to arrive at the score</li> </ul>	<ul style="list-style-type: none"> <li>• Complete and honor all contracted assignments</li> <li>• If a cancellation must occur, notify the appropriate Competition Director and NAWGJ/NGJA Assigner at earliest possible moment</li> <li>• Under extreme circumstances, should a judge not be able to honor the contract, they must contact the Competition Referee to work together to find a replacement</li> <li>• To maintain professionalism, please refrain from soliciting invitations to judge specific competitions or approaching other gymnastics professionals to further your personal business interests</li> </ul>	<ul style="list-style-type: none"> <li>• Be familiar with the competition arena— and ready to attend all judges' meetings</li> <li>• Maintain NGA Judges Accreditation ratings—For the appropriate level of competition, be current with all NGA Rules &amp; Regulations</li> <li>• During a conference—Be expedient, cooperative, efficient in resolving differences</li> <li>• Remain at the event station—Until the competition has concluded (If time is running short during a meal break judges may leave their event before competition is complete on all events)</li> <li>• Be familiar with competition setup and organization—Only if it is a violation of the Rules &amp; Regulations, a judge may seek to change the competition set up</li> <li>• Use of cell phones or electronic device —For talking, texting, is prohibited</li> <li>• May use electronic tablets for judging purposes only within the competition arena</li> </ul>

# CHAPTER 8

## MEDICAL / OTHER STAFF MEMBERSHIP OVERVIEW

### MEDICAL STAFF MEMBERSHIP & RESPONSIBILITIES

CREDENTIALS

ETHICS

COMPETITION ARENA

ACCEPTANCE OF MEDICAL POSITION

### OTHER MEMBERSHIP & RESPONSIBILITIES

CREDENTIALS

ETHICS

COMPETITION ARENA

PROFESSIONAL POSITION



## MEDICAL STAFF / OTHER PROFESSIONALS RESPONSIBILITIES

MEDICAL STAFF MEMBERSHIP & RESPONSIBILITIES			
CREDENTIALS	ETHICS	COMPETITION ARENA	ACCEPTANCE OF MEDICAL POSITION
<ul style="list-style-type: none"> <li>• Maintain a current and valid National Gymnastics Association Medical membership (See Membership)</li> <li>• At NGA Sanctioned Events, all Medical Staff members must:                             <ul style="list-style-type: none"> <li>• Sign-in</li> <li>• Have a current Criminal Background Check</li> <li>• NGA Medical Membership is <b>FREE</b></li> </ul> </li> <li>• In case of an injury, onsite Medical Staff personnel <b>ONLY</b> will give final clearance for an athlete to compete.</li> </ul>	<ul style="list-style-type: none"> <li>• Use NGA Code of Conduct and all Abuse Prevention Policies as guidelines</li> <li>• Serve only one job function at a competition— may not serve in a dual capacity (i.e. Medical Staff/Judge, Coach/Medical Staff, etc.)</li> <li>• Be the consummate professional— Set a good example for the athletes by displaying a positive attitude and exemplary conduct</li> <li>• Dress appropriately</li> <li>• Be considerate of the competition’s equipment —refraining from wearing footwear that could damage the equipment</li> <li>• Show proper respect for all competitors, coaches, meet personnel and volunteers.</li> <li>• All competitors, regardless of the level, should be treated the same</li> <li>• During the competition, refrain from unnecessary conversation with judges and coaches unless necessary to evaluate an injury —Never be involved with an athlete during warm-up or training unless requested by the coach or athlete</li> <li>• No e-cigarettes, vaping or other tobacco products allowed at any NGA Sanctioned Event</li> </ul>	<ul style="list-style-type: none"> <li>• Be familiar with the competition arena— and ready to attend any pre-competition meetings</li> <li>• Be familiar with competition setup and organization</li> <li>• If it is a violation of Rules &amp; Regulations or an unsafe situation, seek to change the environment to protect all within the competition by working with the Competition Director to correct</li> <li>• Use of cell phones—For talking, texting, is prohibited</li> <li>• May use electronic tablets for medical purposes only within the competition area</li> <li>• Must complete official NGA Injury Report form—Signed original to NGA National, copy to coach or parent</li> </ul>	<ul style="list-style-type: none"> <li>• Complete and honor all contracted assignments</li> <li>• If a cancellation must occur, notify the appropriate Competition Director(s) at the earliest possible moment and provide a replacement if possible</li> <li>• Be confidential about medical matters occurring during the competition</li> <li>• Avoid a competition in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect the ability to objectively provide medical services</li> </ul>
OTHER PROFESSIONALS & RESPONSIBILITIES			
CREDENTIALS	ETHICS	COMPETITION ARENA	PROFESSIONAL POSITION
<ul style="list-style-type: none"> <li>• All other persons allowed within the competition area must be credentialed</li> </ul>	<ul style="list-style-type: none"> <li>• See above</li> </ul>	<ul style="list-style-type: none"> <li>• See above</li> <li>• If seeking credentials, must complete requested paperwork</li> </ul>	<ul style="list-style-type: none"> <li>• As a professional credentialed to enter the competition arena, all NGA rules and requirements are to be followed</li> </ul>

# **PART B**

## **JUDGES OVERVIEW**

### **CHAPTER 1—COMPETITION JUDGES**

### **CHAPTER 2—JUDGES COMPENSATION**



# CHAPTER 1

## COMPETITION JUDGES

### CONTRACTING JUDGES

JUDGES CONTRACTOR  
STATES / ZONES / NATIONALS  
WOMEN JUDGES REQUESTS  
TIMELINE  
JUDGES COMPENSATION  
WOMEN JUDGES ASSIGNED

### AFFILIATION OF JUDGES

NGA COMPETITIONS JUDGES PANELS  
AFFILIATED / NOT AFFILIATED  
EXAMPLE OF AFFILIATION  
MINIMAL PANELS WITH AFFILIATED JUDGES

### GENERAL DUTIES

CONTRACT  
FINANCIAL RESPONSIBILITY  
PROFESSIONALISM  
UNIFORM / CHAMPIONSHIPS UNIFORM  
COMPETITION REFEREE  
NGA COMPETITIONS  
PAYMENT SHEET  
AUTHORITY  
AFTER COMPETITION  
DURING COMPETITION

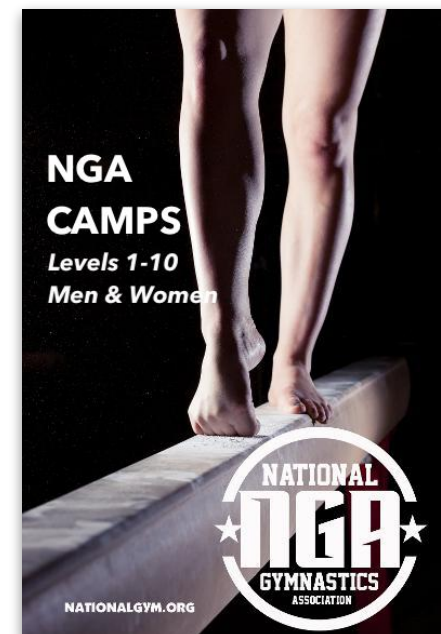
### SPECIFIC DUTIES

HEAD JUDGE  
PANEL JUDGE  
PANEL ASSISTANT



## CONTRACTING JUDGES

CONTRACTING JUDGES	
<b>JUDGES CONTRACTOR</b>	<b>STATES / REGIONAL ZONES / NATIONALS</b>
<ul style="list-style-type: none"> <li>Current state designated (men's/women's) assigner and/or <a href="http://gymjas.com">gymjas.com</a> for women will be used for contracting NGA judges</li> </ul>	<ul style="list-style-type: none"> <li>Judges selected by the State Advisory Panel, National Judges Administrator and Program Administrators</li> </ul>
<b>WOMEN JUDGES REQUESTS</b>	<b>TIMELINE</b>
<ul style="list-style-type: none"> <li>Competition Director submits to chosen women's contractor a complete "Request for Judges" with payment of \$5.00 for each judge contracted a minimum of sixty (60) days prior to competition dates</li> <li>Competition Director may request specific judges when making judges request or when completing information on <a href="http://gymjas.com">gymjas.com</a></li> </ul>	<ul style="list-style-type: none"> <li>Assignments for late requests are based on availability, as there may not be a sufficient number of certified judges available</li> </ul>
<b>JUDGES COMPENSATION</b>	<b>INVITATIONALS—WOMEN JUDGES ASSIGNED</b>
<ul style="list-style-type: none"> <li>NGA Judges' Compensation Package is used for all sanctioned competitions for both Men and Women</li> <li>Non-sanctioned events may be negotiated directly with host club</li> </ul>	<ul style="list-style-type: none"> <li>One (1)-Judge panel: L1N - L5N</li> <li>Two (2)-Judge panel: L6N - L10N                             <ul style="list-style-type: none"> <li>1-Judge panel may be used if judges are not available within 150 mile radius</li> <li>Judges for one (1) judge panel must have a L10N rating (NGA Regional) or higher to judge L6N-L10N</li> </ul> </li> </ul>
<b>ALL COMPETITIONS—MEN'S JUDGES ASSIGNED</b>	<b>STATE &amp; ABOVE—WOMEN JUDGES ASSIGNED</b>
<ul style="list-style-type: none"> <li>One (1)-Judge panel: L1N - L10N may be used for all competitions through Regionals and Nationals - (2)-Judge Panels</li> </ul>	<ul style="list-style-type: none"> <li>Two (2)-Judge panel: L1N - L10N</li> </ul>





## AFFILIATION OF JUDGES

AFFILIATION OF WOMEN'S JUDGES		
WHO IS AFFILIATED	EXAMPLE OF AFFILIATION	NGA COMPETITIONS JUDGES PANELS
<ul style="list-style-type: none"> <li>• Person employed by a club that is competing</li> <li>• Coach for a club that is competing</li> <li>• Club owner/administrator of a club that is competing</li> <li>• Athlete member of a club that is competing</li> <li>• Athlete enrolled in a recreational class of a competing club</li> <li>• Sports science/technical professional of a club that is competing</li> <li>• Immediate family member of:                             <ul style="list-style-type: none"> <li>• Competing athlete</li> <li>• Coach of a competing club</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <i>Employee or volunteer for a club that is competing is affiliated</i></li> <li>• <i>Paid or unpaid coach for a club that is competing is affiliated</i></li> <li>• <i>Owner, front office staff of a club is affiliated</i></li> <li>• <i>Any level athlete member of the club, but not competing in the competition is affiliated</i></li> <li>• <i>Athletic trainer, physical therapist, sports psychologist, choreographer who receives a paycheck as a full or part time employee of the club is affiliated</i></li> <li>• <i>Judge with any family member coaching at a competing club is affiliated</i></li> </ul>	<ul style="list-style-type: none"> <li>• Two (2) judge or more panel                             <ul style="list-style-type: none"> <li>• Affiliated judge may be Competition Referee, Chief Judge, or Panel Judge</li> <li>• Two (2) affiliated judges from same club may not serve on a two (2)-judge panel</li> </ul> </li> <li>• One (1) judge panel with club affiliation                             <ul style="list-style-type: none"> <li>• May be assigned only if an unaffiliated judge is not available within 150 mile radius</li> </ul> </li> </ul>
<p><b>WHO IS NOT AFFILIATED</b></p> <ul style="list-style-type: none"> <li>• Competing club's athlete member participating in another NGA discipline is not affiliated</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Athlete's parent is judging a competition in which their athlete's club is actively competing is affiliated</i></li> </ul>	



## GENERAL DUTIES OF JUDGES

GENERAL DUTIES OF COMPETITION JUDGES			
DUTIES	CONTRACT	FINANCIAL RESPONSIBILITY	PROFESSIONALISM
<ul style="list-style-type: none"> <li>Judges perform their duties as a competition judge according to NGA Rules &amp; Regulations, NGA membership policies and Code of Conduct</li> <li>Judges capacity at an assigned competition is limited to judging, evaluating and scoring the assigned competition</li> <li>Judges are not allowed to function in a dual capacity</li> <li>Judges may interact on the floor of the competition with coaches—both parties interacting in a professional and respectful manner</li> </ul>	<ul style="list-style-type: none"> <li>Each judge to sign/return contract to Contracting Organization / Comp Director</li> <li>Judges will honor and be bound by agreed upon terms of each individual contract</li> </ul>	<ul style="list-style-type: none"> <li>Judges personal responsibility includes all financial reporting regarding payments and reimbursements to their appropriate reporting agencies</li> </ul>	<ul style="list-style-type: none"> <li>Always act in a professional manner</li> <li>Remain at judging station during the competition until completed or unless on break</li> <li>If out-of-range, be willing to compromise if necessary</li> <li><b>Always give the benefit to the athlete, if determined an incorrect rule was applied, give back to the athlete</b></li> <li>Leave all personal views and beliefs at home. Judge what is presented without bias</li> </ul>
	UNIFORM	YR-END CHAMPIONSHIPS UNIFORM	
	<ul style="list-style-type: none"> <li>Women’s judges permitted to wear any official NAWGJ licensed apparel, in addition may wear navy blue pants, all blouses or shirts must be white, cardigans/vests worn over shirts may be <b>white, navy blue or red</b></li> <li>Men’s judges to wear NGJA required apparel</li> <li>With direction of Competition Director judges may wear themed attire or NGA apparel</li> </ul>	<ul style="list-style-type: none"> <li>Women’s judges <b>MUST</b> wear a NAWGJ blazer and follow uniform guidelines, unless specified by Competition Referee</li> <li>Men’s judges to wear NGJA required apparel</li> <li>Year-end Events include: State, Regional Zones and Nationals</li> </ul>	
GENERAL DUTIES OF COMPETITION REFEREE			
NGA COMPETITIONS	PAYMENT SHEET	AUTHORITY	COMPETITION REFEREE DUTIES
<ul style="list-style-type: none"> <li>Competition Referee will be designated at all NGA sanctioned competitions</li> </ul>	<ul style="list-style-type: none"> <li>Responsible for final expense sheet and receipts for judges to Competition Director</li> </ul>	<ul style="list-style-type: none"> <li>Is final authority in all technical matters involving judges, timers, line judges, flashers, tabulators</li> <li>At request of Head Judge during conferences, may offer opinion and may recommend, but never force a score change</li> <li>Responsible to handle all video review requests</li> <li>Allow coaches to approach judges with quick questions if judges are unoccupied and available to discuss</li> </ul>	<ul style="list-style-type: none"> <li>Acts as an overall liaison between coaches and judges</li> <li>If requested, assists in conducting draw for the competition</li> <li>Attends coaches meetings for all sessions</li> <li>Conducts pre-meet judges meeting                             <ul style="list-style-type: none"> <li>Clarifications</li> <li>Scoring system</li> <li>Information from Competition Director</li> </ul> </li> <li><b>Oversee base score prior to competition</b></li> <li>Signs official sanction sheets</li> </ul>
AFTER COMPETITION	DURING COMPETITION		
<ul style="list-style-type: none"> <li>Be available to handle any technical issues, inquiries or questions</li> <li>Sign Sanction Report, including any infractions or violations</li> </ul>	<ul style="list-style-type: none"> <li>Accepts inquiries, within ten (10) minutes of event completion, following through to completion of competition</li> <li>Monitors event panels</li> </ul>		



## SPECIFIC DUTIES OF JUDGES

GENERAL DUTIES OF HEAD JUDGE			
DUTIES	RESPONSIBILITIES OF PERFORMANCE	NEUTRAL DEDUCTIONS	REPORTS TO COMPETITION REFEREE
<ul style="list-style-type: none"> <li>Evaluate routine quickly, accurately, without bias</li> <li>Record SV, SR, VP, Bonus, SR execution, artistry and composition deductions, when applicable</li> <li>Be available for all inquiries</li> <li>Responsible for calling a conference if scores are out-of-range, i.e., impossible SV</li> </ul>	<ul style="list-style-type: none"> <li>Confirms when an athlete may repeat a routine due to technical failure such as:                             <ul style="list-style-type: none"> <li>Broken grip = May repeat routine as last competitor in squad</li> <li>If not enough recovery time, allotted time increased until athlete is safe (not over 5m)—Common sense must prevail</li> </ul> </li> <li>Terminates a routine, if after a fall, athlete is unable to resume</li> </ul>	<ul style="list-style-type: none"> <li>Responsible for applying neutral deductions from average score</li> <li>Indicate to coach verbally or by visual means at conclusion of routine</li> </ul>	<ul style="list-style-type: none"> <li>Incorrect attire infractions</li> <li>Unsportsmanlike conduct of coach or athlete (<i>after warning</i>)</li> <li>Failure to observe team warmup time</li> </ul>
GENERAL DUTIES OF PANEL JUDGE			
DUTIES	SCORE CHANGE		
<ul style="list-style-type: none"> <li>Must include for each athlete                             <ul style="list-style-type: none"> <li>Judges initials, assigned number</li> <li>Athlete name, number, SV, Score</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Score change—Cross out first score, initial change, note new score. Do not erase</li> </ul>		
GENERAL DUTIES OF AUXILIARY JUDGE/VOLUNTEER			
LINE JUDGE—FX	ROUTINE TIMER	FALL TIMER	WARM UP TIMER
<ul style="list-style-type: none"> <li>Must be a rated judge</li> <li>Signal border error with raised hand or flag</li> <li>Inform Head Judge of violation</li> </ul>	<ul style="list-style-type: none"> <li>Responsible for correct timing of routine—See Head Judge for details</li> <li>Inform Head Judge of time violation—indicate actual time</li> </ul>	<ul style="list-style-type: none"> <li>See Head Judge for details</li> <li>Give incremental verbal warnings of remaining time</li> </ul>	<ul style="list-style-type: none"> <li>Do not begin timing until athlete is ready (within reasonable time)</li> <li>Athlete may finish skill, if time called</li> <li>Warn athlete after “time” called by announcing “time exceeded”</li> <li>Athlete continues, reports infraction to Competition Referee</li> </ul>

# CHAPTER 2

## JUDGES COMPETITION PACKAGE

### NON-JUDGING CRITERIA—WOMEN

REPORT TIMES  
CANCELATIONS  
MODIFICATIONS TO CONTRACT  
FAILURE OF CONTRACT

### NON-JUDGING EXPENSES—WOMEN

GENERAL EXPENSES  
PER DIEM  
LODGING  
MILEAGE

### COMPENSATION RULES—WOMEN

HOURLY FEE  
BREAK TIME  
CALCULATING PAY  
REFEREE / HEAD JUDGE  
NUMBER JUDGES PER PANEL  
CHAMPIONSHIP FEES

### COMPENSATION CHARTS—WOMEN

HOURLY COMPENSATION CHART  
NON-JUDGING COMPENSATION CHART

### COMPENSATION RULES—MEN

PER JUDGEMENT FEE  
MODIFIED CAPITAL CUP / CAPITAL CUP  
MILEAGE  
DOWNTIME  
PER DIEM

### COMPENSATION CHARTS—MEN

COMPENSATION CHART  
NON-JUDGING COMPENSATION CHART



**WOMEN'S NON JUDGING CRITERIA**

<b>WOMEN'S NON-JUDGING CRITERIA</b>			
<b>JUDGES REPORT TIMES AND FINES</b>	<b>CANCELLATIONS</b>	<b>FAILURE OF CONTRACT – JUDGE</b>	<b>FAILURE OF CONTRACT – COMP DIRECTOR</b>
<ul style="list-style-type: none"> <li>Judges report 30 minutes prior to march-in for all invitational competitions, unless otherwise specified by Competition Referee                             <ul style="list-style-type: none"> <li>Possible <b>\$10.00 USD</b> penalty for late arrival may be applied at the discretion of the Competition Director—Late arrival time to be communicated on sanction report</li> </ul> </li> <li>Report time for competitions requiring video analysis may be up to 1-hour prior to march-in</li> <li>Competition Referee to specify report time</li> </ul>	<ul style="list-style-type: none"> <li>Contract obligations not fulfilled by either party due to extenuating reasons, no mandatory penalties are applied to either party                             <p><u>Example:</u> Inclement weather (prohibiting travel) or grave illness</p> </li> <li>If inclement weather exists (weather which delays/prohibits safe travel for judges), Competition Director is responsible for judges' lodging and meals</li> </ul>	<ul style="list-style-type: none"> <li>Judge unable to fulfill contract due to personal reasons—obligated to contact assigner to determine if a replacement is available</li> <li>If judge cancels contract less than fourteen (14)-days prior to the competition date, any non-refundable expenses incurred by Competition Director must be repaid by judge if expenses cannot be reused for replacement judge</li> </ul>	<ul style="list-style-type: none"> <li>Minimum seven (7)-days notice required for amendments/cancellation of judges                             <ul style="list-style-type: none"> <li>Cancellation occurs less than 7-days prior to competition and judges are not reassigned to another competition, Competition Director is responsible for two (2) hours payment per judge and any non-refundable expenses incurred</li> </ul> </li> </ul>
	<p style="text-align: center;"><b>MODIFICATIONS</b></p> <ul style="list-style-type: none"> <li>Conditions on contract are modified                             <ul style="list-style-type: none"> <li>Competition Director should immediately contact the assigner and all contracted judges</li> </ul> </li> </ul>		



## WOMEN'S NON JUDGING EXPENSES

### OTHER WOMEN'S JUDGING EXPENSES

PER DIEM—GENERAL	GENERAL EXPENSES	MILEAGE VS AIRFARE	MILEAGE TO AIRPORT; PARKING FEES
<ul style="list-style-type: none"> <li>• Competition Directors provide meals or pay per diem, according to competition type</li> <li>• Provided meals to be nutritional and concession-type food should be avoided</li> <li>• Special dietary needs may be communicated with Host, however the Host is not required to provide— To ensure needs are met it is recommended to bring your own food</li> <li>• Judges are not to provide family with meals from hospitality area</li> <li>• Judges will be notified in advance if meals will not be provided and per diem given</li> <li>• Per Diem pay to judges at a rate of:                             <ul style="list-style-type: none"> <li>• <b>\$20.00</b> per diem—On-site minimum 3 hours but less than 8 hours                                     <ul style="list-style-type: none"> <li>• Begins with report time, includes meetings, competition</li> </ul> </li> <li>• <b>\$40.00</b> per diem—On-site 8 hours or more. \$20.00 per meal (maximum \$40.00 per day) assessed for meals not provided by Competition Director</li> <li>• Breakfast per diem paid only for overnight stay</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• If requested by Competition Director, expenses must be listed on contract and approved to be paid</li> <li>• Only standard/customary expenses with accompanying receipts are reimbursed in actual amounts (flight, hotel, etc)</li> <li>• Expenses (such as baby-sitters, car repairs, reimbursement for lost salary, or other normal work related expenses) will not be paid</li> </ul>	<ul style="list-style-type: none"> <li>• Plane/train/bus/rental car approved travel expenses per contract are paid in full by Competition Director</li> <li>• Total mileage cost or car rental and gas not to exceed cost of airline ticket, <b>or rental car</b>, to same location set at \$300</li> <li>• Judge requests to drive, instead of fly, Competition Director determines cost of airline ticket and informs judge of maximum payment</li> </ul>	<ul style="list-style-type: none"> <li>• Mileage to/from airport, tolls, airport parking, fees for one bag (not overweight bag charges), taxi/limo service as stated in contract is paid by Competition Director</li> </ul>
	LODGING	MILEAGE	MILEAGE—NO OVERNIGHT STAY REQ'D
	<ul style="list-style-type: none"> <li>• Judge may stay overnight prior to/ during/following competition:                             <ul style="list-style-type: none"> <li>• If requested and/or needed, lodging must be provided/paid for by Competition Director</li> <li>• Lodging will be a hotel of the Competition Directors choice</li> <li>• Based on double occupancy— must provide two beds, not include a sleeper sofa</li> <li>• If judge needs to depart before 6 am for early report time and/or late finish, Competition Director may provide hotel options</li> <li>• Distance, traffic, road and/or weather conditions should be considered for overnight accommodations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• If meeting a carpool, carpool mileage is paid from home to meeting point,</li> <li>• Only judge driving from meeting point to competition site is compensated for mileage</li> </ul>	<ul style="list-style-type: none"> <li>• RT mileage paid for each day</li> <li>• Mileage not to exceed cost of hotel room is more than a one day competition</li> </ul>
	MILEAGE RATE	MILEAGE FOR REQUIRED OVERNIGHT	
	<ul style="list-style-type: none"> <li>• Standard IRS rate is paid to driver(s)</li> <li>• IRS mileage fee increases applied when increase is full cent</li> <li>• IRS mileage rate changes announced in December, effective January</li> <li>• Judges will be asked to provide actual mileage electronically to Competition Referee for mileage reimbursement</li> </ul>	<ul style="list-style-type: none"> <li>• Lodging provided by Competition Director                             <ul style="list-style-type: none"> <li>• Judge chooses to return home, RT mileage paid once, unless pre-arranged with contracting judge and Competition Director</li> <li>• Mileage calculation requiring overnight stay. Total miles from home to hotel, to and from competition venue, return to home</li> </ul> </li> </ul>	



## WOMEN'S JUDGES' COMPENSATION

WOMEN'S JUDGING COMPENSATION			
HOURLY COMPETITION FEE	SAMPLE: (3) SESSION COMPETITION	SAMPLE: (4) SESSION COMPETITION	CHAMPIONSHIP FEES
<ul style="list-style-type: none"> <li>Judges paid hourly fee, according to their rating, with minimum payment of three (3) hours <u>per day</u></li> <li>Competitions with multiple sessions <u>per day</u>, judge provided min of two (2) 30 minute break times between sessions</li> <li>Daily number of paid hours calculated:                             <ul style="list-style-type: none"> <li>Subtract required break time from total time at competition (from start of report time/judges meeting to completion of competition)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Report time—Judges meeting 8 am</li> <li>Break between sessions 1/2 = 30 min</li> <li>Break between sessions 2/3 = 30 min</li> <li>Competition ends 8 pm</li> <li>Total time = 12-hours                             <ul style="list-style-type: none"> <li>Deduct required one (1)-hour break (2 x 30-minute breaks)</li> <li>Judges pay = 11 hours</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Report time—Judges meeting 8 am</li> <li>Break between sessions 1/2 = 30 min</li> <li>Break between sessions 2/3 = 45 min</li> <li>Break between sessions 3/4 = 40 min</li> <li>Competition ends 9:20 pm</li> <li>Total time = 13 hours, 20 minutes                             <ul style="list-style-type: none"> <li>Round up to 13.5 hours, subtract 1.0 hour for required break time (2 X 30-minute breaks)</li> <li>Judges pay = 12.5 hours</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Judges to receive same compensation based on hourly fee and break times unless otherwise specified in advance by the NGA National Judges Administrator</li> </ul>
BREAK TIME	CALCULATING PAY	REFEREE / HEAD JUDGE	NUMBER OF JUDGES PER PANEL
<ul style="list-style-type: none"> <li>Required break times provided, payment for day calculated from contracted report time to end of competition for that day</li> <li>State/Zone/Nationals competitions requiring video analysis plus judges' meeting, paid time starts with scheduled meeting time, up to one hour prior to scheduled march-in time</li> <li>Judges' Compensation Package is in effect for all NGA competitions, as specified</li> <li>If sufficient break time is not provided, pay is based on report time to end of competition</li> </ul>	<ul style="list-style-type: none"> <li>Calculate total time of competition, round off to nearest half-hour—<u>Do not</u> round up for each session</li> <li>Subtract required break time from total (or adjusted) time to determine number of hours (paid hourly)</li> <li>Rate based on rating</li> <li>Fee scale indicated in this document will be applicable for all NGA Sanctioned Events unless otherwise specified in advance by the NGA National Judges Administrator</li> <li>Judges covering one single session of multiple session competitions to be paid a minimum of three (3) hours</li> </ul>	<ul style="list-style-type: none"> <li>Receives additional \$10.00 per day at these NGA competitions:                             <ul style="list-style-type: none"> <li>State competitions if four (4)-judge panel</li> <li>NGA Zones, regardless of number of judges per panel</li> <li>Atlantic/Pacific Championships, National Championships</li> </ul> </li> <li>No dual compensation if Competition Referee also serves as Head Judge</li> <li>Competition Referee paid hourly fee for time conducting official Competition Referee responsibilities</li> <li>Competition Referee/Head Judge fees NOT paid at any invitational competitions</li> </ul>	<ul style="list-style-type: none"> <li>One (1) Judge Panel allowed for Levels 1N-5N</li> <li>Two (2) Judge Panel used for Levels 6N-10N</li> <li>One (1)-judge panel may be used for Levels 6N-10N if judges are not available within a 150-mile radius                             <ul style="list-style-type: none"> <li>One (1) judge panel rating must be Level 10 (NGA Regional) or higher to judge 6N-10N</li> </ul> </li> <li>Two (2) Judge Panel required for all levels for State Championships and above (year-end competitions)</li> </ul>





# WOMEN'S JUDGES COMPENSATION CHART

HOURLY JUDGING COMPENSATION CHART - WOMEN					
Ratings and Pay Rate Effective August 1, 2024-2025					
RATE	\$37.00	\$34.00	\$31.00	\$27.00	\$23.00
NEW Ratings	Elite	National	Regional	State	Local
Levels to Judge	1N-10N	1N-10N	1N-10N	1N-10N	1N-5N
Current	International	National	Level 10	Level 6-9	Level 4-5
HRS	TOTAL PAY				
3.00	\$111.00	\$102.00	\$93.00	\$81.00	\$69.00
3.50	\$129.50	\$119.00	\$108.50	\$94.50	\$80.50
4.00	\$148.00	\$136.00	\$124.00	\$108.00	\$92.00
4.50	\$166.50	\$153.00	\$139.50	\$121.50	\$103.50
5.00	\$185.00	\$170.00	\$155.00	\$135.00	\$115.00
5.50	\$203.50	\$187.00	\$170.50	\$148.50	\$126.50
6.00	\$222.00	\$204.00	\$186.00	\$162.00	\$138.00
6.50	\$240.50	\$221.00	\$201.50	\$175.50	\$149.50
7.00	\$259.00	\$238.00	\$217.00	\$189.00	\$161.00
7.50	\$277.50	\$255.00	\$232.50	\$202.50	\$172.50
8.00	\$296.00	\$272.00	\$248.00	\$216.00	\$184.00
8.50	\$314.50	\$289.00	\$263.50	\$229.50	\$195.50
9.00	\$333.00	\$306.00	\$279.00	\$243.00	\$207.00
9.50	\$351.50	\$323.00	\$294.50	\$256.50	\$218.50
10.00	\$370.00	\$340.00	\$310.00	\$270.00	\$230.00

NON JUDGING EXPENSE CHART		
PER DIEM & MILEAGE		
ALL RATINGS PER DIEM		
PER DIEM RATES	DAY COMPETITION	OVERNIGHT
\$20.00 each Lunch & Dinner \$40 per day maximum	2 sessions - Lunch 3-4 sessions - Lunch & Dinner	\$20.00 per meal not provided up to a \$60 per day maximum
	1 session less than 3.00 hrs BUT 100 miles or more Round Trip - Lunch	
No Breakfast	Day Competition Travel to/from in 1-Day	
ALL RATINGS MILEAGE		
MILEAGE	SINGLE DRIVER	CARPOOL
Current IRS Rate found at <a href="https://www.irs.gov">IRS.gov</a>	All mileage paid RT	Mileage paid RT to meet carpool
COMPETITION REFEREE / CHIEF JUDGE FEES		
Championships	Using 2+ or 4+ judging panel	\$10.00 per day
MISCELLANEOUS		
• Mileage to Airport, Taxi, Tolls, Parking, 1st Bag Fees paid with receipts (no overweight charges) and in contract with Competition Director		
Judge driven to airport, mileage reimbursed for each RT—not to exceed parking cost		



# MEN'S JUDGES' COMPENSATION

MEN'S JUDGING COMPENSATION			
PER JUDGEMENT JUDGES FEE	MODIFIED CAPITAL CUP	LODGING	MEALS / PER DIEM
<p><b>Sessions = less than 50 judgments</b></p> <ul style="list-style-type: none"> <li>• Payment = # athletes entered x # of events judged (min 50) judgments per session required</li> <li>• <u>Example #1:</u> 35 judgments X 2 events judged = 70 X cost per judgment = Judges Fee</li> <li>• <u>Example #2:</u> 35 judgments X 1 event judged = 50 (min) X cost per judgment = Judges Fee</li> <li>• Payment fees are based on current rating of judge</li> </ul> <p><u>Mixed sessions</u></p> <ul style="list-style-type: none"> <li>• Payment = # of L1-5N judgments X L1-5N fee and # of L6-10N judgments X L6-10N fee</li> </ul>	<p>“Warm up, compete, warm up, compete –format where competition is interrupted for primary warm up time per event once competition has begun)</p> <ul style="list-style-type: none"> <li>• Negotiable increase of max of 30% per judgment fee per session is paid extra</li> </ul> <p><b>CAPITAL CUP</b></p> <ul style="list-style-type: none"> <li>• Competition with judging not interrupted) do NOT incur this fee</li> <li>• One Touch warm up—Each athlete gets one brief turn, do not incur this fee</li> </ul>	<ul style="list-style-type: none"> <li>• Lodging must be provided if a judge must stay over-night prior to, during, or after a competition</li> </ul> <p><b>MILEAGE</b></p> <ul style="list-style-type: none"> <li>• Each judge may only receive driver <u>or</u> rider fee</li> <li>• Driver—Receives current IRS rate found at <a href="http://IRS.gov">IRS.gov</a></li> <li>• Rider—Receives up to 30% of current IRS mileage rate <i>Total mileage cost should not exceed cost of round trip airplane ticket to same location</i></li> <li>• Tolls &amp; Parking—Amount paid per vehicle to the driver</li> </ul>	<ul style="list-style-type: none"> <li>• If nutritious meals are not provided by host club, the following rates apply:                             <ul style="list-style-type: none"> <li>• Breakfast: \$12</li> <li>• Lunch: \$15</li> <li>• Dinner: \$18</li> </ul> </li> </ul> <p><b>DOWNTIME</b></p> <ul style="list-style-type: none"> <li>• Downtime: \$10 per 1/2 hour</li> <li>• Calculated after initial 2 hours from session end time</li> </ul> <p><b>SIMPLIFY REPORTING AND PAYMENT</b></p> <ul style="list-style-type: none"> <li>• Number of judgments determined at beginning of each session—deemed the same for each judge per session (flight for Capital Cup)—base payment on number of competing athletes</li> </ul>



## MEN'S JUDGES COMPENSATION CHART

JUDGING COMPENSATION CHART - MEN		
2023-2024		
	LEVEL 1N-5N	LEVEL 6N-10N
	<i>Cost per judgement</i>	
<b>RATING</b>	Minimum 50 Judgements	Minimum 50 Judgements
<b>Brevet</b>	<b>\$1.80</b>	<b>\$2.20</b>
<b>National</b>	<b>\$1.65</b>	<b>\$1.95</b>
<b>JO</b>	<b>\$1.40</b>	<b>N/A</b>
<b>ALL RATINGS</b>	Modified Capital Cup add 30%	Modified Capital Cup add 30%

All judges required to complete NGJA Expense Form found [here](#)

NON JUDGING EXPENSE CHART		
PER DIEM & MILEAGE		
ALL RATINGS PER DIEM		
PER DIEM RATES	DAY COMPETITION	OVERNIGHT
Breakfast \$12 Lunch \$15 Dinner \$18 \$45 per day maximum	Day Competition Travel to/from in 1-Day	\$45.00 per day maximum
	1 session less than 3.00 hrs BUT 100 miles or more RT- 1 meal	
	2 sessions - 1-2 meals 3-4 sessions - 2-3 meals	
ALL RATINGS MILEAGE		
MILEAGE	SINGLE DRIVER	CARPOOL
Current IRS Rate found at <a href="https://www.irs.gov">IRS.gov</a>	All mileage paid RT	Mileage paid RT to meet carpool Tolls, parking paid per vehicle to driver
COMPETITION REFEREE / HEAD JUDGE FEES		
Championships	N/A	N/A
MISCELLANEOUS		
<ul style="list-style-type: none"> <li>• Mileage to Airport, Taxi, Tolls, Parking, 1st Bag Fees paid with receipts (no overweight charges) and in contract with Competition Director</li> <li>• Judge driven to airport, mileage reimbursed for each RT—not to exceed parking cost</li> </ul>		

# GOT SCORED®



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Decorative Art



Fine Art



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Virtual Online Competitions  
and Evaluations for  
Judged Sports and Art Forms

# **PART C**

## **COMPETITIONS**

### **CHAPTER 1—SANCTIONS**

### **CHAPTER 2—COMPETITION RESPONSIBILITIES**

### **CHAPTER 3—TYPES OF COMPETITIONS**

### **CHAPTER 4—SELECTION OF COMPETITION HOSTS**

### **CHAPTER 5—COMPETITION FORMATS**



# CHAPTER 1

## SANCTIONS OVERVIEW

### NGA DOMESTIC SANCTION EVENT

NGA INDEPENDENCE

COMPETITION SANCTIONS

EDUCATIONAL SANCTIONS

SANCTION HOLDER

SANCTION RESTRICTIONS

ATHLETE AFFILIATION

COMPETITION DIRECTOR

### SANCTION REQUEST

SANCTION LOCATION

SANCTION FEES

SANCTION RESTRICTIONS

GRANTED SANCTION

COMPETITION DIRECTOR

CERTIFICATE OF INSURANCE

### SANCTION VIOLATIONS AND PENALTIES

SANCTION VIOLATIONS

VIOLATIONS BY COMPETITOR

VIOLATIONS BY COACH / JUDGE

VIOLATIONS BY COMP DIRECTOR

SANCTION PENALTIES

COMP DIRECTOR VIOLATION PENALTIES

MEMBER VIOLATIONS PENALTIES

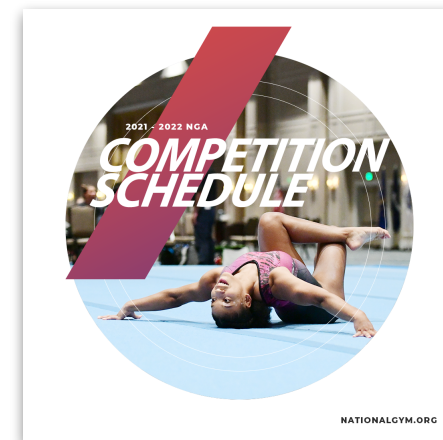
VIOLATION FINES RULES

### SANCTION REPORTS

## DOMESTIC SANCTIONS

### DOMESTIC EVENT SANCTIONING

NGA INDEPENDENCE	EDUCATIONAL SANCTIONS	SANCTION HOLDER
<ul style="list-style-type: none"> <li>• NGA, as an independent body for the sport, is responsible for granting of NGA sanctions</li> </ul>	<ul style="list-style-type: none"> <li>• Sanctions may also be obtained for clinics, workshops, educational events, tours exhibitions</li> </ul>	<ul style="list-style-type: none"> <li>• Only current NGA Clubs may register athletes into sanctioned events</li> </ul>
SANCTION RESTRICTIONS	ATHLETE AFFILIATION	<ul style="list-style-type: none"> <li>• To host NGA sanctioned competition, all Competition Directors MUST be a current NGA Member with:                             <ul style="list-style-type: none"> <li>• NCSI background check</li> <li>• Abuse Prevention Training Course</li> <li>• Concussion Protocol Training Course</li> <li>• Competition Director Certification (when available)</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• NGA sanctioned event CANNOT be run concurrently in same session with non-NGA sanctioned event</li> </ul>	<ul style="list-style-type: none"> <li>• Unaffiliated, non-member athletes will not be permitted to participate in the event unless special arrangements can be made for temporary membership over dates of event for non-member athletes</li> </ul>	
COMPETITION SANCTION	COMPETITION DIRECTOR	
<ul style="list-style-type: none"> <li>• Sanctions required for all NGA competitions with NGA registered participants</li> </ul>	<ul style="list-style-type: none"> <li>• Competition Director must hold a NGA coach membership complete with back ground check, NGA Abuse Prevention Course and Concussion Protocol</li> </ul>	



[Click for schedule](#)



# SANCTION REQUEST

DOMESTIC EVENT SANCTION REQUEST		
SANCTION REQUEST	SANCTION LOCATION	SANCTION FEES
<ul style="list-style-type: none"> <li>Domestic sanctioned events may be applied for online via NGA Club Login Page</li> <li>Complete sanction request form at: <a href="#">NGA/Sanction</a></li> </ul>	<ul style="list-style-type: none"> <li>Events conducted in more than one location—each location must have separate sanction</li> <li>If men and women's event is in same venue with same dates, one combined sanction may be requested</li> </ul>	<ul style="list-style-type: none"> <li>Domestic Sanction Fee:                             <ul style="list-style-type: none"> <li>Fee is \$100 for the 2024-2025 Season for ALL domestic sanctioned events</li> </ul> </li> <li>Sanction fees (plus any late fees) are non-refundable or transferable</li> <li>Rush Fees                             <ul style="list-style-type: none"> <li>Sanction request for in-house processing 7-days days or less than start date of event charged a <b>\$0 rush fee for 2024-2025 Season</b></li> </ul> </li> </ul>
SANCTION RESTRICTIONS	GRANTED SANCTION	
<ul style="list-style-type: none"> <li>Request for sanction must include equipment/venue set-up/take down and training days, as well as competition days</li> </ul>	<ul style="list-style-type: none"> <li>Once sanction is granted, NGA Rules and Regulations must be followed.</li> <li>See specific Competition Director responsibilities</li> </ul>	
COMPETITION DIRECTOR	CERTIFICATE OF INSURANCE	
<ul style="list-style-type: none"> <li>Only one discipline per sanction</li> </ul>	<ul style="list-style-type: none"> <li>To request a Certificate of Insurance - Complete Request for Certificate of Insurance form and submit to contact listed on form AT LEAST 30 days in advance of event</li> <li>Forms may be found under Sanctions; Sanction Forms or <a href="http://nationalgym.org/sanctions">nationalgym.org/sanctions</a></li> </ul>	







# SANCTION VIOLATIONS & PENALTIES

## SANCTION VIOLATIONS

*VIOLATIONS MAY RESULT IN a FINE, a VOIDED SANCTION, a VOIDED COMPETITION AND RESULTS OR PENALTY OF SANCTION PRIVILEGES*

SANCTION VIOLATIONS	VIOLATIONS BY COMPETITOR	VIOLATIONS BY COACH / JUDGE	VIOLATIONS BY COMP DIRECTOR
<ul style="list-style-type: none"> <li>• Competition Director fails to follow NGA Rules &amp; Regulations may receive actions/penalties by NGA National Office</li> </ul>	<ul style="list-style-type: none"> <li>• Individual athlete violates regulations, they and their team are disqualified, all awards returned</li> </ul>	<ul style="list-style-type: none"> <li>• Individuals without appropriate/current NGA Membership, falsifies a membership, attempts to participate in NGA sanctioned competition</li> </ul>	<ul style="list-style-type: none"> <li>• Allow coach, judge, athlete on competition floor without current, valid membership</li> <li>• Any regulation violation within Rules &amp; Regulations</li> <li>• Improper timing of competition:                             <ul style="list-style-type: none"> <li>• Athletes in gym more than five (5) hours</li> <li>• Starting warm ups before 8 am</li> <li>• Finishing after 10 pm due to poor scheduling</li> </ul> </li> </ul>

## SANCTION PENALTIES

COMP DIRECTOR VIOLATION PENALTIES	MEMBER VIOLATIONS PENALTIES
<ul style="list-style-type: none"> <li>• Competition Director may receive penalties for violations—penalties could include:                             <ul style="list-style-type: none"> <li>• 1st time violation—Warning</li> <li>• 2nd time violation—Fine of \$100 for one violation plus \$100 for each additional violation associated with same sanction</li> <li>• 3rd time violation—fine of \$500 for one violation plus \$500 for each additional violation associated with same sanction, plus possible one (1) year suspension of sanctioning privileges</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• NGA member may receive penalties for violating any of the listed violations:                             <ul style="list-style-type: none"> <li>• 1st time violation = warning</li> <li>• 2nd time violation = fine of <b>\$100</b></li> <li>• 3rd time violation = fine of <b>\$500</b> plus possible membership</li> </ul> </li> </ul>
	<h3>VIOLATION FINES RULES</h3> <ul style="list-style-type: none"> <li>• Fines apply only to individual Competition Director</li> <li>• State Rep/NGA National Office notified of any violations via e-mail</li> <li>• Fine assessed but not paid by assigned deadline, NGA Membership goes into pending status until all balances paid</li> <li>• Escalating penalties accrue during current competitive season</li> </ul>
<ul style="list-style-type: none"> <li>• Hosting groups may also be denied sanctioning privileges if violations are repeated with multiple Competition Directors</li> <li>• Violation due to lack of mandatory forms being returned will incur loss of ability to sanction an event until all mandatory forms are returned</li> <li>• Fine assessed but not satisfied by deadline indicated, Competition Director's membership may be placed in a pending status</li> <li>• Escalating penalties accrue during current competitive season:                             <ul style="list-style-type: none"> <li>July 1st to June 30th</li> </ul> </li> <li>• Competition Director incurs three (3) sanction violations in one (1) competitive season, will be placed in pending status with loss of Competition Director privileges</li> </ul>	<ul style="list-style-type: none"> <li>• Fail to return required sanction forms by designated deadline</li> <li>• Altering NGA language on sanction report form</li> <li>• Fail to obtain signatures/initials of judges/coaches on sanction sign-in form</li> </ul>

## SANCTION REPORTS

### SANCTION REPORT FORMS

SANCTION REPORT FORM	SANCTION REPORT STATE COPY	SANCTION REPORT NGA COPY
<ul style="list-style-type: none"> <li>Official NGA Sanction Report Form will be emailed to Competition Director prior to the competition date</li> </ul>	<ul style="list-style-type: none"> <li>Sanction Report copy sent to State Reps within 72 hours</li> </ul>	<ul style="list-style-type: none"> <li>Keep copy of report form, e-mail, fax or mail marked pages of Sanction Report form plus all sign-in sheet(s) to NGA Membership within 72 hours</li> <li>Email: <a href="mailto:sanctions@nationalgym.org">sanctions@nationalgym.org</a></li> </ul>
SANCTION RESTRICTIONS	GRANTED SANCTIONS	
<ul style="list-style-type: none"> <li>Applicable competition fees sent to State Rep of host state (based on physical location of Competition)</li> </ul>	<ul style="list-style-type: none"> <li>Event is cancelled, written notification submitted to NGA Membership prior to event start date</li> <li>Email: <a href="mailto:sanctions@nationalgym.org">sanctions@nationalgym.org</a></li> </ul>	
POST EVENT REPORT		
<ul style="list-style-type: none"> <li>Sanction includes a post event report that must be returned with completed sanction within 72 hours</li> </ul>		



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# CHAPTER 2

## COMPETITION GUIDELINES OVERVIEW

PRE-EVENT DUTIES

ADVERTISING

SANCTION REQUEST

JUDGES

COMP SET-UP

DECOR

EVENT APPAREL

HOSPITALITY

GIFTS

CHECK-IN

ANNOUNCER

AWARDS / GIFTS

VOLUNTEERS

SCORE TABLE

SANCTION REQUIREMENTS

OUTSIDE VENUE

LAST STEPS

DURING EVENT

INJURIES / MEDICAL

END REPORTING



# COMPETITION GUIDELINES—PART I

## COMPETITION GUIDELINES

### COMPETITION DIRECTOR

#### PRE DUTIES

- Determine dates
- Decide levels/divisions
- Determine competition format—Formats are found in NGA Rules & Regulations/Competition Formats
  - ▶ If possible, keep sessions between 2.5 - 3.0 hours, and include all same levels/divisions
  - ▶ If not possible, include levels or divisions similar in requirements
  - ▶ Follow all NGA regulations
- Contact—Community Sports Commission—Support, advice, assist in venue contact negotiation
- Secure venue—Contract signed by Comp Director/Host Club Contact
- Secure equipment provider—Contract
- Determine budget
- Create sponsorship packet—Send to potential event sponsors
- Determine theme (if desired)
- Procure scoring system
- Prepare media advertising materials
- Establish Coordinators with job responsibilities

#### COMPETITION TIMETABLE

- In calculating for number of sessions and start and end times, NGA suggests the following timetable:

TIME CALCULATION	WOMEN	MEN
<b>Open Stretch Amount at discretion of Comp Director</b>	Min 15 minutes Max 30 minutes	Min 15 minutes Max 30 minutes
<b>Total Time Calculation Per gymnast per event for Capital Cup format INCLUDING Warm-up INCLUDING Competition</b>	1N / 2BN 1.25 m	4X4 1.25 m
	SN / 3N 1:50 m	1N — 5N 1:50 m
	4N / GN / 5N 1:75 m	
	6N / 7N 2:00 m	
	PN / 8N 2:25 m	
	DN / 9N / 10N 2:50 m	6N — 10N 2:50 m

#### LEVEL TITLES

- Level titles for results for both Men and Women should be consistent throughout the NGA program
- Allows for Meetscoresonline to catalog and maintain consistent NGA results used for State, Zone, and National qualifiers—All results must be posted on [meetscoresonline.com](http://meetscoresonline.com)
  - ▶ **Men** = Level 1N, Level 2N, Level 3N, Level 4N, Level 5N, Level 6N, Level 7N, Level 8N, Level 9N, Level 10N
  - ▶ **Women** = Level 1N, Level 2N/BN, Level SN, Level 3N, Level 4N, Level GN, Level 5N, Level 6N, Level PN, Level 7N, Level 8N, Level DN, Level 9N, Level 10N

## COMPETITION GUIDELINES—PART II

### COMPETITION GUIDELINES

#### COMPETITION DIRECTOR

##### ADVERTISING

- Create website and Competition Packet—Send to potential clubs—containing:
  - ▶ Event location—Address via Google Maps
  - ▶ Entry fee information – Include levels/divisions, cost per athlete, per team, etc.
  - ▶ Entry procedures—Online
    - Publish address—Fees, entry deadline date
    - Determine late fee—Entries, if applies
    - Determine refund policy—Athletes unable to attend
  - ▶ Admission fee—Spectators
  - ▶ Secure Hotels—Participants and families, availability dates, cost, locations
  - ▶ Communicate—Airport location
  - ▶ Directions—To/from hotel(s) to competition site via Google Maps
  - ▶ Media/Ad book—Sales information (if desired)
  - ▶ Competition Apparel—Order information

##### SANCTION REQUEST

- Apply, pay for NGA sanction
  - ▶ Request sanction online—Min 30-days prior to event date: [nationalgym.org](http://nationalgym.org)
  - ▶ Comp Directors must have NGA Individual Membership in good standing to host sanctioned NGA competition
- Separate sanction—Necessary for each discipline unless held in same venue over same dates
- After sanction issued—Event posted to NGA National Calendar
- Sanctioned event cancelled—Submit notice via email to NGA National office—Prior to start date

##### SANCTION VIOLATIONS & PENALTIES

- Verify athletes/coaches/judges—Valid Athlete/Coach Membership number on entry form
- Coaches' responsibility—Indicate correct level, age division

##### SECURE / PAYMENT JUDGES

- Comp Director—Bound by individual contract terms agreed upon for each competition unless in volunteer position
- State Rep—NGA Comp Director MUST utilize contracting body for judges for NGA Sanctioned Competitions
- Request Judges—Complete request at [GymJas.com](http://GymJas.com) for women or state NAWGJ/NGJA assigner
  - ▶ \$5.00 assigning fee—Per Judge requested due to state NAWGJ Rep
- NGA Judges Compensation Package—Comp Director to not exceed payment of judges at any sanctioned competition
  - ▶ Compensation—Paid directly to each judge
  - ▶ Judges' pay scale—Follows rating of judge per current industry standard rates contracted through NAWGJ//NGJA
  - ▶ Judges payment—Following competition is responsibility of Comp Director/Comp Host
- Min break time—Breaktime is not mandatory—See *Men's and Women's Judges Requirements*
- Terms of Sanction—Comp Director fails to comply with terms of sanction or NGA Rules & Regulations, judges may refuse to perform contract obligations
  - ▶ Make every attempt/effort to resolve any disputes, in keeping with best interest of athletes involved
  - ▶ No action to be taken that would jeopardize/compromise safety or wellbeing of any athlete

## COMPETITION GUIDELINES—PART III

### COMPETITION GUIDELINES

#### COMPETITION SET-UP COORDINATOR

##### COMPETITION SET-UP / TEAR-DOWN

- Establish venue floor plan for equipment—Allow space as venue permits
  - ▶ Judges Tables—Seated comfortably, no obstruction from table to equipment
  - ▶ Proper seating for judges, auxiliary officials, volunteers
  - ▶ Designate chairs for athlete seating (each event)—Away from equipment to not disturb/distract gymnast competing
  - ▶ In mapping out area—Consider all reasonable safety measures
  - ▶ Each area to not overlap with another competitive area
  - ▶ No obstructions on floor area
  - ▶ Must be sufficient room for entering/exiting competition area
  - ▶ Must be sufficient room for medical attention to be given, if needed
- Obtain name/cell numbers—Facility manager, Equipment truck driver
- Arrive at venue—1-hour before set-up/teardown scheduled time
  - ▶ Organize volunteers—Set-up
  - ▶ Check—Equipment company arrives at arranged delivery time
  - ▶ Verify—All equipment specifications are correct, properly installed

#### DECORATION COORDINATOR

##### DECORATIONS / THEME

- With Comp Director—Determine theme for decorations, including competition logo for use on banners, entry information, programs, gifts, etc
- Arrange:
  - ▶ Purchase/donation/creation of decorations
  - ▶ With hospitality room volunteers, tables/chairs on competition floor, lobby areas, awards area, etc.
- With Volunteer Coordinator
  - ▶ Arrange help for putting up decorations
  - ▶ Arrange for display of American Flag
  - ▶ Maintain/refill any supplies—Decorations. (judges tables, banners, etc)
  - ▶ Tear down—Decorations to storage for future competitions

#### EVENT APPAREL COORDINATOR

##### EVENT APPAREL GIFT

- With Comp Director
  - ▶ Design event apparel
  - ▶ Apparel selections, pricing, ordering procedures
  - ▶ Collate athletes sizing from entry information
  - ▶ Place apparel order
  - ▶ Arrival of event apparel/gifts—Organize by club for distribution during competition

##### PROSHOP AT COMPETITION

- With Comp Director
  - ▶ Verify location, delivery dates of apparel
  - ▶ Secure pro-shop location at competition site
- With Volunteer Coordinator
  - ▶ Secure volunteers for pro-shop set-up
  - ▶ Work pro-shop, clean up after



**COMPETITION GUIDELINES—PART IV**

**COMPETITION DIRECTOR GUIDELINES**

**HOSPITALITY COORDINATOR**

**HOSPITALITY**

- With Decoration Committee—Competition theme in hospitality room
  - ▶ Judges’/coaches hospitality rooms—Separate, combined if limited space
- Solicit donations—For hospitality food/beverages from local organizations or club parents
- With Comp Director—Procure participant list—Includes number of coaches/judges per session
- With Comp Director—Arrange meals—Volunteers/delivered/catered for each day
- Meals required:
  - ▶ Breakfast each day (coffee only)
  - ▶ Lunch each day
  - ▶ Dinner each day—Judges immediately leave meet site after final session, Comp Host can either pay for meal or provide “to go” meal
- During event—Arrange hospitality room volunteers
  - ▶ Volunteers—Periodically check w event judges—Provide beverages
  - ▶ After event—Teardown/clean up hospitality room

**GIFTS COORDINATOR**

**GIFTS**

- Work w Comp Director
    - ▶ Gifts—Coaches, judges, athletes w theme of event
    - ▶ Gift budget
    - ▶ Gift list—Number of attending coaches, judges, athletes
    - ▶ Place gift order—Work w Event Apparel Coordinator if event gift is apparel
    - ▶ Date/location—Gift delivery
  - With Volunteer Coordinator—Volunteers to distribute gifts per session
- JUDGES GIFTS**
- Comp Directors/Comp Host—May provide gifts to judges, however not required

## COMPETITION GUIDELINES—PART V

### COMPETITION DIRECTOR GUIDELINES

#### CHECK-IN COORDINATOR

##### CHECK-IN

- With Comp Director—Coach/athlete check-in location
- Obtain roster/rotation list—Competing gymnasts per session—must have names of gymnasts on sheet—MUST not include birthdates
  - ▶ Mark athletes on roster/rotation list as they arrive
  - ▶ Athletes—Provide information for open stretch
- Obtain coaches list—Attending coaches (sorted by club)
- Obtain competition schedule—Referencing session and warm up times
- At competition—Provide tables for volunteers responsible for checking coaches in, handing out credentials, any competition packets, or other related materials
  - ▶ Each coach must personally check in to receive their credential
  - ▶ Coach may not pick up credential for another coach from their club—Coach must sign their name to receive their credential

#### ANNOUNCER / MUSIC COORDINATOR

##### ANNOUNCER

- With Comp Director
  - ▶ Secure MP3 sound system—Announcements, routine music
  - ▶ Recommend charger—Used while playing routine music, remind coaches all devices are fully charged, in airplane mode, volume turned up before starting routine
- With Comp Director—For upbeat music to play in down times
- With Comp Director—Arrange, announce National Anthem (live/recorded)
- With Awards Coordinator—Awards list for announcing awards ceremony
- Prepare script—Approval of Competition Director
- Obtain club list and judges—Announce during introductions—correct pronunciation of names
- Obtain sponsor list—Recognition announcements
- With Comp Director—Announce rules (i.e., “no flash photography”)
- During event—Arrive min thirty 30-mins prior—Ensure sound equipment in working order, including microphone and music
- Available at designated announcer area—To make announcements for Comp Director
- Prior to awards—Be familiar with NGA Rules & Regulations award procedures



## COMPETITION GUIDELINES—PART VI

### COMPETITION GUIDELINES

#### AWARDS / RESULTS COORDINATOR

##### AWARDS COORDINATOR

- With Comp Director—Delivery date, location of awards
- Perform medal inventory—Report issues to Comp Director
- With Comp Director—Secure location for awards ceremonies
- With Decoration Volunteer—Tie in with theme
- With volunteers—Assist in set-up/take-down of Awards area
- With Comp Director—Obtain list of awards presented—Per session
- With Comp Director—Understand NGA Rules & Regulations regarding ties
- Arrange for presenters—Each competition session
- With Announcer—Awards ceremony

##### RESULTS

- Competition results to be posted online at [meetscoresonline.com](http://meetscoresonline.com). Print or emailed copies of results may be requested
- ALL competition results MUST be posted live or after competition on [meetscoresonline.com](http://meetscoresonline.com)
- Comp Director MUST email competition results w/in 72 hrs:
  - ▶ Invitational Competitions:
    - State Rep or designated Rep
  - ▶ State, Zone, Atlantic/Pacific National Championship competitions:
    - NGA National Office

NOTE: Results should NOT include athletes' date of birth

#### VOLUNTEER COORDINATOR

##### VOLUNTEERS

- With Competition Director
  - ▶ Schedule of competition—Determine volunteer staffing per session
  - ▶ Create copy—Volunteer assignments w scheduled report times
  - ▶ Develop job descriptions—Each volunteer position
  - ▶ Develop—Volunteer apparel requirements
- Conduct training sessions—New volunteers to provide understanding of job prior to reporting
- Scoring system—Each session may need adult judge assistant volunteers:
  - ▶ One routine timer
  - ▶ Create written record of all judges scores and average score
- Each session requires
  - ▶ Volunteers—Admissions at gate—supplied cash box w start money
  - ▶ Volunteers —Concession stand (some venues, concessions are run by venue)  
*Check with Comp Director regarding venue rules*
- During event—Arrive 30-min before scheduled Open Stretch to coordinate jobs
- Coordinate all volunteers—In place for all jobs required

## COMPETITION GUIDELINES—PART VII

### COMPETITION GUIDELINES

#### SCORE TABLE COORDINATOR

##### SCORE TABLE

- With Comp Director
  - ▶ Determine scoring system used (ProScore recommended)
  - ▶ Entry of competitors information
  - ▶ Set up scoring system at venue
  - ▶ Placement of score display units—Placed to avoid being blocked
  - ▶ Score table supplies—Staplers, tape, paper clips, scissors, stop watch, extra batteries, pens, pencils, paper
  - ▶ Set up Score Table volunteers/assistants—Recommend computer scoring system operators be well versed in program prior to competition
- Each Session—Arrive 45-min prior to Open Stretch to check all equipment
- With Comp Director—Train judges/volunteers on Score system with keypad entering,
- Monitor—All entries into score system
- Be available—All scoring system issues
- Award rankings report per session—Create 2 reports to Announcer/Awards Coordinator
- Post final results—Each age division in warm up area and one accessible to spectators
- After entry deadline—Develop competition structure—Verify all athlete, coaches, judges memberships

#### COMPETITION DIRECTOR

##### SANCTION REQUIREMENTS

- Print several copies Sanction Report form, Coaches/judges sign-in sheets from NGA web site
- Read, follow instructions on each section of sanction
- REQUIRED—Post Certificate of Sanction at event
- Verify—Athlete, coaches, judges NGA membership online at [admin.nationalgym.org/ngatools.verifynganumbers](http://admin.nationalgym.org/ngatools.verifynganumbers)
  - ▶ Coach/judge w/o current NGA membership is NOT allowed on competition floor during event, no exceptions
  - ▶ Coach members must show proof of membership at any time during event

##### OUTSIDE VENUE

- If requested by venue, submit Certificate of Insurance request—Form & procedures found in sanction packet
  - ▶ To provide outside venue Certificate of Insurance, Competition Director must be signer on all contracts required for venue use—be listed on Sanction Form
- To request a Certificate of Insurance - Complete Request for Certificate of Insurance form and submit to contact listed on form AT LEAST 30 days in advance of event

## COMPETITION GUIDELINES—PART VIII

### COMPETITION GUIDELINES

#### COMPETITION DIRECTOR

##### LAST STEPS

- Determine, publish final schedule
- Order awards
- Order athlete/judges/coaches' gifts
- Finalize set-up, take-down schedule
- Organize volunteer schedule
- Prepare hospitality volunteer schedule plus meal plans for event
- Finalize competitor program, determine cost, send for printing
- Finalize all scripts, information for Announcer
- Communicate travel arrangements made for judges, equipment reps, other competition judges
- Notify judges if per diem will be given and no food provided
- Organize rotation sheets, athlete score cards, competition packets for coaches, etc.
- Communicate specific information to all participating clubs through website or email (parking instructions, etc.)

##### DURING EVENT

- Arrival—Supervise event set-up
  - ▶ Ensure spectators' line of sight is unobstructed
  - ▶ Head score tables placed to not interfere w competition
  - ▶ Provide Comp Referee station—Easily accessible by coaches for an inquiry form/score verification
- Before start—Post important notices/papers
  - ▶ NGA Certificate of Sanction at head score table clearly visible to participants
  - ▶ Judges' Sign-in form in judges' hospitality room—*All judges sign or initial sign-in form next to member information.* Competition Referee required to sign, date, return to Competition Director at end for submission to NGA
- Conduct coaches' meeting prior to each session
  - ▶ Welcome coaches and athletes
  - ▶ Remind coaches—REQUIRED to sign-in w/proper NGA membership info on designated sign-in sheet—Discuss competition format and how it will run
  - ▶ Call for scratches—make adjustments to rotation sheet
  - ▶ Introduce Comp Referee
  - ▶ Communicate Inquiry Form—Location and procedures
  - ▶ Explain FX music procedures—Volunteer used or coaches need to play their own music
  - ▶ Introduce medical personnel
  - ▶ Discuss determination of age divisions, award distribution
  - ▶ Communicate hospitality logistics—Room for coaches

## COMPETITION GUIDELINES—PART IX

### COMPETITION GUIDELINES

#### COMPETITION DIRECTOR

##### INJURIES

- Consult medical staff on site
- Provided Injury Report Forms—Completed by medical staff or Comp Director for any injury
  - ▶ Injury Report Forms—See Sanctions; Sanction Forms or [nationalgym.org/sanctions](http://nationalgym.org/sanctions)
  - ▶ Copy of completed form—Give to coach/parent/legal guardian at competition
  - ▶ Completed form—Submitted to Insurance contact listed on form
  - ▶ Copy of completed form—Submitted to NGA National office

##### MEDICAL STAFF—INVATIONALS

- Comp Director—MUST provide first aid kit, ice, organized plan for medical emergencies
- Medical staff—Recommended for all levels
- Competition out-of-gym—Required medical for L6N-10N

##### MEDICAL STAFF—NGA COMPS

- State, Zone, Atlantic/Pacific, National competitions—Required qualified medical personnel (physician, trainer, physical therapist, nurse, etc.) be available at all times during warm ups and competition

##### SESSION END

- Conclusion of each session—Announce award winners, thank athletes, coaches, spectators for attending, supporting event
- Post each session results—Website and scoring application
- All final results—Posted on [meetscoresonline.com](http://meetscoresonline.com)

##### EVENT END

- Assign volunteer—Write, distribute checks to judges
- Assign volunteer—Transport judges to airport
- Supervise take-down
  - ▶ Ensure mats are packed properly
  - ▶ Competition area/hospitality rooms are cleaned
  - ▶ Pack all score table supplies
- Venue payment—Contact, arrange for payment of facility rental

##### FORMS COMPLETED & RETURNED

- NGA Sanction Report Form to include
  - ▶ Judges/Coaches Sign-In forms
  - ▶ Completed Sanction Report Form including Post Event Report
  - ▶ Copies of all Incident/Injury Report Forms
- Copy Sanction Report Form—Forward to State Reps and National Office
- Check w State Reps—Information on official results reporting

##### FINANCIAL REPORTS

- Comp Director for State and above competition—Must send completed Financial Report form w/in 60-days to NGA State Rep and NGA National Office
  - ▶ Report forms—NGA website or from State Reps



# COMPETITION GUIDELINES—PART X

COMPETITION CHECK LIST	
COMPETITION DIRECTOR	COMPETITION DIRECTOR
<p><b>GENERAL CONSIDERATION</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Athlete safety guidelines should always be considered</li> <li><input type="checkbox"/> Recommended there be a clearance of 5' to 6' from one floor to any other                             <ul style="list-style-type: none"> <li>▶ Includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.</li> </ul> </li> <li><input type="checkbox"/> Recommended there be a minimum of a 20-foot ceiling height for all NGA sanctioned competitions</li> <li><input type="checkbox"/> Equipment provider must be published in the pre-Comp information</li> <li><input type="checkbox"/> All flooring used at NGA-sanctioned competitions must be manufactured by a recognized equipment supply company</li> </ul>	<p><b>SAFETY CONSIDERATIONS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ensure all reasonable safety measures are considered                             <ul style="list-style-type: none"> <li>▶ Each competitive area must have its own physical space and may not overlap with another competitive area</li> <li>▶ There cannot be any obstructions on the Floor Exercise Area</li> <li>▶ Procedures for the removal of blood and disinfection of the flooring: A solution of 1 part bleach and 10 parts water (or an Anti-viral spray disinfectant) should be available for the removal/ disinfection of blood from the matting</li> </ul> </li> </ul>

COMPETITION CHECK LIST FORMS	
COMPETITION FORMS	COMPETITION SIGNAGE
<p><b>NGA COMPETITION FORMS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Certificate of Insurance (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> Incident Report Form (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> Inquiry Form (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Sanction Form (<a href="#">pdf</a>) - Only if not able to Online register</li> <li><input type="checkbox"/> NGA Timer Sheet (<a href="#">pdf</a>)</li> </ul>	<p><b>NGA PROVIDED COMPETITION SIGNAGE – Available for download</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Athletes Only (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Admission Check-In (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Awards (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Concessions (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Flash Off (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Hospitality (<a href="#">pdf</a>)</li> <li><input type="checkbox"/> NGA Restrooms (<a href="#">pdf</a>)</li> </ul>

# CHAPTER 3

## TYPES OF COMPETITIONS

### INVITATIONALS

GENERAL REGULATIONS

INVITATIONAL HOSTING

INVITATIONAL COMPETITIONS JUDGES

RESULTS AND REPORTING

2024-25 ATLANTIC/PACIFIC

2024-25 NATIONALS

### NATIONAL CHAMPIONSHIPS COMPETITIONS

STATE CHAMPIONSHIPS REGULATIONS

COMPETITION FORMAT

CHAMPIONSHIP DATES

ENTRY FEES

2024-25—QUALIFYING REQUIREMENTS

2024-25 STATE

2024-25 REGIONAL ZONE

## INVITATIONAL COMPETITIONS

### GENERAL REGULATIONS

#### INVITATIONAL HOSTING

- To host an invitational with NGA sessions, host Club must be NGA Club Member
- Competition Director must have a Coaches Membership
- Online Sanction Request to be completed to be added to National Calendar
- Competition Directors may set dates, days, registration fees, admission fee, set own competition schedule
- Judges requested through services of each State's Judging Rep and/or assigner or through [Gymjas.com](http://Gymjas.com)

#### INVITATIONAL COMPETITIONS JUDGES

- Judged by minimum number of qualified judges to meet requirements of a State Championships qualifier:
  - Levels 1N-5N may use a one (1) judge panel
  - Levels 6N-10N must two (2) judge panel
  - Not enough judges in a state within 150 miles, may request to use a one (1) judge panel for all levels
- Requests go to: NGA National Judges Administrator
- Any invitational competition directly qualifies a team to State Championships MUST be judged by NGA rated judges
- NAWGJ/NGJA contracts will be used for procuring rated judge for all competitions



**Click for Annual Competition Calendar**

### RESULTS AND REPORTING

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Official results distributed to each participating club by printed copy in hand, email or online posted</li> <li>• Final Results MUST be posted on <a href="http://meetscoresonline.com">meetscoresonline.com</a> for score storage to verify qualifying scores to yearend Championships</li> </ul> | <ul style="list-style-type: none"> <li>• State Reps notified of final results at location of competition</li> <li>• All State Reps responsible for distributing results to other State Reps of clubs who entered and competed in the competition</li> </ul> |
|--|---|



## NGA CHAMPIONSHIPS COMPETITIONS

GENERAL REGULATIONS			
STATE CHAMPIONSHIPS	COMPETITION FORMAT	CHAMPIONSHIP DATES	ENTRY FEES
<ul style="list-style-type: none"> <li>• State Championships are under jurisdiction of State Rep</li> <li>• Dates determined by State Rep - 2nd or 3rd weekend in April—Check NGA National Calendar</li> </ul> <p><u>Number of Judges</u></p> <ul style="list-style-type: none"> <li>• All Women’s Levels must use a two (2) judge panel per event</li> <li>• All Men’s Levels may use a one (1) judge panel per event</li> <li>• State Rep and/or NGA National Office selects judges and Competition Referee — may also determine event assignments</li> <li>• State Rep to act as Competition Director</li> </ul>	<ul style="list-style-type: none"> <li>• Format choice, including number of athletes standardized by NGA</li> <li>• Any deviation to be approved by NGA National Office</li> <li>• All State competitions should be Men and Women combined</li> <li>• All competition entries go through NGA Club Portal</li> <li>• All competition results available at: <a href="http://www.meetscoresonline.com">www.meetscoresonline.com</a></li> <li>* Entry deadlines = minimum three (3) weeks prior to competition</li> </ul>	<ul style="list-style-type: none"> <li>• <u>2024-2025 State Championships</u> <ul style="list-style-type: none"> <li>• <b>In-person—April 4-6, 2025 or April 11-13, 2025</b></li> <li>• All other dates approved by NGA National office</li> <li>• States may combine for multiple State Championships</li> </ul> </li> <li>• <u>2024-2025 Regional Zone Championships:</u> <ul style="list-style-type: none"> <li>• <b>In-person—May 1-3, 2025</b></li> </ul> </li> <li>• <u>2024-2025 NGA National Championships</u> <ul style="list-style-type: none"> <li>• <b>In person—June 2-7, 2025</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>* <u>State Championships</u> <ul style="list-style-type: none"> <li>* Individual: <b>\$130</b> all levels (maximum)</li> <li>* Team \$50 per level three (3) or more gymnasts</li> <li>* Team competition optional—discretion of State Rep</li> </ul> </li> <li>* <u>Regional Zone Championships</u> <ul style="list-style-type: none"> <li>* Individual: <b>\$140</b> all levels</li> <li>* No team fees</li> <li>* <b>1st-3rd place team awarded per level</b></li> </ul> </li> <li>* <u>National Championships</u> <ul style="list-style-type: none"> <li>* Individual: <b>\$150</b> all levels</li> <li>* No Team fees</li> <li>* <b>1st place Team Awards per level</b></li> <li>* Cash prize = \$1,000 Super Teams</li> <li>* Super Teams 1N-5N = Top 6/ea. event/min 3 levels</li> <li>* Super Teams 6N-10N = Top 6/ea. event/min 3 levels</li> </ul> </li> </ul>

2024-2025—QUALIFYING REQUIREMENTS		
2024-2025 STATE CHAMPIONSHIPS	2024-2025 REGIONAL ZONE CHAMPIONSHIPS	2024-2025 NATIONAL CHAMPIONSHIPS
<ul style="list-style-type: none"> <li>* Entry into State Championships                             <ul style="list-style-type: none"> <li>* Men 1N-10N—40.0 AA / 7.00 IES</li> <li>* Men 4X4—30.0 AA / 6.50 IES</li> <li>* Women 1N-10N—32.0 AA / 8.50 IES</li> </ul> </li> <li>* From State to Regional Zone Championships                             <ul style="list-style-type: none"> <li>* Men 1N-10N—42.0 AA / 7.20 IES</li> <li>* Men 4X4—30.0 AA / 7.50 IES</li> <li>* Women 1N-10N—33.00 AA / 8.75 IES</li> </ul> </li> <li>* Virtual Championships                             <ul style="list-style-type: none"> <li>* For petitions only</li> <li>* Hosted by State Rep or bid process</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Regional Zone Championships are combined:                             <ul style="list-style-type: none"> <li>• Zone 1 &amp; 2 Western</li> <li>• Zone 4 &amp; 5 MidWest</li> <li>• Zone 6 &amp; 7 Eastern</li> <li>• Zone 3 &amp; 8 Southern</li> </ul> </li> <li>• Regional Zone Championships offered as in-person competition</li> <li>• Virtual for petitions only</li> <li>• Regionals hosted by National Office</li> </ul>	<ul style="list-style-type: none"> <li>* From Regional Zone to National Championships                             <ul style="list-style-type: none"> <li>* Men 1N-10N—45.0 AA and 7.50 IES</li> <li>* Men 4X4—30.0 AA / 7.50 IES</li> <li>* Women 1N-10N—33.5 AA / 9.00 IES</li> </ul> </li> <li>• Nationals hosted by National Office</li> </ul>

### GRADUATING SENIORS

Graduating Seniors (Male and Female) do not need a qualifying score to compete at year-end competitions—State, Regionals, Nationals. Seniors are automatically qualified to attend all three (3) yearend competitions.



# CHAPTER 4

## NGA COMPETITIONS

### NGA COMPETITION HOSTS

#### COMPETITION HOST BIDS

INVATIONALS

STATE CHAMPIONSHIPS

REGIONAL ZONE CHAMPIONSHIPS

ATLANTIC/PACIFIC CHAMPIONSHIPS

NATIONAL CHAMPIONSHIPS

#### SELECTION CRITERIA—STATE CHAMPIONSHIPS HOST

HOST ORGANIZATION / COMPETITION DIRECTOR

LOCATION

COMPETITION SCHEDULE

HOST ORGANIZATION

FINANCIAL—STATE & BELOW

FINANCIAL—STATE

AFTER EVENT REPORT



# NGA COMPETITION HOSTS

## COMPETITION HOST BIDS

INVITATIONALS	STATE CHAMPIONSHIPS	REGIONAL ZONE CHAMPIONSHIPS
<ul style="list-style-type: none"> <li>• Invitational competitions (considered State Qualifiers): Use online Sanction Request form to sanction competition and add to the National Calendar</li> <li>• No limit to number of competitions in one weekend as long as judges are available</li> <li>• All results MUST be posted on <a href="http://meetscoresonline.com">meetscoresonline.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• Send completed bid form to State Rep</li> </ul>	<ul style="list-style-type: none"> <li>• Zone Championships hosted by NGA National Office</li> </ul>
		<p style="text-align: center;"><b>NATIONAL CHAMPIONSHIPS</b></p> <ul style="list-style-type: none"> <li>• National Championships hosted by NGA National Office</li> </ul>



**Click for Annual  
Competition Calendar**

## SELECTION CRITERIA – STATE CHAMPIONSHIPS HOST

**State Reps Are Responsible for Hosting Their Respective State Championships or They May Put It out for Bid**

HOST ORGANIZATION / COMPETITION DIRECTOR	LOCATION	COMPETITION SCHEDULE	HOST ORGANIZATION
<ul style="list-style-type: none"> <li>• Host Organization/Competition Director must have successful event organizational experience</li> <li>• Have a background of operating according to high ethical standards</li> </ul>	<ul style="list-style-type: none"> <li>• Competition geographic location should be rotated year to year</li> <li>• Venue must have sufficient space to accommodate competition for both men and women if possible</li> </ul>	<ul style="list-style-type: none"> <li>• State schedule posted and sent to participants no later than two (2) weeks prior to competition</li> <li>• Deadline for State Championships should be no later than three (3) weeks prior to competition date</li> </ul>	<ul style="list-style-type: none"> <li>• Host organization and Competition Director guarantee best practices set-up for a quality event, according to NGA Rules and Regulations</li> </ul>
COMPETITION DIRECTOR	FINANCIAL – STATE & BELOW	FINANCIAL – STATE	AFTER EVENT REPORT
<ul style="list-style-type: none"> <li>• Competition Director must be:                             <ul style="list-style-type: none"> <li>• NGA Member in good standing</li> <li>• Certified Competition Director</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Host Organization/Competition Director is responsible for any financial loss it may incur</li> <li>• State Rep to be compensated as Competition Director if State put out for bid.</li> </ul>	<ul style="list-style-type: none"> <li>• Host Organization/Competition Director must submit financial report within four (4) weeks following competition to NGA National Office: <a href="mailto:info@nationalgym.org">info@nationalgym.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• Host Organization/Competition Director must complete the Post Event Sanction Report to close out the competition.</li> <li>• Follow directions on Sanction Form</li> </ul>

# CHAPTER 5

## COMPETITION FORMATS OVERVIEW

### COMPETITION FORMATS

### COMPETITION DRAW

### COMPETITION WARM UPS—MEN

### COMPETITION WARM UPS—WOMEN

### SCORING

### INQUIRIES

### AUDIENCE

### INDIVIDUAL & TEAM AWARDS

### TIE-BREAKING



# COMPETITION FORMATS DETAILS

TYPES OF COMPETITION FORMATS		
	Warm-Up/Compete Format One Set of Equipment	Capital Cup Format Two Sets of Equipment
<b>Open Stretch</b>	<ul style="list-style-type: none"> <li>Open stretch and timed warm ups conducted in competitive gym</li> </ul>	<ul style="list-style-type: none"> <li>Open stretch, timed warm ups conducted in competition gym</li> </ul>
<b>Event Warm up</b>	<ul style="list-style-type: none"> <li>Warm up event, compete event</li> <li>Rotate to next event</li> </ul>	<ul style="list-style-type: none"> <li>Warm up event, compete event</li> <li>Rotate to next event</li> <li>Two (2) flights of competition</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>One (1) set of equipment used</li> </ul>	<ul style="list-style-type: none"> <li>Two (2) sets of identical equipment (VT/UB/BB) - One (1) floor</li> <li>Equipment identical for both sets</li> <li>Spring tumbling strip use at discretion of Competition Director - Not required</li> </ul>
<b>One Touch Warm Up</b>	<ul style="list-style-type: none"> <li>No touch warm-up unless more than 20 min passes following warm-up</li> </ul>	<ul style="list-style-type: none"> <li>No touch warm-up unless more than 20 min passes following warm-up</li> </ul>
<b>Number of Participants Allowed Per Session</b>	<ul style="list-style-type: none"> <li>Level 1N-5N 72 gymnasts/18 per squad</li> <li>Level 6N-7N 64 gymnasts/16 per squad</li> <li>Level 8N-10N 56 gymnasts/14 per squad</li> </ul>	<ul style="list-style-type: none"> <li>Level 1N-5N 96 gymnasts/12 per squad</li> <li>Level 6N-7N 80 gymnasts/10 per squad</li> <li>Level 8N-10M 64 gymnasts/8 per squad</li> </ul>

DETERMINING COMPETITION FORMAT AND SCHEDULE			
INVITATIONAL	FORMAT TYPE	SESSIONS BY LEVEL	START / END
<ul style="list-style-type: none"> <li>Exceeding allowable # of gymnasts per session will not be allowed</li> <li>Competition Director must place clubs on wait list or change format to allow for all entries if venue space allows</li> </ul>	<ul style="list-style-type: none"> <li>Format based on # of Athletes, # of age divisions, # of clubs, amount of apparatus available</li> <li>If competition is a state qualifying event, additional sessions and/or days must be added to accommodate all qualifiers</li> </ul>	<ul style="list-style-type: none"> <li>Athletes grouped in sessions, first by level and then age, if more than one (1) session required</li> <li>State and above— Competition order must be by random draw</li> </ul>	<ul style="list-style-type: none"> <li>15-30 minute general warm up/stretch may not begin before 8 am</li> <li>Competition must be scheduled to end by 10 pm</li> </ul>
		<b>LENGTH OF SESSION</b>	
		<ul style="list-style-type: none"> <li>Athletes should not be in the gym (<i>includes warm ups &amp; competition</i>) longer than four (4) hours</li> </ul>	
<b>AWARDS</b>	<b># JUDGEMENTS</b>	<b>ATHLETE SESSIONS</b>	<b>OVERTIME</b>
<ul style="list-style-type: none"> <li>Separate awards area used between sessions recommended</li> <li>Allow adequate time for awards ceremonies if not using separate area between sessions when calculating total time for competition</li> </ul>	<ul style="list-style-type: none"> <li>No specific max. number of judgments PER DAY per panel of judges</li> <li>Total number of athletes per day determined by number of athletes allowed per session based on format type to be used</li> </ul>	<ul style="list-style-type: none"> <li>Athletes may compete in two (2) different sessions in one (1) day if provided adequate rest time between sessions</li> </ul>	<ul style="list-style-type: none"> <li>Competition continues past 10 pm due to extenuating circumstances, Competition Director must submit a written explanation to NGA National Office</li> <li>Ten (10) minute leeway given with no penalties</li> </ul>
<p><b>• Recommended Session Times To Be No Longer Than 3 1/2 Hours, Including Warm Up</b></p> <p><b>• New Format Ideas Submitted to NGA National Office for Consideration and/or Approval and Possible Inclusion in Future Rules &amp; Regulations</b></p>			



## COMPETITION DRAW - STATE AND ABOVE

### PROCEDURES ORDER - STATE CHAMPIONSHIPS AND ABOVE

DRAW FOR STATE CHAMPIONSHIPS & ABOVE	ASSIGN COMPETITIVE NUMBERS	ROTATION ORDER
<ul style="list-style-type: none"> <li>• Determined by level and age divisions</li> <li>• State Rep determines specific guidelines determining competition order for levels and age divisions for State competitions</li> <li>• <u>Example</u>—Random draw or youngest to oldest or oldest to youngest</li> <li>• Age groups by level must be kept together if levels need to be put into multiple sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment of competitive numbers for each athlete may be determined by random draw or computer generated</li> </ul>	<ul style="list-style-type: none"> <li>• Competition order distributed to all coaches and judges and posted at competition site</li> </ul>
	<h4>COMPETITION FORMAT</h4>	<h4>DRAW FOR COMPETITIVE ORDER</h4>
<h4>CONDUCTING THE DRAW</h4>	<h4>DRAW FOR ATHLETE PLACEMENT INTO SESSIONS</h4>	<ul style="list-style-type: none"> <li>• <b>First Draw</b>—Number all of athletes assigned to the session and draw randomly for squad, flight order first</li> <li>• <b>Second draw</b>—For competition order in each squad</li> <li>• <b>More than one (1) Level in Session</b>—If more than one level drawn in one session, all athletes of same level must compete together                             <ul style="list-style-type: none"> <li>• Additional coaches may be needed</li> </ul> </li> <li>• <b>Athlete Order Change by Event</b>—Athletes dropped uniformly by 1-2 gymnasts per rotation based on number per squad</li> <li>• <b>Scratches</b>—Squad numbers may be reduced due to athletes scratching <u>prior to start of competition</u>, re-define start order on each event for that squad only if original number of dropped places affects the event order drop</li> </ul>
<ul style="list-style-type: none"> <li>• If not able to generate by computer, draw should be conducted by designated State Rep, Competition Director (if other than the State Rep) and 3rd non-affiliated person</li> <li>• Draw is to determine order of competition by level and age group</li> </ul>	<ul style="list-style-type: none"> <li>• All athletes of same age division from same club drawn for competitive order in same session</li> <li>• <b>Priority</b>—Levels and/or age divisions in same session</li> <li>• <b>Multi age/levels</b>—Several age divisions from the same level should be assigned within same session, One level per session if possible</li> <li>• Competition Director should always consider safety of athlete first to determine best format for competition</li> </ul>	
<h4>FORMAT AND NUMBER OF ATHLETES</h4> <ul style="list-style-type: none"> <li>• State Championships format does not need approval by NGA National Office</li> <li>• Maximum number of athletes per session may exceed by small percentage for special circumstances with approval of NGA National Office for State Championships</li> </ul>		
<h4>AWARDS</h4>		
<ul style="list-style-type: none"> <li>• Awards given for all levels and/or age divisions competing in each session</li> <li>• Events - 50% of age group up to ten (10) places and 100% AA awarded.</li> <li>• Team competition up to top three (3) teams per level</li> <li>• State team competition at the discretion of State Rep</li> </ul>		



## COMPETITION WARM UPS - MEN

### COMPETITION WARM UP

GENERAL WARM UPS	TIMED WARM UPS	TOUCH WARM UPS
<ul style="list-style-type: none"> <li>• General warm up mat is designated for all athletes in that session</li> <li>• Advise only stretching activities be performed with no tumbling, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Timed warm up on each event determined by athlete's level</li> <li>• Block time or individual time is a choice and allowed on each event</li> </ul>	<ul style="list-style-type: none"> <li>• Touch warm up on each event (competition equipment) is designated for only one athlete at a time, usually in competitive order</li> <li>• 30-secs warm up</li> <li>• Touch warm up only used for extreme circumstances with competition stopped for more than 20 minutes</li> </ul>

### EXCEEDING WARM UP

- Team ignores time, exceeds assigned warm-up time and is reported to the Competition Director or Competition Referee. Report is considered “the warning”—any additional time infractions would result in •0.20 team penalty

### EXTENUATING CIRCUMSTANCES

- If a team arrives late to competition due to circumstances beyond their control (traffic delay, weather related), every effort to be made to allow team to compete—should be afforded an effective yet safe warm up w/o upsetting competition flow. If team arrived for designated session/age division, scores considered valid for all athlete rankings

### SPECIFIC COMPETITION PROCEDURES

<b>Time between end of warm up and start of competition</b>	<ul style="list-style-type: none"> <li>• No more than 20 minutes</li> </ul>
<b>Who is allowed onto competition and warm up area</b>	<ul style="list-style-type: none"> <li>• ONLY judges, competing athletes and their coach(es) allowed onto competition and warm-up areas</li> <li>• ONLY during session in which they are competing</li> <li>• Exceptions:                             <ul style="list-style-type: none"> <li>• Those involved with the competition such as: runners, judge assistants, equipment reps, trainers are allowed into competition or warm-up areas</li> </ul> </li> </ul>

### COMPETITION WARM UP

WARM UP CHOICES	TIMED WARM UPS
<ul style="list-style-type: none"> <li>• Per gymnast</li> <li>• Per team</li> <li>• Per squad</li> </ul>	<ul style="list-style-type: none"> <li>• One (1) min warning given prior to end of time</li> <li>• Squad w more than one (1) skill level competing, timed warm up combined by total minutes per each skill level</li> </ul>

### SKILL LEVELS

# Athletes	1N / 2N	3N / 4N / 5N / 6N	7N / 8N / 9N / 10N
1	:30	1:00	1:30
2	1:00	2:00	3:00
3	1:30	3:00	4:30
4	2:00	4:00	6:00
5	2:30	5:00	7:30
6	3:00	6:00	9:00
7	3:30	7:00	10:30
8	4:00	8:00	12:00
9	4:30	9:00	13:30
10	5:00	10:00	15:00
11	5:30	11:00	16:30
12	6:00	12:00	18:00

NOTE: Men's 4 X 4 warm up—Skill Levels 1N/2N = :30s, 3N = :45s

## COMPETITION WARM UPS - WOMEN

### COMPETITION WARM UP

GENERAL WARM UPS	TIMED WARM UPS	TOUCH WARM UPS
<ul style="list-style-type: none"> <li>• General warm up mat is designated for all athletes in that session</li> <li>• Advise only stretching activities be performed with no tumbling, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Timed warm up on each event determined by athlete's level</li> <li>• Block time must be used for Vault, Bars and Beam</li> <li>• Floor Warm-up determined by Competition Director</li> <li>• Recommended to provide a Floor Manager when using a bump warm-up/compete format for Floor</li> </ul>	<ul style="list-style-type: none"> <li>• Touch warm up only used in extreme circumstances when competition has been stopped for more than 20 minutes</li> <li>• Touch warm up on each event (competition equipment) is designated for only one athlete at a time, usually in competitive order</li> <li>• 30-secs touch warm up</li> </ul>

### EXCEEDING WARM UP TIME

- Team ignores timer and exceeds assigned warm-up, timer must report infraction to Competition Director or Competition Referee—Report considered “warning”—any additional time infractions receive •0.20 penalty

### EXTENUATING CIRCUMSTANCES

- Team arrives late to competition due to circumstances beyond their control (traffic delay, weather related), every effort to be made to allow team to compete—afforded an effective yet safe warm-up without upsetting competition flow. If team arrived for their designated session/age division, scores considered valid for all athlete rankings

### SPECIFIC COMPETITION PROCEDURES

<b>Time between end of warm up and start of competition</b>	<ul style="list-style-type: none"> <li>• No more than 20 minutes</li> </ul>
<b>Who is allowed onto competition and warm up area</b>	<ul style="list-style-type: none"> <li>• ONLY competing athletes and their coach(es) allowed in competition and warm-up areas</li> <li>• ONLY during session in which they are competing</li> <li>• Exceptions:                             <ul style="list-style-type: none"> <li>• Those involved with competition such as: runners, judge assistants, equipment reps, trainers are allowed in competition or warm-up areas</li> </ul> </li> </ul>

### COMPETITION WARM UP

WARM UP CHOICES	TIMED WARM UPS
<ul style="list-style-type: none"> <li>• Per team</li> <li>• Per squad</li> </ul>	<ul style="list-style-type: none"> <li>• One (1) minute warning given prior to end of time</li> <li>• Squad with more than one (1) skill level competing, timed warm up combined by total minutes per each skill level</li> </ul>

### Multiple Scratches and Timed Warmup

- In the event of multiple scratches in a squad that reduces the size to 1-3 athletes, an additional 1.5 to 2.0 minutes (based on level warm up time) will be provided. If additional time needed may be requested to Head Judge

### SKILL LEVELS

# Athletes	1N/2BN	SN/3N	4N/GN/5N	6N/PN/7N	8N/DN/9N/10N
1	:30	:45	1:00	1:30	2:00
2	1:00	1:30	2:00	3:00	4:00
3	1:30	2:15	3:00	4:30	6:00
4	2:00	3:00	4:00	6:00	8:00
5	2:30	3:45	5:00	7:30	10:00
6	3:00	4:30	6:00	9:00	12:00
7	3:30	5:15	7:00	10:30	14:00
8	4:00	6:00	8:00	12:00	16:00
9	4:30	6:45	9:00	13:30	18:00
10	5:00	7:30	10:00	15:00	20:00
11	5:30	8:15	11:00	16:30	22:00
12	6:00	9:00	12:00	18:00	24:00

\*9N-10N Uneven Bar warm-up = 2.5 min/athlete

## SCORING

SCORING			
SCORING SYSTEM	OPEN SCORING	SCORE INPUT	JUDGES' USING INCORRECT RULES
<ul style="list-style-type: none"> <li>Any scoring system may be used</li> <li>Proscore is recommended as it is integrated with NGA and All Gymnastics</li> <li>Final competition scores must be posted to <a href="http://meetscoresonline.com">meetscoresonline.com</a></li> </ul>	<ul style="list-style-type: none"> <li><b>Required</b>—for all Championships, State, Zone, Nationals</li> <li><b>Allowed</b>—Open Invitationals—discretion of Competition Director</li> </ul>	<ul style="list-style-type: none"> <li>Each judge independently inputs their score electronically or submit score in writing on a separate score sheet                             <ul style="list-style-type: none"> <li>For State and above each judge to have their own keypad</li> </ul> </li> <li>Only one keypad used per panel—Head Judge to enter all scores—all scores entered electronically to ensure an accurate average and final score</li> </ul>	<ul style="list-style-type: none"> <li>Athlete mistakenly judged using incorrect level rules</li> <li>Routine may be re-evaluated using appropriate rules to determine correct Start Value and specific composition deductions, based on judges notes</li> <li>Re-evaluation must occur within 5 minutes of competition end for that session</li> <li>Judging panel must notify Competition Referee and scoring personnel that the re-evaluation is to occur</li> <li>Coach to be notified immediately of any score or start value change</li> </ul>
SCORING REVIEW	OPEN SCORING PROCEDURES	SCORE CHANGE	
<ul style="list-style-type: none"> <li>Competition Referee has authority to allow officiating panel to review a routine to verify Special Requirements were fulfilled. May be done by video review if available.</li> <li>Coach must be notified a review will occur—No additional deductions are allowed after review if Special Requirement in question is awarded</li> </ul>	<ul style="list-style-type: none"> <li>Each judge independently determines their score</li> <li>Each judge records SV (if used)</li> <li>Each judge records final score on judging slip, sends to Head Judge—only <u>score</u> is entered if using electronic scoring</li> <li>Adjusted score from a conferenced score change re-flashed as "Corrected Score"</li> </ul>	<ul style="list-style-type: none"> <li>Head Judge may change a score after submission to scoring system only if a neutral deduction was not applied (i.e., overtime, out-of-bounds)</li> <li>Score change must occur within five (5) minutes of session end</li> <li>Coach must be notified of score change and start value change, and if possible, new score to be publically displayed</li> </ul>	
SCORING INCREMENTS	COURTESY SCORE	FINAL AVERAGE SCORE	
<ul style="list-style-type: none"> <li>Judges score in 0.05 increments at all NGA sanctioned competitions</li> </ul>	<ul style="list-style-type: none"> <li>Courtesy score of 5.0 awarded for any routine that would result in score equal to or lower than 4.95 points</li> </ul>	<ul style="list-style-type: none"> <li>Once final average score is submitted to scoring system, changes cannot be made unless a submitted inquiry results in a score change</li> </ul>	





## INQUIRIES

INQUIRIES			
INQUIRY BASE	INQUIRY PROCEDURES	INQUIRY REQUIREMENTS	VIDEO REVIEW PROCESS
<ul style="list-style-type: none"> <li>Inquiries based only on:                             <ul style="list-style-type: none"> <li>Incorrect elements, falls, neutral deductions or unusual occurrences</li> <li>SV Award—specific “flat” composition deductions, falls, neutral deductions or unusual occurrences</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Competition Director must provide inquiry forms and announce location at coaches meeting</li> <li>Coach must submit an inquiry within five (5) minutes of end of session</li> <li>After Head Judge completes inquiry response, Competition Referee or Competition Director returns inquiry form to coach</li> <li>Coach may approach Competition Referee regarding inquiry during competition</li> <li>No fee charged for inquiry submission</li> <li>Inquiry allows for a second evaluation which may result in:                             <ul style="list-style-type: none"> <li>No change in score</li> <li>Score being raised, or</li> <li>Score being lowered</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Correctly completed inquiry form by coach</li> <li>Inquiry submitted in timely manner to Competition Referee</li> <li>Reviewed/answered by judging panel of inquiry in question</li> <li>Inquiry returned to Competition Referee</li> <li>Competition Referee returns inquiry to coach by pre-defined inquiry return procedure</li> </ul>	<ul style="list-style-type: none"> <li>Video review allowed at any sanctioned competition by completing official inquiry form                             <ul style="list-style-type: none"> <li>Coach may request video review by Competition Referee and event panel —May also include the highest rated unaffiliated judge if available</li> <li>Inquiry involves judges missing an element affecting Start Value</li> <li>Video review should be requested within ten (10) minutes after the end of the event rotation</li> </ul> </li> </ul>
INQUIRY FORM LOCATION		WHAT A VIDEO REVIEW IS NOT	WHERE VIDEO REVIEW IS USED
<ul style="list-style-type: none"> <li><a href="#">NGA website</a></li> <li>State Rep</li> <li>Head Scoring table during competition</li> </ul>		<ul style="list-style-type: none"> <li>Video review process may NOT be used to appeal a “degree judgment”, i.e degree of twist, holds, incomplete turns, element direct connections, or flexibility elements leg separation</li> </ul>	<ul style="list-style-type: none"> <li>All NGA sanctioned competitions</li> </ul>
<p><a href="#">Click HERE For Inquiry Form</a></p>			

## AUDIENCE/SPECTATOR REGULATIONS

### AUDIENCE/SPECTATOR REGULATIONS

<ul style="list-style-type: none"> <li>• Invitationals are able to set their own admission prices</li> <li>• Spectators not allowed to enter competitive or warm-up areas</li> <li>• Spectators must only use designated public areas</li> </ul>	<ul style="list-style-type: none"> <li>• Spectators may not use flash photography during pre-competition warm ups or competition—may endanger the performing athletes</li> </ul>	<ul style="list-style-type: none"> <li>• Spectators may not disturb the competition order, competing athletes or judges</li> <li>• Individuals causing violations may be asked to leave competition site</li> </ul>
<ul style="list-style-type: none"> <li>• Coaches or judges children may not be in competition arena, including warm up areas unless performing a specific competition duty</li> </ul>	<ul style="list-style-type: none"> <li>• Spectators may not enter spectator's area with food or drinks if restricted</li> </ul>	



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## INDIVIDUAL & TEAM AWARDS

### INDIVIDUAL AWARDS

	1N, 2BN SN, 3N, 4N, GN, 5N	6N, PN, 7N, 8N, DN, 9N, 10N
Invitationals	<ul style="list-style-type: none"> <li>• Determined by each Individual host</li> </ul>	<ul style="list-style-type: none"> <li>• Recommended awards distribution based on equal age groups per level with not more than 3 years age difference</li> </ul>
State Championships	<ul style="list-style-type: none"> <li>• 50% events</li> <li>• 100% All-Around</li> <li>• Equal Age Groups per Level</li> <li>• No more than 25 per age group</li> </ul>	
Regional Zone Championships Atlantic/Pacific		<ul style="list-style-type: none"> <li>• TBD by NGA National Office</li> </ul>
National Championships		<ul style="list-style-type: none"> <li>• TBD by NGA National Office</li> </ul>
<ul style="list-style-type: none"> <li>• Competition Director may present more awards, but not less than listed</li> <li>• Non-citizens living in United States may participate in all NGA sanctioned events and are eligible for awards</li> <li>• International members may participate in all NGA sanctioned events and are eligible for awards</li> <li>• Awards for all age divisions must be presented at each session</li> <li>• State Rep may request deviation from these min. recommendations from NGA National Office based on financial conditions of the State Competition</li> <li>• Athlete competes in wrong age division, their scores are invalid for the competition (may not be used for qualifying or athlete awards). May receive duplicate awards based on placement in correct age group level</li> <li>• All results MUST be posted to <a href="http://meetscoresonline.com">meetscoresonline.com</a> if not posting live</li> </ul>		






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### TEAM AWARDS

	Team Awards	# Team Awards per Level
<b>Invitationals</b>	<ul style="list-style-type: none"> <li>• Team Awards determined by Individual host</li> </ul>	
<b>State Championships</b>	<ul style="list-style-type: none"> <li>• Team Competition and Awards at discretion of each State Rep</li> </ul>	<ul style="list-style-type: none"> <li>• # team Awards determined by State Rep</li> </ul>
<b>Regional Zone Championships</b>	<ul style="list-style-type: none"> <li>• Team = 3 or more athletes and top 3 scores on each event</li> </ul>	<ul style="list-style-type: none"> <li>• Top 3 teams in each level</li> </ul>
<b>National Championships</b>	<ul style="list-style-type: none"> <li>• W/M—Super Team Competition</li> <li>• Regionals to Nationals: Top 6 Members, 5 scores count</li> </ul>	<ul style="list-style-type: none"> <li>• First place team in each level                             <ul style="list-style-type: none"> <li>• W/M—Levels 1N-5N</li> <li>• W/M—Levels 6N-10N</li> </ul> </li> </ul>
<b>Regional Teams</b>	<ul style="list-style-type: none"> <li>• 6 Athletes, count 5 scores</li> </ul>	<ul style="list-style-type: none"> <li>• Top 1 team in each level</li> </ul>

# AWARD TIE BREAKING

TIE BREAKING PROTOCOLS—EVENT		
	DUPLICATE AWARDS AVAILABLE	NO DUPLICATE AWARDS AVAILABLE
	<ul style="list-style-type: none"> <li>Both Athletes announced as 1st</li> <li>Both athletes receive a 1st place award</li> </ul>	<ul style="list-style-type: none"> <li>Both Athletes announced as 1st</li> <li>Highest All Around winner receives 1st Place Award</li> <li>Other athlete receives 2nd Place</li> </ul>
	<ul style="list-style-type: none"> <li>No 2nd place awarded</li> </ul>	<ul style="list-style-type: none"> <li>Awarded to tied athlete with lower individual event score</li> </ul>
	<ul style="list-style-type: none"> <li>Announce 3rd place</li> </ul>	<ul style="list-style-type: none"> <li>Announce 3rd place</li> </ul>
<b>Final Place Tie</b>	<ul style="list-style-type: none"> <li>Announce all final winners</li> <li>Highest individual event winner receives award</li> <li>Other athlete receives same award</li> </ul>	<ul style="list-style-type: none"> <li>Announce all final winners</li> <li>Highest individual event winner receives award</li> <li>Duplicate mailed to athlete, within 30-days</li> </ul>
<ul style="list-style-type: none"> <li>Strongly recommend duplicate awards presented if financial conditions permit</li> <li>Whenever a tie occurs, program computer skips next place</li> <li>Athletes tied in AA, duplicate award must be sent to athlete with club closet to event host within 30 days</li> <li>State/Regional Zones/Nationals—All tied athletes receive duplicate awards</li> </ul>		
TIE BREAKING PROTOCOLS—EVENT		
<ul style="list-style-type: none"> <li>International (non-USA citizens) athletes are eligible for all awards</li> </ul>		

TIE BREAKING PROTOCOLS—ALL AROUND		
	DUPLICATE AWARDS AVAILABLE	NO DUPLICATE AWARDS AVAILABLE
	<ul style="list-style-type: none"> <li>Both Athletes announced as 1st</li> <li>Both athletes receive 1st place</li> </ul>	<ul style="list-style-type: none"> <li>Both Athletes announced as 1st</li> <li>Highest Individual Event winner receives 1st place</li> <li>Other athlete receives 2nd place</li> </ul>
	<ul style="list-style-type: none"> <li>No 2nd place awarded</li> </ul>	<ul style="list-style-type: none"> <li>Goes to tied athlete with lower individual event score</li> </ul>
	<ul style="list-style-type: none"> <li>Announce 3rd place</li> </ul>	<ul style="list-style-type: none"> <li>Announce 3rd place</li> </ul>
<b>Final Place Tie</b>	<ul style="list-style-type: none"> <li>Announce all final winners</li> <li>Highest individual event winner receives award</li> <li>Other athlete receives same award</li> </ul>	<ul style="list-style-type: none"> <li>Announce all final winners</li> <li>Highest individual event winner receives award</li> <li>Duplicate mailed to athlete within 30-days</li> </ul>
<ul style="list-style-type: none"> <li>Athlete tied in highest event, next highest event used. If tied in all events, duplicate awards must be given</li> <li>State/Zones/Nationals—All tied athletes receive duplicate awards</li> </ul>		

TIE BREAKING PROTOCOLS - TEAM	
<b>All Places Awarded</b>	<ul style="list-style-type: none"> <li>Team ties broken by highest AA score first</li> <li>If still tied, highest individual event score second</li> <li>If still tied, least number of gymnasts counted for team score third</li> <li>If still tied, duplicate award must be given</li> <li>Team furthest away receives award—Duplicate award mailed to team closest to hotel club within 30 days</li> </ul>

# **APPENDIX**

**MEN'S EQUIPMENT SPECS**

**WOMEN'S EQUIPMENT SPECS**

**MAT SPECS**

## MEN'S EQUIPMENT REQUIREMENTS

### VAULT REGULATIONS

#### MATTING AS PER FIG JR CODE OF POINTS

##### RUNWAY / SAFETY ZONE / HAND MAT

- Runway thickness: 3/4" - 1-3/8"
- Runway width: 3"
- Max runway length: 80'  
*Measure from front of VT Table or Resi*
- Runway length: 25 meters
- Safety Zone:  
*Mandatory for all RO & HS to board entry vaults*
- Hand Mat:  
*Recommended for RO VT*

##### VT MAT / TABLE HEIGHT

- 1N: Mat stack/Resi—Min 10' x 5' x 32"
- 2N: Mat stack/Resi—Min 10' x 5' x 32"
- 3N: Mat stack/Resi—Min 10' x 5' x 32" + Landing Mat
- 4N: Mat stack/Resi—Min 10' x 5' x 32" + Landing Mat
- 5N: Mat stack/Resi—Min 10' x 5' x 32"
- 6N: Table height—Min 110 cm to Mat stack/Resi  
Min 10' x 5' x 32"
- 7N: Table height— Min 110 cm
- 8N/9N/10N: Table height— Min 110 cm
- *Additional matting may be used at all levels for safety of the athlete*

### GENERAL REGULATIONS

#### GENERAL EQUIPMENT

- Equipment FIG Junior Code requirements except PB and PH Height may be lowered if needed to adapt to athlete

#### FALL TIME = 30s

- Timing starts when gymnast is on his feet after the fall

#### MEASUREMENTS

- 4 inch = 10 cm
- 8 inch = 20 cm
- 16 inch = 40 cm

#### HB GRIP FAILURE

- Athlete given choice to repeat exercise

### EVENT REGULATIONS

#### FX MATTING SPECIFICATIONS

- Max (1) 4" mat or sting mat allowed for "C" VP landings—must remain in place for entire routine

#### PH MATTING SPECIFICATIONS

- Panel mat may be used to mount

#### SR MATTING SPECIFICATIONS

- Same as per FIG

#### VT LANDING MAT DIMENSIONS

- *See VT/Mat Table Height*

#### PB SPECIFICATIONS

- PB may be set at max 2 notches above FIG to accommodate tall gymnast if while hanging knees touch floor

#### HB SPECIFICATIONS

- Additional matting may be used at all levels for the safety of the athlete

### EVENT MATTING REGULATIONS

#### MATTING AS PER FIG JR CODE OF POINTS

##### FX MATTING SPECIFICATIONS

- Max (1) 4" mat or sting mat allowed for "C" VP landings

##### PH MATTING SPECIFICATIONS

- Panel mat may be used to mount

##### SR MATTING SPECIFICATIONS

- Same as per FIG
- Additional matting may be used at all levels for the safety of the athlete

##### VT LANDING MAT DIMENSIONS

- Same as per FIG

##### PB MATTING SPECIFICATIONS

- Panel mat may be used to mount
- Additional matting may be used at all levels for the safety of the athlete

##### HB MATTING SPECIFICATIONS

- Additional matting may be used at all levels for the safety of the athlete

## WOMEN'S EQUIPMENT REQUIREMENTS

### EQUIPMENT REGULATIONS

#### VAULT RUNWAY

- Runway thickness: 3/4" - 1-3/8"
- Runway width: 3'
- Runway length: Max length: 80'
  - 1N-5N: Min 60'
  - 6N-10N: Min 79'

(Measure from front of VT Table)

#### HAND PLACEMENT MAT

- May only be used for RO/FHS onto board entry vaults

#### VT BOARD SPRINGS

- 1N: Min two (2) springs
- 2BN/SN: Min two (2) springs
- 3N: Min two (2) springs
- 1N-3N: Tramp Board allowed

#### SAFETY ZONE COLLAR

- Safety Zone: Mandatory for RO, FHS onto board entry vaults
  - May be used for other vaults

#### VT LANDING MAT DIMENSIONS

- 3N/GN/4N: Behind Resi/Table Min 6'x12'
- 6N/7N: Resi may sit on landing mat
- 6N/7N: Pit Pillow 4' x 6' x 8"
- PN/8N-10N: Behind VT Table 8'x12'

#### VT MAT or RESI/TABLE HEIGHT

- 1N: Mat Stack Min 8"-Max 24"
- 2BN: Mat Stack Min 16"-Max 48"
- SN/3N: Mat Stack Min 24"-Max 56"
- 4N: Mat Stack Min 24"-Max 56"
- 4N: RO Mat Stack Max 56"
- 5N: Mat Stack Min 24"-Max 56"
- GN/PN/DN: Table height Max 135cm
- 6N/7N: Table height Max 135cm
  - Mat Stack Min 32"-Max 64"
- 8N/9N/10/N: Table height Min 110 cm - Max 135cm

### EQUIPMENT REGULATIONS

#### VT ADDITIONAL MATTING

- 6N/7N may use Pit Pillow for landing, if available

#### UB MATTING SPECIFICATIONS

- 1N-SN Recommend: 7'6" x 15' min mat area
- 3N-7N Recommend: 7'6" x 24' min mat area
- 8N-10N Recommend: 7'6" x 36' min mat area
- Max height: 9" additional matting allowed
- Up to (2) 5 x 10 x 8" skill cushions, used end to end
- Dismounts: Additional matting = Max 9"

#### UB LB ROUTINE MATTING

- UB Mount—Max additional mats = 12" +/- 2" (i.e. 8" mat, 4" mat, sting mat (1" or 2"))
- UB Mount-LB Routine—Mount trainer, spot block, folded panel mat—may be placed on top of additional mats
- UB Dismount-LB Routine—May land on max additional mats = 12" +/- 2"

#### UB / BM MOUNTING

- Boards/Mount Mats: Max 8" allowed
  - GN-10N—Remove immediately after athlete leaves mount apparatus
- Boards cannot be placed on 8" skill mat
- Mount trainers allowed on 8" skill mat

#### BM HEIGHTS

- 100 cm min / 125 cm max / all levels

#### BM MATTING SPECIFICATIONS

- Dismount matting:  
Min 7'6" x 15' x 4" on one BM end and  
Min 7'6" x 12' x 4' on other BM end
- Matting under BM:  
Two (2) landing mats side by side  
15' wide x 15'6" long

### LANDING MAT REGULATIONS

#### FX ADDITIONAL MATTING

- Max two (2) mats (sting mat, 4" or 8").
- One (1) mat per tumbling pass (per direction —May have both mats on opposite ends of diagonal
- Sting mat placed on top of 4" or 8" mat does not count as one of two (2) allowable mats

#### LANDING MATS

- 10 cm (4") mats minimum required
- 20 cm mats = allowed

#### MAT PLACEMENT

- Landing mats should be placed under and/or around Vault, Uneven Bars and Balance Beam covering all landing areas

#### MATS ON TOP OF LANDING MATS

- 8" Skill Cushion + (1) Sting Mat allowed = 9"
- 4" Throw Mat + (1) Sting Mat allowed = 5"
- Two (2) 4" Throw Mat + (1) Sting Mat allowed = 9"

#### FOREIGN SUBSTANCE

Water, chalk, Manufactured solutions and hand Tac/10 style towels are only acceptable solutions

#### PLYWOOD UNDER BOARDS

- Plywood allowed under board for UB/BM mounts

## MATS

### VAULT MATS

Inches	Centimeters	Available Mats	Vault Mat Configuration — Example: 1N
.75 inches	2 centimeters		1N — Landing surface MUST be Min CLM 4in/10cm
1.25 inches	4 centimeters	Skill Cushion Mat (SM) — 8 in / 20 cm	1N — May use optional SM (Skill, Resi, Throw) up to 20in/50cm = TOTAL 24in/60cm
2 inches	5 centimeters	Skill Cushion Mat (SM) — 10 in / 25 cm	
4 inches	10 centimeters		
4.5 inches	12 centimeters	Skill Cushion Mat (SM) — 12 in / 30 cm	<b>ALLOWED</b> CLM = 8-9in/20-24cm Optional SM = 8in/20cm
8 inches	20 centimeters		Throw Mat (SM) — 4 in / 10 cm
10 inches	25 centimeters	Panel Mat — 1.375   1.625   2.0 in / 3.5   4.0   5.0 cm	Skill Cushion Mat (SM) — 8 in / 20 cm
12 inches	30 centimeters	Throw Mat (SM) — 4 in / 10 cm	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
16 inches	40 centimeters	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
18 inches	45 centimeters	Competition Landing Mat (CLM) — 8 in / 20 cm	
20 inches	50 centimeters	Competition Landing Mat (CLM) — 8 in / 20 cm	
24 inches	60 centimeters		Skill Cushion Mat (SM) — 8 in / 20 cm
30 inches	76 centimeters	Resi Mat — 12 in / 30 cm	Competition Landing Mat (CLM) — 8 in / 20 cm
32 inches	80 centimeters		
36 inches	90 centimeters		
<b>Mat</b>	<b>Size (in)</b>		
Skill	4 x 5	Resi Mat — 16 in / 40 cm	<b>ALLOWED</b> CLM = 8-9in/20-24cm Optional SM = 8in/20cm TOTAL = 16in/40cm
	4 x 6		Skill Cushion Mat (SM) — 8 in / 20 cm
	5 x 7		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
Resi	5 x 10	Resi Mat — 18 in / 45 cm	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	5 x 5		
	5 x 10		
Landing	6 x 12		
	7.6 x 14	Resi Mat — 24 in / 60 cm	Skill Cushion Mat — 8 in / 20 cm
	7.6 x 4		Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	7.6 x 5		
	6 x 12		
	7.6 x 12		
Throw	8 x 12	Resi Mat — 32 in / 80 cm	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm
	6 x 15.6		
	7.6 x 15.6		
	8 x 15.6		
	3 x 6		<b>NOT ALLOWED</b> No CLM
	4 x 6	Air Bag Mat — 30 in / 76 cm	Skill Cushion Mat (SM) — 8 in / 20 cm
Sting	4 x 8		Panel Mat — 1.375   1.625   2.0 in / 3.5   4.0   5.0 cm
	4 x 10		
	7.6 x 10		
	36 x 54		
	40 x 80	Air Bag Mat — 36 in / 90 cm	Skill Cushion Mat (SM) — 8 in / 20 cm
5 x 10			
7.6 x 10			

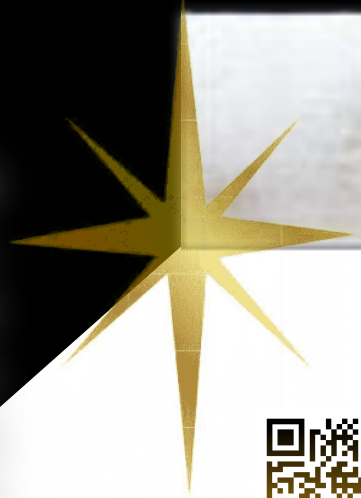
CLM = Competition Landing Mat  
SM = Supplemental Mat





# MASTERS OF SPORT

Educational material designed to explain, reiterate and construct fundamental guidelines for the basics, advanced training and skill sets of sports performance and coaching.



*Mary Wright & Chere Hoffman*

