Dear Professional Members,

I hope your season is going well and your kids are healthy and improving! I have a few reminders that I hope will help you as you are going through the season.

1. Please remember that you cannot skip Level 5. You can get a move up score of 31.0 in a sanctioned meet to then move to either Level 6 or 7. If you move to Level 6, you can also go back to Level 5 after a season, or in the middle of a season (depending on drop back dates). It is possible to move back and forth from 5 to 6 as many times as you want. You may not drop back in any other level without the permission of your state director**.**
2. If you have any questions about voice in your music, send the music to our Technical Chair, Linda Mulvihill. She can approve/disapprove it if judges have questioned it.
3. If you have foreign athletes, please refer to the Rules and Policies, pages 21-24.
4. When attending a meet, all coaches and judges need to be current with their membership before going to a meet and be prepared to show their credentials if asked.
5. Coaches, please dress professionally for each competition. Dress in attire reflecting the best image of gymnastics. At State meets and above, the coaches' dress code is as follows:

a. Athletic shoes with rubberized soles. Athletic warm-up pants or "Docker-syle" pants (No jeans).

b. Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts.

c. Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops

or midriff revealing shirts).

d. No hats or visors. (page 18 in Rules and Policies)

Make sure your gymnasts know what to wear for awards. Sleeveless leotards and

unitards, as well as gymnastics footwear, are permitted for competition. Leotard and/or warm-up uniform should be worn

for march-in and award ceremonies. For medical or religious reasons, reasonable and accommodating exceptions to

proper attire can be reviewed by the Regional Technical Committee Chairman and Regional JO or Xcel Committee

Chairman. Requests must be submitted to the Regional Technical Committee Chairman a minimum of 48 hours prior to

the athlete’s first competition. The Regional Technical Committee Chairman will provide permission in writing to the coach

who then can present the documentation to the Meet Referee at each competition. Gymnasts must change clothes in the

designated changing area or restroom. They may not appear in underwear on the competition floor or warm-up area

before, during or after the competition. (page 16 in Rules and Policies)

1. If you have a new move, submit that to Linda Mulvihill, Technical Director. Please follow the guidelines in the Rules and Policies.
2. Another reminder for turns. Remember that if your leg is at horizontal for the turn, you only have 1/8 of the turn to raise and lower the leg and it cannot dip below horizontal for B credit. If you do a turn holding the leg up, the split has to be at least 135 for credit and 180 (full split) for no amplitude deduction.
3. I have heard of some confusion on how to determine if a leap is a switch full (D) or a tourjete half (C). This could be a big deduction for restricted levels. A tourjete half takes off and turns toward the outside of the take off leg, a switch full turns toward the inside of the take off leg.
4. If you have a tumbling strip to help with warm ups for floor exercise, you must also allow for a one touch on the competition surface if you are not competing on the tumbling strip. (Level 1, 2 and 3)
5. In a compulsory competition (Level 1, 2 and 3), you may not divide the floor exercise on the diagonal and compete two gymnasts at the same time or have competition on one side of the floor and warm up at the same time in another area of the floor exercise mat. This is not an acceptable format in Rules and Policies.
6. For small gymnasts, please refer to the spring placement diagram attached. This has been approved.
7. You may put a board or block back in after a fall on bars to restart a routine. You still have a fall deduction, no deduction for the placement of equipment. Any form/amplitude errors will still apply on moves that are repeated.
8. We need sizes for all coaches that will attend Westerns and/or Nationals. We are using Under Armour apparel. Men’s sizes seem to be running normal size. Women shirts are normal, but the jacket runs a bit large, most women are ordering one size smaller than normal unless you like a very loose fit. If you have not already been sized at a meet, please send me information on what sizes you need, and for who, by February 15. The samples will be at Charity Choice, see Laurie. They will also be at The Great West Gym Fest, see Marian DeWane.

Laurie Reid, RJOCC

509-952-1830

[laurie@gymnasticsplus.net](mailto:laurie@gymnasticsplus.net)