Region 2 Handbook

The Rules and Policies and the Operating Code of USA Gymnastics govern

our program. Most all answers to questions are located there. You can

download copies from <http://usagym.org>.

**This handbook is intended to explain policies within the Region. Policies not under regional control**

**are referenced to the Rules and Policies and Operating Code of USA Gymnastics. The handbook will be**

**updated yearly to be in accordance with any changes to the R and P, Operating Code, and Regional**

**policy changes. Regional policies are identified with an \* and a date when they were put into effect.**

The regional website has up to date information on Committee members and rule updates. The website

is http://usagregion2.com/. Any information for or about the website needs to be sent to

r2racc@gmail.com.

Table of Contents

**1. Committee Members and Duties**

**2. Region 2 Vision**

**3. Member Misconduct**

**4. Coaches Professional Attire State Meets and Above**

**5. Meetings, Agendas, and Minutes**

**6. Finances**

**7. Coaches Post Regional Championship Attire**

**8. Regional Judges**

**9. Regional Meets**

**10. Regional Recognition Awards**

Voting members of the Regional Committee are all the SACC’s, RJOCC,

RTCC, and the RXCC. The RACC votes only in the case of a tie.

1. **Committee members and duties:**

**Regional Chairmen:**

RACC: Marian DeWane

PO Box 2137

Boise ID 83701

Phone: 208-602-5336

Fax Number: 208-342-9124

E-mail: r2racc@gmail.com

RTCC: Linda Mulvihill

2230 Monterey

Eugene OR 97401

Work/Gym Phone: 541-344-2002 Cell Phone: 541-520-6570

Fax:

E-mail: Linda@naag-gymnastics.org ; gymit@aol.com

RJOCC: Ivan Alexov

1920 SW River Drive # 305

Portland, Oregon 97201

Work/Gym Phone:

Cell Phone: 360-609-1534

E-mail: alexibg@comcast.net

RXCC: Dianne Palmer

615 SE High Street

Pullman WA 99163

Phone: 509-432-3389

E-mail: tenskira@gmail.com

**Regional Chairmen Duties: This is just an Overview. See the Operating Code and chairmen’s handbook for the full list of duties.**

RACC - Regional Administrative Committee Chair

* Approves any State entry fees higher than the national recommendation in the R and P page 50

II.7. a and b for Xcel and page 81 6. 1. for JO. Currently the amounts are $85 for optional levels

and Platinum and Diamond and $75 for compulsory levels, bronze, silver and gold levels. This is

determined by dividing fixed expenses by the number of athletes.

* Takes care of entering Level 9 and 10 athletes to post Regional Meets.
* Organizes GK athlete apparel sizing.
* Pays the regions bills.
* When appropriate, assists USA Gymnastics with a Regional Congress.
* Represents Region 2 at all National Administrative meetings attended as RACC.

RJOCC - Regional Junior Olympic Committee Chairman

* Organizes and runs all Regional JO camps.
* Organizes and runs the training days for the region at Western and National Competitions.
* Represents Region 2 in all National meetings attended as RJOCC.
* Evaluates submitted skill videos

RTCC - Regional Technical Committee Chairman

* Answers all technical questions within the region.
* Receives and makes determinations on petitions.
* Receives recommendations from states on judges for regionals.
* Puts together a slate of judges for post regional meets for approval by the regional committee.
* Represents Region 2 in all National meetings attended as RTCC.
* Evaluates submitted skill videos

RXCC - Regional Xcel Committee Chairman

* Organizes and runs regional Xcel camps and clinics.
* Answers questions within the region on Xcel.
* Represents Region 2 at all National Xcel meetings attended as RXCC.

State Chairmen

**SACC AK: Martha Dunn**

2000 Otter Street

Anchorage AK 99504

Phone: 907-561-3105

Fax:

Website: <https://usagymnasticsalaska.com>

E-mail: Alaska.usagym@gmail.com

**SACC HI: Pam Zak**

1485 Mele Manu Street

Hilo HI 96720

Work/Gym Phone: 808-306-7916

Fax:

Website: https://Hawaiigymnastics.shutterfly.com

E-mail: pamzpex@gmail.com

**SACC ID: Mark Kindelspire**

676 W Pullman Road PMB #153

Moscow ID 83843

Work/Gym Phone: 208-310-6095

Fax:

Web site: www.idahogymnastics.com

E-mail: mlkindelspire@gmail.com

**SACC MT: Josh Burnham**

4 Hitching Post Rd

Bozeman, MT 59715

Phone: 406-581-8557

Fax:

Web site: https://usagmontana.shutterfly.com

E-mail: mtusag@gmail.com

**SACC OR: Molly Gill**

1543 SE Gerhard Drive

Hillsboro OR 97123

Work/Gym Phone: 503-517-7563 Cell Phone: 503-805-6398

Fax Number: 503-517-2384

Web site: www.usagoregon.com

E-mail: coachmollygill@gmail.com

**SACC WA: Susan Riley**

3616 South Rd. #B3

Mukilteo, WA 98275

Phone: 206-755-6931

Web site: www.usagwa.com

E-mail: susriley@hotmail.com

**State Chairman Duties: This is just an Overview. See the Operating Code and chairmen’s**

**handbook for the full list of duties.**

SACC - State Committee Chairmen

* Track athletes within their states to make sure the rules of USA Gymnastics are being

followed. This includes tracking the age of athletes, the movement between levels and programs,

the qualifying scores to state meets, and move up meets from year to year. This job can be delegated and a fee paid.

* Represent their respective states opinions at the regional level.
* Manage the finances of their respective state.
* Maintain a state website (this can also be delegated).
* Communicate to their members using e-mail or regular mail as their first mode of
* communication. Social media can be used but not as the main way of communicating with
* members.
* Have a state committee. The composition of this committee can be determined by each state.
	+ Note Only elected members to the state committee can vote on issues. The State Chairman only votes in case of ties.

2. **Region 2 Vision**

As a region of USA Gymnastics, our vision is to provide opportunities to increase participation and

increase the levels of ability to all our members through gymnastic clinics for athletes, clinics for

coaches, and clinics for judges’ education.

* Provide opportunities for athletes from all the states in the region through

a. Camps and clinics

b. Apparel for Level 10 athletes attending National Championships

c. Safe and unbiased regional competition

* Provide for coaches’ education through

a. Regional Congress

b. Clinics/Training Camps

c. Technical updates

* Provide for judges’ education through

a. Regional Congress

b. Test administrations

c. Technical updates

d. Training Camps

3. **Member Misconduct (Rules and Policies)**

Member misconduct is reviewed and determined by the USA Gymnastics Ethics Committee. Member

misconduct complaints must be in writing. Complaints will be copied to the Professional

member about whom the complaint is being submitted. Complaints should be sent to the National

office for review. Complaints MUST be signed. Complaints should be submitted in a timely manner and must include date, time and place and details of the misconduct.

4. **Coaches’ Professional Attire State Meets and Above – R. and P. page 21**

**IV.D.2.**

Dress in attire reflecting the best image of gymnastics. USA Gymnastics prohibits clothing that promotes

drug or alcohol use, is vulgar, obscene or worn in a matter that draws attention away from the

competitive environment. At State meets and above, the coaches' dress code is as follows:

a. Athletic shoes with rubberized soles. Athletic warm-up pants or "Docker-style" 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 or without a gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts).

d. No hats or visors.

5. **REGIONAL MEETINGS AND MINUTES:**

After approval of the NACC, agendas will be distributed to State Chairs for upcoming Regional

Committee Meetings in a timely manner for the gymnastics community to review and have an

opportunity to request items to be added to the agenda. Committee Meeting Minutes are distributed to

members of the Regional Committee for proof reading. After review by the Regional Committee, the

minutes will be sent to the NACC. Once approved, minutes will be posted on the Regional web site.

6. **REGIONAL FINANCES:**

**Income:**

* All state championships and regional meets held at all levels, including Xcel, will send $5 per

athlete to the RACC. **This is due within 5 days of the conclusion of the meet. \***(April 2012) State meet hosts not sending in their fees will not be considered within good standing in the region.

* The RJOCC and RXCC will run clinics. The RJOCC will run Super Camps and High-Tech Camps.

The RXCC will run clinics for Xcel within the region. Super camps entry fee will be $150 and

High Tech $175. \*(November 2016)

* The Region, with USA Gymnastics when appropriate, will host a regional congress. USA

Gymnastics gives a percentage of the profit to the Region. In years when the National

Congress is close by in Region 1 or in Region 2, a Regional Congress may not be held.

* At Regional Congress or National Congress when a Regional Congress is not held, an auction

will be held. All states will provide a basket or an item for the auction. A state can also elect to donate $200 to the region instead. All profits from the auction go to

the region.

* States will purchase Level 9 athlete goody bags at $50 each. (As of May 2017, up to $125

may be spent on Level 9’s - May 2017 RACC minutes). A state can petition the region for

funding to help with this expense. (August 2017)

**Major Expenses:**

* The region will pay the entry fees to Level 10 Nationals. 7 athletes per 12 age groups is 84

athletes. Entry fees are $135 per athlete equaling $11,340.00 if all spots are filled. (R and

Page 89 3.b.1)).

* Level 9 entry fees will not be paid for until monies are determined

by the RAC to be available. \*(August 2015)

* The Region will provide $500.00 each to the hosts of Level 9 Western Meet and Level 10

National Meet. (WAC minutes 5/18)

* The region pays for training day leotards for the Level 10 athletes and the competitive tank

leotards for the Level 9 athletes manufactured by GK.

* The Region provides accessories for the athletes attending Level 10 Nationals.
* The region will provide coaches attire for those who have earned it. (See Coaches Post

Regional Attire)

* All expenses of each of the Regional Committee Chairmen for their respective offices and all

Regional meetings will be paid by the region.

* The Region will provide a website and a web host. https://usagregion2.com/

**7. COACHES POST REGIONAL CHAMPIONSHIP ATTIRE:**

* The region will have an apparel committee to choose the apparel coaches will wear to

represent the region at Level 9 Westerns and Level 10 Nationals. The attire will be paid for

by the coach or club. The RJOCC will determine what is worn each day of championships.

* To earn “free” apparel, coaches are required to have 10 gymnasts at a regional camp. The

ten gymnasts can be split between super camp and High-Tech camp. For example, 5 to

Super Camp and 5 to high Tech counts as 1 apparel credit. If they bring 5 gymnasts, they get

½ of the apparel. (August 2009)

8. **REGIONAL JUDGES:**

* The list of judges put forward by each state should be in rank order with those at the top of the

list the strongest judges in their state regardless of rating.

* Judges nominated to judge the regional meet at all levels have a minimum rating of level 10 and it is highly recommended they have at least four years’ experience at that level. (Sept 2018)
* The Judges selection formula for regionals is Washington 4, Oregon 4, and 2 from all other

states. State chairpersons are to submit to the RTCC by July 1 each year a rank order of judges

from their state for the regional meet. One alternate should be included on the list.

* If a state elects to send different judges for the level 8 sessions at the regional meet, the host

gym is not responsible for any extra expenses involved in the state bringing additional judges to

the competition. (August 2017)

* All judges change events for the Level 8 session at the Regional Championship except under special circumstances. (Sept 2018)
* Judges substituting in for Level 8 must volunteer at the Level 9 and 10 sessions (Sept 2018)
* The number of judges that each state can substitute for Level 8 is one-half their total allocation of judges. That is, a state allocated 4 judges such as Washington or Oregon can substitute in two judges while states allocated 2 judges can only substitute in one judge. (Sept 2018)
* Judges need to attend one of the following to be considered for a regional assignment: High

Tech Clinic (preferred), Regional or National Congress. \*(April 2013) It is suggested that each state committee have Judges fill out an application form to show experience during the previous year. State committees can then, if they so choose, use this information to make decisions. \*(November 2015)

* The RTCC takes the state nominations in rank order puts together the slate of judges. This is

done based on experience, state rank, and continuing education to submit to the RAC for

consideration.

9. **Regional Meets**

Information on petitions, meet director requirements, and scoring are found in the Rules and Policies.

The petition form is at <https://usagym.org/PDFs/Forms/Women/injury2015.pdf>. The Regional Meet is

under total jurisdiction of the RAC. NO CHANGES in format can be made by the host without the

approval of the RAC.

* **Specialists**

The specialist must declare her intention to specialize at a date set by each state. Their names

would be forwarded by the state to the RTCC.

1) Only Level 9 and 10 specialist athletes can participate in the Regional meet. (April 2017)

2) A score of 9.0 must be achieved at an athlete’s respective state meet in order to compete at Regionals.

3) If petitioning, a score of 9.25 must have been achieved during the competitive season. (March 2016)

* **Guidelines for Awarding of Regional Meet Bids**

Persons interested in hosting a regional championship competition need to submit a bid and cover letter

which can be found at http://usagregion2.com/. All bids and cover letters should be submitted to the

RACC no later than April 1. Traditional Capital Cup (2 sets of equipment with a double wide strip for

warmup) for floor is the suggested format. The format and placement of sessions is a Regional

Administrative Committee responsibility.

* **Gate Fees**

Gate fees must meet the guidelines listed within the Rules and Policies of USA gymnastics.

* **Financial Reports**

Per the Rules and Policies page 85 F.14, a financial report must be sent to the RACC within 45 days. If no

report is filed, the host will not be eligible to host another Regional Meet. Financial report forms are

found at <https://usagym.org/PDFs/Forms/Women/financial.pdf>.

* **Change(s) In Meet Bids**

All meet directors are required to notify the RACC of any significant changes to the bid, i.e., site, meet

director or other changes that will impact the competition. A major change after a bid has been

awarded could rescind the award of the bid and reopen the bidding process.

* **Equipment Requirements**

Each meet director is to be familiar with the USA Gymnastics Rules and Policies and the requirement of

equipment for all regional competitions. Meet directors are required to furnish enough equipment

including sting mats to provide a safe and adequately furnished environment as required by the USA

Gymnastics.

* **Regional Meet Qualifications**

1. The number of Level 8’s numbers are determined by a percent of a percent. All Level 8’s

entered into all the state meets excluding specialists will be totaled. The percent of the total

of level 8’s in the region will be the percent of 190 athletes (3 sessions of Level 8) allowed to

the regional meet from that state. \*(April 2012). Athletes must also have a minimum 34.00

AA to qualify although each state is guaranteed eight (8) athletes. (April 2018)

2. Level 9 and 10 athletes who score 34.00 AA at their State Championships will automatically

advance to Regional Championships. Athletes meeting the criteria of petitioning into

Regional Championships will also advance to Regional Championships. See requirements for

petitions in USA Gymnastics Rules and Policies.

3. Regional Meet Schedule: \*(April 2017)

* + This can vary depending on numbers but level 9 and 10 competitions have priority.
	+ Depending on numbers: Friday Level 10, Saturday, Level 9, and Sunday Level 8.
	+ The schedule is under the jurisdiction of Regional Committee.
* **Level 8 All State Session at Regionals**

Each state will pay $600 for the state entry fee into the Level 8 State session at the

regional meet. These monies are to support Region 2 NAWGJ. \*(April 2013)

* **Regional Meet Awards**

1. Level 8 will have 9 age groups and awards will be given to 8th place in each age group. (April

2015)

2. USA Gymnastics pays for 1-3 awards at level 9 and 10 only. Awards will be given to 5th place

at Level 9 and 10. (April 2015)

3. All graduating seniors are to be recognized in addition to any awards earned.

• **Regional Recognition Awards**

Annually, if nominations are put forth, the region will recognize a USA Gymnastics JO Program of

the Year (formally JO coach of the year), volunteer of the year, judge of the year, and the Mulvihill

Award for Lifetime Achievement. The Judge of the Year Award will be decided by the Regional NAWGJ

Board. All other awards are decided by the RAC. If possible, awardees will be recognized at Regional

Congress. If no Congress is held, another time will be set aside to present the awards. Consideration for

each award will include service to the Region. If no candidates are put forth, no award will be given. The POY has a formula to determine candidates that will then be voted on by the RAC. This will be posted on the Regional website.