

## Region 2 January 31, 2022 Newsletter

**Level 6 Regional Invitational** – Thursday April 22, 2022. **Entry fee is \$125.** The sanction is up to register. The first 240 paid athletes will be accepted. Send checks made out to **Region 2** to Marian DeWane PO Box 2137 Boise, Idaho 83701. All profits will go to the apparel fund.

**Thank you to all who did your U112!** We went from 93 coaches missing it to 20!!!!!!!

**So far 40 seniors have been sent in! If you have not sent in your senior in high school list yet, please do so by February 15th.**

**Regional DP Levels 7, 8, and Xcel Gold:** Reminder numbers to regionals are determined by a percent of a percent based on the numbers each state has entered in their state meets. Example - If a state has 25 Level 8's registered in their state meet and the region has a total of 400 Level 8's registered in their respective state meets  $25/400 \times 100 = 6.5\%$ . This means that 6.5% of the 240 allowed into regionals will be from that state ( $240 \times 0.0625$ ) or 15 athletes. Because this is based on numbers into state meets, the numbers per state will NOT be calculated until after the entry dates to state meet closes.

Big Thank you's to the clubs that have donated **Naydenov Boosters, Emerald City, Rigert Elite, Oahu Gymnastics, PEAK gymnastics, Island Tumblers!** Also to the parents and families that have donated: Yashasvini Mehra and family, Susan Happ, Malstom Family and Chiu Family.

**Athlete Apparel:** In the R and P, Level 9 athletes are limited to \$125 per athlete spending. Between the competition leo and the training day leo, close to half of that has been used. We have a possible 112 slots we can fill at Level 9. Level 10's are not limited by the R and P and we could have up to 106 athletes qualify. Region 1 spends \$250 per athlete on apparel (per the Region 1 chairman) and is what we have planned for. This year Level 9 and 10 athletes will be filling out an online form before regionals and then have apparel sizes verified at the meet. This email will come in February. Hopefully, this will cut down the time collecting this information. This year – GK will again NOT be sending sizing leotards.

**Professionalism:** It is important that regardless of our personal beliefs, we as a community be committed to upholding the USA Gymnastics Code of Ethical Conduct on pages 12 and 13 of the Rules and Policies. You have a right to decide what meets you wish to attend during the season. Once you commit to a meet, you are also committing to the standards that meet has in place. As a professional, you need to make sure your club and parents are aware of the protocols and that they need to uphold them.

**Elections: State Chairman Elections will occur this year. The term will now be for four years.**

**Nomination forms will come February 1. Timeline**

March 1 <sup>st</sup> , 2022	Call for nominations must be published / posted online	RACC's
April 1 <sup>st</sup> , 2022	Call for nomination submission deadline	RACC's
April 15 <sup>th</sup> , 2022	Last day to send nomination info to WDPD	RACC's
May 1 <sup>st</sup> , 2022	Slate of nominees posted online	National Office

May 1 <sup>st</sup> – 15 <sup>th</sup> , 2022	Elections conducted online	National Office
May 15 <sup>th</sup> , 2022	Elections completed	National Office
The week after May 15 <sup>th</sup> , 2022	RACC's to receive state election results; RACC's to notify candidates	National Office / RACC's

#### Current Chairmen:

**Alaska – Charlene Moss – plans to run**

**Hawaii – Pam Zak – plans to run**

**Idaho – Mark Kindelspire –plans to run**

**Montana – Josh Burnham – plans to run**

**Oregon – Meg Doxtator – does NOT plan to run**

**Washington – Sandy Flores – plans to run**

#### Program Season Reminders

##### **XCEL**

VAULT - If a vault performed by an athlete is NOT on the list for that division it would be a VOID vault.

*Xcel Code of Points: Vault – Page 7 – first bullet top of page.*

BARS - The cast off to stand dismount is an allowable dismount at **BRONZE ONLY**

*Xcel Code of Points: Bars – Page 21 – Dismounts Box under Bronze column*

BEAM – Bronze – Lever to touch the beam **IS** an allowable acro. One leg must be off the beam and hands/fingers/fingertips must touch the beam. There is no required angle for the free leg. If there is not a straight-line lever, **SR credit should be given**. Do take appropriate execution errors for body position, knees, feet etc.

*Xcel Code of Points – Beam Page 19 – Acro Elements chart - 3.*

#### **HANDSTANDS ON BEAM DO NOT NEED TO BE HELD IN ANY DIVISION**

VERTICAL HANDSTANDS: All Divisions get VP credit for a handstand that show vertical from Hands/Shoulders/Head through the hip. If those criteria are met, then leg/body position does not matter.

*Xcel Code of Points – Beam - Page 1 – Clarifications (updated)*

*Page 11 – H. 2. a. 2)*

*Page 39 -# 5.106 (parenthesis)*

FLOOR - Leg swing hop (Page 21 – Bronze, Silver, Gold – Group 1)

This skill also has a 20° variance. If the lifted leg is 70° it would receive “A” Value Part credit

*Xcel Code of Points – Floor - Page 13 – 3. f. 1) & 2)*

### COMPULSORY

BARS – Level 3: Front hip circle small cast.

“Fail to execute a small cast immediately after front hip circle is a 0.20 deduction (1/2 the value).”

EXAMPLE: A gymnast falls / stops / fails to do the small cast immediately. The gymnast then adds a small cast before the cast squat on. *In compulsories, judgement starts from point the point of interruption. An extra swing deduction is NOT applied in this case.*

### DP OPTIONALS

BEAM COMPOSITION: Dismount Up to the Level

**Note: Any Acro Element performed a 3<sup>rd</sup> time (receiving NO Value-Part credit) that is used in a direct connection to a Beam Dismount element may be used to fulfill the Beam Dismount Compositional requirement as a connection. The 0.10 deduction for performing an isolated dismount element is not applied.**

[https://www.usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15\\_level810compguidelines\\_0720.pdf](https://www.usagym.org/PDFs/Women/Rules/J.O.%20Code%20of%20Points/appndx15_level810compguidelines_0720.pdf)

EXAMPLE: Level 9 athlete performs a Back handspring – layout stepout (B + C). Later she performs a Back handspring – Back handspring – Layout Full Dismount (B + 0 + B). All Back handsprings were step outs, so the 3<sup>rd</sup> Back handspring received no VP credit. There would be no deduction for dismount UTL per the UPDATE above from July 2020.

### Regional Calendar:

April 21 – 24	DP Regionals	Naydenov	Clark County Event Center Vancouver
April 29 – May 1	Xcel Regionals	NW Aerials	Gary D. Weikel Event Center Evergreen State Fairgrounds, Monroe, WA
May 6 – 8	DP Westerns	Lindenwood U	St. Charles, Missouri
May 13 – 15	DP Nationals	Legacy Sports	Bell Bank Park, Mesa, Arizona
August 13-14	Regional Congress	MAC Club,	Portland, Oregon
August 18 – 21	National Congress	Tampa,	Florida



**2023 – Easter: April 9 / Memorial Day: May 29**

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *3 weeks until Regionals*		March 24 <sup>th</sup>	March 25 <sup>th</sup>	March 26 <sup>th</sup>
Last weekend for 9/10 Regionals *3 weeks until East/West* *4 weeks until Nationals*		April 14 <sup>th</sup>	April 15 <sup>th</sup>	April 16 <sup>th</sup>
Level 9 Easterns / Westerns	May 4 <sup>th</sup> Training	May 5 <sup>th</sup> Competition	May 6 <sup>th</sup> Competition	May 7 <sup>th</sup> Competition
Level 10 Nationals	May 11 <sup>th</sup> Set-up	May 12 <sup>th</sup> Training	May 13 <sup>th</sup> Competition	May 14 <sup>th</sup> Competition

**2024 – Easter: March 31 / Memorial Day: May 27**

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *4 weeks until Regionals*		March 15 <sup>th</sup>	March 16 <sup>th</sup>	March 17 <sup>th</sup>
Last weekend for 9/10 Regionals *3 weeks until East/West* *4 weeks until Nationals*		April 12 <sup>th</sup>	April 13 <sup>th</sup>	April 14 <sup>th</sup>
Level 9 Easterns / Westerns	May 2 <sup>nd</sup> Training	May 3 <sup>rd</sup> Competition	May 4 <sup>th</sup> Competition	May 5 <sup>th</sup> Competition
Level 10 Nationals	May 9 <sup>th</sup> Set-up	May 10 <sup>th</sup> Training	May 11 <sup>th</sup> Competition	May 12 <sup>th</sup> Competition

**2025 – Easter: April 20 / Memorial Day: May 26**

	Thursday	Friday	Saturday	Sunday
Last weekend for 9/10 State *4 weeks until Regionals*		March 14 <sup>th</sup>	March 15 <sup>th</sup>	March 16 <sup>th</sup>
Last weekend for 9/10 Regionals *3 weekends until East/West* *4 weeks until Nationals*		April 11 <sup>th</sup>	April 12 <sup>th</sup>	April 13 <sup>th</sup>
Level 9 Easterns / Westerns	May 1 <sup>st</sup> Training	May 2 <sup>nd</sup> Competition	May 3 <sup>rd</sup> Competition	May 4 <sup>th</sup> Competition
Level 10 Nationals	May 8 <sup>th</sup> Set-up	May 9 <sup>th</sup> Training	May 10 <sup>th</sup> Competition	May 11 <sup>th</sup> Competition