Region 2 Handbook

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

our program. Most all answers to questions can be found here. 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](mailto:r2racc@gmail.com).

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

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

1. **Committee members and duties:**

**Regional Chairmen:**

RACC: Sandy Flores

17965 NE 65th Street  
Redmond, WA 98052

Phone: 206.919.5672

Website: <https://www.usagwashington.com/home>

E-mail:  [Floreshome@aol.com](mailto:Floreshome@aol.com)

RTCC: Jeanine Henneford

32 Sundance Way

Kalispel, Montana 59901

Work/Gym Phone: Cell Phone: 406-253-6918

E-mail: jhennefordRTC2@gmail.com

RDPCC: Tiffany Quincy

13335 SW Brittany Dr

Tigard, OR 97223

Work/Gym Phone: 503-310-5222

E-mail: R2dpcc@omega-gymnastics.com

RXCC: Dianne Palmer

615 SE High Street

Pullman WA 99163

Phone: 509-432-3389

E-mail: [tenskira@gmail.com](mailto: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. This is

determined by dividing fixed expenses by the number of athletes.

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

RDPCC - Regional Developmental Program Committee Chairman

* Organizes and runs all Regional Developmental camps.
* Organizes and runs the training days for the region at Western and National Competitions.
* Raises money for athlete apparel.
* Represents Region 2 in all National meetings attended as RDPCC.
* 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 the regional meet.
* 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: Charlene Moss**

P.O. Box 874612

Wasilla, AK 99687

Work/Gym Phone: 9073571414

Cell Phone:9072307368

Website: <https://www.usagymnasticsalaska.com/>

E-mail: cmoss @charlenemoss.com

**SACC HI: Pam Zak**

1485 Mele Manu Street

Hilo HI 96720

Work/Gym Phone: 808-306-7916

Website: https://Hawaiigymnastics.shutterfly.com

E-mail: pamzpex@gmail.com

**SACC ID: Barb Depasquale**

-2072 Ashley Ave

Coeur d’Alene, ID -83815

Work/Gym Phone: 208-699-2620

Web site: <https://www.idahogymnastics.org/>

E-mail: idaho2usag@gmail.com

**SACC MT: Josh Burnham**

4 Hitching Post Rd

Bozeman, MT 59715

Phone: 406-581-8557

Web site: <https://www.montanagymnastics.com/>

E-mail: mtusag@gmail.com

**SACC OR: Kelsey Kottek**

Website: <https://www.usagoregon.com/>

1379 Madison St NE

Salem, Oregon 97301

Cell phone: 503-871-8391

**SACC WA: Kim Thomson**

750 Meadow Dr Se

North Bend, WA 98045

Phone: (425) 765-7733

Website: <https://www.usagwashington.com/home>

E-mail:   [kim@gymeast.com](mailto:kim@gymeast.com)



Nonvoting Positions: (Yearly appointments by the RAC)

Athlete Representative

Linda Mulvihill

2230 Monterey

Eugene OR 97401

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

E-mail: Linda@naag-gymnastics.org ; [gymit@aol.com](mailto:gymit@aol.com)

Athlete Representative

Dale Kephart

7821 Lotus Drive

Anchorage, Alaska 99502

907-250-1404

Regional Congress Chairman

Molly Gill

1543 SE Gerhard

Hillsboro, Oregon 97123

coachmollygill@gmail.com

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

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

the qualifying scores to all state meets held, 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, have an approved budget, and post a financial report yearly.
* 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 (Rules and Policies)**

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 and sent to the membership via email.

6. **REGIONAL FINANCES:**

**Income:**

* All state championships and regional meets held at all Developmental levels and Xcel divisions will send $5 per athlete to the RACC. **This is due within 5 days of the conclusion of the meet. \***(April 2012) State and regional meet hosts not sending in their fees will not be considered within good standing in the region.
* The RDCC and RXCC will run clinics. The RDCC 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 will have two leotard fundraisers per year, one in fall/winter and the other in spring.
* 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 will not be held.

**Major Expenses:**

* The region will **NOT** pay the entry fees to Level 10 Nationals. (2021) 7 athletes per 12 age groups is 84 athletes. Entry fees are $150 per athlete equaling $12,600 if all spots are filled.
* The All-Star session is up to 22 additional athletes that will be outfitted by the region. Entry fees will **NOT** be paid by the region.
* Level 9 entry fees will not be paid by the region. \*(August 2015)
* 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 and Level 9 Westerns. The budget for Level 9/10 is $60,000. (October 2022). Level 10 has a budget of $300 per athlete. (October 2022)
* All Level 9 and 10 athletes will pay $100 towards their apparel package. (October 2022)
* 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 Attendance to national and regional meetings will be paid by the region. (RACC, RDPCC, RTC, and RXCC).
* Regional committee meetings depending on the time of the meetings, will have a meal provided.
* The Region will provide a website and a web host. <https://usagregion2.com/>

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

* The region will have Regional apparel. The RDCC will determine what is worn each day of championship meets.
* Apparel will be purchased with the idea it can be worn for a four-year cycle.
* 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 or divisions have a minimum rating of level 10 for development and Level 9 for Xcel and it is highly recommended they have at least four years’ experience at that level. (Sept 2018)
  + The Judges selection formula for Developmental regionals is Washington 4, Oregon 4, and 2 from all other states.
  + Judges selection for Xcel regionals is one per state and the host state fills the additional spots. State chairpersons are to submit to the RTCC by July 1 each year a rank order of judges from their state for all regional meets. Two alternate should be included on the list. (5/22/2023)
* If a state elects to send different judges for the level 7 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. (June 2019/August 2017)

* All judges change events for the Level 7 session at the Regional Championship except under special circumstances. (June 2019/Sept 2018)
* Judges substituting in for Level 7 are expected to volunteer at the Level 9 and 10 sessions (Sept 2018)
* The number of judges that each state can substitute for Level 7 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. (June 2019/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 of the states in rank order puts together the slate of judges to be considered for Westerns and Nationals. This is done based on experience, state rank, and continuing education. The slate is submitted to the RAC for approval.

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/injury2019.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.

1. **Specialists Qualifying to Regionals**

1). Any Level 9 or 10 athlete that was not declared a specialist and achieves a score of 9.0 on any event at their respective state meet, may compete at the regional meet on those event(s). (June, 2023)

2). Any Level 7 or 8 athlete must be declared a specialist by their respective state declaration date and score a 9.0 on their respective events at their state meet to qualify to the regional meet. (June, 2023)

3.) If petitioning to the regional meet as a specialist, a score of 9.25 must have been achieved during the competitive season. (June, 2023)

1. **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. Modified Capital Cup (2 sets of equipment with a double wide strip for

warmup) or two floors is the suggested meet setup. The format and placement of sessions is a Regional Administrative Committee responsibility.

1. **Gate Fees**

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

1. **Financial Reports**

Per the Rules and Policies, 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>

1. **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.

1. **Equipment Requirements**

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

1. **Regional Developmental Meet Qualifications**
2. The Level 7 and 8 athletes need a 34.00 AA at their state meet to qualify for the regional meet. The number qualifying will be broken into equal size sessions. There will be three (3) age groups per session. (August 2022)
3. Athletes need a 9.0 on an event at their state meet to qualify for the Regional Meet. (June 2023)
4. Petitioning is allowed at Level 7 and 8 following R & P guidelines.
5. 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.

5. Petitions with 3 event score at a state meet.

The form is at [PowerPoint Presentation (usagym.org)](https://static.usagym.org/PDFs/Forms/Women/injury2023_3event.pdf) - Updated Feb. 2023

1. Regional Dev Meet Schedule: \*(April 2019)
   1. This can vary depending on numbers, but level 9 and 10 competitions have priority.
   2. Depending on numbers: Friday Level 8, Saturday Level 9 and 10, Sunday Level 7. (April 2019)
   3. The schedule is under the jurisdiction of Regional Committee.
2. **Level 8 All State Session at Regionals (NAWGJ Fundraiser)**

Each state will pay $800 for the state entry fee into the Level 8 State session at the

regional meet. These monies are to support Region 2 NAWGJ. \*(October 2022)

1. **Developmental Regional Meet Awards**

1. Level 7 and 8 will have 9 age groups (3 per session) and awards will be given to 8th place in each age group. (April 2019)

2. USA Gymnastics pays for 1-3 awards at level 9 and 10 only. Awards will be given to 8th place

at Level 9 and 10 or per R and P guidelines if there are less than 10 athletes in an age group based on the number in each age group. (2022)

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

1. **Xcel Regional Meet**

The qualifying score can be achieved at the State meet. Seniors in high school, as long as they compete in the state meet, automatically can attend the regional meet. (August 2022)

* Gold: % of a % for a total of 75 athletes per session and 4 sessions (no IES) with 5 age groups per session and awards to 8th place. (approximately 55%). (June 2023)
* Platinum: 35.00 AA at State meet with not more than 64 athletes in a session, with 4 age groups per session, and awards to 8th place (50%). (June 2023)
* Diamond: 34.00 AA at State meet with not more than 64 athletes in a session, with 4 age groups per session, and awards to 8th place (50%). (June 2023).
* Sapphire: 34.00 AA at State meet with not more than 64 athletes in a session, with 4 age groups per session, and awards to 8th place (50%). (June 2023).
* Individual Event Specialists: at Diamond – Platinum - Sapphire QS of 8.5 at their respective State Meet. (June 2023)
  + Petitioning IES athletes will need a score of 8.75.
* Schedule: Gold on Friday; Platinum on Saturday; Diamond and Sapphire on Sunday. Changes must be approved by the RACC. (June 2023)
* Format: Modified non-traditional.

No petitioning is allowed into the Meet if a % of a %. (Currently Gold division only)

The Xcel Regional Meet have a maximum entry fee of $95.00.

* **XCEL Regionals will be scheduled for the week after JO Regionals if dates allow.**

**10. Regional Recognition Awards**

Annually, if nominations are put forth, the region will besides a USA Gymnastics Developmental Program of the Year (POY, formally JO coach of the year), recognize a volunteer of the year, contributor of the year, judge of the year, and the Mulvihill Award for Lifetime Achievement. All awards are decided by the RAC. 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. The region will also have a Hall of Fame for Exceptional Achievement. The Hall of Fame is chaired by the first class, the Class of 2022 comprised of Linda Metheny Mulvihill and Dale Clemens Kephart.

1. **Region 2 Hall of Fame Criteria**

The Region 2 Hall of Fame shall preserve the history and achievements of the Region 2 gymnastics community. Nominations will be submitted by the membership at large for athletes, coaches, judges, and contributors who have earned the respect and admiration of their peers during their careers. The Region 2 Committee will review the nominations where the final decision of inductees will be made. Awards will be presented annually at Regional Congress. If no Regional Congress is held, awards will be at the following Regional Congress.

1. **POY formula**
   1. **Regional Participation:** Points are accrued based on the following activities:
      1. Hosting a regional clinic or camp (Northern, Southern, Inland, Hawaiian and High-Tech): 30 Points.
      2. Sending participants to a camp or clinic: 10 points per camp regardless of the number of gymnasts sent. Eligible camps include: Northern, Southern, Inland, Hawaiian, and Hi-Tech.
   2. **Developmental Regional Meet:**
      1. Points are earned at Levels 9, & 10 per the table listed. Rationale: A strong program should have depth at *the highest levels.*
      2. Minimum scores are in effect at all levels at Regional Meet: Rationale – the focus is on excellent performances.
         1. Events: must score a minimum of 9.00 to accrue points.
         2. All-Around: must score a minimum of 36.00 to accrue points.
      3. Points for placement are based on the number of competitors in an age group.
         1. 1 – 3 competitors: points awarded for First Place only.
         2. 4 – 6 competitors: points awarded for First and Second Places only.
         3. 7 or more competitors: points awarded for First, Second and Third Places.

*Note: Specialists are not included when determining the number of competitors in an age group, but their scores will count for a gym if applicable.*

**Appendix One: Post Season Point accrual tables for Level 9 and 10:**

**Regional Meet Events and All-Around**

|  |  |  |  |
| --- | --- | --- | --- |
| Placement | Events |  | All Around |
| First | 3 |  | 6 |
| Second | 2 |  | 4 |
| Third | 1 |  | 2 |

**Level 9 Westerns Points: top five competitors, events and All-Around.**

|  |  |  |  |
| --- | --- | --- | --- |
| Placement | Events |  | All-Around |
| First | 10 |  | 15 |
| Second | 8 |  | 13 |
| Third | 6 |  | 11 |
| Fourth | 4 |  | 9 |
| Fifth | 3 |  | 8 |

**Level 10 Nationals Points: Top Ten competitors, events and All- Around**

|  |  |  |  |
| --- | --- | --- | --- |
| Placement | Events |  | All- Around |
| First | 20 |  | 25 |
| Second | 18 |  | 23 |
| Third | 16 |  | 21 |
| Fourth | 14 |  | 19 |
| Fifth | 12 |  | 17 |
| Sixth | 10 |  | 15 |
| Seventh | 8 |  | 13 |
| Eight | 6 |  | 11 |
| Ninth | 4 |  | 9 |
| Tenth | 2 |  | 7 |

**Bonus Points: Being named to the DP National Team: 30 Points. (Top 4)**