

USAG Region 2 Handbook



The Rules and Policies (R&P) and the Operating Code of USA Gymnastics govern our program. Most answers to questions can be found here. Download copies from <http://usagym.org>.

- ✓ *This Regional 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 Regional Handbook will be updated yearly to be in accordance with any changes to the R&P, Operating Code, and Regional policy changes.*
- ✓ *Regional policies are identified with an (*and effective date).*

The regional website <http://usagregion2.com/> has information on Committee members and rule updates. Any information or questions about the website need to be sent to the RACC at raccregion2@gmail.com

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Voting members of the Regional Committee:

- ✓ SACC (6 States)
- ✓ RDPCC
- ✓ RTCC
- ✓ RXCC
- ✓ RACC votes only in the case of a tie.

1. Committee Members and Duties:

Regional Administrative Committee Chair:

RACC: Sandy Flores
17965 NE 65th Street
Redmond, WA 98052
Phone: 206-919-5672
E-mail: raccregion2@gmail.com

Regional Technical Committee Chair:

RTCC: Laurie Reid
317 South 76th Avenue
Yakima, Washington 98908
Phone: 509-952-1830
E-mail: laurie@gymnasticsplus.net

Regional Developmental Program Committee Chair:

RDPCC: Tiffany Quincy
13335 SW Brittany Dr
Tigard, OR 97223
Work/Gym Phone: 503-310-5222
E-mail: R2dpcc@omega-gymnastics.com

Regional Xcel Committee Chair:

RXCC: Dianne Palmer
615 SE High Street
Pullman WA 99163
Phone: 509-432-3389
E-mail: tenskira@gmail.com

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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

- Represents Region 2 at all National Administrative meetings attended as RACC.
- Approves any State entry fees higher than the national recommendation.
- 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.

RDPC – Regional Developmental Program Committee Chairman

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

RTCC – Regional Technical Committee Chairman

- Represents Region 2 in all National meetings attended as RTCC.
- 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.
- Evaluates submitted skill videos.

RXCC – Regional Xcel Committee Chairman

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

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State Administrative Chairs:

SACC Alaska:

Charlene Moss
P.O. Box 874612
Wasilla, AK 99687
Work/Gym Phone: 907-357-1414
Cell Phone: 907-230-7368
Website: <https://www.usagymnasticsalaska.com/>
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SACC Hawaii:

Pam Zak
1485 Mele Manu Street
Hilo HI 96720
Work/Gym Phone: 808-306-7916
Website: <https://Hawaiiigymnastics.shutterfly.com>
E-mail: hawaiiistatechairman@gmail.com

SACC Idaho:

Barb Depasquale
2072 Ashley Ave.
Coeur d'Alene, ID -83815
Work/Gym Phone: 208-699-2620
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SACC Montana:

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 Oregon:

Kelsey Kottek
Website: <https://www.usagoregon.com/>
1379 Madison St NE
Salem, Oregon 97301
Cell phone: 503-871-8391
Email: coachkkottek@gmail.com

SACC Washington:

Kim Thomson
750 Meadow Dr SE
North Bend, WA 98045
Phone: 425-765-7733
Website: <https://www.usagwashington.com/home>
E-mail: usagwashington@gmail.com

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Non-Voting Positions: (Yearly appointments by the RAC):

Athlete Representative

Linda Mulvihill

2230 Monterey

Eugene OR 97401

Work Phone: 541-344-2002

Cell Phone: 541-520-6570

E-mail: Linda@naag-gymnastics.org

E-mail: gymit@aol.com

Athlete Representative

Dale Kephart

7821 Lotus Drive

Anchorage, AK 99502

Phone: 907-250-1404

E-mail: dalekephart@gmail.com

Regional Congress Chairman

Molly Gill

1543 SE Gerhard

Hillsboro, Oregon 97123

Phone: 503-805-6398

E-mail: coachmollygill@gmail.com

Guest:

NAWGJ RJD-2

Priscilla Hickey

2810 W Park Dr E

Seattle, WA 98112

Phone: 206-886-5500

E-mail: pkhnthsh@msn.com

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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. The job can be delegated as well as a fee may be paid. Tracking will include:
 - the age of athletes
 - the movement between levels and programs
 - the qualifying scores to all state meets held
 - move up meets from year to year
- Represent their respective State's opinions at the regional level
- Manage the finances of their respective State
 - have an approved budget
 - 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
 - only elected members to the State Committee can vote on issues
 - the State Chair only votes in case of ties

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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.

- 1) 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
- 2) Provide for **coaches'** education through:
 - A. Regional Congress
 - B. Clinics/Training Camps
 - C. Technical updates
- 3) Provide for **judges'** education through:
 - A. Regional Congress
 - B. Test administrations
 - C. Technical updates
 - D. Training Camps

3. Member Misconduct (Rules & Policies)

- A. Member misconduct is reviewed and determined by the USA Gymnastics Ethics Committee.
- B. Member misconduct complaints must be in writing.
- C. Complaints will be copied to the Professional member about whom the complaint is being submitted.
 - 1) Complaints should be sent to the National office for review.
 - 2) Complaints MUST be signed.
 - 3) 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 & Policies)

- A. Dress in attire reflecting the best image of gymnastics.
- B. USA Gymnastics prohibits clothing that promotes drug or alcohol use, is vulgar, obscene or worn in a manner that draws attention away from the competitive environment.
- C. At State meets and above, the coaches' dress code is as follows:
 - 1) Athletic shoes with rubberized soles.
 - 2) Athletic warm-up pants or "Docker-style" pants (No jeans).
Athletic or tailored shorts that are of a reasonable length.
No holes, tears or short shorts.
 - 3) Collared shirts, business casual shirts or T-shirts with or without a gym logo.
No spaghetti straps, low-cut tops or midriff revealing shirts.
 - 4) No hats or visors.

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5. REGIONAL MEETINGS AND MINUTES:

- A. 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.
- B. Committee Meeting Minutes are distributed to members of the Regional Committee for proof reading.
- C. After review by the Regional Committee, the minutes will be sent to the NACC.
- D. Once approved, minutes will be posted on the Regional web site and sent to the membership via email.

6. REGIONAL FINANCES:

A. Income:

- 1) All state championships and regional meets held at all Developmental levels and Xcel divisions will send \$5 per athlete to the RACC.
 - a. **This is due within 5 days of the conclusion of the meet.**
 - b. State and Regional meet hosts not sending in their fees will not be considered within good standing in the Region.
- 2) The RDCC and RXCC will run clinics.
 - a. The RDCC will run Super Camps and High-Tech Camps.
 - b. The RXCC will run clinics for Xcel within the region.
 - c. Super Camps entry fee will be reevaluated yearly and communicated with clubs.
- 3) The Region will conduct fundraisers annually.
- 4) The Region, with USA Gymnastics when appropriate, will host a Regional Congress.
 - a. USA Gymnastics gives a percentage of the profit to the Region.

B. Major Expenses:

- 1) The Region is not obligated to pay entry fees to Level 10 Nationals.
 - 1) 7 athletes per 12 age groups is 84 athletes.
 - 2) Entry fees are \$150 per athlete equaling \$12,600 if all spots are filled.
- 2) The All-Star session is up to 22 additional athletes.
 - 1) These athletes will be outfitted by the region.
 - 2) Entry fees will not be paid by the Region.
- 3) The Region is not obligated to pay entry fees to Level 9 Western Nationals.
- 4) The region pays for:
 - 1) the training day leotards for the Level 10 athletes and
 - 2) the competitive tank leotards for the Level 9 athletes manufactured by GK.
- 5) The Region provides accessories for the athletes attending Level 10 Nationals and Level 9 Westerns.
 - 1) Budget for Level 9 & 10 is approximately \$60,000.
 - 2) Budget for Level 10 is approximately \$300 per athlete
- 6) All Level 9 & 10 athletes (or their State Committees) should be prepared to pay \$100 toward their apparel package should the Region not have ample funds
- 7) The Region will pay all R2 Camp clinicians a minimum of \$250.00 a day
 - 1) Per diem and mileage will be paid for those travelling over 60 miles round-trip
- 8) The Region will provide coaches attire for those who have earned

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- 1) see Coaches Post Regional Attire
- 9) All expenses of each of the Regional Committee Chairs for their respective offices and attendance to national and regional meetings will be paid by the region.
 - 1) (RACC, RDCC, RTC, and RXCC).
- 10) Regional Committee meetings depending on the time of the meetings, will have a meal provided.
- 11) The Region will provide a website and a web host. <https://usagregion2.com/>

7. COACHES POST REGIONAL CHAMPIONSHIP ATTIRE:

- A. The region will have Regional apparel. The Regional Committee will determine what is worn each day of championship meets.
- B. Apparel will be purchased with the idea it can be worn for a four-year cycle.
- C. A \$150.00 credit for Regional apparel will be given to all clubs that have at least 15 gymnasts participate at Regional camps (can be combined within the year)
- D. A \$50.00 credit for Regional apparel will be given to a coach for each Regional Camp worked.
- E. A \$200.00 credit for Regional apparel will be given to all clubs that donate their facility for a Regional Camp.

8. REGIONAL JUDGES:

- A. 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.
 - 1) Judges nominated to judge the Regional meet at all levels or divisions shall have a minimum rating of Level 10 for Dev and Level 9 rating for Xcel and it is highly recommended they have at least four years' experience at that level.
 - 2) The Judges selection formula for Dev Regionals is:
 - a. Washington 4
 - b. Oregon 4
 - c. Alaska, Hawaii, Idaho and Montana (2 each)
 - d. The RTCC is the meet referee as indicated by the R and P.
 - 3) Judges selection for Xcel Regionals is one (1) per state and the host state fills the additional spots. As indicated in the R and P, the RTCC or their designee is the meet referee.
 - 4) State Chairs are to submit to the RTCC by July 1 each year a rank order of judges from their state for all Regional meets. Two (2) alternates should be included on the list.
 - a. 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.
 - b. All judges should change events for the Level 7 session at the Regional Championship, except under special circumstances.
 - c. Judges substituting in for Level 7 are expected to volunteer at the Level 9 & 10 sessions
 - d. The number of judges that each state can substitute for Level 7 is one half of their total allocation of judges. A state that allocated 4 judges such as Washington or Oregon can substitute in two judges while states allocated 2 judges can only substitute in one judge.
 - 5) Judges need to attend one of the following to be considered for a regional assignment:
 - a. High Tech Clinic (preferred), Regional or National Congress.
 - b. It is suggested that each state committee have Judges fill out an application form to show experience during the previous year.
 - c. State committees can then, if they so choose, use this information to make decisions.

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6) 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 Regional Administrative Committee (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.

A. 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).
- 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 in their state meet to qualify to the regional meet.
- 3) If petitioning to the regional meet as a specialist, a score of 9.25 must have been achieved during the competitive season.

B. Guidelines for Awarding of Regional Meet Bids

- 1) Persons interested in hosting a regional championship competition need to submit a bid and cover letter which can be found at <http://usagregion2.com/>.
- 2) 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.
- 3) The format and placement of sessions is a Regional Administrative Committee responsibility.

C. Gate Fees

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

D. Financial Reports

- 1) Per the Rules and Policies, a financial report must be sent to the RACC within 45 days.
- 2) 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>

E. Change(s) In Meet Bids

- 1) 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.
- 2) A major change after a bid has been awarded could rescind the award of the bid and reopen the bidding process.

F. Equipment Requirements

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- 1) Each meet director is to be familiar with the USA Gymnastics Rules and Policies and the requirement of AAI equipment for all regional competitions.
- 2) 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.

G. Regional Developmental Meet Qualifications

- 1) The Level 7 and 8 athletes need a 34.00 AA at their respective state meet to qualify for the regional meet.
 - a. The number qualifying will be broken into equal size sessions.
 - b. If possible, there will be three (3) age groups per session.
- 2) IES athletes need a 9.0 on an event at their state meet to qualify for the Regional Meet.
- 3) Petitioning is allowed at Level 7 and 8 following R & P guidelines.
- 4) Level 9 and 10 athletes who score 34.00 AA at their State Championships will automatically advance to Regional Championships.
 - a. Athletes meeting the criteria of petitioning into Regional Championships will also advance to Regional Championships.
 - b. See requirements for petitions in USA Gymnastics Rules and Policies.
- 5) Petitions with 3 event score at a state meet.
 - a. The form is at [PowerPoint Presentation \(usagym.org\)](#) - Updated Feb. 2023

H. Regional Dev Meet Schedule:

- 1) This can vary depending on numbers, but level 9 and 10 competitions have priority.
- 2) Depending on numbers:
 - a. Friday Level 8,
 - b. Saturday Level 9 and 10,
 - c. Sunday Level 7.
- 3) The schedule is under the jurisdiction of the Regional Committee.

I. Level 8 All State Session at Regionals (NAWGJ Fundraiser)

- 1) When possible the Region will support the NAWGJ Fundraiser at the Regional Championship meet.
- 2) Each state will pay \$800 for the state entry fee into the Level 8 State session at the regional meet.
- 3) These monies are to support Region 2 NAWGJ.

J. Developmental Regional Meet Awards

- 1) Level 7 and 8 will have 3 age groups per session.
 - a. Awards will be given to 8th place in each age group.
- 2) USA Gymnastics pays for 1-3 awards at level 9 and 10 only.
 - a. Awards will be given to 8th place at Level 9 and 10 or per R&P guidelines.
 - b. If there are less than 10 athletes in an age group, awards will be based on the number in each age group.
- 3) All graduating seniors are to be recognized in addition to any awards earned.

K. Xcel Regional Meet

- 1) The qualifying score must be achieved at the State meet.

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- 2) Seniors in high school, as long as they compete in the state meet, automatically can attend the regional meet.
 - a. Gold: % of a % for a total from the State meet
 - With 75 athletes per session and
 - 4 sessions (no IES) with 4 age groups per session if possible
 - awards to 8th place. (approximately 55%).
 - b. Platinum: 35.00 AA at State meet
 - with not more than 64 athletes in a session
 - with 4 age groups per session if possible
 - awards to 8th place (50%).
 - c. Diamond: 34.00 AA at State meet
 - with not more than 64 athletes in a session
 - with 4 age groups per session if possible
 - awards to 8th place (50%).
 - d. Sapphire: 34.00 AA at State meet
 - with not more than 64 athletes in a session
 - with 4 age groups per session if possible
 - awards to 8th place (50%).
- 3) Individual Event Specialists: at Diamond/Platinum/Sapphire
 - a. Qualifying Score of 8.5 at their respective State Meet
 - b. Petitioning IES athletes will need a score of 8.75
- 4) Schedule:
 - a. Gold on Friday
 - b. Platinum on Saturday
 - c. Diamond and Sapphire on Sunday
 - d. Changes must be approved by the RAC
- 5) Format: Modified non-traditional
- 6) No petitioning is allowed into the Meet if a % of a %. (Currently Gold division only)
- 7) The Xcel Regional Meet has a maximum entry fee of \$95.00.
- 8) **Xcel Regionals will be scheduled for the week after DEV Regionals, if dates allow.**

10. Regional Recognition Awards

- A. Annually, if nominations are put forth, the region will award / recognize:
 - 1) USA Gymnastics Developmental Program of the Year (POY),
 - 2) Volunteer of the year
 - 3) Contributor of the year
 - 4) Judge of the year
 - 5) The Mulvihill Award for Lifetime Achievement.
- B. All awards are decided by the RAC.
 - 1) Consideration for each award will include service to the Region.
 - 2) If no candidates are put forth, no award will be given.
 - 3) The POY has a formula to determine candidates that will then be voted on by the RAC.
- C. Hall of Fame for Exceptional Achievement Award:
 - 1) Chaired by the first class of award winners.
 - 2) The Class of 2022 Linda Metheny Mulvihill and Dale McClements Kephart.
 - 3) Region 2 Hall of Fame Criteria:

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- a. The Region 2 Hall of Fame shall preserve the history and achievements of the Region 2 gymnastics community.
- b. 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.
- c. The Region 2 Committee will review the nominations where the final decision of inductees will be made.
- d. Awards will be presented annually at Regional Congress.
- e. If no Regional Congress is held, awards will be at the following Regional Congress.

Program of the Year (POY) Criteria:

- A. Regional Participation: Points are accrued based on the following activities:
 - 1) Hosting a regional clinic or camp:
 - a. Northern, Southern, Inland, Hawaiian or High-Tech.
 - b. 10 Points.
 - 2) Sending participants to a camp or clinic:
 - a. Northern, Southern, Inland, Hawaiian, or Hi-Tech.
 - b. 30 points per camp regardless of the number of gymnasts sent.
- B. Developmental Regional Meet: Points are earned at Levels 9, & 10 per the table listed.

Rationale: A strong program should have depth at *the highest levels*.

 - 1) Minimum scores are in effect at all levels at Regional Meet:

Rationale – the focus is on excellent performances.

 - a. VT, UB, BB, FX: must score a minimum of 9.00 to accrue points.
 - b. All-Around: must score a minimum of 36.00 to accrue points.
 - 2) Points for placement are based on the number of competitors in an age group.
 - a. 1 – 3 competitors: points awarded for First Place only.
 - b. 4 – 6 competitors: points awarded for First and Second Places only.
 - c. 7 or more competitors: points awarded for First, Second and Third Places.
 - 3) Specialists are not included, when determining the number of competitors in an age group, but their scores will count for a gym if applicable.

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Appendix One:
Post Season Point accrual Tables
Level 9 and Level 10

Regional Meet Points:
 Competitors (VT, UB, BB, FX and All- Around)

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

Level 9 Westerns Points:
 Top 5 competitors (VT, UB, BB, FX 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 10 competitors (VT, UB, BB, FX 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: 30 Points.
 Being named to the Dev National Team: (Top 4)