OFFICIAL RULES & REGULATIONS

2022-2023

Effective July 1, 2022 - June 30, 2023
Updated December 7, 2022

GOTSCORED®

Gymnastics

Digital Art

Decorative Art

Fine Art

Contemporary Art

Photography

Virtual Online Competitions and Evaluations for Judged Sports and Art Forms

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PART A

NGA PROGRAM

Chapter 1–Communications

Chapter 2–Mission & Purpose

Chapter 3–Code of Ethical Conduct

Chapter 4–Athlete Membership

Chapter 5–Coach Membership

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Chapter 1

NGA COMMUNICATIONS

Men's State Communications

Women's State Communications

NGA Communications Pathway

MEN'S STATE REPS

Zone 1	AZ Mike Naddour	CA-N Michelle Huffman	CA-S Heinz Schulmeister	HI	NV	UT Luke Evans		
Zone 2	AK	ID Chris Nagy	MT	OR	WA Josh Blaser	WY		
Zone 3	AR	CO	KS	NM	OK	TX		
Zone 4	IA	MN	MO Richard Quick	NE	ND	SD	WI	
Zone 5	IL	IN	KY Niki Martin	MI	OH David Forister			
Zone 6	CT	ME Jonas Contakos	MA	NH	NY	RI	VT	
Zone 7	DE	MD	NJ	PA	VA	WV	DC	
Zone 8	AL	FL Brian Fowler	GA	LA Kevin Anderson	MS	NC Shawn Bryant	SC	TN

WOMEN'S STATE REPS

Zone 1	AZ Courtney Hatheway	CA-N Haylee Brown	CA-S Bambi Olesiuk	HI	NV	UT Fred Gunderson		
Zone 2	AK	ID	MT	OR	WA Claudia Cecil	WY		
Zone 3	AR	CO	KS	NM	OK	TX		
Zone 4	IA	MN Krystal Wallerich MN Sam Bradley	MO Terin Humphrey	NE	ND	SD	WI Amanda Ross	
Zone 5	IL	IN Jim Sharp	KY Niki Martin	MI Ashley Griffith	OH Steve Glenn			
Zone 6	CT Brian Bakalar	ME Doug Springer	MA Christine Potamis	NH Becky Cook NH Cori Cunningham	NY Sara Harper NY Bill Borges	RI Sue Paul	VT	
Zone 7	DE	MD	NJ Chris Deskovic	PA Rob Axelrod	VA	WV Billy Bob Taylor	DC	
Zone 8	AL	FL Teresa Proctor FL Gillian Kieft	GA Jackie Estes	LA Jessica Smith	MS	NC Melissa Ruffino	SC Millie Godines	TN Jennifer Sawyer

NGA COMMUNICATION PATHWAY

COMMUNICATION		
WHO ASKS	**WHAT IS**	**WHO ANSWERS**
• General Public • NGA Membership	• Programming • Rules & Regulations clarification • Abuse non-emergency • All Membership questions	• State Reps • NGA Membership Department
• General Pubic • NGA Membership • Judges Community	• Judging requirements • Judging rules clarification	• State Reps • National Judging Administrator • National Technical Administrator
• Individual State Reps	• Technical questions • Code of Point questions • Athlete Petitions • Recommendations for Changes • Athlete Qualification/Registration • Competition Bids • Competition Reports • Rules & Regulations questions	• Men's Program Administrator • Women's Program Administrator
• Media inquiries	• General information	• NGA Director of Communications

NGA Board Chairperson
Kaye Pinkowski

Men's Program Administrator Mike Naddour	Women's Program Administrator Bryan Neal	Membership Carie Minshall	President/CEO Linda Barclay
Men's Judging Administrator TBD	Women's Technical Administrator Rebecca Wissmiller	Merchandise Elaine Snapp	Director of Communications Robert Neat
Click title for email *Click name for phone*	Women's Judging Administrator Donagene Jones	GotScored Virtual Director Kim Keller	Sanctions Shelly Niswonger Digital Chere Hoffman

Chapter 2

MISSION AND PURPOSE

Mission Statement & Introduction

PURPOSE

HISTORY

WELLNESS VISION STATEMENT

ONE SET OF RULES

ONE SET OF DEDUCTIONS

ONE GOAL

MISSION, VISION AND PURPOSE

NATIONAL GYMNASTICS ASSOCIATION

PURPOSE	HISTORY	WELLNESS VISION STATEMENT
• Provide a positive and healthy competitive and wellness program for the sport of gymnastics that will permit participants of all levels to achieve their own personal goals	• NGA was granted 501(c)3 status, effective June 2020. • The first National Championships were achieved in 2021 and are anticipated as a culmination for all future seasons • NGA has a focused goal to bring NGA to all fifty (50) states by the end of the third season	• *"National Gymnastics Association strives to provide a positive and competitive wellness program for the sport of gymnastics that creates a transparent, safe and nurturing environment to foster excellence by engaging athletes and their families in programs that promote athletes' physical, social and emotional health"* • This vision allows participants of all ages and ability levels to achieve their own personal goals

ALL ONE TOGETHER

ONE SET OF RULES	ONE SET OF DEDUCTIONS	ONE GOAL
• As a completely optional program, there are ten (10) skill levels for men and fourteen (14) for women • Designed to combine all levels of competitive gymnastics into one program—Level 1N (beginner) through Level 10N (college bound)	• Utilizing one program for each level of competition allows for one set of deductions over the skill levels offered and streamlines the judging process	• To provide a fun, safe environment for each member that will also keep the business of gymnastics strong

Learn more about our Camps!

Chapter 3

CODE OF ETHICAL CONDUCT

Ethics Code/Screening

NGA COACHES ETHICS CODE (NCEC)

ABUSE PREVENTION SCREENING

National Coaches Charter

Best Safe Practices

PRACTICE SESSIONS

ONE-ON-ONE

LOCKER ROOM

MEDICATION/DRUGS/ALCOHOL

HANDS ON ADJUSTMENTS, MASSAGES

STRETCHING, TAPING, ICING, CORRECTION, PHYSICAL CONTACT

PHOTOS / VIDEOGRAPHY

REPORTING

EMAIL / TEXT / SOCIAL MEDIA

TRANSPORTATION

GIFTING

Code Compliance & Enforcement

VOLUNTARY COMPLIANCE

REFER

ATHLETES BEST INTEREST

COMPLIANT PROCESS

MEMBER CONDUCT

POLICY VIOLATIONS AT SANCTIONED COMPETITIONS

- FIRST OFFENSE
- SECOND OFFENSE
- THIRD OFFENSE

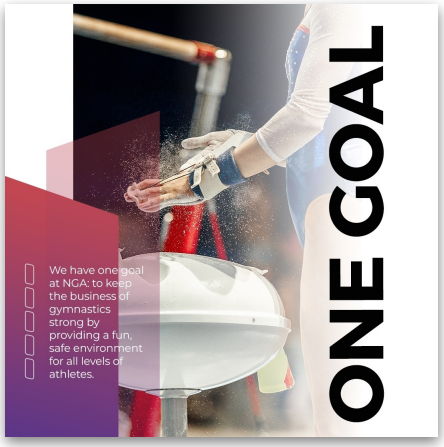
ETHICS CODE/SCREENING

NGA COACHES ETHICS CODE (NCEC)

- NGA Club, Coach, Independent Coach and Judge Members have the obligation to and responsibility for providing a positive and safe environment for all NGA athletes with safety being a primary focus
- Accurate and positive communication with athletes is essential
- Each Member is responsible for contributing to a culture that includes inclusivity, positivity and organization while delivering a gymnastics program focusing on the athlete

ABUSE PREVENTION SCREENING

- Should a situation surface that cannot be handled by the local club member promptly and in a satisfactory manner, member should refer the matter to NGA via email: info@nationalgym.org
- All adult members (age 18 and over), as a condition of their membership with NGA, must submit to and complete a satisfactory background screening through NCSI link: NGA/Background
- Any person identified on any published banned list will be precluded from obtaining NGA membership
- Any professional member who facilitates or fails to report an individual who is ineligible or refuses to screen, will be terminated as a member
- All NGA members are required to read and fully comply with the NGA Code of Conduct
- NGA will comply with sport-specific safeguarding arrangements for athlete protection
- Membership shall be granted without discrimination or harassment on the basis of age, gender identity, race, ethnicity, national origin, religion, sexual orientation, gender expression, genetic information, disability, language, socioeconomic status, veteran status or marital status or any other status protected by federal, state or local law, where applicable



Learn about the Benefits of Gymnastics!

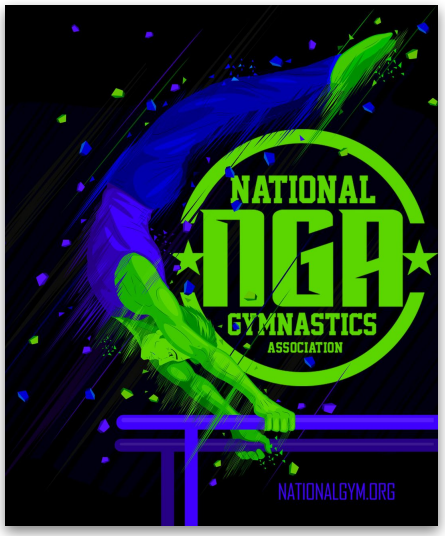
NATIONAL COACHING CHARTER

NGA NATIONAL COACHING CHARTER (NCC)

- Coaches should be the most ethical persons in an organization
- The public and all of its people are constantly observing and scrutinizing sport organizations
- Sport organizations are in the public eye and the public should demand nothing less than professionalism from its coaches
- Everyone understands coaches are role models and any prospective coach should be aware of and strive to produce positive images and public relations for the sake of the sport organization and the community
- Whether or not a coach, or other professional, has violated the NCC Code does not by itself determine if they are legally liable in a court action, if a contract is enforceable or if other legal consequences occur—these results are based on legal rather than ethical rules

- However, compliance with or violation of NGA NCC Codes may be admissible as evidence in some legal proceedings, depending on the circumstances
- This Code and its parts also provides a common set of values upon which coaches and professionals build their professional work
- It is the individual responsibility of each person to aspire to the highest possible standards of conduct
- Coaches and industry professionals respect and protect human and civil rights and do not knowingly participate in or condone unfair discriminatory practices

- The **NATIONAL COACHING CHARTER (NCC)** Code is intended to provide standards of professional conduct that are applied to members of National Gymnastics Association (NGA)
- The NCC Charter provides both the general principles and the decision rules to cover most situations encountered by coaches and industry professionals
- Its primary goal is the welfare and protection of the individuals and groups with whom coaches work
- The NCC Charter was inspired by the Ethical Principles of Psychologists and Code of Conduct (American Psychological Association, Vol. 47, No.12 1597-1611)
- Other ideas for ethical standards were drawn from Coaching Association of Canada and British Institute of Sport Coaches



NGA National Coaching Charter

- *The NCC Code has been provided by the US Gymnastics Coaches Association, and partnered with US Elite Coaches Association as a document to use in its entirety by NGA and it's membership*
- *This charter is not intended to supersede USOPC SafeSport codes*

BEST SAFE PRACTICES

BEST SAFE PRACTICE GUIDELINES

Adults with access to athletes should be mindful to avoid even the appearance of behaviors that could lead to or encourage grooming behavior. Below are suggested policies to avoid actions and appearances of inappropriate behavior. Healthy, happy athletes should be our common goal and consistent behavior as outlined below should assist in attaining individual best results.

Learn about NGA BEST SAFE PRACTICES

BEING MINDFUL FOR ATHLETE SAFETY

PRACTICE SESSIONS

- Whenever minors are training on site, parents and/or legal guardians MUST have access to observe

MEDICATION/DRUGS/ALCOHOL

- An impaired coach, instructor, adult should have NO contact with an athlete at any time

ONE ON ONE

- Athlete and coach should always remain in an open area (no closed door), visible by others or if a private conversation is necessary and/or appropriate, another adult must be present in the room
- A coach should never be alone with any number of gymnasts at any time

LOCKER ROOM

- No unrelated adult is permitted to be alone with an athlete in a changing area, dressing room or locker room
- Only a parent and/or legal guardian may be with their own child

HANDS ON ADJUSTMENTS, MASSAGES

- Rubdowns, massages, tapings or adjustment of any sort are not to be done without written consent from the parent and/or legal guardian and in an open area on the competition or gym floor in view of others

STRETCHING, TAPING, ICING, CORRECTION, PHYSICAL CONTACT

- Physical interaction with an athlete should be for correction and coaching and should not include any compromising positions
- Physical interaction (coaching), Icing and taping should occur in an open area on the competition or gym floor in view of others

PHOTOS / VIDEOGRAPHY

- Athlete photographs or videos may only be taken in public view with parent and/or legal guardian approval and must be appropriate for any public publication

REPORTING

- All coaches and staff of a club member are mandatory reporters of any child abuse
- If receiving a possible child abuse call you are to contact the child protection services and local police in your area
- Suspected child abuse should be reported to www.childwelfare.gov

EMAIL / TEXT / SOCIAL MEDIA

- Any and all adult generated social media to a minor must also include the parent and/or legal guardian

TRANSPORTATION

- Minor athletes (under the age of 18) should never ride alone with an unrelated adult

GIFTING

- Gifts are unnecessary and inappropriate unless all athletes are included for a specific purpose
- No individual gifts allowed and must be with parent and/or legal guardian consent

ALL ONE-ON-ONE ADULT TO MINOR INTERACTIONS MUST ALWAYS BE OBSERVABLE AND INTERRUPTABLE

CODE COMPLIANCE & ENFORCEMENT

CODE COMPLIANCE

VOLUNTARY COMPLIANCE

- Compliance with the Rules & Regulations depends
- First, on understanding and voluntary compliance
- Second, on reinforcement by peers
- Third, when necessary, on enforcement through disciplinary action

REFER

- Should a situation arise that cannot be handled by the local club member promptly and in a satisfactory matter, member should refer the matter to NGA via email: info@nationalgym.org

ATHLETES BEST INTEREST

- The best interest of each athlete must be paramount irrespective of the level of the athlete's competition

COMPLIANT PROCESS

- Any person who suspects or has knowledge of sexual or physical abuse MUST report to local authorities immediately
- Any complaint of sexual or physical abuse to NGA will immediately be forwarded to the local authorities
- NGA is not an investigating organization.
- Fully documented complaints for mental or emotional abuse may be emailed to info@nationalgym.org.
- Written notice to both parties and an opportunity for response, and, where appropriate, additional discussions with the parties, President or Chairman of the Board or an appointed designee may
  - Recommend counseling or mediation for both parties or the member who is the subject of the complaint
  - Impose an appropriate sanction or an appropriate relief of membership
  - Recommend athlete(s) move to another club

MEMBER CONDUCT POLICY

DOCUMENTATION

- Member is responsible for accurate official documentation of personal information as well as any documentation submitted on behalf of athletes, (i.e. dates of birth, residence, scores submitted for qualification/advancing)

ROLE MODEL

- Each member is responsible for conducting themselves to not only be a role model for athletes under their care, but to utilize styles of teaching/learning that will preclude any athlete abuse
- Such abuse to be avoided may include: verbal, emotional, sexual, physical, alcohol or drugs, or other inappropriate actions/behavior

COMPLAINT REVIEW

- Upon review of complaint and where appropriate, additional discussions with Complainant and/or Member who is subject of complaint, President or Chairman of the Board may:
  - Determine level of complaint
  - As appropriate, may refer to the State Reps or other involved persons

POLICY VIOLATIONS AT SANCTIONED COMPETITIONS

FIRST OFFENSE

- Verbal warning issued by Competition Director/Competition Referee and/or designated representative of NGA
- Warning to be documented and recorded by Competition Referee on sanction report form

SECOND OFFENSE

- Withdrawal of floor credential, necessitating ejection from the competitive floor area (or possibly entire competitive arena

THIRD OFFENSE

- Loss of NGA membership for the remainder of the season
- Severity of the violation may result in membership being permanently revoked

Chapter 4

ATHLETE MEMBERSHIP

Athlete Membership

MEMBERSHIPS

APPROVAL

UPPER AGE LIMIT

ATHLETE MEMBERSHIP REQUIREMENTS

- **COMPLETED FORM**
- **MEMBERSHIP FEE**
- **YOUNGEST AGE**
- **AFFILIATED**
- **PARENT PERMISSION**

Athlete Rights and Obligations

ATHLETES RIGHTS

ATHLETES OBLIGATION

Athlete Residency

Club Residency

ATHLETE MEMBERSHIP

ATHLETE MEMBERSHIP

TO BE ELIGIBLE FOR PARTICIPATION IN A NGA SANCTIONED EVENT, ATHLETE MUST:

MEMBERSHIPS	APPROVAL	UPPER AGE LIMIT
• Athlete membership is all inclusive and open to all athletes, ages 4 and up • Memberships are non-refundable and non-transferable • Memberships are good through July 31 and must be renewed annually to be in good standing. • Registration for following season starts on August 1 of each year	• Once approved, Athlete will be assigned a member number and will retain this number through the duration of their membership with NGA • Number and registration information will be available to the Club representative/ administrator in the Club membership account	• Athletes over 18 years must complete the Athlete Membership Application • Adult athletes will compete in their own “adult” age division • Adult athletes must complete Background Check, Abuse Prevention and Concussion Protocol course to be eligible as an adult athlete in a NGA sanctioned event

ATHLETE MEMBERSHIP REQUIREMENTS

CONSIDERED REGISTERED	MEMBERSHIP FEE	YOUNGEST AGE	PARENT PERMISSION
• NGA receives completed Athlete Membership Application form (by the club) in addition to athlete registration fee • Club may register entire team or parent may register an individual athlete • Club will maintain Athlete Forms for future audit and/or request from National Office	• Athlete registration fee determined annually **Annual** • 2022/2023 season: August 1, 2022-July 31, 2023 **$35 USD**	• Four (4) years old on the day of the NGA Sanctioned event • No set age determination date. Gymnasts compete at the age they are at the competition	• Athlete Form completed by parent/ guardian and returned to the club member administrator for (online) team registration

COMPLETED FORM	MALES REGISTERED IN FEMALE EVENTS	TRANSGENDER ATHLETES	AFFILIATED
• Club will maintain Athlete Forms for future audit and/or request from National Office	• Athlete membership is welcome • Athletes will compete in their own age group in the chosen level	• Athlete membership is welcome • Athletes will compete in their own age group in the chosen level	• All athletes must be a registered member with a NGA Member Club prior to competing

ATHLETE RIGHTS & OBLIGATIONS

ATHLETE RIGHTS

PARTICIPATION

- Enter and compete in a sanctioned NGA competition, provided all requirements for eligibility *(level, age, discipline)* and membership are met

COMPETITION FACILITIES

- Be provided with a safe competition facility
- Use services of any person officially provided with the competition (physician, trainer, etc.)

AWARDS

- Receive awards based on scores and ranking in designated age group as outlined in the competition directives
- If ties occur, awards mailed to club, free of charge, not later than 30-days after completion of competition if awards are not available at competition

COURTEOUS TREATMENT

- Expect respectful treatment from all participants and competition personnel

ALL ATHLETES ARE OBLIGATED TO:

NGA MEMBERSHIP

- Obtain an Athlete Member number from NGA Membership
- Be affiliated with a NGA Club Member

SAFE PROGRESSIONS - MOBILITY

- Be competent at lower levels prior to participating in higher levels
- Achieve mobility score to move up to possibly two (2) levels
  - 31AA Women / 40AA Men
  - 8.0 IES Women / 7.0 IES Men

FOLLOW RULES / SCHEDULE

- At NGA sanctioned competitions
- Remain in designated competition area until session is complete and all athletes have competed

MODEL BEHAVIOR

- Be courteous, polite, respectful to all judges, coaches, volunteers, competitors or other competition personnel

CELL PHONE

- Cell phone use (talk, text) or any wireless communication device is prohibited while in competition area

COMPETITION ARENA

- Remain in the area of competition designated for athletes while in your competitive session
- Food and drink—Eat or drink outside competition area (except water bottles)

COMPETITION APPAREL - MEN

- Level 1N-5N and 4X4 - Only required to wear athletic shorts and team t-shirt or jersey top
- Level 6N-10N - required to wear gymnastics shorts on FX & V, form pants and socks with jersey on PH, SR, PH and HB

COMPETITION APPAREL - WOMEN

- Long sleeve or tank leotard or unitard may be worn for competition
- NO underwear (including sport bras) should be exposed
- Nude color bras would be acceptable—Leotard back designs should be appropriate to fit appropriate bra types
- Lycra shorts manufactured by a leotard company may be worn over or under the competition leotard and should be one color that compliments the competition leotard

CHANGING AREA

- Athletes must change clothes in designated changing area or restroom. Not in public view on the competition floor

SPORTSMANSHIP

- Accept the received score without criticism or comment

VIOLATION

- Be aware violation of obligations could lead to deduction and/or expulsion by joint decision of Competition Director and/or Competition Referee
- Athletes may NOT compete wearing any restricted medical devise; i.e., cast or boot

APPEARANCE

- Be well groomed:
  - Clean attire
  - Hair secured away from face to not obscure vision
  - Stud earrings only - Ears only. No other jewelry permitted
  - Tattoos do not have to be covered
  - Nail polish is allowed
  - No gum chewing
- Contact National Office for any special concerns regarding apparel or appearance

ATHLETE RESIDENCY/CLUB RESIDENCY

ATHLETE RESIDENCY

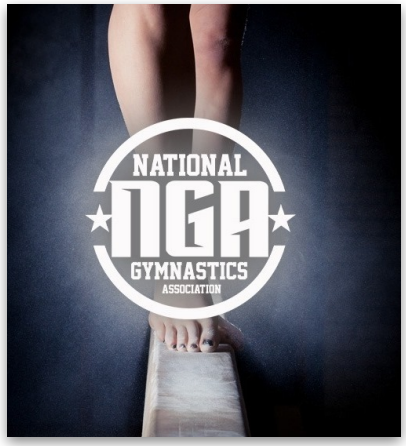
DETERMINED BY PHYSICAL LOCATION OF ATHLETES / TEAM TRAINING FACILITY

ADDRESS	STATE CHAMPIONSHIPS
• Athlete's training club physical address	• Athlete may compete in **one** State Championships, based on the state where their affiliated club is located • Exception: if State Championships not held in that state

CLUB RESIDENCY

DETERMINED BY PHYSICAL LOCATION OF FACILITY

STATE CHAMPIONSHIPS	MULTIPLE CLUB LOCATIONS	MULTIPLE CLUBS / SAME COACH
• Club competes in State Championships of the state where training facility is physically located • Exception: If State Championships not held in that state	• Multiple locations, with same owner, must compete in the state of the clubs address as separate individual clubs	• Same coach represents two clubs, clubs are considered separate individual clubs



Find out more about NGA Benefits

Chapter 5

COACH MEMBERSHIPS

Coach Membership

AGE REQUIREMENT
NGA SANCTIONED EVENTS
ABUSE PREVENTION
NCSI BACKGROUND SCREENING
CONCUSSION PROTOCOL
UNAFFILIATED COACHES

Rookie Coach Membership

ACCOMPANIED
AGE REQUIREMENT
NGA SANCTIONED EVENTS
ABUSE PREVENTION
NCSI BACKGROUND SCREENING
CONCUSSION PROTOCOL
UNAFFILIATED COACHES

Coaches Responsibilities

CREDENTIALS
ETHICS
COMPETITION ARENA
INJURIES

COACH MEMBERSHIP

COACH MEMBERSHIP

ANY COACH WHO SATISFACTORILY COMPLETES THE FOLLOWING IS ELIGIBLE FOR COACH MEMBERSHIP

AGE REQUIREMENT	NGA SANCTIONED EVENTS	
• 18 years and older	• Coach Member must hold a valid Membership prior to participating in any NGA Sanctioned event • Only Coach Members actively coaching are allowed on the competition floor for a sanctioned competition - NO wives, children or babies, husbands or club owners, if not coaching with an active and current Coach membership	• Anyone who has been banned from any organization and/or has been denied a Safe Sport certification will be prohibited from obtaining a NGA membership

COACH MEMBERSHIP REQUIREMENTS

COACH MEMBERSHIP	ABUSE PREVENTION	NCSI BACKGROUND SCREENING
• NGA Annual Coach Membership is available for all coaches (18+) assigned to a registered NGA Club Member = **FREE**	• Successfully complete Abuse Prevention Course—Every two (2) years = **FREE** • Only NGA Abuse Prevention Course will be accepted—SafeSport will no longer be accepted	• Successfully complete NCSI Criminal Background Check = **$30 USD** • *Must renew every 2 years* • Coach screened by another sports organization using ONLY NCSI must email proof of screening—no further screening is necessary until after the current screening expires • membership@nationalgym.org
INDEPENDENT COACHES	**CONCUSSION PROTOCOL**	
• NGA Unaffiliated Coaches Membership available for coaches not affiliated with a club = **$35 USD** annually	• Successfully complete Concussion Protocol every two (2) years = **FREE** • Heads-Up Concussion course located at: NGA Membership—Concussions	

ROOKIE COACH MEMBERSHIP

ROOKIE COACH MEMBERSHIP

ROOKIE COACH MEMEBERSHIP IS ONLY FOR COACHES (16-17 Yrs) COACHING AT NGA SANCTIONED EVENTS

AGE REQUIREMENT	NGA SANCTIONED EVENTS	ACCOMPANIED
• 16-17 years old	• Rookie Coach Member must hold a valid Membership prior to participating in any NGA Sanctioned event	• Rookie Coach must be accompanied by an active Coach Member (18+) to be eligible to be in the competition area as a coach

ROOKIE COACH MEMBERSHIP REQUIREMENTS

ROOKIE COACH MEMBERSHIP	ABUSE PREVENTION	CONCUSSION PROTOCOL
• NGA Annual Rookie Coach Membership is available for all coaches (16-17 yrs) assigned to a registered NGA Club Member = **FREE**	• Successfully complete NGA Abuse Prevention Course—Every two (2) years Requirement = **FREE** • Only NGA Abuse Prevention Course will be accepted—SafeSport will no longer be accepted	• Successfully complete Concussion Protocol every two (2) years = **FREE** • Heads-Up Concussion every two (2) years course located at: NGA Membership—Concussions

ROOKIE COACH MEMBERSHIP TURNING 18 YEARS OF AGE

18th BIRTHDAY	EXPIRATION DATE	
• Rookie Coach Members, upon their 18th birthday, may continue as a Rookie for the current season	• Upon Rookie Coach membership expiration, they will be required to renew as a Coach Member with: • Completed NCSI Background check, NGA Abuse Prevention and Concussion Course	• Anyone who has been banned from any organization and/or has been denied a Safe Sport certification, will be prohibited from obtaining a NGA membership

COACHES' RESPONSIBILITIES

COACH MEMBER RESPONSIBILITIES			
CREDENTIALS	**ETHICS**	**COMPETITION ARENA**	**INJURIES**

• Maintain a current and valid National Gymnastics Association Coach or Rookie Coach membership—See Membership
• At NGA Sanctioned Events, all Coach members must:
  • Sign-in and produce a current and valid Membership record showing:
  • Membership Expiration Date
  • Current and valid Concussion Course Certification
  • Current and valid Criminal Background Check Certification
  • Current and valid Abuse Prevention Course Certification
	• Proof of compliance may be pre-determined upon registration for a Sanctioned event
	• Adhere to the NGA Code of Conduct
	• Be the consummate professional— Set a good example for the athletes by displaying a positive attitude and exemplary conduct
	• Display good sportsmanship at all times
	• Dress in attire reflecting the best image of gymnastics
	  • Rubberized sole athletic shoes with covered toes
	  • Warm-up pants, athletic pants—no jeans or holes/tears in pants/shirt
	  • Shorts with a reasonable inseam length
	  • Avoid spaghetti straps, low-cut or stomach revealing tops
	  • No hats, visors, head wear
	• Wireless communication device is prohibited within the competition area, except for recording athletes performance—Avoid texting and talking within the competition area
	• No e-cigarettes, vaping or other tobacco products allowed at any NGA Sanctioned Event
		• Be familiar with the competition arena—and ready to attend all coaches' meetings
		• Must be present during warm-up and competition sessions
		• Provide floor routine music in digital format (MP3, computer, tablet, smart phone, etc.)
		  • All digital devices must be kept on airplane mode and full volume
		  • All digital devices, if possible, to have a display of athletes name
		• Follow all published competition guidelines as stated in NGA Rules & Regulations
		• Only coach of personal athletes—Exception; if another coach seeks assistance or athletes have no coach available
		• Direct all inquiries through Competition Director and/or Competition Referee
		• Coaches may approach an unoccupied judge during the competition with permission from Competition Referee
		• Inform the athletes and athletes' parents of their competitive rights and obligations
			• If needed, obtain a completed and signed Incident Report Form from the Competition Director and/or Medical Staff regarding any injury to an athlete
			• Incident Report forms included in Sanction packet must be given to Competition Director to be returned with Post Event Report
			• Follow all directions on Incident Report Form for submission to Insurance Company
			• Coach or parent of injured athlete must secure a copy of the Incident Report form, completed by medical personnel and signed by Competition Director before departing the competition
			• Click here for form

Chapter 6

JUDGES/MEDICAL STAFF MEMBERSHIPS

Judges Membership

AGE REQUIREMENT
NGA SANCTIONED EVENTS
ABUSE PREVENTION
NCSI BACKGROUND SCREENING
CONCUSSION PROTOCOL
MEMBERSHIP FEE

Judges Responsibilities

CREDENTIALS
ETHICS
CONTRACTS
COMPETITION ARENA

Medical Staff Membership & Responsibilities

CREDENTIALS
ETHICS
COMPETITION ARENA
ACCEPTANCE OF MEDICAL POSITION

JUDGES MEMBERSHIP - MEN/WOMEN

JUDGES MEMBERSHIP

ANY JUDGE WHO SATISFACTORILY COMPLETES THE FOLLOWING IS ELIGIBLE FOR JUDGE MEMBERSHIP

AGE REQUIREMENTS	NGA SANCTIONED EVENTS	CONCUSSION PROTOCOL
• 18 years and older • 16-17 year olds may judge local Levels 1N-5N only (no overnight stays)	• Judges Member must hold a valid NGA membership and applicable Judges Association membership prior to participating in any NGA Sanctioned event	• Judges are NOT required to have Concussion protocol for membership

JUDGES MEMBERSHIP REQUIREMENTS

JUDGES ARE REGISTERED AS INDIVIDUALS FOR THEIR MEMBERSHIP

NGA JUDGES MEMBERSHIP	ABUSE PREVENTION	NCSI BACKGROUND SCREENING
• NGA Annual Judge Membership is required for all judges assigned to a registered NGA sanctioned event = **$35 USD**	• Successfully complete Abuse Prevention Course—Every two (2) years = **FREE**	• Successfully complete NCSI Criminal Background Check = **$30 USD** • *Must renew every 2 years* • Judge screened by another sports organization using NCSI may email proof of screening—no additional screening is necessary until after current screening expires
	• ***Anyone who has been banned from any organization and/or has been denied a SafeSport™ certification will be prohibited from obtaining a NGA membership***	

JUDGES' RESPONSIBILITIES

JUDGES MEMBER RESPONSIBILITIES

CREDENTIALS

- Maintain a current and valid NAWGJ or NGJA membership
- At NGA Sanctioned Events, judges must:
  - Sign-in and produce electronically or physically, a current and valid NGA membership record showing:
    - Membership Expiration Date
    - Current and valid Criminal Background Check Certification
    - Current and valid Abuse Prevention Course Certification

ETHICS

- Proof of compliance may be pre-determined upon assignment to a Sanctioned event
- Adhere to the NGA Code of Conduct
- Come prepared and with full knowledge of the NGA Rules
- Be the consummate professional— Set a good example by displaying a positive attitude and exemplary conduct
- Display good sportsmanship at all times
- Dress appropriately—See Judges Uniform
- Be considerate of competition's equipment—refraining from wearing footwear that could damage the equipment
- Show proper respect for all competitors, coaches, meet personnel and volunteers
- All competitors, regardless of the level, should be treated the same
- During the competition, may have conversation with other judges, coaches or athletes during downtime — never be involved with the athlete during warm-up or training
- No e-cigarettes, vaping or other tobacco products allowed at any NGA Sanctioned Event
- Judge not following the NGA Rules or abusing power may face disciplinary review from the National Judging Administrator and Advisory Panel
- Must evaluate routines only without using personal beliefs to arrive at the score

CONTRACTS

- Complete and honor all contracted assignments
- If a cancellation must occur, notify the appropriate Competition Director and NAWGJ/NGJA Assigner at earliest possible moment
- Under extreme circumstances, should a judge not be able to honor the contract, they must contact the Competition Referee to work together to find a replacement
- To maintain professionalism, please refrain from soliciting invitations to judge specific competitions or approaching other gymnastics professionals to further your personal business interests

COMPETITION ARENA

- Be familiar with the competition arena—and ready to attend all judges' meetings
- Maintain NGA Judges Accreditation ratings—For the appropriate level of competition, be current with all NGA Rules & Regulations
- During a conference—Be expedient, cooperative, efficient in resolving differences
- Remain at the event station—Until the competition has concluded
- Be familiar with competition setup and organization—Only if it is a violation of the Rules & Regulations, a judge may seek to change the competition set up
- Use of cell phones or electronic device—For talking, texting, is prohibited
- May use electronic tablets for judging purposes only within the competition arena

MEDICAL STAFF RESPONSIBILITIES

MEDICAL STAFF MEMBERSHIP & RESPONSIBILITIES			
CREDENTIALS	**ETHICS**	**COMPETITION ARENA**	**ACCEPTANCE OF MEDICAL POSITION**

• Maintain a current and valid National Gymnastics Association Medical membership (See Membership)
• At NGA Sanctioned Events, all Medical Staff members must:
  • Sign-in
  • Have a current Criminal Background Check
  • NGA Medical Membership is **FREE**
	• Use NGA Code of Conduct and all Abuse Prevention Policies as guidelines
	• Serve only one job function at a competition —may not serve in a dual capacity (i.e. Medical Staff/Judge, Coach/Medical Staff, etc.)
	• Be the consummate professional— Set a good example for the athletes by displaying a positive attitude and exemplary conduct
	• Dress appropriately
	• Be considerate of the competition's equipment—refraining from wearing footwear that could damage the equipment
	• Show proper respect for all competitors, coaches, meet personnel and volunteers.
	• All competitors, regardless of the level, should be treated the same
	• During the competition, refrain from unnecessary conversation with judges and coaches unless necessary to evaluate an injury—Never be involved with an athlete during warm-up or training unless requested by the coach or athlete
	• No e-cigarettes, vaping or other tobacco products allowed at any NGA Sanctioned Event
		• Be familiar with the competition arena—and ready to attend any pre-competition meetings
		• Be familiar with competition setup and organization
		• If it is a violation of Rules & Regulations or an unsafe situation, seek to change the environment to protect all within the competition by working with the Competition Director to correct
		• Use of cell phones—For talking, texting, is prohibited
		• May use electronic tablets for medical purposes only within the competition arena
		• Must complete official NGA Injury Report form—Signed original to NGA National, copy to catch or parent
			• Complete and honor all contracted assignments
			• If a cancellation must occur, notify the appropriate Competition Director(s) at earliest possible moment and provide a replacement if possible
			• Be confidential about medical matters occurring during the competition
			• Avoid a competition in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect the ability to objectively provide medical services

Chapter 7

CLUB MEMBERSHIP

Club Membership

NGA CLUB MEMBERSHIP
CLUB PARTICIPATION
GOOD STANDING
CLUB NUMBER
MEMBERSHIP PROTECTION
MEMBER LOG IN

Club Member Rights and Obligations

CLUB MEMBER RIGHTS
- PARTICIPATION
- COMPETITION FACILITIES
- AWARDS
- COURTEOUS TREATMENT

CLUB MEMBERS OBLIGATION
- NGA MEMBERSHIP
- COMPLIANCE
- FOLLOW NGA POLICIES
- ABIDE BY COMPETITION RULES
- ABUSE PREVENTION POLICY
- ASSOCIATIONS
- INSURANCE

CLUB MEMBERSHIP

CLUB MEMBERSHIP RULES

ANY GYMNASTICS CLUB IS ELIGIBLE FOR CLUB MEMBERSHIP PROVIDED THE OWNER IS NOT ON a BANNED OR SUSPENDED LIST OF ANY KIND

CLUB PARTICIPATION	GOOD STANDING	CLUB NUMBER
• Club registration link is available on the NGA Club Membership page • Club Membership provides ALL Coach and Rookie Coach memberships to be **FREE** • Athlete's wishing to participate in NGA sanctioned events MUST be affiliated with a current NGA Club Member	• Club Members in good standing ONLY may apply for Athlete Membership with NGA • Club owners must NOT be on any banned or suspended list to be in good standing	• Club number assigned will remain the same through the length of membership with NGA

CLUB MEMBERSHIP REQUIREMENTS

NGA CLUB MEMBERSHIP	CLUB MEMBER NUMBER ASSIGNED	MEMBERSHIP PROTECTION	MEMBERSHIP LOGIN

• Club Membership is available for an annual fee of **$225 USD**
• Club Membership includes all coaches membership at no additional cost
• Coaches are responsible for creating their own profiles for membership
	• Club Member Numbers assigned only after:
	  • Payment of applicable fee in full is received
	  • Club Membership Application form is received fully completed with all required information and signatures
		• Club Memberships are non-refundable, non-transferable and not prorated	• Club Membership is valid for one year, August 1 through July 31

	INTERNATIONAL CLUB MEMBERSHIP		
	• NGA is open to international club membership following the same requirements as the US teams • All club athletes must also be NGA members • NGA is not able to provide liability or participant medical insurance outside of the US • International teams competing inside the USA at an NGA sanction competition, liability coverage will be in place • Medical is only covered if the athlete holds a visa • NGA encourages all international members to obtain travel insurance including medical when competing in the US		

CLUB MEMBERS RIGHTS & OBLIGATIONS

CLUB MEMBER RIGHTS

PARTICIPATION

- Enter and compete athletes in a sanctioned NGA competition, provided all requirements for eligibility *(Membership, level, age, discipline)* are met

COMPETITION PROGRAM

- Have access to all NGA programs and information to use the NGA programs on the NGA website

COURTEOUS TREATMENT

- Expect respectful treatment from all NGA Staff, contractors, and volunteers

ALL CLUB MEMBERS ARE OBLIGATED TO:

COMPLIANCE

- NGA has the right to audit Club Member to determine whether club is compliant with this Club Membership Agreement or any governing policy
- Clubs are required to promptly provide all necessary information and access to property/personnel requested by NGA as part of any such audit
- Club does not adhere to Club Member Agreement and all governing policies, it will lose membership

FOLLOW NGA POLICIES

- Enforce all NGA policies, including Abuse Prevention, Rules & Regulations and Code of Conduct

ABIDE BY COMPETITION RULES

- Follow all rules and schedules of an NGA sanctioned competition

ASSOCIATIONS

- Will not hire/be associated in any way with persons permanently ineligible for NGA membership
- Will not be associated/hire any person listed on a federal, state sex-offender registry—Search conducted: nsopw.gov)

NGA MEMBERSHIP

- Obtain a Member Club Number from NGA Membership
- Have Club coaches complete Coach membership requirements
- Maintain all completed Athlete Registration forms for up to (7) years

INSURANCE

- Maintain comprehensive general liability insurance, limits of at least $1,000,000 per occurrence, $2,000,000 annual aggregate for the entire duration of NGA club membership
- Upon request of NGA, provide insurance policy certificate demonstrating the insurance required by this Agreement
- Clubs must notify NGA at least 30 days before any cancellation of, or material change to, the required insurance
- Failure to maintain required insurance is grounds to terminate NGA membership
- Maintain Sexual Abuse Insurance — Check with Snyder Insurance

ABUSE PREVENTION POLICY

- All Club members must have an Abuse Prevention policy consistent with NGA's policy and National SafeSport policy that affirms commitment to the welfare of gymnastics participants in their club
- Club Members policy must minimally include:
  - Description of conduct that will not be tolerated
  - Standards of behavior for staff/ volunteers promoting athlete safety
  - Prevention polices to eliminate the opportunity for grooming behaviors
  - Process for receiving and handling complaints regarding conduct that violates Club Member requirements
  - Mandatory reporting of any suspected abuse to local authorities

PART B

JUDGES

Chapter 1–Competition Judges

Chapter 2–Judges Compensation

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Chapter 1

COMPETITION JUDGES

Contracting Judges

JUDGES CONTRACTOR
STATES / ZONES / NATIONALS
WOMEN JUDGES REQUESTS
TIMELINE
JUDGES COMPENSATION
WOMEN JUDGES ASSIGNED

Affiliation of Judges

NGA COMPETITIONS JUDGES PANELS
WHO IS AFFILIATED / WHO IS NOT AFFILIATED
EXAMPLE OF AFFILIATION
MINIMAL PANELS WITH AFFILIATED JUDGES

General Duties

CONTRACT
FINANCIAL RESPONSIBILITY
PROFESSIONALISM
UNIFORM / YEAR-END CHAMPIONSHIPS UNIFORM
COMPETITION REFEREE
NGA COMPETITIONS
PAYMENT SHEET
AUTHORITY
AFTER COMPETITION
DURING COMPETITION

Specific Duties

HEAD JUDGE
PANEL JUDGE
PANEL ASSISTANT

CONTRACTING JUDGES

CONTRACTING JUDGES

JUDGES CONTRACTOR

- Current state designated (men's/women's) assigner and/or gymjas.com for women will be used for contracting NGA judges

STATES / REGIONAL ZONES / NATIONALS

- Judges selected by the State Advisory Panel, National Judges Administrator and Program Administrators

WOMEN JUDGES REQUESTS

- Competition Director submits to chosen women's contractor a complete "Request for Judges" with payment of $3.00 for each judge contracted a minimum of sixty (60) days prior to competition dates
- Competition Director may request specific judges when making judges request or when completing information on gymjas.com

TIMELINE

- Assignments for late requests are based on availability, as there may not be a sufficient number of certified judges available

JUDGES COMPENSATION

- NGA Judges' Compensation Package is used for all sanctioned competitions for both Men and Women
- Non-sanctioned events may be negotiated directly with host club

INVITATIONALS—WOMEN JUDGES ASSIGNED

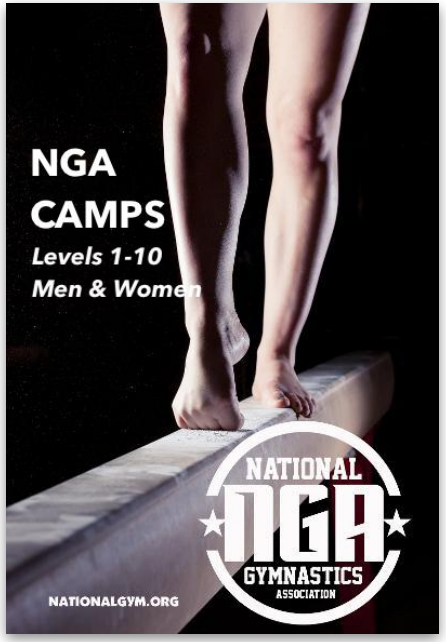
- One (1)-Judge panel: L1N - L5N
- Two (2)-Judge panel: L6N - L10N
  - 1-Judge panel may be used if judges are not available within 150 mile radius
    - Judges for one (1) judge panel must have a Level 10 (NGA National) rating or higher (L6N-10N)

ALL COMPETITIONS—MEN'S JUDGES ASSIGNED

- One (1)-Judge panel: L1N - L10N may be used for all competitions through Nationals

STATE & ABOVE—WOMEN JUDGES ASSIGNED

- Two (2)-Judge panel: L1N - L10N



AFFILIATION OF JUDGES

AFFILIATION OF WOMEN'S JUDGES

WHO IS AFFILIATED

- Person employed by a club that is competing
- Coach for a club that is competing
- Club owner/administrator of a club that is competing
- Athlete member of a club that is competing
- Athlete enrolled in a recreational class of a competing club
- Sports science/technical professional of a club that is competing
- Immediate family member of:
  - Competing athlete
  - Coach of a competing club

WHO IS NOT AFFILIATED

- Competing club's athlete member participating in another NGA discipline is not affiliated

EXAMPLE OF AFFILIATION

- *Employee or volunteer for a club that is competing is affiliated*
- *Paid or unpaid coach for a club that is competing is affiliated*
- *Owner, front office staff of a club is affiliated*
- *Any level athlete member of the club, but not competing in the competition is affiliated*
- *Athletic trainer, physical therapist, sports psychologist, choreographer who receives a paycheck as a full or part time employee of the club is affiliated*
- *Judge with any family member coaching at a competing club is affiliated*
- *Athlete's parent is judging a competition in which their athlete's club is actively competing is affiliated*

NGA COMPETITIONS JUDGES PANELS

- Two (2) judge or more panel
  - Affiliated judge as a panel judge
  - Approved affiliated judge may NOT be assigned as Head Judge
  - Two (2) affiliated judges from same club may never serve on a two (2)-judge panel regardless if affiliated team is participating in the event
- One (1) judge panel with club affiliation
  - May be assigned only if an unaffiliated judge is not available within 150 mile radius
  - Affiliated judge with participating team may not serve as Competition Referee

MINIMAL PANELS WITH AFFILIATED JUDGES

- Affiliated judges may be assigned ONLY when unaffiliated judges are not available

GENERAL DUTIES OF JUDGES

GENERAL DUTIES OF COMPETITION JUDGES

DUTIES

- Judges perform their duties as a competition judge according to NGA Rules & Regulations, NGA membership policies and Code of Conduct
- Judges capacity at an assigned competition is limited to judging, evaluating and scoring the assigned competition
- Judges not allowed to function in a dual capacity
- May speak with coaches if approached during non-judging time

CONTRACT

- Each judge to sign/return contract to contracting organization & Comp Director
- Judges will honor and be bound by agreed upon terms of each individual contract

UNIFORM

- Women's judges permitted to wear any official NAWG licensed apparel, in addition may wear black pants, all blouses or shirts must be white, cardigans/vests worn over shirts may be red, white or navy
- Men's judges to wear NGJA required apparel
- With direction of Competition Director judges may wear themed attire or NGA apparel

FINANCIAL RESPONSIBILITY

- Judges personal responsibility includes all financial reporting regarding payments and reimbursements to the appropriate agencies

YEAR-END CHAMPIONSHIPS UNIFORM

- Judges must wear any official NAWGJ/ NGJA licensed apparel
- Year-end Events include: State, Regional Zones and Nationals

PROFESSIONALISM

- Always act in a professional manner
- Remain at judging station during the competition until completed or unless on break
- If out-of-range, be willing to compromise if necessary
- **Always give the benefit to the athlete- if determined an incorrect rule was applied, give back to the athlete**
- Leave all personal views and beliefs a home. Judge what is presented without bias

GENERAL DUTIES OF COMPETITION REFEREE

NGA COMPETITIONS

- Competition Referee will be designated at all NGA sanctioned competitions

PAYMENT SHEET

- Responsible for final expense sheet and receipts for judges to Competition Director

AUTHORITY

- Is final authority in all technical matters involving judges, timers, line judges, flashers, tabulators
- At request of Head Judge during conferences, may offer opinion and may recommend, but never force a score change
- Responsible to handle all video review requests
- Allow coaches to approach judges with quick questions if judges are unoccupied and available to discuss

COMPETITION REFEREE DUTIES

- Acts as an overall liaison between coaches and judges
- If requested, assists in conducting draw for the competition
- Attends coaches meetings for all sessions
- Conducts pre-meet judges meeting
  - Clarifications
  - Scoring system
  - Information from Competition Director
- Signs official sanction sheets

AFTER COMPETITION

- Be available to handle any technical issues, inquiries or questions
- Sign Sanction Report, including any infractions or violations

DURING COMPETITION

- Accepts inquiries, within ten (10) minutes of event completion, following through to completion of competition
- Monitors event panels

SPECIFIC DUTIES OF JUDGES

GENERAL DUTIES OF HEAD JUDGE

DUTIES	RESPONSIBILITIES OF PERFORMANCE	NEUTRAL DEDUCTIONS	REPORTS TO COMPETITION REFEREE
• Evaluate routine quickly, accurately, without bias • Record SV, SR, VP, Bonus, SR execution , artistry and composition deductions, when applicable • Be available for all inquires • Responsible for calling a conference if scores are out-of-range, i.e., impossible SV	• Confirms when an athlete may repeat a routine due to technical failure • Terminates a routine, if after a fall, athlete is unable to resume	• Responsible for applying neutral deductions from average score • Indicate to coach verbally or by visual means at conclusion of routine	• Incorrect attire infractions • Unsportsmanlike conduct of coach or athlete *(after warning)* • Failure to observe team warmup time

GENERAL DUTIES OF PANEL JUDGE

DUTIES	SCORE CHANGE		

• Must include for each athlete
  • Judges initials, assigned number
  • Athlete name, number, SV, Score
	• Score change—Cross out first score, initial change, note new score. Do not erase		

GENERAL DUTIES OF AUXILIARY JUDGE/VOLUNTEER

LINE JUDGE—FX	ROUTINE TIMER	FALL TIMER	WARM UP TIMER
• Must be a rated judge • Signal border error with raised hand or flag • Inform Head Judge of violation	• Responsible for correct timing of routine—See Head Judge for details • Inform Head Judge of time violation—indicate actual time	• See Head Judge for details • Give incremental verbal warnings of remaining time	• Do not begin timing until athlete is ready (within reasonable time) • Athlete may finish skill, if time called • Warn athlete after “time” called by announcing “time exceeded” • Athlete continues, reports infraction to Competition Referee

Chapter 2

JUDGES COMPENSATION PACKAGE

Non-Judging Criteria–Women

REPORT TIMES
CANCELATIONS
MODIFICATIONS TO CONTRACT
FAILURE OF CONTRACT

Non-Judging Expenses–Women

GENERAL EXPENSES
PER DIEM
LODGING
MILEAGE

Compensation Rules–Women

HOURLY FEE
BREAK TIME
CALCULATING PAY
REFERREE / HEAD JUDGE
NUMBER JUDGES PER PANEL
CHAMPIONSHIP FEES

Compensation Charts–Women

HOURLY COMPENSATION CHART
NON-JUDGING COMPENSATION CHART

Compensation Rules–Men

PER JUDGEMENT FEE
MODIFIED CAPITAL CUP / CAPITAL CUP
MILEAGE
DOWNTIME
PER DIEM

Compensation Charts–Men

COMPENSATION CHART
NON-JUDGING COMPENSATION CHART

WOMEN'S NON JUDGING CRITERIA

WOMEN'S NON-JUDGING CRITERIA

JUDGES REPORT TIMES AND FINES

- Judges report 30 minutes prior to march-in for all invitational competitions, unless otherwise specified by Competition Referee
  - Possible **$10.00 USD** penalty for late arrival may be applied at the discretion of the Competition Director—Late arrival time to be communicated on sanction report
- Report time for competitions requiring video analysis may be up to 1-hour prior to march-in
- Competition Referee to specify report time

CANCELLATIONS

- Contract obligations not fulfilled by either party due to extenuating reasons, no mandatory penalties are applied to either party

  Example: Inclement weather (prohibiting travel) or grave illness
- If inclement weather exists (weather which delays/prohibits safe travel for judges), Competition Director is responsible for judges' lodging and meals

MODIFICATIONS

- Conditions on contract are modified
  - Competition Director should immediately contact the assigner and all contracted judges

FAILURE OF CONTRACT—JUDGE

- Judge unable to fulfill contract due to personal reasons—obligated to contact assigner to determine if a replacement is available
- If judge cancels contract less than fourteen (14)-days prior to the competition date, any non-refundable expenses incurred by Competition Director must be repaid by judge if expenses cannot be reused for replacement judge

FAILURE OF CONTRACT—COMP DIRECTOR

- Minimum seven (7)-days notice required for amendments/cancellation of judges
  - Cancellation occurs less than 7-days prior to competition and judges are not reassigned to another competition, Competition Director is responsible for two (2) hours payment per judge and any non-refundable expenses incurred

WOMEN'S NON JUDGING EXPENSES

OTHER WOMEN'S JUDGING EXPENSES

PER DIEM—GENERAL

- Competition Directors provide meals or pay per diem, according to competition type
- Provided meals to be nutritional and concession-type food should be avoided
- Special dietary needs may be communicated with Host, however the Host is not required to provide—To ensure needs are met it is recommended to bring your own food
- Judges are not to provide family with meals from hospitality area
- Judges will be notified in advance if meals will not be provided and per diem given
- Per Diem pay to judges at a rate of:
  - $**20.00** per diem—On-site minimum 3 hours but less than 8 hours
    - Begins with report time, includes meetings, competition
  - $**40.00** per diem—On-site 8 hours or more. $20.00 per meal (maximum $40.00 per day) assessed for meals not provided by Competition Director
  - Breakfast per diem paid only for overnight stay

GENERAL EXPENSES

- If requested by Competition Director, expenses must be listed on contract and approved to be paid
- Only standard/customary expenses with accompanying receipts are reimbursed in actual amounts (flight, hotel, etc)
- Expenses (such as baby-sitters, car repairs, reimbursement for lost salary, or other normal work related expenses) will not be paid

LODGING

- Judge may stay overnight prior to/during/following competition:
  - If requested and/or needed, lodging must be provided/paid for by Competition Director
  - Lodging will be a hotel of the Competition Directors choice
  - Based on double occupancy—must provide two beds, not include a sleeper sofa
  - If judge needs to depart before 6 am for early report time and/or late finish, Competition Director may provide hotel options
  - Distance, traffic, road and/or weather conditions should be considered for overnight accommodations

MILEAGE VS AIRFARE

- Plane/train/bus/rental car approved travel expenses per contract are paid in full by Competition Director
- Total mileage cost not to exceed cost of airline ticket, or other travel, to same location
- Judge requests to drive, instead of fly, Competition Director determines cost of airline ticket and informs judge of maximum payment

MILEAGE

- If meeting a carpool, carpool mileage is paid from home to meeting point, minus 30 miles roundtrip
- Only judge driving from meeting point to competition site is compensated for mileage, minus 30 miles round trip

MILEAGE RATE

- Standard IRS rate is paid to driver(s)
- IRS mileage fee increases applied when increase is full cent
- IRS mileage rate changes announced in December, effective January
- Judges will be asked to provide actual mileage electronically to Competition Referee for mileage reimbursement

MILEAGE TO AIRPORT; PARKING FEES

- Mileage to/from airport, tolls, airport parking, fees for one bag (not overweight bag charges), taxi/limo service as stated in contract is paid by Competition Director

MILEAGE—NO OVERNIGHT STAY REQUIRED

- RT mileage paid for each day, minus 30 mile roundtrip
- Mileage not to exceed cost of hotel room is more than a one day competition

MILEAGE FOR REQUIRED OVERNIGHT

- Lodging provided by Competition Director
  - Judge chooses to return home, RT mileage paid once, unless pre-arranged with contracting judge and Competition Director
  - Mileage calculation requiring overnight stay. Total miles from home to hotel, to and from competition venue, return to home

WOMEN'S JUDGES' COMPENSATION

WOMEN'S JUDGING COMPENSATION

HOURLY COMPETITION FEE

- Judges paid hourly fee, according to their rating, with minimum payment of three (3) hours per day
- Competitions with multiple sessions per day, judge provided min of two (2) 30 minute break times between sessions
- Daily number of paid hours calculated:
  - Subtract required break time from total time at competition (from start of report time/judges meeting to completion of competition)

SAMPLE: (3) SESSION COMPETITION

- Report time—Judges meeting 8 am
- Break between sessions 1/2 = 30 min
- Break between sessions 2/3 = 30 min
- Competition ends 8 pm
- Total time = 12-hours
  - Deduct required one (1)-hour break (2 x 30-minute breaks)
  - Judges pay = 11 hours

SAMPLE: (4) SESSION COMPETITION

- Report time—Judges meeting 8 am
- Break between sessions 1/2 = 30 min
- Break between sessions 2/3 = 45 min
- Break between sessions 3/4 = 40 min
- Competition ends 9:20 pm
- Total time = 13 hours, 20 minutes
  - Round up to 13.5 hours, subtract 1.0 hour for required break time (2 X 30-minute breaks)
  - Judges pay = 12.5 hours

CHAMPIONSHIP FEES

- Judges to receive same compensation based on hourly fee and break times unless otherwise specified in advance by the NGA National Judges Administrator

BREAK TIME

- Required break times provided, payment for day calculated from contracted report time to end of competition for that day
- State/Zone/Nationals competitions requiring video analysis plus judges' meeting, paid time starts with scheduled meeting time, up to one hour prior to scheduled march-in time
- Judges' Compensation Package is in effect for all NGA competitions, as specified
- If sufficient break time is not provided, pay is based on report time to end of competition

CALCULATING PAY

- Calculate total time of competition, round off to nearest half-hour—Do not round up for each session
- Subtract required break time from total (or adjusted) time to determine number of hours (paid hourly)
- Rate based on rating
- Fee scale indicated in this document will be applicable for all NGA Sanctioned Events unless otherwise specified in advance by the NGA National Judges Administrator
- Judges covering one single session of multiple session competitions to be paid a minimum of three (3) hours

REFEREE / HEAD JUDGE

- Receives additional $10.00 per day at these NGA competitions:
  - State competitions if four (4)-judge panel
  - NGA Zones, regardless of number of judges per panel
  - Atlantic/Pacific Championships, National Championships
- No dual compensation if Competition Referee also serves as Head Judge
- Competition Referee paid hourly fee for time conducting official Competition Referee responsibilities
- Competition Referee/Head Judge fees NOT paid at any invitational competitions

NUMBER OF JUDGES PER PANEL

- One (1) Judge Panel allowed for Levels 1N-5N
- Two (2) Judge Panel used for Levels 6N-10N
- One (1)-judge panel may be used for Levels 6N-10N if judges are not available within a 150-mile radius - Rating must be Level 10 (NGA National) or higherTwo (2) Judge Panel required for all levels for State Championships and above year-end competitions

WOMEN'S JUDGES COMPENSATION CHART

HOURLY JUDGING COMPENSATION CHART - WOMEN

****New Ratings and Pay Rate Effective August 1, 2022**

RATE	$37.00	$34.00	$31.00	$27.00	$23.00
NEW Ratings	Elite	National	Regional	State	Local
Levels to Judge	1N-10N	1N-10N	1N-10N	1N-10N	1N-5N
Current	Brevet	National	Level 10	Level 6-9	Level 4-5
HRS	PAY				
3.00	$111.00	$102.00	$93.00	$81.00	$69.00
3.50	$129.50	$119.00	$108.50	$94.50	$80.50
4.00	$148.00	$136.00	$124.00	$108.00	$92.00
4.50	$166.50	$153.00	$139.50	$121.50	$103.50
5.00	$185.00	$170.00	$155.00	$135.00	$115.00
5.50	$203.50	$187.00	$170.50	$148.50	$126.50
6.00	$222.00	$204.00	$186.00	$162.00	$138.00
6.50	$240.50	$221.00	$201.50	$175.50	$149.50
7.00	$259.00	$238.00	$217.00	$189.00	$161.00
7.50	$277.50	$255.00	$232.50	$202.50	$172.50
8.00	$296.00	$272.00	$248.00	$216.00	$184.00
8.50	$314.50	$289.00	$263.50	$229.50	$195.50
9.00	$333.00	$306.00	$279.00	$243.00	$207.00
9.50	$351.50	$323.00	$294.50	$256.50	$218.50
10.00	$370.00	$340.00	$310.00	$270.00	$230.00

NON JUDGING EXPENSE CHART

PER DIEM & MILEAGE

ALL RATINGS PER DIEM

PER DIEM RATES	DAY COMPETITION	OVERNIGHT
$20.00 each Lunch & Dinner $40 per day maximum	2 sessions - Lunch 3-4 sessions - Lunch & Dinner	$20.00 per meal not provided up to a maximum $60 per day
	1 session less than 3.00 hrs BUT 100 miles or more Round Trip - Lunch	
No Breakfast	Day Competition Travel to/from in 1-Day	

ALL RATINGS MILEAGE

MILEAGE	SINGLE DRIVER	CARPOOL
Current IRS Rate for 2022-23 $.62 /mile	All mileage paid RT	Mileage paid RT to meet carpool

COMPETITION REFEREE / HEAD JUDGE FEES

Championships	When using 4+ judging panel	$10.00 per day

MISCELLANEOUS

- Mileage to Airport, Taxi, Tolls, Parking, 1st Bag Fees paid with receipts (no overweight charges) and in contract with Competition Director

Judge driven to airport, mileage reimbursed for each RT—not to exceed parking cost

MEN'S JUDGES' COMPENSATION

MEN'S JUDGING COMPENSATION

PER JUDGEMENT JUDGES FEE

Sessions = less than 50 judgments

- Payment = # athletes entered x # of events judged (min 50) judgments per session required

  Example #1: 35 judgments X 2 events judged = 70 X cost per judgment = Judges Fee
  Example #2: 35 judgments X 1 event judged = 50 (min) X cost per judgment = Judges Fee

- Payment fees are based on current rating of judge

Mixed sessions

- Payment = # of L1-5N judgments X L1-5N fee and # of L6-10N judgments X L6-10N fee

MODIFIED CAPITAL CUP

"Warm up, compete, warm up, compete—format where competition is interrupted for primary warm up time per event once competition has begun)

- Negotiable increase of max of 30% per judgment fee per session is paid extra

CAPITAL CUP

- Competition with judging not interrupted) do NOT incur this fee
- One Touch warm up—Each athlete gets one brief turn, do not incur this fee

LODGING

- Lodging must be provided if a judge must stay over-night prior to, during, or after a competition

MILEAGE

- Each judge may only receive driver **or** rider fee
- Driver—Receives current IRS rate = $0.56/mile
- Rider—Receives up to 30% of current IRS mileage rate $0.56/mile
  Total mileage cost should not exceed cost of round trip airplane ticket to same location
- Tolls & Parking—Amount paid per vehicle to the driver

MEALS / PER DIEM

- If nutritious meals are not provided by host club, the following rates apply:
  - Breakfast: $12
  - Lunch: $15
  - Dinner: $18

DOWNTIME

- Downtime: $10 per 1⁄2 hour
- Calculated after initial 2 hours from session end time

SIMPLIFY REPORTING AND PAYMENT

- Number of judgments determined at beginning of each session—deemed the same for each judge per session (flight for Capital Cup)—base payment on number of competing athletes

MEN'S JUDGES COMPENSATION CHART

JUDGING COMPENSATION CHART - MEN		
2022-2023		
	LEVEL 1N-5N	**LEVEL 6N-10N**
	Cost per judgement	
RATING	**Minimum 50 Judgements**	**Minimum 50 Judgements**
Brevet	**$1.80**	**$2.20**
National	**$1.65**	**$1.95**
JO	**$1.40**	**N/A**
ALL RATINGS	Modified Capital Cup add 30%	Modified Capital Cup add 30%

All judges required to complete NGJA Expense Form found here

NON JUDGING EXPENSE CHART		
PER DIEM & MILEAGE		
ALL RATINGS PER DIEM		
PER DIEM RATES	**DAY COMPETITION**	**OVERNIGHT**
Breakfast $12 Lunch $15 Dinner $18 $45 per day maximum	Day Competition Travel to/from in 1-Day	$45.00 per day maximum
	1 session less than 3.00 hrs BUT 100 miles or more RT- 1 meal	
	2 sessions - 1-2 meals 3-4 sessions - 2-3 meals	
ALL RATINGS MILEAGE		
MILEAGE	**SINGLE DRIVER**	**CARPOOL**
Current IRS Rate for 2022 $.56 /mile	All mileage paid RT	Mileage paid RT to meet carpool Tolls, parking paid per vehicle to driver
COMPETITION REFEREE / HEAD JUDGE FEES		
Championships	N/A	N/A
MISCELLANEOUS		
• Mileage to Airport, Taxi, Tolls, Parking, 1st Bag Fees paid with receipts (no overweight charges) and in contract with Competition Director		
• Judge driven to airport, mileage reimbursed for each RT—not to exceed parking cost		

PART C

COMPETITIONS

Chapter 1–Sanctions

Chapter 2–Competition Responsibilities

Chapter 3–Types of Competitions

Chapter 4–Equipment Requirements

Chapter 5–Selection of Competition Hosts

Chapter 6–Competition Formats

Chapter 1

SANCTIONS

NGA Domestic Sanction Event

NGA INDEPENDENCE
COMPETITION SANCTIONS
EDUCATIONAL SANCTIONS
SANCTION HOLDER
SANCTION RESTRICTIONS
ATHLETE AFFILIATION
COMPETITION DIRECTOR

Sanction Request

SANCTION LOCATION
SANCTION FEES
SANCTION RESTRICTIONS
GRANTED SANCTION
COMPETITION DIRECTOR
CERTIFICATE OF INSURANCE

Sanction Violations and Penalties

SANCTION VIOLATIONS
- **VIOLATIONS BY COMPETITOR**
- **VIOLATIONS BY COACH / JUDGE**
- **VIOLATIONS BY COMP DIRECTOR**

SANCTION PENALTIES
- **COMP DIRECTOR VIOLATION PENALTIES**
- **MEMBER VIOLATIONS PENALTIES**
- **VIOLATION FINES RULES**

Sanction Reports

DOMESTIC SANCTIONS

DOMESTIC EVENT SANCTIONING

NGA INDEPENDENCE

- NGA, as an independent body for the sport, is responsible for granting of NGA sanctions

EDUCATIONAL SANCTIONS

- Sanctions may also be obtained for clinics, workshops, educational events, tours exhibitions

SANCTION HOLDER

- Only current NGA Clubs may register athletes into sanctioned events
- To host NGA sanctioned competition, all Competition Directors MUST be a current NGA Member with:
  - NCSI background check
  - Abuse Prevention Training Course
  - Concussion Protocol Training Course
  - Competition Director Certification (when available)

SANCTION RESTRICTIONS

- NGA sanctioned event CANNOT be run concurrently in same session with non-NGA sanctioned event

ATHLETE AFFILIATION

- Unaffiliated athlete will not be permitted to participate in the event
- Non member athletes must be affiliated to a NGA Club Member

COMPETITION SANCTION

- Sanctions required for all NGA competitions with NGA registered participants

COMPETITION DIRECTOR

- Competition Director must hold a NGA coach membership complete with back ground check, NGA Abuse Prevention Course and Concussion Protocol.

Click for schedule

SANCTION REQUEST

DOMESTIC EVENT SANCTION REQUEST

SACTION REQUEST

- Domestic sanctioned events may be applied for online via NGA Club Login Page
- Complete sanction request form at: NGA/Sanction

SANCTION LOCATION

- Events conducted in more than one location—each location must have separate sanction

SANCTION FEES

- Domestic Sanction Fee
- Fee is FREE for the 2022-2023 season for ALL domestic sanctioned events—$100 value
- Future sanction fees (plus any late fees) are non-refundable or transferable
- Rush Fees
- Sanction request for in-house processing 7-days days or less than start date of event charged rush fee **FREE** for 2022-2023 season

SANCTION RESTRICTIONS

- Request for sanction must include equipment/venue set-up/take down and training days, as well as competition days

GRANTED SANCTION

- Once sanction is granted, NGA Rules and Regulations must be followed.
- See specific Competition Director responsibilities

COMPETITION DIRECTOR

- Only one discipline per sanction

CERTIFICATE OF INSURANCE

- To request a Certificate of Insurance - Complete Request for Certificate of Insurance form and submit to contact listed on form AT LEAST 30 days in advance of event
- Forms may be found under Sanctions; Sanction Forms or nationalgym.org/sanctions

SANCTION VIOLATIONS & PENALTIES

SANCTION VIOLATIONS

VIOLATIONS MAY RESULT IN a FINE, a VOIDED SANCTION, a VOIDED COMPETITION AND RESULTS OR PENALTY OF SANCTION PRIVILEGES

SANCTION VIOLATIONS

- Competition Director fails to follow NGA Rules & Regulations may receive actions/ penalties by NGA National Office

VIOLATIONS BY COMPETITOR

- Individual athlete violates regulations, they and their team are disqualified, all awards returned

VIOLATIONS BY COACH / JUDGE

- Individuals without appropriate/ current NGA Membership, falsifies a membership, attempts to participate in NGA sanctioned competition

VIOLATIONS BY COMP DIRECTOR

- Allow coach, judge, athlete on competition floor without current, valid membership
- Any regulation violation within Rules & Regulations
- Improper timing of competition:
  - Athletes in gym more than five (5) hours
  - Starting warm ups before 8 am
  - Finishing after 10 pm due to poor scheduling
- Fail to return required sanction forms by designated deadline
- Altering NGA language on sanction report form
- Fail to obtain signatures/initials of judges/coaches on sanction sign-in form

SANCTION PENALTIES

COMP DIRECTOR VIOLATION PENALTIES

- Competition Director may receive penalties for violations—penalties could include:
  - **1st time violation—Warning**
  - **2nd time violation—Fine of $100 for one violation plus $100 for each additional violation associated with same sanction**
  - **3rd time violation—fine of $500 for one violation plus $500 for each additional violation associated with same sanction, plus possible one (1) year suspension of sanctioning privileges**

COMP DIRECTOR VIOLATION PENALTIES

- Hosting groups may also be denied sanctioning privileges if violations are repeated with multiple Competition Directors
- Violation due to lack of mandatory forms being returned will incur loss of ability to sanction an event until all mandatory forms are returned
- Fine assessed but not satisfied by deadline indicated, Competition Director's membership may be placed in a pending status
- Escalating penalties accrue during current competitive season

  August 1 to July 31
- Competition Director incurs three (3) sanction violations in one (1) competitive season, will be placed in pending status with loss of Competition Director privileges

MEMBER VIOLATIONS PENALTIES

- NGA member may receive penalties for violating any of the listed violations:
  - 1st time violation = warning
  - 2nd time violation = fine of **$100**
  - 3rd time violation = fine of **$500** plus possible membership

VIOLATION FINES RULES

- Fines apply only to individual Competition Director
- State Rep/NGA National Office notified of any violations via e-mail
- Fine assessed but not paid by assigned deadline, NGA Membership goes into pending status until all balances paid
- Escalating penalties accrue during current competitive season

SANCTION REPORTS

SANCTION REPORT FORMS

SANCTION REPORT FORM

- Official NGA Sanction Report Form will be emailed to Competition Director prior to the competition date

SANCTION REPORT STATE COPY

- Sanction Report copy sent to State Reps within 72 hours

SANCTION REPORT NGA COPY

- Keep copy of report form, e-mail, fax or mail marked pages of Sanction Report form plus all sign-in sheet(s) to NGA Membership within 72 hours
- Email: sanctions@nationalgym.org
- Mail:

  NGA Membership – Sanctions, 9220 Harrison Park Court Indianapolis, IN 46216

SANCTION RESTRICTIONS

- Applicable competition fees sent to State Rep of host state (based on physical location of Competition)

GRANTED SANCTIONS

- Event is cancelled, written notification submitted to NGA Membership prior to event start date
- Email: sanctions@nationalgym.org

POST EVENT REPORT

- Sanction includes a post event report that must be returned with completed sanction within 72 hours

Click for Newsletter!

Chapter 2

COMPETITION GUIDELINES

Pre-Event Duties

Advertising

Sanction Request

Judges

Comp Set-Up

Decor

Event Apparel

Hospitality

Gifts

Check-in

Announcer

Awards / Gifts

Volunteers

Score Table

Sanction Requirements

Outside Venue

Last Steps

During Event

Injuries / Medical

End Reporting

COMPETITION GUIDELINES

COMPETITION GUIDELINES

COMPETITION DIRECTOR

PRE DUTIES

- ☐ Determine dates
- ☐ Decide levels/divisions
- ☐ Determine competition format—Formats are found in NGA Rules & Regulations/Competition Formats
  - If possible, keep sessions between 2.5 - 3.0 hours, and include all same levels/divisions
  - If not possible, include levels or divisions similar in requirements
  - Follow all NGA regulations
- ☐ Contact—Community Sports Commission—Support, advice, assist in venue contact negotiation
- ☐ Secure venue—Contract signed by Comp Director
- ☐ Secure equipment provider—Contract
- ☐ Determine budge
- ☐ Create sponsorship packet—Send to potential event sponsors
- ☐ Determine theme (if desired)
- ☐ Procure scoring system
- ☐ Prepare media advertising materials
- ☐ Establish Coordinators with job responsibilities

COMPETITION TIMETABLE

- ☐ In calculating for number of sessions and start and end times, NGA suggests the following timetable:

TIME CALCULATION	WOMEN		MEN	
Open Stretch Amount at discretion of Comp Director	Min 15 minutes Max 30 minutes		Min 15 minutes Max 30 minutes	
Total Time Calculation Per gymnast per event for Capital Cup format INCLUDING Warm-up INCLUDING Competition	Levels 1N & L2BN	1.25 m	Level 4X4	1.25 m
	Levels SN & 3N	1:50 m	Levels 1N thru 5N	1:50 m
	Levels 4N & GN & 5N	1:75 m		
	Levels 6N & 7N	2:00 m		
	Levels PN & 8N	2:25 m		
	Levels DN & 9N & 10N	2:50 m	Levels 6N thru 10N	2:50 m

LEVEL TITLES

- ☐ Level titles for results for both Men and Women should be consistent throughout the NGA program
- ☐ Allows for Meetsscoresonline to catalog and maintain consistent NGA results used for State, Zone, and National qualifiers—All results must be posted on meetscoresonline.com
  - **Men** = Level 1N, Level 2N, Level 3N, Level 4N, Level 5N, Level 6N, Level 7N, Level 8N, Level 9N, Level 10N
  - **Women** = Level 1N, Level 2N/BN, Level SN, Level 3N, Level 4N, Level GN, Level 5N, Level 6N, Level PN, Level 7N, Level 8N, Level DN, Level 9N, Level 10N

COMPETITION GUIDELINES

COMPETITION GUIDELINES

COMPETITION DIRECTOR

ADVERTISING

- ☐ Create website and Competition Packet—Send to potential clubs—containing:
  - Event location—Address via Google Maps
  - Entry fee information – Include levels/divisions, cost per athlete, per team, number per team, etc.
  - Entry procedures—Online
    - Publish address—Fees, entry deadline date
    - Determine late fee—Entries, if applies
    - Determine refund policy—Athletes unable to attend
  - Admission fee—Spectators
  - Secure Hotels—Participants and families, availability dates, cost, locations
  - Communicate—Airport location
  - Directions—To/from hotel(s) to competition site via Google Maps
  - Media/Ad book—Sales information (if desired)
  - Competition Apparel—Order information

SANCTION REQUEST

- ☐ Apply, pay for NGA sanction
  - Request sanction online—Min 30-days prior to event date: nationalgym.org
  - Comp Directors must have NGA Individual Membership in good standing to host sanctioned NGA competition
- ☐ Separate sanction—Necessary for each discipline
- ☐ After sanction issued—Event posted to NGA National Calendar
- ☐ Sanctioned event cancelled—Submit notice via email to NGA National office—Prior to start date

SANCTION VIOLATIONS & PENALTIES

- ☐ Verify athletes/coaches for—Valid Athlete/Coach Membership number on entry form
- ☐ Coaches' responsibility—Indicate correct level, age division

SECURE / PAYMENT JUDGES

- ☐ Comp Director—Bound by individual contract terms agreed upon for each competition
- ☐ State Rep—NGA Comp Director MUST utilize contracting body for judges for NGA Sanctioned Competitions
- ☐ Request Judges—Complete request at GymJas.com for women or state NAWGJ/NGJA assigner
  - $3.00 assigning fee—Per Judge requested due to state NAWGJ Rep
- ☐ NGA Judges Compensation Package—Comp Director to not excced payment of judges at any sanctioned competition
  - Compensation—Paid directly to each judge
  - Judges' pay scale—Follows rating of judge per current industry standard rates contracted through NAWGJ//NGJA
  - Judges payment—Following competition is responsibility of Comp Director/Comp Host
- ☐ Min break time—Breaktime is not mandatory—*See Men's and Women's Judges Requirements*
- ☐ Terms of Sanction—Comp Director fails to comply with terms of sanction or NGA Rules & Regulations, judges may refuse to perform contract obligations
  - Make every attempt/effort to resolve any disputes, in keeping with best interest of athletes involved
  - No action to be taken that would jeopardize/compromise safety or wellbeing of any athlete

COMPETITION GUIDELINES

COMPETITION GUIDELINES

COMPETITION SET-UP COORDINATOR

COMPETITION SET-UP / TEAR-DOWN

- ☐ Establish venue floor plan for equipment—Allow space as venue permits
  - Judges Tables—Seated comfortably, no obstruction from table to equipment
  - Proper seating for judges, auxiliary officials, volunteers
  - Designate chairs for athlete seating (each event)—Away from equipment to not disturb/distract gymnast competing
  - In mapping out area—Consider all reasonable safety measures
  - Each area to not overlap with another competitive area
  - No obstructions on floor area
  - Must be sufficient room for entering/exiting competition area
  - Must be sufficient room for medical attention to be given, if needed
- ☐ Obtain name/cell numbers—Facility manager, Equipment truck driver
- ☐ Arrive at venue—1-hour before set-up/teardown scheduled time
  - Organize volunteers—Set-up
  - Check—Equipment company arrives at arranged delivery time
  - Verify—All equipment specifications are correct, properly installed

DECORATION COORDINATOR

DECORATIONS / THEME

- ☐ With Comp Director—Determine theme for decorations, including competition logo for use on banners, entry information, programs, gifts, etc
- ☐ Arrange:
  - Purchase/donation/creation of decorations
  - With hospitality room volunteers, tables/chairs on competition floor, lobby areas, awards area, etc.
- ☐ With Volunteer Coordinator
  - Arrange help for putting up decorations
  - Arrange for display of American Flag
  - Maintain/refill any supplies—Decorations. (judges tables, banners, etc)
  - Tear down—Decorations to storage for future competitions

EVENT APPAREL COORDINATOR

EVENT APPAREL GIFT

- ☐ With Comp Director
  - Design event apparel
  - Apparel selections, pricing, ordering procedures
  - Collate athletes sizing from entry information
  - Place apparel order
  - Arrival of event apparel/gifts—Organize by club for distribution during competition

PROSHOP AT COMPETITION

- ☐ With Comp Director
  - Verify location, delivery dates of apparel
  - Secure pro-shop location at competition site
- ☐ With Volunteer Coordinator
  - Secure volunteers for pro-shop set-up
  - Work pro-shop, clean up after

COMPETITION GUIDELINES

COMPETITION DIRECTOR GUIDELINES

HOSPITALITY COORDINATOR

HOSPITALITY

- ☐ With Decoration Committee—Competition theme in hospitality room
  - Judges'/coaches hospitality rooms—Separate, combined if limited space
- ☐ Solicit donations—For hospitality food/beverages from local organizations
- ☐ With Comp Director—Procure participant list—Includes number of coaches/judges per session
- ☐ With Comp Director—Arrange meals—Volunteers/delivered/catered for each day
- ☐ Meals required:
  - Breakfast each day (coffee only)
  - Lunch each day
  - Dinner each day—Judges immediately leave meet site after final session, Comp Host can either pay for meal or provide "to go" meal
- ☐ During event—Arrange hospitality room volunteers
  - Volunteers—Periodically check w event judges—Provide beverages
  - After event—Teardown/clean up hospitality room

GIFTS COORDINATOR

GIFTS

- ☐ Work w Comp Director
  - Gifts—Coaches, judges, athletes w theme of event
  - Gift budget
  - Gift list—Number of attending coaches, judges, athletes
  - Place gift order—Work w Event Apparel Coordinator if event gift is apparel
  - Date/location—Gift delivery
- ☐ With Volunteer Coordinator—Volunteers to distribute gifts per session

JUDGES GIFTS

- ☐ Comp Directors/Comp Host—May provide gifts to judges, however not required

COMPETITION GUIDELINES

COMPETITION DIRECTOR GUIDELINES

CHECK-IN COORDINATOR

CHECK-IN

- ☐ With Comp Director—Coach/athlete check-in location
- ☐ Obtain roster/rotation list—Competing gymnasts per session—must have names of gymnasts on sheet—MUST not include birthdates
  - Mark athletes on roster/rotatiotn lis as they arrive
  - Athletes—Provide information for open stretch
- ☐ Obtain coaches list—Attending coaches (sorted by club)
- ☐ Obtain competition schedule—Referencing session and warm up times
- ☐ At competition—Provide tables for volunteers responsible for checking coaches in, handing out credentials, any competition packets, or other related materials
  - Each coach must personally check in to receive their credential
  - Coach may not pick up credential for another coach from their club—Coach must sign their name to receive their credential

ANNOUNCER / MUSIC COORDINATOR

ANNOUNCER

- ☐ With Comp Director
  - Secure MP3 sound system—Announcements, routine music
  - Recommend charger—Used while playing routine music, remind coaches all devices are fully charged, in airplane mode, volume turned up before starting routine
- ☐ Wtih Comp Director—For upbeat music to play in down times
- ☐ With Comp Director—Arrange, announce National Anthem (live/recorded)
- ☐ With Awards Coordinator—Awards list for announcing awards ceremony
- ☐ Prepare script—Approval of Competition Director
- ☐ Obtain club list and judges—Announce during introductions—correct pronunciation of names
- ☐ Obtain sponsor list—Recognition announcements
- ☐ With Comp Director—Announce rules (i.e., “no flash photography”)
- ☐ During event—Arrive min thirty 30-mins prior—Ensure sound equipment in working order, including microphone and music
- ☐ Available at designated announcer area—To make announcements for Comp Director
- ☐ Prior to awards—Be familiar with NGA Rules & Regulations award procedures

COMPETITION GUIDELINES

COMPETITION GUIDELINES

AWARDS / RESULTS COORDINATOR

AWARDS COORDINATOR

- ☐ With Comp Director—Delivery date, location of awards
- ☐ Perform medal inventory—Report issues to Comp Director
- ☐ With Comp Director—Secure location for awards ceremonies
- ☐ With Decoration Volunteer—Tie in with theme
- ☐ With volunteers—Assist in set-up/take-down of Awards area
- ☐ With Comp Director—Obtain list of awards presented—Per session
- ☐ With Comp Director—Understand NGA Rules & Regulations regarding ties
- ☐ Arrange for presenters—Each competition session
- ☐ With Announcer—Awards ceremony

RESULTS

- ☐ Competition results distributed to ALL participating clubs in print, mailed, posted online
- ☐ ALL competition results MUST be posted live or after competition on meetscoresonline.com
- ☐ Comp Director MUST email competition results w/in 72 hrs:
  - Invitational Competitions:
    - State Rep or designated Rep
  - State, Zone, Atlantic/Pacific National Championship competitions:
    - NGA National Office

NOTE: Results should NOT include athletes' date of birth

VOLUNTEER COORDINATOR

VOLUNTEERS

- ☐ With Competition Director
  - Schedule of competition—Determine volunteer staffing per session
  - Create copy—Volunteer assignments w scheduled report times
  - Develop job descriptions—Each volunteer position
  - Develop—Volunteer apparel requirements
- ☐ Conduct training sessions—New volunteers to provide understanding of job prior to reporting
- ☐ Scoring system—Each session may need adult judges volunteers:
  - One routine timer
  - Create written record of all judges scores and average score
- ☐ Each session requires
  - Volunteers—Admissions at gate—supplied cash box w start money
  - Volunteers —Concession stand (some venues, concessions are run by venue) *Check with Comp Director regarding venue rules*
- ☐ During event—Arrive 30-min before scheduled Open Stretch to coordinate jobs
- ☐ Coordinate all volunteers—In place for all jobs required

COMPETITION GUIDELINES

COMPETITION GUIDELINES

SCORE TABLE COORDINATOR

SCORE TABLE

- ☐ With Comp Director
  - Determine scoring system used
  - Entry of competitors information
  - Set up scoring system at venue
  - Placement of score display units—Placed to avoid being blocked
  - Score table supplies—Staplers, tape, paper clips, scissors, stop watch, extra batteries, pens, pencils, paper
  - Set up Score Table volunteers/assistants—Recommend computer scoring system operators be well versed in program prior to competition
- ☐ Each Session—Arrive 45-min prior to With Comp Director—Open Stretch to check all equipment
- ☐ With Comp Director—Train judges/volunteers on Score system with keypad entering,
- ☐ Monitor—All entries into score system
- ☐ Be available—All scoring system issues
- ☐ Award rankings report per session—Create 2 reports to Announcer/Awards Coordinator
- ☐ Post final results—Each age division in warm up area and one accessible to spectators
- ☐ After entry deadline—Develop competition structure—Verify all athlete, coaches, judges memberships

COMPETITION DIRECTOR

SANCTION REQUIREMENTS

- ☐ Print several copies Sanction Report form, Coaches/judges sign-in sheets from NGA web site
- ☐ Read, follow instructions on each section of sanction
- ☐ REQUIRED—Post Certificate of Sanction at event
- ☐ Verify—Athlete, coaches, judges NGA membership online at admin.nationalgym.org/ngatools.verifynganumbers
  - Coach/judge w/o current NGA membership is NOT allowed on competition floor during event, no exceptions
  - Coach members must show proof of membership at any time during event

OUTSIDE VENUE

- ☐ If requested by venue, submit Certificate of Insurance request—Form & procedures found in sanction packet
  - To provide outside venue Certificate of Insurance, Competition Director must be signer on all contracts required for venue use—be listed on Sanction Form
- ☐ To request a Certificate of Insurance - Complete Request for Certificate of Insurance form and submit to contact listed on form AT LEAST 30 days in advance of event

COMPETITION GUIDELINES

COMPETITION GUIDELINES

COMPETITION DIRECTOR

LAST STEPS

- ☐ Determine, publish final schedule
- ☐ Order awards
- ☐ Order athlete/judges/coaches' gifts
- ☐ Finalize set-up, take-down schedule
- ☐ Organize volunteer schedule
- ☐ Prepare hospitality volunteer schedule plus meal plans for event
- ☐ Finalize competitor program, determine cost, send for printing
- ☐ Finalize all scripts, information for Announcer
- ☐ Communicate travel arrangements made for judges, equipment reps, other competition judges
- ☐ Notify judges if per diem will be given and no food provided
- ☐ Organize rotation sheets, athlete score cards, competition packets for coaches, etc.
- ☐ Communicate specific information to all participating clubs through website or email (parking instructions, etc.)

DURING EVENT

- ☐ Arrival—Supervise event set-up
  - Ensure spectators' line of sight is unobstructed
  - Head score tables placed to not interfere w competition
  - Provide Comp Referee station—Easily accessible by coaches for an inquiry form/score verification
- ☐ Before start—Post important notices/papers
  - NGA Certificate of Sanction at head score table clearly visible to participants
  - Judges' sign-in form in judges' hospitality room—*All judges sign or initial sign-in form next to member information.* Competition Referee required to sign, date, return to Competition Director to submit to NGA at end for submission to NGA
- ☐ Conduct coaches' meeting prior to each session
  - Welcome coaches and athletes
  - Remind coaches—REQUIRED to sign-in w/proper NGA membership info on designated sign-in sheet—Discuss competition format and how it will run
  - Call for scratches—make adjustments to rotation sheet
  - Introduce Comp Referee
  - Communicate Inquiry Form—Location and procedures
  - Explain FX music procedures—Volunteer used or coaches need to play their own music
  - Introduce medical personnel
  - Discuss determination of age divisions, award distribution
  - Communicate hospitality logistics—Room for coaches

COMPETITION GUIDELINES

COMPETITION GUIDELINES

COMPETITION DIRECTOR

INJURIES

- ☐ Consult medical staff on site
- ☐ Provided Injury Report Forms—Completed by medical staff or Comp Director for any injury
  - Injury Report Forms—See Sanctions; Sanction Forms or nationalgym.org/sanctions
  - Copy of completed form—Give to coach/parent/legal guardian at competition
  - Completed form—Submitted to Insurance contact listed on form

MEDICAL STAFF—INVITATIONALS

- ☐ Comp Director—MUST provide first aid kit, ice, organized plan for medical emergencies
- ☐ Medical staff—Recommended for all levels
- ☐ Competition out-of-gym—Required medical for L6N-10N

MEDICAL STAFF—NGA COMPS

- ☐ State, Zone, Atlantic/Pacific, National competitions—Required qualified medical personnel (physician, trainer, physical therapist, nurse, etc.) be available at all times during warm ups and competition

SESSION END

- ☐ Conclusion of each session—Announce award winners, thank athletes, coaches, spectators for attending, supporting event
- ☐ Post each session results—Website and scoring application
- ☐ All final results—Posted on meetscoresonline.com

EVENT END

- ☐ Assign volunteer—Write, distribute checks to judges
- ☐ Assign volunteer—Transport judges to airport
- ☐ Supervise take-down
  - Ensure mats are packed properly
  - Competition area/hospitality rooms are cleaned
  - Pack all score table supplies
- ☐ Venue payment—Contact, arrange for payment of facility rental

FORMS COMPLETED & RETURNED

- ☐ NGA Sanction Report Form to include
  - Judges/Coaches Sign-In forms
  - Completed Sanction Report Form including Post Event Report
  - Copies of all Incident/Injury Report Forms
- ☐ Copy Sanction Report Form—Forward to State Reps and National Office
- ☐ Check w State Reps—Information on official results reporting

FINANCIAL REPORTS

- ☐ Comp Director for State and above competition—Must send completed Financial Report form w/in 60-days to NGA State Rep and NGA National Office
  - Report forms—NGA website or from State Reps

COMPETITION GUIDELINES

COMPETITION CHECK LIST

COMPETITION DIRECTOR

GENERAL CONSIDERATION

- ☐ Athlete safety guidelines, as listed in the NGA Safety Handbook, should always be considered
- ☐ Recommended there be a clearance of 5' to 6' from one floor to any other
  - Includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.
- ☐ Recommended there be a minimum of a 20-foot ceiling height for all NGA sanctioned competitions
- ☐ Equipment specifications, must be published in the pre-Comp information
- ☐ All flooring used at NGA-sanctioned competitions must be manufactured by a recognized equipment supply company

COMPETITION DIRECTOR

SAFETY CONSIDERATIONS

- ☐ Ensure all reasonable safety measures are considered
  - Each competitive area must have its own physical space and may not overlap with another competitive area
  - There cannot be any obstructions on the Floor Exercise Area
  - Procedures for the removal of blood and disinfection of the flooring: A solution of 1 part bleach and 10 parts water (or an Anti-viral spray disinfectant) should be available for the removal/ disinfection of blood from the matting

COMPETITION CHECK LIST FORMS

COMPETITION FORMS

NGA COMPETITION FORMS

- ☐ Certificate of Insurance (pdf)
- ☐ Incident Report Form (pdf)
- ☐ Inquiry Form (pdf)
- ☐ NGA Sanction Form (pdf) - Only if not able to Online register
- ☐ NGA Timer Sheet (pdf)

COMPETITION SIGNAGE

NGA PROVIDED COMPETITION SIGNAGE — Available for download

- ☐ Athletes Only (pdf)
- ☐ NGA Admission Check-In (pdf)
- ☐ NGA Awards (pdf)
- ☐ NGA Concessions (pdf)
- ☐ NGA Flash Off (pdf)
- ☐ NGA Hospitality (pdf)
- ☐ NGA Restrooms (pdf)

Chapter 2

TYPES OF COMPETITIONS

Invitationals

GENERAL REGULATIONS
- INVITATIONAL HOSTING
- INVITATIONAL COMPETITIONS JUDGES

RESULTS AND REPORTING

National Championships Competitions

STATE CHAMPIONSHIPS REGULATIONS
- COMPETITION FORMAT
- CHAMPIONSHIP DATES
- ENTRY FEES

2023—QUALIFYING REQUIREMENTS
- 2023 STATE
- 2023 REGIONAL ZONE
- 2023 ATLANTIC/PACIFIC
- 2023 NATIONALS

INVITATIONAL COMPETITIONS

GENERAL REGULATIONS

INVITATIONAL HOSTING

- To host an invitational with NGA sessions, host Club must be NGA Club Member or Event Producer Membership
- Competition Director must have a Coaches Membership
- Online Sanction Request to be completed to be added to National Calendar
- Competition Directors may set dates, days, registration fees, admission fee, set own competition schedule
- Judges requested through services of each State's Judging Rep and/or assigner or through Gymjas.com

INVITATIONAL COMPETITIONS JUDGES

- Judged by minimum number of qualified judges to meet requirements of a State Championships qualifier:
  - Levels 1N-5N may use a one (1) judge panel
  - Levels 6N-10N must two (2) judge panel
  - Not enough judges in a state within 150 miles, may request to use a one (1) judge panel for all levels

    Requests go to: NGA National Judges Administrator
  - Any invitational competition directly qualifies a team to State Championships MUST be judged by NGA rated judges
  - NAWGJ/NGJA contracts will be used for procuring rated judge for all competitions

RESULTS AND REPORTING

- Official results distributed to each participating club by printed copy in hand, email or online posted
- Final Results MUST be posted on meetscoresonline.com for score storage to verify qualifying scores to yearend Championships
- State Reps notified of final results at location of competition
- All State Reps responsible for distributing results to other State Reps of clubs who entered and competed in the competition

Click for Annual Competition Calendar

NGA CHAMPIONSHIPS COMPETITIONS

GENERAL REGULATIONS

STATE CHAMPIONSHIPS

- State Championships are under jurisdiction of State Rep
- Dates determined by State Rep - Any weekend in April—Check NGA National Calendar

Number of Judges

- All Women's Levels must use a two (2) judge panel per event
- All Men's Levels may use a one (1) judge panel per event
- State Rep and/or NGA National Office selects judges and Competition Referee—may also determine event assignments
- State Rep to act as Competition Director

COMPETITION FORMAT

- Format choice, including number of athletes standardized by NGA
- Any deviation to be approved by NGA National Office
- All State competitions should be Men and Women combined
- All competition entries go through: www.Allgymnastics.com
- All competition results available at: www.meetscoresonline.com

* Entry deadlines = minimum three (3) weeks prior to competition

CHAMPIONSHIP DATES

- 2023 State Championships to be in-person, any weekend in April— states may combine for multiple State Championships
- 2023 Regional Zone Championships to be in-person = May 12-14, 2023 or May 19-21 and virtual = May 7-9, 2023
- 2023 NGA National Championships = Held between June 12-24, 2023

ENTRY FEES

* State Championships
  * Individual: $105.00 all levels (maximum)
  * Team $50 per level three (3) or more gymnasts
  * Team competition optional—discretion of State Rep
* Regional Zone Championships
  * Individual: $115.00 all levels
  * No team fees
  * 1st place team awarded per level
* National Championships
  * Individual: $125.00 all levels
  * No Team fees
  * Cash prize = $1,000 Super Teams
  * Super Teams 1N-5N = Top 6/each event/min 3 levels
  * Super Teams 6N-10N = Top 6/each event/min 3 levels

2023—QUALIFYING REQUIREMENTS

2023 STATE

* Entry into State Championships
  * Men 1N-10N—40.0 AA / 7.00 IES
  * Men 4X4—30.0 AA / 6.50 IES
  * Women 1N-10N—32.0 AA / 8.50 IES
* From State to Regional Zone Championships
  * Men 1N-10N—42.0 AA / 7.20 IES
  * Men 4X4—30.0 AA / 7.50 IES
  * Women 1N-10N—33.00 AA / 8.75 IES
* Virtual Championships
  * For petitions only
  * Hosted by State Rep or bid process

2023 REGIONAL ZONE

- Regional Zone Championships are combined:
  - Zone 1, 2 Western
  - Zone 3, 4 & 5 MidWest
  - Zone 6, 7 Eastern
  - Zone 8 Southern
- Regional Zone Championships offered as in-person competition
- Virtual for petitions only
- Regionals hosted by National Office

2023 NATIONAL

* From Regional Zone to National Championships
  * Men 1N-10N—45.0 AA and 7.50 IES
  * Men 4X4—30.0 AA / 7.50 IES
  * Women 1N-10N—33.5 AA / 9.00 IES
- Nationals hosted by National Office

Chapter 3

EQUIPMENT REQUIREMENTS

Men's Equipment Requirements

Women's Equipment Requirements

MEN EQUIPMENT REQUIREMENTS

EVENT REGULATIONS			
MATTING AS PER FIG JUNIOR CODE OF POINTS			
RUNWAY / SAFETY ZONE / HAND MAT	**VT MAT / TABLE HEIGHT**	**HB MATTING SPECIFICATIONS**	**PB MATTING SPECIFICATIONS**
• Runway thickness: 3/4" - 1-3/8" • Runway width: 3" • Max runway length: 80' Measure from front of VT Table • Runway length: 25 meters • Safety Zone: Mandatory for all RO & HS to board entry vaults • Hand Mat: Recommended for RO VT	• 1N: Mat stack —Min 16"+ • 2N: Mat stack or Resi—Min 10' x 5' x 32" • 3N: Mat stack or Resi—Min 5' x 32" • 4N: Mat Stack or Resi—Min 5' x 32" • 5N: Mat stack or Resi—Min 10' x 5' x 32" • 6N: Mat stack or Resi—Min 10' x 5' x 32" • 7N: Table height— Min 110 cm • 8N/9N/10N: Table height— Min 110 cm • Additional matting may be used at all levels for safety of the athlete	• Additional matting may be used at all levels for the safety of the athlete	• Panel mat may be used to mount • Additional matting may be used at all levels for the safety of the athlete
GENERAL EQUIPMENT	**FALL TIME = 30s**	**PH MATTING SPECIFICATIONS**	**FX MATTING SPECIFICATIONS**
• Equipment FIG Junior Code requirements except PB and PH Height may be lowered if needed to adapt to athlete	• Timing starts when gymnast is on his feet after the fall	• Panel mat may be used to mount	• Max (1) 4" mat or sting mat allowed for "C" VP landings—must remain in place for entire routine
VT LANDING MAT DIMENSIONS	**HB GRIP FAILURE**	**SR MATTING SPECIFICATIONS**	**MEASUREMENTS**
• Same as per FIG	• Athlete given choice to repeat exercise	• Same as per FIG	4 inch = 10 cm 8 inch = 20 cm 16 inch = 40 cm

WOMEN EQUIPMENT REQUIREMENTS

GENERAL LANDING MAT REGULATIONS

LANDING MATS	PLACEMENT	ADDITIONAL MATTING ALLOWED ON TOP OF LANDING MATS
• 10 cm (4") mats minimum required • 20 cm mats = allowed	• Landing mats should be placed under and/or around Vault, Uneven Bars and Balance Beam covering all landing areas	• 8” Skill Cushion + (1) Sting Mat allowed = 9" • 4” Throw Mat + (1) Sting Mat allowed = 5"

GENERAL EQUIPMENT REGULATIONS

RUNWAY / SAFETY ZONE

- Runway thickness: 3/4” - 1-3/8”
- Runway width: 3’
- Max runway length: 80’
  Measure from front of VT Table
- Runway length
  - 1N-5N: Min 60’
  - 6N-10N: Min 79’
- Safety Zone: Mandatory for RO and FHS onto board entry vaults
  - May be used for other vaults

VT MAT or RESI / TABLE HEIGHT

- 1N: Mat stack Min 8” - Max 24”
- 2BN/SN: Mat stack Min 16” - Max 48”
- 3N: Mat stack height Min 24” - Max 48”
- 4N: Mat Stack height Min 24” - Max 48”
- 5N: Mat Stack height Min 24” - Max 56"
- GN/PN/DN: Max 135 cm Table height
- 6N/7N: Max 135 cm Table height
  - Mat Stack Min 24” - Max 64"
- 8N//9N/10/N: Table height Min 110 cm - Max 135 cm

UB / BB MOUNTS

- Boards/Mount Mats: Max 8” allowed
  - Remove immediately after athlete leaves apparatus
- Boards cannot be placed on 8" skill cushion
- Mount trainers allowed on 8" skill cushion

UB / BB PADDING

- UB heel padding allowed for warmup, not allowed for competition routines
- BB pads allowed during warmup must be removed for competition

UB GRIP FAILURE

- Athlete given choice to repeat exercise or re-start from point of grip failure

UB MARTING SPECIFICATIONS

- 1N-SN Recommend: 7’6 x 15’ min mat area
- 3N-7N Recommend: 7’6 x 24’ min mat area
- 8N-10N Recommend: 7’6 x 36’ min mat area
- Max height: 9” additional matting allowed
- Up to (2) 5 x 10 x 8” skill cushions, used singly end to end
- Dismounts: Additional matting = Max 9”

UB / BB FALL TIME = 45S

- Time may be paused if athletes safety is in question with no penalty while safety is verified

VT LANDING MAT DIMENSIONS

- 3N/4N: Behind resi Min 6’x12’
- GN: Behind VT Table Min 6’x12’
- 6N/7N: Resi may sit on top of landing mat
- PN: Behind VT Table Min 8’x12’
- 8N-10N: Behind VT Table 8’x12’

VT BOARD SPRINGS

- 1N: Minimum two (2) springs
- 2BN/SN: Minimum two (2) springs
- 3N: Minimum two (2) springs
- 1N-3N: Alternate Tramp Board allowed

FX MATTING SPECIFICATIONS

- On FX at any one time: Max (2) 8” mat stacks
- One (1) for each tumbling pass, may not be end to end
- Mats may stay on FX or may be removed by coach
- No penalty for coach on FX removing a mat

BB MATTING SPECIFICATIONS

- Dismount matting:
  Min 7’6" x 15’ x 4” on one BB end and
  Min 7'6" x 12' x 4' on other BB end
- Matting under BB:
  Two (2) landing mats side by side
  15’ wide x 15’6" long

HAND PLACEMENT MAT

- May only be used for RO/FHS onto board entry vaults

BB HEIGHTS

- 100 cm minimum / 125 cm maximum / all levels

Chapter 4

NGA COMPETITIONS

NGA Competition Hosts

COMPETITION HOST BIDS
- INVITATIONALS
- STATE CHAMPIONSHIPS
- REGIONAL ZONE CHAMPIONSHIPS
- ATLANTIC/PACIFIC CHAMPIONSHIPS
- NATIONAL CHAMPIONSHIPS

SELECTION CRITERIA—STATE CHAMPIONSHIPS HOST
- HOST ORGANIZATION / COMPETITION DIRECTOR
- LOCATION
- COMPETITION SCHEDULE
- HOST ORGANIZATION
- FINANCIAL—STATE & BELOW
- FINANCIAL—STATE
- AFTER EVENT REPORT

NGA COMPETITION HOSTS

COMPETITION HOST BIDS

INVITATIONALS

- Invitational competitions (considered State Qualifiers): Use online Sanction Request form to sanction competition and add to the National Calendar
- No limit to number of competitions in one weekend as long as judges are available
- All results MUST be posted on meetscoresonline.com

STATE CHAMPIONSHIPS

- Send completed bid form to State Rep

REGIONAL ZONE CHAMPIONSHIPS

- Zone Championships hosted by NGA National Office

ATLANTIC/PACIFIC CHAMPIONSHIPS

- Atlantic/Pacific Championships hosted by NGA National Office

NATIONAL CHAMPIONSHIPS

- National Championships hosted by NGA National Office

Click for Annual Competition Calendar

SELECTION CRITERIA—STATE CHAMPIONSHIPS HOST

State Reps Are Responsible for Hosting Their Respective State Championships or They May Put It out for Bid

HOST ORGANIZATION / COMPETITION DIRECTOR

- Host Organization/Competition Director must have successful event organizational experience
- Have a background of operating according to high ethical standards

LOCATION

- Competition geographic location should be rotated year to year
- Venue must have sufficient space to accomodate competition for both men and women if possible

COMPETITION SCHEDULE

- State schedule posted and sent to participants no later than two (2) weeks prior to competition
- Deadline for State Championships should be no later than three (3) weeks prior to competition date

HOST ORGANIZATION

- Host organization and Competition Director guarantee best practices set-up for a quality event, according to NGA Rules and Regulations

COMPETITION DIRECTOR

- Competition Director must be:
  - NGA Member in good standing
  - Certified Competition Director

FINANCIAL—STATE & BELOW

- Host Organization/Competition Director is responsible for any financial loss it may incur
- State Rep to be compensated as Competition Director if State put our for bid.

FINANCIAL—STATE

- Host Organization/Competition Director must submit financial report within four (4) weeks following competition to NGA National Office: info@nationalgym.org

AFTER EVENT REPORT

- Host Organization/Competition Director must complete the Post Event Sanction Report to close out the competition.
- Follow directions on Sanction Form

Chapter 5

COMPETITION FORMATS

Competition Formats

Competition Draw

Competition Warm Ups–Men

Competition Warm Ups–Women

Scoring

Inquiries

Audience

Individual & Team Awards

Tie-Breaking

COMPETITION FORMATS

TYPES OF COMPETITION FORMATS

	Warm-Up/Compete Format One Set of Equipment	Capital Cup Format Two Sets of Equipment
Open Stretch	• Open stretch and timed warm ups conducted in competitive gym	• Open stretch, timed warm ups conducted in competition gym
Event Warm up	• Warm up event, compete event • Rotate to next event	• Warm up event, compete event • Rotate to next event • Two (2) flights of competition
Equipment	• One (1) set of equipment used	• Two (2) sets of identical equipment (VT/UB/BB) - One (1) floor • Equipment identical for both sets • Spring tumbling strip use at discretion of Competition Director - Not required
One Touch Warm Up	• No touch warm-up unless more than 20 min passes following warm-up	• No touch warm-up unless more than 20 min passes following warm-up
Number of Participants Allowed Per Session	• Level 1N-5N 72 gymnasts/18 per squad • Level 6N-7N 64 gymnasts/16 per squad • Level 8N-10N 56 gymnasts/14 per squad	• Level 1N-5N 96 gymnasts/12 per squad • Level 6N-7N 80 gymnasts/10 per squad • Level 8N-10M 64 gymnasts/8 per squad

DETERMINING COMPETITION FORMAT AND SCHEDULE

INVITATIONAL	FORMAT TYPE	SESSIONS BY LEVEL	START / END
• Exceeding allowable # of gymnasts per session will not be allowed • Competition Director must place clubs on wait list or change format to allow for all entries if venue space allows	• Format based on # of Athletes, # of age divisions, # of clubs, amount of apparatus available • If competition is a state qualifying event, additional sessions and/or days must be added to accommodate all qualifiers	• Athletes grouped in sessions, first by level and then age, if more than one (1) session required **LENGTH OF SESSION** • Athletes should not be in the gym *(includes warm ups & competition)* longer than four (4) hours	• 15-30 minute general warm up/stretch may not begin before 8 am • Competition must be scheduled to end by 10 pm
AWARDS	**# JUDGEMENTS**	**ATHLETE SESSIONS**	**OVERTIME**
• Separate awards area used between sessions recommended • Allow adequate time for awards ceremonies if not using separate area between sessions when calculating total time for competition	• No specific max. number of judgments PER DAY per panel of judges • Total number of athletes per day determined by number of athletes allowed per session based on format type to be used	• Athletes may compete in two (2) different sessions in one (1) day if provided adequate rest time between sessions	• Competition **c**ontinues past 10 pm due to extenuating circumstances, Competition Director must submit a written explanation to NGA National Office • Ten (10) minute leeway given with no penalties

- *Recommended Session Times To Be No Longer Than 3 1/2 Hours, Including Warm Up*
- *New Format Ideas Submitted to NGA National Office for Consideration and/or Approval and Possible Inclusion in Future Rules & Regulations*

COMPETITION DRAW - STATE AND ABOVE

PROCEDURES ORDER - STATE CHAMPIONSHIPS AND ABOVE

DRAW FOR STATE CHAMPIONSHIPS & ABOVE

- Determined by level and age divisions
- State Rep determines specific guidelines determining competition order for levels and age divisions for State competitions
- Example—Random draw or youngest to oldest or oldest to youngest
- Age groups by level must be kept together if levels need to be put into multiple sessions

CONDUCTING THE DRAW

- If not able to generate by computer, draw should be conducted by designated State Rep, Competition Director (if other than the State Rep) and 3rd non-affiliated person
- Draw is to determine order of competition by level and age group

FORMAT AND NUMBER OF ATHLETES

- State Championships format does not need approval by NGA National Office
- Maximum number of athletes per session may exceed by small percentage for special circumstances with approval of NGA National Office for State Championships

AWARDS

- Awards given for all levels and/or age divisions competing in each session
- Events - 50% of age group up to ten (10) places and 100% AA awarded.
- Team competition up to top three (3) teams per level
- State team competition at the discretion of State Rep

ASSIGN COMPETITIVE NUMBERS

- Assignment of competitive numbers for each athlete may be determined by random draw or computer generated

COMPETITION FORMAT

- All competition formats for State Championships and above should be Capitol Cup for Women and Warm-Up/Compete for Men

DRAW FOR ATHLETE PLACEMENT INTO SESSIONS

- All athletes of same age division from same club drawn for competitive order in same session
- **Priority**—Levels and/or age divisions in same session
- **Limit two (2) sessions per club**—No club team to be drawn in more than two (2) sessions, unless total number of athletes from that club exceeds number of athletes allowed into two sessions
- **Multi age/levels**—Several age divisions from the same level should be assigned within same session, One level per session if possible
- Competition Director should always consider safety of athlete first to determine best format for competition

ROTATION ORDER

- Competition order distributed to all coaches and judges and posted at competition site

DRAW FOR COMPETITIVE ORDER

- **First Draw—**Number all of athletes assigned to the session and draw randomly for squad, flight order first
- **Second draw—F**or competition order in each squad
- **More than one (1) Level in Session—**If more than one level drawn in one session, all athletes of same level must compete together
  - Additional coaches may be needed
- **Athlete Order Change by Event—**Athletes dropped uniformly by 1-2 gymnasts per rotation based on number per squad
- **Scratches—**Squad numbers may be reduced due to athletes scratching prior to start of competition, re-define start order on each event for that squad only if original number of dropped places affects the event order drop

COMPETITION WARM UPS - MEN

COMPETITION WARM UP		
GENERAL WARM UPS	**TIMED WARM UPS**	**TOUCH WARM UPS**
• General warm up mat is designated for all athletes in that session • Advise only stretching activities be performed with no tumbling, etc.	• Timed warm up on each event determined by athlete's level • Block time or individual time is a choice and allowed on each event	• Touch warm up on each event (competition equipment) is designated for only one athlete at a time, usually in competitive order • 30-secs warm up • Touch warm up only used for extreme circumstances with competition stopped for more than 20 minutes

EXCEEDING WARM UP

• Team ignores time, exceeds assigned warm-up time and is reported to the Competition Director or Competition Referee. Report is considered "the warning"—any additional time infractions would result in •0.20 team penalty

EXTENUATING CIRCUMSTANCES

• If a team arrives late to competition due to circumstances beyond their control (traffic delay, weather related), every effort to be made to allow team to compete—should be afforded an effective yet safe warm up w/o upsetting competition flow. If team arrived for designated session/age division, scores considered valid for all athlete rankings

SPECIFIC COMPETITION PROCEDURES	
Time between end of warm up and start of competition	• No more than 20 minutes
Who is allowed onto competition and warm up area	• ONLY judges, competing athletes and their coach(es) allowed onto competition and warm-up areas • ONLY during session in which they are competing • Exceptions: • Those involved with the competition such as: runners, judge assistants, equipment reps, trainers are allowed into competition or warm-up areas

COMPETITION WARM UP	
WARM UP CHOICES	**TIMED WARM UPS**
• Per gymnast • Per team • Per squad	• One (1) min warning given prior to end of time • Squad w more than one (1) skill level competing, timed warm up combined by total minutes per each skill level

SKILL LEVELS

# Athletes	1N / 2N	3N / 4N / 5N / 6N	7N / 8N / 9N / 10N
1	:30	1:00	1:30
2	1:00	2:00	3:00
3	1:30	3:00	4:30
4	2:00	4:00	6:00
5	2:30	5:00	7:30
6	3:00	6:00	9:00
7	3:30	7:00	10:30
8	4:00	8:00	12:00
9	4:30	9:00	13:30
10	5:00	10:00	15:00
11	5:30	11:00	16:30
12	6:00	12:00	18:00

NOTE: Men's 4 X 4 warm up—Skill Levels 1N/2N = :30s, 3N = :45s

COMPETITION WARM UPS - WOMEN

COMPETITION WARM UP

GENERAL WARM UPS	TIMED WARM UPS	TOUCH WARM UPS
• General warm up mat is designated for all athletes in that session • Advise only stretching activities be performed with no tumbling, etc.	• Timed warm up on each event determined by athlete's level • Block time must be used for Vault, Bars and Beam • Floor Warm-up determined by Competition Director • Recommended to provide a Floor Manager when using a bump warm-up/compete format for Floor	• Touch warm up only used in extreme circumstances when competition has been stopped for more than 20 minutes • Touch warm up on each event (competition equipment) is designated for only one athlete at a time, usually in competitive order • 30-secs touch warm up

EXCEEDING WARM UP TIME

• Team ignores timer and exceeds assigned warm-up, timer must report infraction to Competition Director or Competition Referee—Report considered "warning"—any additional time infractions receive •0.20 penalty

EXTENUATING CIRCUMSTANCES

• Team arrives late to competition due to circumstances beyond their control (traffic delay, weather related), every effort to be made to allow team to compete—afforded an effective yet safe warm-up without upsetting competition flow. If team arrived for their designated session/ age division, scores considered valid for all athlete rankings

SPECIFIC COMPETITION PROCEDURES

Time between end of warm up and start of competition	• No more than 20 minutes
Who is allowed onto competition and warm up area	• ONLY competing athletes and their coach(es) allowed in competition and warm-up areas • ONLY during session in which they are competing • Exceptions: • Those involved with competition such as: runners, judge assistants, equipment reps, trainers are allowed in competition or warm-up areas

COMPETITION WARM UP

WARM UP CHOICES	TIMED WARM UPS
• Per team • Per squad	• One (1) minute warning given prior to end of time • Squad with more than one (1) skill level competing, timed warm up combined by total minutes per each skill level

Multiple Scratches and Timed Warmup

• In the event of multiple scratches in a squad that reduces the size to 1-3 athletes, an additional 1.5 to 2.0 minutes (based on level warm up time) will be provided. If additional time needed may be requested to Head Judge

SKILL LEVELS

# Athletes	1N/2BN	SN/3N	4N/GN/5N	6N/PN/ 7N	8N/DN/ 9N/10N
1	:30	:45	1:00	1:30	2:00
2	1:00	1:30	2:00	3:00	4:00
3	1:30	2:15	3:00	4:30	6:00
4	2:00	3:00	4:00	6:00	8:00
5	2:30	3:45	5:00	7:30	10:00
6	3:00	4:30	6:00	9:00	12:00
7	3:30	5:15	7:00	10:30	14:00
8	4:00	6:00	8:00	12:00	16:00
9	4:30	6:45	9:00	13:30	18:00
10	5:00	7:30	10:00	15:00	20:00
11	5:30	8:15	11:00	16:30	22:00
12	6:00	9:00	12:00	18:00	24:00

*9N-10N Uneven Bar warm-up = 2.5 min/athlete

SCORING

SCORING

SCORING SYSTEM

- Any scoring system may be used
- Proscore is recommended as it is integrated with NGA and All Gymnastics
- Final competition scores must be posted to meetscoresonline.com

OPEN SCORING

- **Required—**for all Championships, State, Zone, Nationals
- **Allowed**—Open Invitationals-discretion of Competition Director

SCORE INPUT

- Each judge independently inputs their score electronically or submit score in writing on a separate score sheet
- Only one keypad used per panel—Head Judge to enter all scores—all scores entered electronically to ensure an accurate average and final score

JUDGES' USING INCORRECT RULES

- Athlete mistakenly judged using incorrect level rules
  - Routine may be re-evaluated using appropriate rules to determine correct Start Value and specific composition deductions, based on judges notes
  - Re-evaluation must occur within 5 minutes of competition end for that session
  - Judging panel must notify Competition Referee and scoring personnel that the re-evaluation is to occur
  - Coach to be notified immediately of any score or start value change

SCORING REVIEW

- Competition Referee has authority to allow officiating panel to review a routine to verify Special Requirements were fulfilled. May be done by video review if available.
- Coach must be notified a review will occur—No additional deductions are allowed after review if Special Requirement in question is awarded

OPEN SCORING PROCEDURES

- Each judge independently determines their score
- Each judge records SV (if used)
- Each judge records final score on judging slip, sends to Head Judge—only score is entered if using electronic scoring
- Adjusted score from a conferenced score change re-flashed as "Corrected Score"

SCORE CHANGE

- Head Judge may change a score after submission to scoring system only if a neutral deduction was not applied (i.e., overtime, out-of-bounds)
- Score change must occur within five (5) minutes of session end
- Coach must be notified of score change and start value change, and if possible, new score to be publically displayed

SCORING INCREMENTS

- Judges score in 0.05 increments at all NGA sanctioned competitions

COURTESY SCORE

- Courtesy score of 5.0 awarded for any routine that would result in score equal to or lower than 4.95 points

FINAL AVERAGE SCORE

- Once final average score is submitted to scoring system, changes cannot be made unless a submitted inquiry results in a score change

INQUIRIES

INQUIRIES			
INQUIRY BASE	**INQUIRY PROCEDURES**	**INQUIRY REQUIREMENTS**	**VIDEO REVIEW PROCESS**

• Inquiries based only on:
  • Incorrect elements, evaluation of major elements, falls, neutral deductions or unusual occurrences
  • SV Award—specific “flat” composition deductions, falls, neutral deductions or unusual occurrences
	• Competition Director must provide inquiry forms and announce location at coaches meeting
	• Coach must submit an inquiry within five (5) minutes of end of session
	• After Head Judge completes inquiry response, Competition Referee or Competition Director returns inquiry form to coach
	• Coach may approach Competition Referee regarding inquiry during competition
	• No fee charged for inquiry submission
	• Inquiry allows for a second evaluation which may result in:
	  • No change in score
	  • Score being raised, or
	  • Score being lowered
		• Properly written inquiry form by coach
		• Inquiry submitted in timely manner to Competition Referee or Competition Director
		• Reviewed/answered by judging panel of inquiry in question
		• Inquiry returned to Competition Referee or Competition Director
		• Competition Referee or Competition Director returns inquiry to coach by pre-defined inquiry return procedure
			• Video review allowed at any sanctioned competition by completing official inquiry form
			  • Coach may request video review by Competition Referee and event panel —May also include the highest rated unaffiliated judge if available
			  • Inquiry involves judges missing an element affecting Start Value
			  • Video review should be requested within ten (10) minutes after the end of the event rotation

LOCATION OF INQUIRY FORM		**WHAT A VIDEO REVIEW IS NOT**	**WHERE VIDEO REVIEW IS USED**
• NGA website • State Rep • Head Scoring table during competition		• Video review process may NOT be used to appeal a “degree judgment", i.e degree of twist, holds, incomplete turns, element direct connections, or flexibility elements leg separation	• All NGA sanctioned competitions
Click HERE For Inquiry Form			

AUDIENCE/SPECTATOR REGULATIONS

AUDIENCE/SPECTATOR REGULATIONS			
• Invitationals are able to set their own admission prices • Spectators not allowed to enter competitive or warm-up areas • Spectators must only use designated public areas	• Spectators may not use flash photography during pre-competition warm ups or competition—may endanger the performing athletes	• Spectators may not disturb the competition order, competing athletes or judges • Individuals causing violations may be asked to leave competition site	 **Click for NGA Education**
• Coaches or judges children may not be in competition arena, including warm up areas unless performing a specific competition duty	• Spectators may not enter spectator's area with food or drinks if restricted		

INDIVIDUAL & TEAM AWARDS

INDIVIDUAL AWARDS		
	1N, 2BN SN, 3N, 4N, GN, 5N	**6N, PN, 7N, 8N, DN, 9N, 10N**
Invitationals	• Determined by each Individual host	• Recommended awards distribution based on equal age groups per level with not more than 3 years age difference
State Championships	• 50% events • 100% All-Around • Equal Age Groups per Level • No more than 25 per age group	
Regional Zone Championships		• TBD by NGA National Office
Atlantic/Pacific Championships		• TBD by NGA National Office
National Championships		• TBD by NGA National Office

- Competition Director may present more awards, but not less than listed
- Non-citizens living in United States may participate in all NGA sanctioned events and are eligible for awards
- Awards for all age divisions must be presented at each session
- State Rep may request deviation from these min. recommendations from NGA National Office based on financial conditions of the State Competition
- Athlete competes in wrong age division, their scores are invalid for the competition (may not be used for qualifying or athlete awards). May receive duplicate awards based on placement in correct age group level
- All results MUST be posted to meetscoresonline.com if not posting live

Click for Athlete Wellness

TEAM AWARDS		
	Team Awards	**# Team Awards per State per Level**
Invitationals	• Team Awards determined by Individual host	
State Championships	• Team Competition and Awards at discretion of each State Rep	• # team Awards determined by State Rep
Regional Zone Championships	• Team = 3 or more athletes and top 3 scores on each event	• First place team in each level
Atlantic/Pacific Championships	• Team = 3 or more athletes and top 3 scores on each event	• First place team in each level
National Championships	• W/M—Super Team Competition • Top 6 Scores per Event from a minimum of (3) Levels	• W/M—Levels 1N-5N • W/M—Levels 6N-10

AWARD TIE BREAKING

TIE BREAKING PROTOCOLS—EVENT

	DUPLICATE AWARDS AVAILABLE	NO DUPLICATE AWARDS AVAILABLE
	• Both Athletes announced as 1st • Both athletes receive a 1st place award	• Both Athletes announced as 1st • Highest All Around winner receives 1st Place Award • Other athlete receives 2nd Place
	• No 2nd place awarded	• Awarded to tied athlete with lower individual event score
	• Announce 3rd place	• Announce 3rd place
Final Place Tie	• Announce all final winners • Highest individual event winner receives award • Other athlete receives same award	• Announce all final winners • Highest individual event winner receives award • Duplicate mailed to athlete, within 30-days

- Strongly recommend duplicate awards presented if financial conditions permit
- Whenever a tie occurs, program computer skips next place
- Athletes tied in AA, duplicate award must be sent to athlete with club closet to event host within 30 days
- State/Regional Zones/Nationals—All tied athletes receive duplicate awards

TIE BREAKING PROTOCOLS—ALL AROUND

	DUPLICATE AWARDS AVAILABLE	NO DUPLICATE AWARDS AVAILABLE
	• Both Athletes announced as 1st • Both athletes receive 1st place	• Both Athletes announced as 1st • Highest Individual Event winner receives 1st place • Other athlete receives 2nd place
	• No 2nd place awarded	• Goes to tied athlete with lower individual event score
	• Announce 3rd place	• Announce 3rd place
Final Place Tie	• Announce all final winners • Highest individual event winner receives award • Other athlete receives same award	• Announce all final winners • Highest individual event winner receives award • Duplicate mailed to athlete within 30-days

- Athlete tied in highest event, next highest event used. If tied in all events, duplicate awards must be given
- State/Zones/Nationals—All tied athletes receive duplicate awards

TIE BREAKING PROTOCOLS - TEAM

All Places Awarded	• Team ties broken by highest AA score first • If still tied, highest individual event score second • If still tied, least number of gymnasts counted for team score third • If still tied, duplicate award must be given • Team furthest away receives award—Duplicate award mailed to team closest to hotel club within 30 days

MASTERS OF SPORT

Educational material designed to explain, reiterate and construct fundamental guidelines for the basics, advanced training and skill sets of sports performance and coaching.

Mary Wright & Chere Hoffman