



State Handbook

A. General Washington State Information

1. Introduction

The USA Gymnastics Washington Handbook is intended to clarify those areas left to state discretion by the USA Gymnastics Rules and Policies and to clarify procedures to implement the rules. This handbook will be updated by the USA Gymnastics Committee and USA Gymnastics State Chair, but make sure your handbook is updated according to the recent minutes. Nothing herein is intended to change any policy outlined in USA Gymnastics Rules and Policies. No deviation from the Handbook is allowed without the prior approval of the USA Gymnastics Washington State Committee

2. Elected State Committee Members

State Administrative Committee Chair – Sandy Flores

Address: 17965 NE 65th Street, Redmond, WA 98052

Phone: 206-919-5672

Email: ecgaowner@gmail.com

East Sectional Representative – Adana Harris

Address: 5512 North Havana Street, Spokane, WA 99217

Phone: 509-999-7596

Email: dynamicgymnastics1@yahoo.com

Central Sectional Representative – Kim Thomson

Address: 13425 SE 30th Street, Bellevue, WA 98005

Phone: 425-765-7733

Email: kim@gymeast.com

North Sectional Representative – Stephanie Renggli

Address: 14103 NE 200th Street, Woodinville, WA 98072

Phone: 206-485-4439

Email: gymnut100@hotmail.com

South Sectional Representative - Kevin Milliren

Address: 9715 Lakewood Drive SW, Lakewood, WA 98499

Phone: 253-460-8920

Email: coach.kmilliren@gmail.com

Optional Representative - Yulia Hancheroff

Address: 17735 NE 65th Street, Suite 110, Redmond, WA 98052

Phone: 425-922-5389

Email: yuliavh@mac.com

Compulsory Representative - Jen Huffman

Address: 19460 114th Avenue NE, Woodinville, WA 98072

Phone: 425-402-6602

Email: jen.huffman@yahoo.com

Educational Representative - Nicole Elves

Address: 5943 6th Avenue, Tacoma, WA 98406

Phone: 562-606-9672

Email: nicoleelves@aganorthwest.com

Xcel Representative - Rebekah Robitaille

Address: 1710 Express Dr, Bellingham, WA 98229

Phone: 360-733-6969

Email: rbrbekah@yahoo.com

Athlete Representative - Evanni Roberson

Address: 19460 114th Avenue NE, Woodinville, WA 98072

Phone: 253-720-0904

Email: evanniroberson2016@gmail.com

Secretary - Susan Riley

Address: 3616 South Road, Mukilteo, WA 98275

Phone: 206-755-6931

Email: susriley@hotmail.com

3. Duties of the State Administrative Committee (SAC)

All Committee Members:

- A USA Gymnastics Professional Member in good standing who will work on a consistent basis for their term educating, organizing, promoting membership, and communicating to the members in our state. You are representing coaches, judges, and business owners. You will be aiding the entire Washington State Committee in promoting the relationship and unity between all the membership.
- Attend all State Committee meetings, and general membership meetings, or send a qualified representative. Failure to attend two consecutive meetings will result in dismissal from your position.
- Maintain confidentiality regarding all discussions and issues at any board meeting, and to maintain consistency, should only discuss issues after minutes from the meeting have been approved and published.
- Be organized and follow through with projects delegated to you from the USA Gymnastics Washington State Chair. Take responsibility for your commitment, as well as be willing to delegate tasks expected of you throughout your term, and work with other board members and professional members.
- Must have access to email and respond to all communications (email or other) in a timely fashion, or request that the State Chair respond on behalf of the USA Gymnastics Washington State Committee.
- Must attend and help with the Washington State Clinic/Banquet and chair a clinic committee. Will be asked to assist at educational clinics as needed, hosted by USA Gymnastics Washington.
- Work for state unity and the betterment of gymnastics in your state, maintaining a positive professional attitude always and uphold to the ethical standard of USA Gymnastics.
- Must govern the state using the USA Gymnastics Rules and Policies and the Operating Code.
- Must have a positive, professional attitude always and uphold to the ethical standards of USA Gymnastics
- All expenditures over \$250.00 must be approved by the entire State Administrative Committee.

Committee member descriptions may change. Per USA Gymnastics Operating Code, criteria for State Administration Committee positions shall be determined by the SAC and approved by the Regional Administrative Chair.

East Sectional Representative

- Actively coached for the past two years at a Washington State Club.
- Coaches at Sectional, State or Regional meet in the past three years.
- Must work within the East Sectional boundaries.
- Assumes responsibility to communicate with all club owners, coaches, and judges in your section.
- Communicates closely with the athlete representatives.
- Attend East Sectional Meet when held

Central Sectional Representative

- Actively coached for the past two years at a Washington State Club.
- Coaches at Sectional, State or Regional meet in the past three years.
- Must work within the Central Sectional boundaries.
- Assumes responsibility to communicate with all club owners, coaches, and judges in your section.
- Communicates closely with the athlete representatives.
- Attend Central Sectional Meet when held.

North Sectional Representative

- Actively coached for the past two years at a Washington State Club.
- Coaches at Sectional, State or Regional meet in the past three years.
- Must work within the North Sectional boundaries.
- Assumes responsibility to communicate with all club owners, coaches, and judges in your section.
- Communicates closely with the athlete representatives.
- Attend North Sectional Meet when held.

South Sectional Representative

- Actively coached for the past two years at a Washington State Club.
- Coaches at Sectional, State or Regional meet in the past three years.
- Must work within the South Sectional boundaries.
- Assumes responsibility to communicate with all club owners, coaches, and judges in your section.
- Communicates closely with the athlete representatives.
- Attend South Sectional Meet when held

Optional Athlete Representative

- Actively coached for the past two years at a Washington State Club.
- Coached at Westerns and/or JO Nationals for the past three years.
- A current optional level coach.
- Assumes responsibility to communicate with all club owners and coaches on a business pertaining to Optional athletes.
- Assist Educational Representative with the planning of State Congress.
- Must be present at Optional State Championships.
- Represents Washington State at Regional High Tech and Super Camp.
- Coordinates at least two Washington State level 9-10 workouts throughout the year.

Compulsory Athlete Representative

- Actively coached for the past two years at a Washington State Club.
- A current compulsory level coach.
- Assumes responsibility to communicate with all club owners and coaches on business pertaining to compulsory athletes.
- Assist Educational Representative with the planning of State Congress.
- Must be present at Compulsory State Championships.

Xcel Athlete Representative

- Actively coaches for the past two years in Washington.
- A current Xcel level coach.
- Assumes responsibility to communicate with all club owners and coaches on business pertaining to Xcel athletes.
- Must be present at Xcel State Championships.

Athlete Representative

Educational Representative

- A judge or coach who has been actively involved as a Washington State USA Gymnastics member for the past three years.
- Has extensive knowledge of Technical Information.
- Responsible for organizing annual State Clinic
- Present at Regional High Tech and Super Camp.

State Administrative Secretary

- Actively involved in USA Gymnastics Washington for the past three years
- Been a Professional Member in Washington State for the past three years
- Has served on the USA Gymnastics State Administrative Committee for at least 2 years
- Assumes the responsibility to take minutes at all State Administrative Committee meetings
- Assumes responsibility to track all athletes for mobility and post season competitions.
- When called upon, maintain the state website and social media

State Administrative Committees should have a minimum of five (5) voting (elected) members. Per USA Gymnastics Operating Code, it is strongly recommended that committees should not have an even number of members.

4. Election Procedures

The election of the USA Gymnastics Washington Committee is done in July every year. Each position represents one vote. The State Chair may appoint committee positions that are non-voting and serve in an advisory capacity only.

Call for nomination will be sent to professional members. Any nomination not filled out completely or containing false information will be disqualified.

Election will be done online. If only one person is nominated for a position the State Chair will cast the deciding vote on those positions and no formal election will be conducted.

5. Committee Meeting Dates

The SAC will meet at least three times a year, and at any other time deemed necessary by the State Chair. State Committee meetings are closed unless otherwise stated. Should a professional member have a specific reason to address the committee, accommodations will be made. Members are encouraged to contact the appropriate committee members to discuss any questions, concerns or problems that may arise. Committee meeting agenda will be emailed out to all Professional Members and will be posted by the Chair on the USAGWA website prior to each meeting to allow for member input.

6. Website

USA Gymnastics Washington will contract and maintain a website. The web address is www.usagwashington.com. The website will be the main source of information concerning competitive gymnastics in Washington State. Every effort will be made to keep the website up to date.

Please also refer to the website for educational materials. Under the education tab you will find the State Library with a lot of educational materials.

7. State Clinic

Each year the USA Gymnastics Washington will sponsor a State Clinic. This shall serve as an educational opportunity for our state

8. Washington State Hall of Fame (WSGHOF)

The purpose of the Washington State HOF shall be to recognize the achievements of those who have earned the respect and admiration of their peers during their careers as gymnasts, coaches and judges in Washington Women’s Gymnastics. The USA Gymnastics Washington Hall of Fame Chairman shall review nominations from the USA Gymnastics Washington membership at large. *The acceptable list will be forwarded to the USA Gymnastics Washington State Committee, where the final decision will be made.* The State Committee will determine how often the Hall of Fame ceremony will occur. HOF is awarded during the Level 10 State Championship awards ceremony.

The Hall of Fame shall serve as a place where the gymnastics community of Washington State remembers the legacies of gymnastics professionals for eternity.

Nominating Committee: TBD

9. Clubs – Sections

Central Section	East Section	North Section	South Section
Bainbridge Island	AIM Gymnastics	AGA Northwest - Marysville	AGA Northwest - Tacoma
CEG West	All American	Advantage Gymnastics	Ascend Gymnastics
Emerald City Gymnastics	Apple Valley	Alpha Gymnastics	Black Hills
Gymnastics East	Colville KIPS	Bothell Gymnastics	Crystals Gymnastics
Gymnastics Unlimited	Dynamic Gymnastics	Cascade Elite Gymnastics	Grace Gymnastics
Hart’s Gymnastics	Evergreen Gymnastics	Coastal Realm Gymnastics	Gymnastics Elite
Inspire Gymnastics	Garland’s Gymnastics	Edmonds Illusions	Inspire Gymnastics
Metropolitan Gymnastics	Gymnastics Plus	Gymagine Gymnastics	Mercy Gymnastics
Mile High Gymnastics	Mid-Columbia	Gym Star Sports Center	NASA
Mt. Si Gymnastics	Mountain View Gymnastics	High Flight Gymnastics	Naydenov Gymnastics
Olympic Gymnastics	Rodeo City Gymnastics	Klahhane Gymnastics	Northpointe Gymnastics
Seattle Gymnastics	Spokane Gymnastics	Morrison Gymnastics	Peak Gymnastics
	SPORT Gymnastics	Mt. Baker Gymnastics	SWAG
	360 Gym and Cheer	North Coast Gymnastics	Thorbecks Gymnastics
		Northshore Gymnastics	VEGA
		Sky Valley Gymnastics	Yelm Gymnastics
		The Gymnastics Connection	Zenith West
		Twisters Gymnastics	

10. TOPs

TOPs (Talent Opportunity Program), is a talent search and educational program for female gymnasts ages 7-10 and their coaches. During the months of June and July gymnasts age 7-10 are evaluated on physical abilities at the state or regional level. These dates are set by your

State TOP's manager in conjunction with the National TOP Manager. From there, athletes are invited to participate in the National TOP test that is conducted in the month of October where they will be evaluated on the same physical ability's tests along with some basic gymnastics' skills. Athletes are then invited to participate in the National TOP Training camp which takes place in December of each year.

For more information, please contact Washington's TOP's manager Tori Smieja at Olympic Gymnastics Center hermyluvsron123@yahoo.com

The State will provide 1 Washington State Leotard per year to each TOPs A/B camp qualifier, as well as developmental and national team camp qualifiers.

B. Washington Competition Information

1. Washington Competition Calendar

The USA Gymnastics State Calendar shall be determined by the USA Gymnastics Washington State Committee on or before July 1 of each year. The calendar is updated as needed throughout the year. The calendar shows all meets that have submitted their judge request form (please submit a form even if you are not requesting judges to be assigned to your meet) The calendar is on the website on the events page.

2. Reporting Meet Results

Meet hosts in the State of Washington are required to send the competition results and a copy of the sanction to the State Chair. Results must be postmarked within seventy-two hours after the conclusion of the meet.

If you plan to use out of state meets for qualification purposes, please verify the host will have at least a 2-judge panel (when required) to meet our States qualification requirements. You must also mail the meet results to the State Chair.

Clubs must also send a list of NEW STATE QUALIFIERS to the designated person. Send in Excel First Name, Last Name, Club, Level, Meet Name, Score.

Clubs must also register their athletes that qualified to the State Championships on the USA Gymnastics Meet Reservation System within 5 days of the meet they qualified. This will help the meet host with knowing how many athletes to expect. Payment is not due until the due date given by the State Meet host. (October. 2017)

3. Meet Host Request for Judges

To Host a Meet

Local and Invitational meets

Meet request forms should be completed and mailed to the assigner with the assigning fees (payable to NAWGJWA) on a date specified by the committee each year. The State Chair and Assigner(s) will compile the meet calendar for meets using these forms. Improperly filled out forms or forms without the assigning fee will not be considered for meets. Judges will be assigned to meets **in order of forms**

received. (Every effort will be made to fill every meet requested. When the local judge pool has been depleted, with club permission, out of area judges will be used to fill the meets.)

Judges are assigned by proximity to the club as well as the level of the judge unless you specify otherwise. Judges will be paid an hourly fee, according to their rating, with a minimum payment of three hours PER DAY, per USA Gymnastics Rules and Policies. The assignor will make every effort to fulfill any special request, however there is no guarantee. Clubs must be in good financial standing with USA Gymnastics Washington and NAWGJWA to schedule meets.

The Meet Director may also request specific judges when they submit a "Request for Judges" form to the state approved assignor. (Washington uses NAWGJWA as their assignor).

Clubs may contract their own judges, please fill out the judging request form and check the box that indicates you do not need NAWGJWA to assign your judges. This ensures that everyone is on the same page as to who is getting the judges for the meet. USA Gymnastics Rules and Policies clubs may also assign judges to specific events at their invitationals.

The Request for Judges Form is available on the USA Gymnastics website OR from the SACC or the NAWGJ State Judging Director. (USA Gymnastics Washington uses its own forms).

The USA Gymnastics Judges Compensation Package will be used at all sanctioned competitions.

4. Championship Meet Bids

The following is the criteria the committee will use in selecting sectional/state hosts:

- Bids must be submitted and signed by the club owner.
- Meet Director must be a professional member in good standing.
- Facility and Equipment
- Cost of entry/admission
- Continued financial good standing with USA Gymnastics Washington, Region 2 and NAWGJWA
- Meet format: modified capital cup/capital cup (modified capital cup is preferred)
- Positive working relationship with USA Gymnastics Washington, club support of USA Gymnastics State program and clinics
- Geographic location, club location: specific confirmed meet location is required
- Successful event organizational experience and the reputation of the operating according to the highest ethical standards (successfully hosted large, multi-session meets), reputation of the club.
- State Meet Bids will be awarded no later than May 30. (October. 2017)
- Per Rules and Policies: Any committee member that works for a club that is bidding for a State Championship Meet, must leave the meeting for the discussion and the vote for the meet the club they work for is bidding.

Any USA Gymnastics Washington Registered club in good standing may bid on a State Championship meet. The form will be mailed/emailed to all clubs with host decisions made on or no later May 1st of each year for that competitive year. Only clubs in good financial standing with USA Gymnastics Washington, NAWGJWA and Region 2 are eligible to bid.

5. Meet Directors

The Meet Reservation System provided by USA Gymnastics must be used for all USAG Sanctioned meets. This ensures that clubs can only register current athletes and coaches. (per USAG beginning 2019-2020 season)

6. Selection of State Meet Judges

The USA Gymnastics Washington Committee, per the USA Gymnastics Rules and Policies, selects judges for sectional competition and state competitions. All State Meets are a two-judge panel with a separate meet referee.

C. Washington State Championships

1. Junior Olympic (Level 2-10) Qualifications

Qualifying to State Championships 2021

Level 2-3: 34.00 All Around in one meet with a 1-judge panel

Level 4-8: 34.00 All Around in one meet with a 2-judge panel

Level 9-10: 32.00 All Around in one meet with a 2-judge panel

Event Specialist to State (Level 8 and above): 8.5 per event

Event Specialist-State to Regionals: 9.0

Awards

- Level 2-4 Achievement ribbons or Event medals and All-Around placement – Minimum 40%
- Level 5-10 Event and All-Around placement – Minimum 40%
- Ribbon System for Level 2, 3, and 4.
 - 9.0 and Higher: Red, White and Blue Ribbon
 - 8.5-8.975: Blue Ribbon
 - 8.0-8.475: Red Ribbon
 - 7.5-7.975: White Ribbon
 - 7.0-7.475: Yellow Ribbon
 - Below 7.0: Rainbow

2. Xcel (Bronze – Diamond) Qualifications

Qualifying to State Championships 2021

Bronze/Silver: 35.00 All Around in one meet with a 1-judge panel

Gold/Platinum/Diamond: 34.00 All Around in one meet with a 2-judge panel

Xcel Event Specialists State Qualification

One score of 8.0 or higher on event to qualify to State Championships (may only qualify in up to 3 events as a specialist).

WA Xcel Awards

Bronze/Silver: Achievement ribbons and All-Around placement – Minimum 40%

Gold/Platinum/Diamond: Event and All-Around placement – Minimum 40%

Ribbon System for Xcel Bronze and Silver
9.0 and Higher: Red, White and Blue Ribbon
8.5-8.975: Blue Ribbon
8.0-8.475: Red Ribbon
7.5-7.975: White Ribbon
7.0-7.475: Yellow Ribbon
Below 7.0: Rainbow

3. Draw

All State Championships will be divided into approximately equal sized age groups by birthdate by the host, dividing the total entered by 20 (there should be approximately 20 gymnasts in each age group). There should be the same number of age groups in each session of the meet. The USA Gymnastics Washington Committee has determined that the competition order will be a randomized draw (April 2019).

The order of gymnasts and events shall be conducted by the State hosts and witnessed by a USA Gymnastics Washington Committee member, the State's Meet Director or the State Chair. Event Specialist must be first to compete and should not be first up on more than one event when possible.

Small (9 athletes or less) and Large team (10 athletes or more) awards will be given at any Compulsory State Championships that has over 20 clubs entered with more than three competitors. Small Team: 3 scores on each event per team will count for the team score. Large Team: 4 scores on each event per team will count for the team score. When there are no large/small team designation three scores will count. (October. 2018)

Team Awards: 50% of all teams with a maximum of 7 Places given out. (April 2019).

4. Awards/Certificates/Financial Reports

State Meets: Host clubs are responsible for the cost of All-Around and Individual Event awards, using the official USA Gymnastics medals per the Rules and Policies to meet the **50% award requirement**. The host must e-mail their order for the official state medals to the State Chair no later than 10 days prior to the State meet. Payment for medals must be paid to USA Gymnastics Washington within seven days of the completion of the state meet, along with the USA Gymnastics Washington competition fee. Ties are not broken at State Championships. Duplicate awards are presented. The state will cover the cost of the Team Award Banners when there are at least 10 clubs participating per level.

Competition Fee

\$5.00 per athlete registered at each state meet will be sent to the State Chair and additional \$5.00 per athlete registered at each state meet will be sent to the Regional Chair within 7 days of the completion of the State Meet.

Financial Report

State Meet host, must submit a meet financial statement no later than 14 days following their meet to the State Chair.

Admissions

State meets cannot exceed \$20.00 per adult / \$10.00 per child per session or a \$40.00 day pass. (April 2019)

D. 2021-2022 Dates/Locations State Championships

Determination Date for both JO and Xcel will be **February 1, 2022**.

State entry fees due 30 days before meet weekend for all gymnasts qualifying by that date. For gymnasts qualifying after that date, but before the last qualifying weekend (two weekends prior to the State Meet) you must send an entry form and the entry fee the Monday following the qualifying weekend. A late fee of \$25 per athlete will be charged for any late entries to the State meet.

Meet host must send out meet information including site, entry fee amount, due date and tentative level competition days by EMAIL to all clubs in the state at least 30 days before the meet weekend to allow for travel arrangements to be made.

\$5.00 per athlete registered at each state meet will be sent to the State Committee and additional \$5.00 per athlete registered at each state meet will be sent to the Regional Chairman within 7 days of the completion of the State Meet.

<p>2022 Level 6-10 Optional State March 24-26, 2022 Qualification Score Level 6-8: 34 AA (1 meet) Qualification Score Level 9-10: 32AA (1 meet) Last Qualifying Weekend: March 12-13, 2022</p>	<p>Host Club: Garland's Gymnastics Venue: Kennewick, WA Entry Fee: TBD</p>
<p>2022 Level 2-5 Compulsory State April 22-24, 2022 Qualification Score: 34 AA (1 meet) Last Qualifying Weekend: April 9-10, 2022</p>	<p>Host Club: Emerald City Gymnastics Academy Venue: Tacoma Convention Center Entry Fee: TBD</p>
<p>2022 Xcel State April 1-3, 2022 Bronze/Silver Qualification Score: 35 AA (1 meet) Gold-Diamond Qualification Score: 34 AA (1 meet) Last Qualifying Weekend: March 19-20, 2022</p>	<p>Host Club: Ascend Gymnastics Venue: Puyallup Fair Grounds Entry Fee: TBD</p>
<p>2022 Level 7-10 Regionals Level 8 Regional Team Challenge April 21-24, 2022 Qualification Score Level 7/8: % of % Qualification Score Level 9/10: 34AA at State Meet</p>	<p>Host: Naydenov Gymnastics Location: Vancouver, WA Entry Fee: TBD</p>
<p>2022 Gold/Platinum/Diamond Xcel Regionals</p>	<p>Host: Location: TBD Entry Fee: TBD <i>Silver Invitational at discretion of host</i></p>
<p>2022 Western National Championships May 5-8, 2022</p>	<p>Host: Lindenwood University Location: ST. Charles, MO Entry Fee: TBD</p>

2022 Level 10 National Championships
May 12-15, 2022

Host: **TBA**
Location: Phoenix, AZ
Entry Fee: TBD