

2023 TECHNICAL PACKET



1. GENERAL INFORMATION / FORMAT

- The top seven (7) All-Around athletes in each of the 16 age divisions from each of the four regions will compete as Regional Team members.
 - Any gymnasts who tie for 7th place will attend East/West Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an individual. The gymnast designated as Individual will not be eligible to receive a Regional Team Award.
 - In the event of a 3-way tie for 7th place All-Around in any age division, the tie breaking procedures will be applied to determine the rank order of the athletes. The 9th place athlete will NOT be eligible for East/West Championships unless there is space available in another region in that age division.
- Individual Event, All-Around and Regional Team competition will be conducted for the sixteen age divisions, as designated. There will be twenty-eight gymnasts per age division, plus any ties for the last qualifying place.
- Each session will have two age divisions, one in each flight. Each flight has four squads of seven (or eight if there is a tie), with each squad representing one of the four regions.

2. SCHEDULE OF EVENTS

Thursday, May 4, 2023	Regional Training
Friday, May 5, 2023	Competition: JR1, JR2, JR3, JR4, JR5, JR6
Saturday, May 6, 2023	Competition: JR7, JR8, SR1, SR2, SR3, SR4
Sunday, May 7, 2023	Competition: SR5, SR6, SR7, SR8

- Refer to the schedule posted online at <http://www.usagymwestern.com/schedule/> for specifics.

3. CREDENTIALS

- All coaches and judges must be a current USA Gymnastics member in good standing, which includes completed Safety Certification, Safe Sport Training, and Background Check, to be on the field-of-play.
- Athletes must be current USA Gymnastics Athlete members.
 - Athletes, age 18 and older, must have completed U110 to be on the field-of-play.
- The number of credentialed coaches for East/West Championships per club are as follows:
 - 1-4 athletes participating – max of 3 credentialed coaches allowed on the field of play.
 - 5-9 athletes participating – max of 4 credentialed coaches allowed on the field of play.
 - 10+ athletes participating – Women's Development Program Director will notify Meet host.
 - Only coaches registered through Meet Reservation will have credentials for this event. Any coach not properly registered through Meet Reservation needing to make changes onsite may be subject to a change fee.
- Coaches are required to check in and pick up credentials individually. ALL coaches will be expected to show their current USA Gymnastics membership card electronically at sign in.
- No one will be allowed into the Training or Competition venues without the appropriate credential.

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- Credentials must be worn so that they are visible on the outside of your clothing (except for athletes during warm-up and competition). Coaches, Officials and USA Gymnastics Staff must always wear their credential while on the field-of-play.

4. APPAREL DISTRIBUTION

- All competitors and first alternates will receive a tank leotard and warm-up.
- Athlete GK Apparel will be available for pick-up starting Thursday, May 4, 2023, from 8:00 am-5:00 pm at the competition venue. In addition, GK will be onsite and available to help with apparel pick-up throughout the weekend at the competition venue from 8:00am until the end of competition for each day.
- East/West Championship competitors are required to wear the provided GK apparel for competition. At all times during training and competition sessions, all Coaches are expected to follow the guidelines outlined in the [Women's Program Rules & Policies](#) as it pertains to PROPER Professional Gymnastics attire.
- **Regional apparel:** Contact your Regional Administrative or Development Chair for individual Regional Apparel pick-up.

5. PACKET PICK-UP

Coaches' must pick up competition packets for their athletes before the start of competition. Packets will be available for pick-up at the competition venue starting Thursday, May 4, 2023, from 8:00 am-5:00 pm and will be available for pick-up throughout the weekend from 8:00 am until 1 hour prior to the start of the last session on Sunday.

6. ORIENTATION / TECHNICAL MEETING

An Orientation/Technical Meeting for coaches will be held prior to each training session and each competitive session throughout the weekend. All coaches are requested to attend, a minimum of one coach from each club is REQUIRED to attend the meeting when athletes are competing in that session.

7. SCRATCHES OR CHANGES

- For scratches or changes in athlete or coach information while at the event, please contact Christy Naik at cnaik@usagym.org.
- If a qualifier is injured prior to East/West Championships, the alternate gymnast from her region and age division will replace her. **Replacement will be allowed up to the start of the competition on the first event for each flight;** however, the alternate MUST take the position in the squad of the injured athlete.
- If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she is not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement. Once at the venue, coaches of first and second alternates MUST give their contact information to the USA Gymnastics representative onsite in case they are called to compete. First alternates are allowed to report to Open Stretch on competition day.
- Any gymnast who is qualified to enter East/West Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Development Program Director (Christy Naik) and their Regional Administrative or Development Committee Chairman. The Women's Development Program Director will then notify the alternate and the East/West Championships Meet Director.

DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!!

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8. TRAINING DAY

THURSDAY, MAY 4, 2023	
8:00 – 10:30 AM	Open workout – Region 1
10:50 AM – 1:20 PM	Open workout – Region 3
1:40 PM – 4:10 PM	Open workout – Region 2
4:30 PM – 7:00 PM	Open workout – Region 4

- Structured workouts are assigned by region, with consideration for geographic location and time change. Athletes may ONLY train in the DESIGNATED gym at the DESIGNATED time. Medical personnel are present for ALL training and competition. All Coaches are expected to be in PROPER Professional Gymnastics attire.

9. COMPETITION DAY

- Competition will be conducted in Modified Non-Traditional Capitol Cup Format.
 - The four squads in each flight are assigned to warm-up and compete in a specific gym. The first flight warms up their first event, then competes (no TOUCH WARM-UP required), While the 1st flight is competing, the other four squads (Flight 2) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have competed in all four events.
 - Once all four squads in Flight 1 have finished competing their first event, the judges move to the other gym to judge Flight 2. The judges continue to alternate between gyms until both flights have competed in all four events.
- Only athletes (including alternates) assigned to the session, their coaches, and meet officials are allowed in the Field of Play during the competition.

10. EQUIPMENT

2023 Level 9 Western Championships will be utilizing AAI equipment.

- Vault: TAC/10 Vault table
- Bars: Elite Uneven Bars with Graphite E Rails
- Beam: Elite RA Balance Beam
- Floor: American Elite Floor Exercise System

11. FLOOR EXERCISE MUSIC

Coaches are responsible for bringing their gymnast's music and, per USA Gymnastics *Women's Program Rules and Policies*, must provide Floor exercise music in digital format (MP3, computer, tablet, smart phone, etc.). CD playback equipment is no longer provided by the Meet Director. These electronic devices must have a display screen and must be on airplane mode, when applicable.

12. VAULT NUMBERS CHART

A vault chart will be posted at the vaulting event in each gym. Vault numbers must be displayed prior to each vault. It is the coach's or athlete's responsibility to flash the correct number for the vault the gymnast intends to perform.

13. AWARDS

A copy of the results will be available to all coaches online after the competition.

- The awards ceremony will take place in a separate area adjacent to the competitive arena.
- For each age division, the top eight (8) in the All-Around and Individual Events will be receive awards.
 - Ties are not broken; duplicate awards are presented.

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Team Awards:

- All members of the top two (2) winning teams in each age division will receive a certificate. Team scores are determined by adding the top four (4) scores on each event. In the event there is a tie in the team competition, the team with the highest individual event team score will receive the certificates at the awards ceremony. Awards will be mailed to the members of the other team.
- An overall Regional Team Champion will be announced based upon the rankings of the Regional Teams in each age division.

14. SUBMISSION OF NEW ELEMENTS

For all athletes, the USA Gymnastics New Element Evaluation (any new element or vault not listed in the Women's Development Program Code of Points) form must be submitted to the Meet Referee, prior to the session in which the athlete competes. **All forms must be signed by your RTC and include the gymnast competitor number and age division.**

NO OTHER FORM OF VERIFICATION WILL BE ACCEPTABLE.

15. INQUIRY FORMS

Inquiry forms are available at the head table. Please complete the form and return it to the Meet Referee for evaluation.

16. WOMEN'S JUDGES

Meet Referee: Jeanine Henneford

VAULT	BARS	BEAM	FLOOR
Suzanne Hecht (4)	Lynn Day (3)	Patty Ames (2)	Celeste Hamil (1)
Pat Bryant (1)	Robin Ruegg (4)	Liz Flores (3)	Erin Jacobsen (2)
Kaleinani Rupp (2)	Melissa Marcucci (1)	Sarah Nelson (4)	Melissa Buehrer (3)
Suzy Azzaro (3)	Lisa Strandtman (2)	Denise Jensen (1)	Connie Dickson (4)