



Rules and Policies

2025-26

Approved by Region 1
September 5, 2024

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Introduction

The purpose of this document shall be to define rules and policies that are specific to the Region 1 Acrobatic Gymnastics program. Text in red are changes from the previous revision.

Supporting Documents

This document works in conjunction with the following:

- Western Region Sports Acrobatics Association Inc. Bylaws
- USA Gymnastics [Acrobatic Gymnastics Rules & Policies](#)
- USA Gymnastics [Operating Code for the Acrobatic Gymnastics Program](#)

Section 1: Officers

The following table details the current officers and Committee Chairs for the Western Region Sports Acrobatics Association, Inc. and Region 1 Program Committee.

Title	Name	Email	Phone
Regional Administrative Committee Chair (RACC)	Leslie Douglas	Scvhapres9@aol.com	209-627-6101
Regional Junior Olympic Committee Chair (RJOC)	Patricia Nobre	patricianobre.pt@gmail.com	
Regional Technical Committee Chair (RTCC)	Kathie Kanavel	kathiekanavel@gmail.com	
Regional Judges Coordinator (RJC)	Lori Staff	climbthetreetosee@gmail.com	
Regional Athlete Representative (RAR)	Carson Breen	carsonbreen@gmail.com	
Treasurer	Margaret daSilva	MickeySew@aol.com	
Secretary	Sabina Knight	sabinaknight@ymail.com	

Section 2: Competition Selection, Fees and Meet Director Requirements

A. Selection of Meet Dates and Hosts

Meet Types/Locations

Established yearly Local Meets, International or Artistic/TT-combined

Venue: Convention or event center

- Contracts are set with the facility and confirmed before the fall meeting.
- Host may reserve a date in advance by email request to the administrative chair and with receipt of \$250 non-refundable reservation fee, formal proof of contract, and Region 1 Acrobatic Gymnastics Meet Contract Form (found in Appendix). The reservation fee will go toward the athlete surcharge. Approval of dates will be on a first come, first served based on receipt of all items above. A representative of the host club must attend the fall meeting. Check to be submitted by overnight mail.
- On approval, the administrative chair will announce the dates to the region and update the Region 1 website.

Established yearly Local Meets

Venue: Gyms, Public School Gymnasiums

- Contracts are set with the facility and confirmed before the fall meeting.
- Host may reserve a date in advance by email request to the administrative chair and with receipt of \$250 non-refundable reservation fee, formal proof of contract, and Region 1 Acrobatic Gymnastics Meet Contract Form (found in Appendix). The reservation fee will go toward the athlete surcharge. Approval of dates will be on a first come, first served based on receipt of all items above. A representative of the host club must attend the fall meeting. Check to be submitted by overnight mail.
- On approval, the administrative chair will announce the dates to the region and update the Region 1 website.

New Local Meets

Venue: Gyms or Public School Gymnasiums

- Host will submit a \$100 non-refundable reservation fee with proof of contract at the fall meeting. Clubs wishing to host new local meets will participate in a random drawing for dates at the fall meeting. A representative of the host club must attend the fall meeting.

Established Yearly Local Meets without contract at fall meeting.

Venue: Public School Gymnasiums

- Once the contract is set, clubs will send in the requested meet dates and a \$100 non-refundable reservation fee with proof of contract. Approval of dates

will be on a first come, first served based on receipt of all items above. A representative of the host club must attend the fall meeting. Check to be submitted by overnight mail.

State/Regional Championships

- Location and recommended dates will be set at the fall meeting based on competing bids.
Note: Typically, high schools will not set a facilities use contract prior to December.
- Dates for State and Regional meets are selected based on the USA Gymnastics Acrobatic Gymnastics requirements and the announced date for GymChamps. The host teams for State/Regional Championships are determined by a bidding process if there are two or more teams requesting to host the meet. The winning bid amount is donated to the Western Sports Acrobatics Travel Fund and beyond the established meet surcharges. The starting bid for the State/Regional Championships is \$300. Those with contracts will receive priority.

If a meet is canceled, the date will become available to another club to host on that date if they have attended the fall meeting. Clubs cannot change the date of an existing meet once the date is set. **In general, only one meet will be set per weekend.**

B. Meet Fees Structure

Meet entry fee structure for Region 1 meets will be determined at the annual fall regional meeting. The current fees below include the USA Gymnastics Acrobatic Gymnastics and WSA surcharge fees.

Meet Type	1 st Entry Acro	Blocks	Additional Entry Acro	Meet Surcharge per athlete to WSA/ Region 1	Meet Surcharge Only Blocks	Meet Surcharge per athlete to USA Gymnastics
Local Meet	\$85	\$35	\$20	\$10	\$0	\$6
State Meet	\$110	\$35	\$30	\$15	\$0	\$8
Regional Meet	\$120	\$35	\$30	\$20	\$0	\$10

NOTE: Athletes are counted only one time even if they are competing in more than one event.

C. Meet Director Obligations

1. Once the WSA/Region 1 Committee has approved a meet, the host meet director must submit a sanction request form to USA Gymnastics' Member Services a minimum of 30 days before the meet date. Events will not be sanctioned without approval by a majority of the committee members.
2. The meet director must coordinate with the Regional Judging Coordinator directly to arrange for judges and send a meet information packet (indicating dates, times, location, entry deadline, specifications and directions) to him/her.
3. The meet director must distribute an event announcement/registration packet to each invited team 2 months in advance for local meets, 3 months for state meets and 4 months out for regionals. The entry deadline shall be 6 weeks prior to the competition date. The announcement flyer should indicate the event date, time, location, entry deadline, specifications and directions.
4. After the receipt of registration fees, no refunds will be given within 14 days prior to the meet *for any reason*, including medical, with the exception of meets requiring prior qualification.
5. Once the registration is closed, a spreadsheet of all pair groups shall be sent to the Region 1 technical chair to include names, ID numbers, club, event, level, and age. (This is usually a download from the scoring system).
6. As soon as a draft schedule is created, the meet director shall send it to the judges coordinator and technical chair for approval with regard to adequate break/meal times for judges.
7. An overall schedule of the meet detailing which levels/events compete on which day shall be sent out to clubs and judges 4 weeks prior.
8. A detailed rotation schedule shall be sent out to clubs and judges 5 days prior to the meet.
9. Meet Director shall send a final listing of pair/groups by club that are registered to the judge's coordinator 14 days out. This will be sent to the assigned judges to ensure the proper tariff sheets are being reviewed.
10. The meet director is responsible for ensuring that all participating athletes, judges and officials are registered members of USA Gymnastics-Acrobatic Gymnastics. The RACC shall ensure the meet director is a member of USA

Gymnastics-Acrobatic Gymnastics and has passed the required meet director's test. It is the responsibility of the meet director that the specifications for the ceiling height, floor clearance, etc. be met.

11. The WSA surcharge shall be received in hand by the treasurer 7 days before the competition. The meet director shall then send a meet summary report, meet results (manual score sheets or electronic data) to the RACC within 10 days of the meet conclusion. The WSA surcharge is included in the meet entry fees indicated above and applies only once per athlete, even if entered in multiple events. The meet director is ultimately responsible for delivery of the results and payment, regardless of the internal organization used to host the meet.

Section 3: Other Special Requirements

- A. The meet director will make an effort to accommodate special circumstances of the athletes, and such accommodation should not affect the meet schedule and awards. It is recommended that when accommodations are made, athletes be given like-medals but will not be given an official place or presented awards on the stand with other athletes. **Note to Coaches:** Special requests shall not be made for reasons of convenience. Clubs must make sure that their athletes and parents are well aware of the meet dates. A request for religious beliefs, proms and graduations must be made at time of registration.
- B. Athletes outside Region 1 may participate for medals at locals, State and Regionals Championships. Any athletes who are fairly registered and have paid required fees will be allowed to compete equally alongside athletes from Region 1 for medals, although they may not take away medals from Region 1 athletes. Duplicate awards will be given then. If outside athletes pay Region 1 dues they may participate freely within Region 1. Competition at regional meets are not intended to be used for qualifying purposes unless there is no qualifying event within their own region. If they do not qualify within their region at a State or Regional Championships they may compete for qualification scores only, not for medals. If they have qualified within their own region and wish to compete at region 1 events for the competition experience, they would not be allowed to take medals from region 1 athletes.
- C. 6 days prior to a given meet is the last day that any changes in registration will be accepted by the meet director. Any changes submitted less than 6 days prior will be subject to the discretion of the meet director and if agreed, there will be a \$25 change fee and updated changes will appear in the rotations distributed at the competition.
- D. State and Regional Competitions must have facilities that are air conditioned. Ventilation only is not acceptable. Swamp coolers are not acceptable.

- E. All coaches shall maintain a team dress code at all competitions. All coaches shall wear professional looking team attire while coaching on the floor. (No jeans, cutoffs, hard sole shoes, no high heels, etc.)
- F. If a club registers late, there will be a late fee of \$50.00 per club and a \$10.00 per pair/group fee. If they have already registered and want to add an additional pair/group (late), then the \$10.00 pair/group fee applies.
- G. The meet director will make provisions to accept competition music in the designated online scoring system, an MP3 or WMA format for all Region 1 competitions. This is in addition to the requirements outlined in the Acrobatic Gymnastics Program Rules and Policies, Section X, subsection 5 titled "Music".
- H. Bad Checks: Clubs that issue checks to judges or WSA that are not honored for any reason will be subject to a \$50 fee to the recipient in addition to the bank fees incurred. Future checks from the club may be required to submit cashier's checks as determined by the treasurer.
- I. Age Groups: will be in accordance with the USA Gymnastics R&P rules.

Section 4: Petitioning Process

All petitions received by the Regional Administrative Committee Chair for local through Regional Competitions must be received before the competition begins.

Petitions must be filled out in accordance with the requirements of the USAG specifications.

Section 5: Judging Panel Selection and Compensation

Region 1 judges panel composition and compensation will follow USAG Acrobatic Gymnastics Rules & Policies and in addition, the clarifications below.

Panel Selection

The following will be considered when assigning judges to a panel in order of importance

1. Availability of the judge for the competition date
2. Experience of the judge, including but not limited to achieved rank
3. Past performance of the judge
4. Judge affiliation to clubs
5. Balance of the panel with range in experience and ranking
6. Position(s) needed to hold or upgrade ranking
7. Development of the judge

8. Location of the meet in combination with the home location of the judge

Ideal Panel Composition

In order to provide as fair and unbiased competition as possible, Region 1 will strive to provide the following local meet panel:

Meet Referee:	Category 2 ranked judge or higher
CJP:	Category 3 ranked judge or higher
DJ:	Category 3 ranked judge or higher
Artistry:	Introductory ranked judge or higher
Execution:	Introductory ranked judge or higher

In order to provide as fair and unbiased competition as possible, Region 1 will strive to provide the following State/Regional meet panel:

Meet Referee:	Category 1 ranked judge or higher
CJP:	Category 2 ranked judge or higher
DJ:	Category 2 ranked judge or higher
Artistry:	Category 3/4 ranked judge or higher (one of each)
Execution:	Category 3/4 ranked judge or higher (one of each)

*Experience & panel balance will be in high consideration when these panel configurations cannot be achieved.

The Regional Judges Coordinator with input from the Regional Tech Chair will set panels that meet the composition guidelines above.

Timeline for setting judging panels

Panels for the local meets will be set at the beginning of the session or at least 3 weeks prior to each meet and panels for the state and regional meets will be set at least 4 weeks prior to the meet in order to accommodate any travel arrangements.

Judges Compensation

Region 1 will budget **\$7500** per season in Judges Travel and Accommodation Reimbursement to meet hosts. This money can be used to pay for judge accommodations as follows.

- Judges traveling with his/her team: All Expenses covered by Judge
- Judges traveling greater than 300 miles round trip with no relatives or club athletes competing at meet but currently competing in the season: Max \$350 reimbursement per meet.
- Judges traveling greater than 100 miles round trip with no relatives competing in acrobatic gymnastics: Max \$350 per meet reimbursement.

Club hosts are responsible for purchasing airline tickets and making accommodation arrangements. Clubs will turn in receipts to Region 1 Treasurer for reimbursement.

- For local, State and Regional meets, the host club will arrange and provide for airline tickets, hotel accommodations and transportation. Consideration should be given regarding convenience of travel for the judge, so as to limit excessive early or late travel times whenever possible.
- Host clubs/regions may consider the more cost effective means of travel between airfare and mileage reimbursement.
- If the means of travel is driving, a judge can submit reimbursement for mileage at the IRS Standard Mileage Rate.

Region 1 will compensate the Regional Technical Chair for travel and registration fees for the National Judges Course.

Section 6: International Travel Support

Clubs must have attended the fall meeting by a coach or professional member of the club for international travel funds to be given to traveling athletes in their own club in that season. Funding levels are: Age Group @ \$625.00 and Seniors ~~@at~~ (change all of them to either @ or "at" below as well for consistency.) \$775 for world level events. (Senior Elite athletes having competed at Worlds, will have their meet registration fee waived for regional championships). If international track athletes ~~Keep international athletes receive \$200. On the version Sabina sent "international track athletes" was substituted to IDT athletes, but those are accounted for in the next sentence are~~ approved by USAG to attend an international club meet, each athlete will be funded at \$200 each. Athletes on the USA National Team or International Development Team (IDT) will be funded at \$300 each. One International Travel Region 1 Support Form per pair/group; per competition must be completed. After the form is submitted, a copy will be sent to the email submitted below. Please forward this email to scvhapres9@aol.com and mickeysew@aol.com for check request. In order to be eligible for reimbursement, athletes must attend and compete at the meet unless an injury occurs at the competition.

Competing World team members (12-18 to Senior) are expected to compete at State and Regional Championships unless World events are within 3 weeks before or after said championships.

Section 7: Awards

Club Team Awards

Team Awards must be given at State Championships and Regional Championships. Club level team awards are determined from among all eligible clubs participating at State or Regionals. There is no extra entry fee required to be eligible for team awards.

Team awards are required for levels 4, 5, 6, 7, 8, 9, 10, 11-16, 12-18, 13- 19, and Senior Elite. Awards will be given to the first place for each level. Team awards will be calculated in the order below.

1. Top scores in up to 3 competing disciplines (WP, MP, MxP, WG/MxT, MG/MxG) are added together to determine places in their respective level (highest total score is 1st place).
2. If no club in a respective level has multiple disciplines then the award is calculated using the top 2 (all-around) scores (including the highest scoring pair/group) added together to determine places. (Highest total score is 1st place).
3. If no club in a respective level has 2 disciplines then the award would be given to the club with the highest (all-around) scoring pair/group.

Ties will be broken by giving the award to the club with the top contributing score. All-around for Levels 8 and up and single routine scores for levels 4-7.

State Championships Awards

The meet host shall purchase the awards. The awards will be **banners**. Size and artwork must be approved by the Region 1 Committee.

Regional Championships Awards

The meet host shall purchase the awards. The awards will be **trophies**. Size and artwork must be approved by the Region 1 Committee.

The following awards are purchased by the Western Region Sports Acrobatics Association:

JO Pair/Group Awards

These awards are categorized in three level groupings: Level 4-7, Level 8 through 11-16. Each club may submit 2 votes and a maximum of 1 vote for their own club's pair/group if entered in the competition. To make this award significant to the athletes, please involve them in the selection process. It is recommended that a meeting is set up with your team to get their input as to which pair/group you would like to honor from another club. Regarding a selection of your own teams pair/group, you might want to have your athletes vote using a secret ballot. Please be ready to submit your votes when you arrive at regionals.

Rookie and JO Coach Awards

The individual Rookie Coach and Junior Olympic Coach of the Year are selected based on nominations and voting conducted by online ballot prior to Regional Championships

from each club that is eligible for the Rookie Coach or Junior Olympic Coach of the Year.

Elite Coach Awards

See Page 11 and 13.

Highest Score of the Meet Awards

These awards are determined by score alone for the highest scoring routine in each level. These will be given for the following levels: 4, 5, 6, 7, 8, 9, 10, 11-16, 12-18, 13-19 and Senior Elite.

Lifetime Achievement Awards

This award recognizes those that have dedicated themselves to the sport of acrobatic gymnastics. Through their time, resources, talents and love of the sport they have devoted themselves as athletes, coaches, judges and officials. Pins will be given for 3 years, 5 years, 10 years, 15 years, 20 years, and every five years after. Years counted are those as an athlete, coach, judge and official while being an acrobatic gymnastics member in USA Gymnastics and previous acrobatics federations.

Regional Championships Pair/Group Awards				
Award	Award Description	Nomination Criteria (Eligibility)	Selection (Eligible Voters)	Selection Procedures
<i>Region 1 USA Gymnastics Acrobatic Gymnastics Pair/Group of the Year Junior Olympic Levels 5-7</i>	Awarded for great achievements in athletic endeavors	All Level 4-7 athletes competing at Regionals.	2 votes per club. Max 1 pair/group from your own club.	Voting conducted by online ballot prior to Regional Championships. Ties will be broken by highest score at regionals.
<i>Region 1 USA Gymnastics Acrobatic Gymnastics Pair/Group of the Year Junior Olympic Levels 8 through 11/16</i>	Awarded for great achievements in athletic endeavors	All Level 8 through 11/16, athletes competing at Regionals.	2 votes per club. Max 1 pair/group from your own club.	Voting conducted by online ballot prior to Regional Championships. Ties will be broken by highest score at regionals.
<i>Region 1 USA Gymnastics Acrobatic Gymnastics Elite Pair/Group of the Year 12-18, 13-19, Elite</i>	Awarded for great achievements in athletic endeavors	Awarded based on competition results over the year.		Determined by point system for competitions during the period between last year's regionals and current.

International Pair/Group Season Point Chart

Competition/Final Placement	1 st Place	2 nd Place	3 rd Place	4 th Place	5 th Place	6 th Place
World Games	50	45	40	30	20	10
World Championships	45	40	35	25	15	5
World Cup	35	30	25	15	10	3
World Age Group Championships	30	25	20	10	5	1
USA Gymnastics National Championships	25	20	15	5	3	0
USA Gymnastics National Team International Competitions	20	15	10	3	1	0
International Club Team (ICT) Competitions	17	12	7	0	0	0
Regional Championships	15	10	5	0	0	0
State Championships	10	5	3	0	0	0
Local Competitions	5	3	1	0	0	0

International Pair/Group Awards

- Levels: Awards will be given to levels 12-18, 13-19 and Senior Elite
- Criteria: One overall Pair/group winner will be determined from among all eligible pair/groups participating at Regional or State Championships
- Time Period: Events between the previous years Regional Championships through and including the Current Regional Championships will be used to determine total score
- Winner: Awards will be given to the pair/group with the highest score taking the total of the top 4 events (each groups' 4 highest point values earned during the season.

Regional Championships Coach Awards				
<i>Region 1 USAG Acrobatic Gymnastics Elite Coach of the Year</i>	Awarded for great achievements in Elite coaching endeavors	Awarded based on competition results over the year.		Determined by point system for various competitions during the last season. See chart below.
<i>Region 1 USAG Acrobatic Gymnastics Junior Olympic Coach of the Year</i>	Awarded for great achievements in Junior Olympic coaching endeavors	All coaches with an athlete qualified to the J.O. (Levels 4-10, 11-16) at Regional Championships. Based on his or her performance throughout the season.	Clubs to submit nominations prior to regionals of the coaches from their club who are eligible.	Nominations and voting conducted by online ballot prior to Regional Championships. Each club will be able to vote for 1 candidate
<i>Region 1 USAG Acrobatic Gymnastics Rookie Coach of the Year</i>	Awarded for great achievements as a rookie coach.	All coaches with athletes who have qualified to Regional Championships for no more than 2 years. Based on his or her performance throughout the season.	Clubs to submit nominations prior to regionals of the coaches from their club who are eligible.	Nominations and voting conducted by online ballot prior to Regional Championships. Each club will be able to vote for 1 candidate

Elite Coach of the Year will be awarded as follows:

Coach with the Pair/Group who won the most points in the Season from 12-18, 13-19 and Senior Elite categories will win the award.

Regional Championships Highest Score of the Meet				
Award	Award Description	Nomination Criteria (Eligibility)	Selection (Eligible Voters)	Selection Procedures
<i>Region 1 USAG Acrobatic Gymnastics Highest Score at Regional Championships</i> Levels 4-10 11-16 12-18 13-19 Senior Elite	Level 4 through Elite pair/group with the highest score at regionals.			Reported by meet director

11 Separate Trophies

SAMPLE of Club Team Awards for State and Regionals

USA Gymnastics Acrobatic Gymnastics
 Region 1 Championships or California State Championships
 Team Award - LEVEL 4, 5, 6, 7, 8, 9, 10, 11-16, 12-18, 13-19, Senior Elite

Section 7: Scholarships

Annually, four scholarships in the amount of \$500.00/person are available for the purpose of paying for college or technical school. Scholarships will be awarded to high school seniors that graduate in the current year and also to coaches who qualify by attending an academic institution. Scholarships are prioritized to Region 1 Acrobatic Gymnastics athletes who competed in the current season and then if funds are still available, to Region 1 coaches coaching in the current season. Award winners will be notified by mid-May and invited to a presentation that will be part of the Region 1 Championships. The deadline for applying will be announced via the Region 1 website each year and the [application is linked here](#).

Requirements for application

Applications must be in the students' legible handwriting or typed in the student's own words and must include:

- Certification Page
- General Question and Answer Page
- 2 Letters of Recommendation
- 500 Word Essay
- Transcripts of the last quarter in the current school year confirming a 3.5 minimum GPA

All decisions will be made on the application alone; therefore, applicants are urged to take care in presenting their facts. Letters of recommendation, GPA certification and any supporting documents should accompany the application. All statements must be accurate and true.

Scholarship checks will not be issued until proof of enrollment/registration has been received by the Region 1 Treasurer. The proof of enrollment document must include the following information:

- Your name
- The name of the college/university where you are enrolled
- The titles of enrolled courses
- The semester you will attend (i.e. "Fall 2025") and titles of enrolled courses
- Total number of credit hours enrolled
- Your student college/university ID number (This may be handwritten, other information may not be) The documents should either be obtained from the school registrar or from your college on-line account and do not need to be official, but must be obtained directly from the school's website.
- The information needs to be contained in one document, not a combination of several documents.
- A school website at the bottom or top of the page is acceptable for the college name.

Appendix A

Region 1 Acrobatic Gymnastics Meet Contract Form

Event Director: _____

Date of _____

Professional Member # _____

Event: _____

Meet Director test _____

Name of _____

Club # and Name _____

Event: _____

Club Address _____

Site _____

City _____ State _____ Zip _____

Address: _____

State and Regional meet facilities must have air conditioning. Ventilation only is not acceptable. Swamp Coolers are not acceptable.

Meet Director phone # _____

Meet Director Cell # _____

Note: This form does not replace the USAG Sanction request form.

I am a professional member in good standing with USA Gymnastics. I agree that the above event will be conducted according to the USA Gymnastic Specifications and the Region 1 Acrobatic Gymnastics Rules and Policies. I thoroughly understand these policies and assume responsibilities for this event and agree to be held accountable for any irregularities that might occur. I accept the following financial responsibilities:

- Delivery of the meet surcharge payment to be received in hand by the treasurer 7 days prior to the meet date, regardless of the internal organization used to host the meet.
- Submission of the required non-refundable reservation fee by overnight mail to reserve the date(s). If the meet is not held the club forfeits the reservation fee. If the meet is held, the reservation fee goes towards the athlete entry fee.

Signature of Event Director: _____

WSA/Region 1 Meet Surcharge: Locals \$10 per athlete, State \$15, Regionals \$20

USAG Meet Surcharge: Locals \$6 per athlete, State \$8, Regionals \$10 Xcel blocks \$5

Please email form to the Regional Administrative Chair @ scvhapres@aol.com.