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Subject: 14 February Illinois USA Gymnastics Electronic Newsletter

Date: Thu, Feb 13, 2014 9:57 pm

The Illinois Committee hopes that all is well in your programs and there is excitement going into our State Series this time of year...we hope your athletes perform well and have a great experience in this great sport

• **Illinois RULES and POLICIES** On the ilusag.com website is a link to the Illinois Rules and Policies....If you have not read lately please re-look at it as we make changes frequently... This is your way of keeping up with Rules that we may add to what is on the National Rules and policies

The Illinois State Series Competition Summary Report (summation of key dates and information) is part of the Rules and Policies

• **Out of state Scores** Please review on the Illinois R&P the procedures and deadlines for using out of state scores for qualifying to State meet and or mobility scores.....the State Committee and Meet Director do not know if you qualified to state unless YOU tell us and prove it..

Simply submit a link to the Meets Webpage where the scores are posted to the proper Committee Chairmen
We will strictly adhere to the deadlines

State Series

• **State meet info and Entry Form** The State Series Link on the Illinois website has all the meet information and Meet ENTRY Forms need for the state series this year.. Please follow the directions carefully so that your athletes get registered correctly into STATE SERIES MEETS

State Meet entry forms are again online this year in excel format. Please feel out completely as we need all information. This includes music choice for Compulsory levels,

Leo sizes for level 8-9-10 (Gymkin) and T-Shirt sizes for Coaches

. Please do not guess or leave them empty. These need to be order as soon as the entries are received. It is not possible to change the size after the fact sorry.

• **Photo ID REQUIRED.** Please be prepared to present to the Coaches Check-in..

• your USA Gymnastics Pro number card and

• A PHOTO ID. This was discussed and passed by the Illinois USA Gymnastics Administrative Committee last year after the state

series... Please understand ...while you might be known by ALL the Coaches, Judges, and Administrators you are not known by the parents that are given the job of Checking that ONLY Current Professional members are given access to the Competitive Floor and Hospitality areas.. Needless to say there were problems last few years and we had to do something

• **DRESS CODE** .. I have to put this in every year but please follow the USA Gymnastics and Illinois Dress codes...We really don't want to be the "Attire police" so please read these and follow Page 7 USA Gymnastics R&P V d. 2 Dress in attire reflecting the best image of gymnastics.

At State meets and above, the coaches' dress code is as follows:

- Athletic shoes with rubberized soles. Athletic warm-up pants or "Docker-syle" pants (No jeans).
- Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts.
- Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts).
- No hats or visors.

• **Individual Event Specialist (IES)** please review the Illinois Committee minutes regarding the change for this year Event Specialist requirements, deadlines, what scores can be used,..... remember you can use an event component of an All Around score the Athletes declares her intend to compete either as a IES or All-Around on the State Series Entry Form.

• **Attention All Meet Directors:**

Please take the time to look over the new procedures that went into place this year. Many were not followed. If you have any questions you can email Cyndi at gymmom4@aol.com or leave a message on her cell phone 630.664.5530. Please do not call Cyndi's home phone she doesn't always get the messages. If you have a meet coming up please take the time to read and follow them.

• **Senior Honor Scroll on line.** Please remind your seniors to go onto the website and fill out there senior forms and emails us a picture for the website . It doesn't have to be a professional picture any will do.

• **Illinois Awards Banquet Honors Senior Athletes, Illinois Elites, National Qualifiers, Regional Champions, State AA Champions and Lifetime Achievement Award**

May 18, 2014

1 PM to 5 PM

Esplanade Lakes by DoubleTree

3500 Lacey Rd.

Downers Grove IL 60515

• **Coaches and Club Owners** There are a couple of changes in the banquet this year. All state and regional winners are invited to the banquet and the state will pay for the state or regional AA winners. There will be a charge, as before, for guests. The rest will stay the same, National Qualifiers, Seniors have always been free (guests pay) and one coach from that gym will be invited free of charge. (Not one per gymnast)

• **USA Gymnastics numbers and Background, Safety** Just a reminder check our your membership for expirations on these....if you membership expires on a Friday of a 3 day meet you are inactive Promember for the rest of that weekend and will not be able to be on the Floor for Competitions

• **U100** Just a reminder to visit the USAGym.org site and look at your profile under "my membership" (you have to log on first) look at "My membership" frequently as it has the most recent information that USA Gymnastics as on you..included on that

is a link to the U100 certification... you need that in order to participate in any USA Gymnastics sanctioned Competition ...
START NOW

• **Electronic Music** reprint from July Electronic Email **No more CD:** Reminder to both Meet Directors and Coaches, CD will not longer required for music....Music will be played from a MP3, I-Pad, Phone (in airplane mode) i-pod...

• **Pre Placement:** Reminder to all...please fill out the pre-placement form if you have been coaching and wish to have credit for that on your USA Gymnastics Resume....

• **State Congress June 21-22, 2014**

Illinois will be hosting a State Congress Tammy Biggs will be on of our quest lectures and will include many of our Great Illinois coaches and Judges

• **Xcel State presently for Silvers and above.....**please review the qualifying score on the Illinois state Series Summer Form for that information....Qualifying scores and procedures are discussed and decided during our Summer meetings....since that the National Program was published and changed Bronze from "In Gym" to equal that of Silver and Above...**The Illinois State Committee is at present will be voting on whether to include Bronze into State...please keep eye on website if there will be a change.**

• **Illinois USA Gymnastics - Illinois NAWGJ Board join meeting.....**the Committee and the Board will be getting together in the near future (as soon as we can get a clear date) . Many topics that are shared between the 2 governing bodies will be discussed.

• **Mobility Questions**

State and Regional Chairs, We have had a couple of questions concerning mobility for this season. Please refer to the chart published in the *Nov/Dec 2012 Technique* magazine for mobility information

(http://usagym.org/pages/home/publications/articles_technique.html). During this year of transition, this chart will be the official word for the 2013-2014 mobility.

Thank you, <http://issuu.com/usagymnastics/docs/techniquenovdec2012?e=1843697/3082661> page 7of 48



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• **National Rules and Policies.** The new National R&P will no longer use Bold print for changes as in the R&P from years past.....Changes NOW will be signified by a change in the Font...by the way you can order a National R&P in hard copy but I also would suggest that you download from the National website under Women's program/rules...Changes (and there are a few from the printed version will be reflected in the Online version... I would suggest keeping your eye on it although if I hear of any we will post when there are changes on the llusag.com site

• **XCEL CHANGES:** Two changes have gone up on the USA Gymnastics web site for Xcel.

On Vault, there will no longer be any deduction in the Bronze Vault 2 (run, handstand flat back on mat stack) for one or both hands being past the line on the mat. There does not have to be a line on the mat.

On Bars, page 4, G, 2, b - there was an incorrect row in that table that has now been deleted. The INCORRECT row was "46 degrees or more from vertical, 0.15-0.20, award VP". Please cross this off on your old lists.

The Xcel Code is really getting close to being real! I know we all would have liked it in July, but it is worth the wait to have it as correct and complete as humanly possible.

The Xcel Code will not only include all the rules, but also pictures of all the skills allowed in the Xcel program. I will let you know as soon as it is available.

Thank you,
Nancy Gibson
R5 Xcel Chair

• **National R&P (pink book) Updates** have been made to the R&P online. It was a few emails and addresses and also some changes in Chapter 5 where things didn't get changed to "6-10" also the wording about the matting around the FX area on page 70 was updated.

Thanks



RACHEL BRAZO

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Norbert Bendixen

Illinois USA Gymnastics Women's Administrative Committee Chairman
As always have a "Happy Handstand"