



State Championship Reminders

State Meet Reminders:

Dear Coaches,

As we prepare for the upcoming **USA Gymnastics State Championships**, please review the following **important reminders**. These policies will be strictly enforced at State Meet and above in accordance with the **USA Gymnastics Rules & Policies**.

USA Gymnastics Membership & Code of Conduct

- At sign-in for all USA Gymnastics–sanctioned events, all members must be prepared to produce a **current USA Gymnastics membership card** (physical or electronic) showing valid dates and requirements.
- Membership cards **must include the QR code**.
- If you are **not pre-registered**, you must be **scanned in prior to signing in** on the onsite registration form.
- Members must also be prepared to show proof of valid membership **in the field of play** if requested.
- All members must follow the **USA Gymnastics Code of Ethical Conduct**.
- **Reminder: You must be in good standing with USA Gymnastics to coach at the event.**
- Please ensure **all attending coaches are properly registered** in the USA Gymnastics system. Any changes must be communicated to the **host club immediately** so the sanction can be updated.

Coach Attire (Rules & Policies, pg. 12 – State Meet and Above)

- Athletic shoes with rubberized soles
- Athletic warm-up pants or “Docker-style” pants (no jeans)
- Athletic or tailored shorts of reasonable length (no holes, tears, or short shorts)
- Collared shirts, business-casual shirts, or T-shirts with or without gym logo
 - No spaghetti straps, low-cut tops, or midriff-revealing shirts

INAPPROPRIATE ATTIRE

- NO clothing with holes or tears
- NO jeans
- NO short shorts
- NO spaghetti strap shirts
- NO low-cut shirts

- NO open back shirts
- NO midriff/undergarment revealing shirt
- **NO Hats or Visors**
- Please make sure you are entering only coaches that will be attending each State Meet. Our state meet hosts are trying to plan appropriately for food and equipment layout and the coaches entered on most of the State meets as of today need to be tightened up!
- graduating seniors, there are quite a few that will be 18 before the State Meet series begin that are not Safe Sport certified. We might want to send a reminder to the Clubs/Coaches.
- No Extra Athletes on the Field of Play (Rules & Policies, pg. 52)
- **Only competing gymnasts and their coach(es) are allowed on the competition floor, and only during their assigned session.**
- **All athletes must remain on the field of play until the final competitor finishes competition for that session. (Flight A Stay for Flight B)**
- Additional individuals allowed on the floor are limited to those directly involved in running the event (e.g., trainers, scorers, runners).
- Coaches must make childcare arrangements for their own children unless the child is old enough to serve as a volunteer.
- **Exception: At Level 9 Easterns/Westerns and Level 10 Nationals, alternates may be on the field of play for formal march-in only.**

Open Stretch Reminder (Rules & Policies, pg. 50)

- Floor Exercise mats and other open matted areas may be used for locomotor warm-ups (e.g., running) and confined-space skill warm-ups.
- Line drills with simple elements are allowed.
- **Tumbling on the diagonal is NOT allowed.**

Vault Warm-Up & Vault Numbers

- Vault warm-up time is determined by the **largest squad size** in the session.
- **Blocking time is not allowed.**

Warm-up timing begins when:

- The gymnast stands on the table to perform a skill/jump, **or**
- The gymnast runs toward the table and touches the springboard.

Warm-up drills such as handstand hops or run-bys **without touching the board** do not count toward warm-up time but must not delay the competition. Excessive delays may result in a deduction.

- For **Levels 6–10, Platinum, Diamond, and Sapphire**, vault numbers will be **flashed using a vault flasher** at Michigan State Meets.

Uneven Bars Warm-Up

- **Level 9 & 10 Uneven Bars warm-up is 2½ minutes only (Rules & Policies, pg. 50).**
- If squads warm up together, time **will not stop for bar settings**.
- **UB Only Exception:**
- If a Level 9 or 10 squad is reduced to **4 or fewer athletes** due to unforeseen circumstances, an **additional 2½-minute timed warm-up** may be granted. This additional time **includes bar settings**.

Competition Order

- At State Meet and above, the **competition order is randomized and may not be changed** to accommodate equipment settings.

Video Review (Rules & Policies, pg. 54)

Video review may be requested through the **Meet Referee** and the **highest-rated unaffiliated judge** (if video is available) **only for Start Value concerns**, including but not limited to:

- Missed full turns or twists
- Verification of hand placement on releases
- Landing verification (feet-first requirements)
- Spotting deductions
- Floor line violations
- Floor overtime deductions
 - **Note: Video is required to submit an inquiry for overtime deductions.**

Immediate video review is permitted (if available and decisive) when a **first vault receives a zero (0)** for failure to land on the bottom of the feet. Review must be completed **before the second vault is attempted**.

Video review **may not** be used for degree of execution judgments.

Inquiries (Rules & Policies, pg. 54)

- Coaches may **not communicate directly with judges** regarding scores or routines.
- All inquiries must be submitted to the **Meet Director or Meet Referee** within **5 minutes** of the squad completing the event.
- An inquiry allows for a second evaluation and may result in:
 - No score change
 - Score increase
 - Score decrease
- Coaches may not approach judges during the inquiry process.

Exception:

If, after the final event, an athlete's **All-Around score is within 0.10** of the Regional qualifying score, the coach may submit an inquiry for the athlete's **lowest-scoring event** for qualification consideration.

Open Scoring

- Open scoring will be used for **Levels 6–10**.

Meet Maker Registration for Regional Championships

The Region will be using MeetMaker for Regionals event payment and management. Payment for Regional entries will need to be made through MeetMaker either via credit card or ACH (so no paper checks for Regionals entries at State Meet!!!).

Electronic entry process at State Meet:

- Club administrators will enter their qualifying athletes into their respective Regional meet through USAG Meet Reservations system as normal - ***please register by the Monday following your state meet.***
- Clubs will then need to pay for their Regional registrations through MeetMaker no later than 11:59 PM EST on
 - **Monday, March 23, 2026 for Dev Levels 6-10**
 - **Monday, March 30, 2026 for ALL Xcels**

However, we encourage you to complete this registration as soon as your athletes are qualified for regionals.

- MeetMaker accepts credit cards for a fee or ACH without a fee.
- **IES athletes will need to be designated by scanning the QR Code and filling out the form at state meet, you will need one form per athlete**
- ***Late entries will incur a \$25.00/athlete fee AND the RAC has discretion to deny late entry in the event the Regional meet is full. An entry is considered late if it is not in the USAG Meet Reservations system AND paid in full through MeetMaker by the designated dates for each program. (see dates above)***

Click the link below for an instructional video on how to use MeetMaker as a registering gym.

[Click here to learn how to use MeetMaker](#)

State Team Competition at Regionals – Clarification

- Based on feedback received from the membership, State Team members will NOT compete in the same session at Regionals.
- State Teams will be comprised of the top 8 all-around scorers per level/division at the State Championships who register for and compete at Regionals, regardless of age group.
- All-around ties at State Championships will be broken using the Women's Rules and Policies tie-break procedures.
- State Team members will compete within their assigned age groups at Regionals for individual awards.
- At the conclusion of the Regional meet:
 - State Team scores will be calculated using the top 5 scores on each event from the State Team members for that level/division.
- Winning State Teams will be:
 - Announced on Region 5 social media
 - Awarded through the State Administrative Committee Chair (SACC), who will collect and distribute State Team awards to the winning athletes.

The SACC will announce State Team members on Tuesday, March 31, 2026.

Thank you for your cooperation and professionalism. We look forward to a smooth and successful State Championship.

Best of luck to you and your athletes!