



Level 8/9/10 Regional Meet Hosts

Regional Meet hosts are responsible for providing a safe, fair, and high-quality meet for all athletes in Region 1. The following is a brief outline of some of the responsibilities of a meet host.

**** Current Women's Development Program Rules & Policies (R&P) must be followed in all aspects of the meet****

Facility:

- A neutral venue must be used. The facility must be available for set up on Thursday for Friday meet sessions.
- There must be a judge's room that will accommodate 35 judges.
- There must be a room that can be locked for National/Western qualifiers' apparel sizing and distribution.
- There must be a room or curtained-off area for qualifier and parent meetings. This room should be set up with seating, a projector screen, and a cart with power for a video presentation.

Format:

- The format has been mandated by the Regional Administrative Committee (RAC). Level 9/10 sessions and Level 8 sessions will run concurrently in two different gyms with two sets of equipment in each gym. The sessions will be Modified Capital Cup.
- Sessions and times are approved by the Regional Administrative Committee Chairman (RACC).
- Level 8 State Team session will be the final session on Saturday evening of the competition.
 - 12 athletes from each state will compete in the Level 8 State Team session.
 - The top 6 event scores from each state will count towards the team score.
- It is the meet host's responsibility to communicate session times and other important information to the clubs attending. A direct e-mail must be sent out to participating clubs with gym rosters prior to the meet.

Equipment:

- Equipment must meet R&P requirements. Detailed information can be found at usagym.org.
- There should be 4" and 8" skill cushions as well as a sting mat at each event.
- There should be two sets of identical equipment in each gym with plenty of space for athletes and coaches.

Medical:

Per R&P Pre and During Meet Responsibilities, Medical Personnel/Procedures, for all events taking place outside of the club, the Sanctioned Events Minimum Medical Requirements are as follows:

- High Risk: Levels 8, 9, 10, Elite, Xcel Diamond and Sapphire Divisions. The performance of skills that pose a risk of severe injury, including fractures, dislocations, spinal cord injuries or deep wounds.
 - Required level of medical staff:
 - Certified Athletic Trainer (ATC), EMT, Paramedic, Sports Med Fellowship trained MD/DO, Sports Certified Physical Therapist (PT, SCS), or a licensed medical professional who has competence in all the following skills:
 - Assessment and stabilization of the cervical spine and spine boarding, fractures (including open fractures) and dislocations
 - Ability to determine, through use of a validated tool, whether a concussion has occurred
 - Advanced first aid to control bleeding from deep wounds
 - CPR with AED certification
 - Must be present for all training and competition.
 - Medical staff to complete incident report form.
 - One medical staff is required per 64 athletes competing at once and one per venue.
 - Example: 75 athletes on the event floor at once in one room of a convention center and 75 athletes on the event floor in a different room of a convention center would require 4 medical staff
 - Supplies: AED (recommended, not required), splints, gauze pads, rolled gauze, sling, advanced first aid supplies, ice cooler/bags, crutches.
- All events will be encouraged to share a completed Emergency Action Plan (EAP) with the medical team and key meet personnel. A fillable EAP template can be downloaded for use [HERE](#).
- The requirements for Medical personnel can be found at usagym.org.
- Medical staff are responsible for following their state's scope of practice and practice guidelines.
- Medical providers must not have a dual role at the event. For example, the medical provider cannot also be a coach, judge, meet director, floor manager, etc.

Hotels:

- Meet host shall arrange for host hotels near the meet site and shall distribute the information to all participating clubs.

Judges:

- There will be 32-panel judges and 2-3 Meet Referees.
- Meet host should arrange for transportation and hotel rooms for judges. Refer to R&P - USA Gymnastics Judges Compensation Package, Section 1, Item C.
- Adequate break time should be provided. Refer to R&P - Meet Director Responsibilities regarding Judges.
- Meals shall be provided for judges onsite.
- Judges shall be compensated immediately following the competition.
- NAWGJ will pay \$4,000 to Regional meet host towards Level 8 Regional judges costs. Refer to RAC meeting minutes August 24, 2018.

Assistants:

- There should be timers at each event. It is preferable that timers are NAWGJ officials. Floor exercise line judges must be NAWGJ officials. Contact the local NAWGJ State Judging Director for assistance in obtaining volunteers.

Admissions:

- Gate/Admission fees are set by the Regional Committee. Refer to RAC meeting minutes September 20, 2017.
- Entry fees are \$135 per gymnast. Refer to RAC meeting minutes October 4, 2022. This entry fee includes a \$5.00 Regional head tax.

Branding and Logo Approval

- All event logos must be approved per the [USA Gymnastics Brand Guidelines](#).

Apparel, Vendors and Meet Items:

- All merchandising, apparel and logo vendors must be on the [USA Gymnastics Licensed Vendors](#) list.
- The Host Club shall provide an address to which the RACC can have apparel and other items shipped. Apparel and other items shall be transported to the meet site by the meet host. There will be a lot of large boxes that will need to be temporarily stored and transported. Following the meet, there will be boxes that need to be disposed of.

Announcer:

- It is preferred that the announcer remain consistent for the meet.

Awards and Level 8 State Team Plaques:

- Level 8/9/10 Awards and Level 8 State Team Plaques/flags shall be paid for by meet host.
- Awards will be given in each Age Division for Individual Events and All-Around through 10th place.

Graduating Seniors:

- There must be time allotted to honor the graduating seniors during the awards ceremony where graduating seniors are present.

Meet Results:

- The score person must work closely with the RACC. Immediately following the level 9 and 10 sessions, there are particular results that must be printed first for the RACC and the Regional Development Program Committee Chairman (RDPCC).
- The RACC and/or representative needs a space at the head table to work on qualifier spreadsheets, etc.
- Meet results should be saved to a file and given to the RACC or designated representative so they can be posted on the website and transmitted to USAG.

Coach's Hospitality:

- Meet host shall provide snacks, drinks, etc. for coaches. Meals should be provided for coaches that cannot leave the facility due to multiple athletes in various sessions.

Financial Statement:

- A [financial statement](#) shall be submitted to the RACC within 30 days after the competition.



Senior Speech

Ladies and Gentlemen,

Please join me in celebrating the USA Gymnastics 202X graduating seniors! At this time, I am asking for all of our graduating seniors to come up to the awards stand.

As the athletes gather, I want you to look around... Look what our incredible community has accomplished.

Standing before you is a group of young ladies who've defied all odds. Only 3% of competitive gymnasts make it to their senior year, and you're witnessing a small handful of them.

At a time when leadership is everything, we're honored to have been a part of these girl's journey. They've sacrificed birthdays, parties, dances, and family events to stand before you today. We want them to know their leadership in our community has not gone unnoticed.

In addition to their incredible dedication, we want to acknowledge the families who have supported these gymnasts through their toughest times. These parents have spent thousands of dollars, thousands of hours in the car and thousands of miles to get their child here today.

Last but not least, let us recognize the coaches who have mentored these ladies. They've treated these girls like their own and oftentimes put these athletes before their own children.

Please put your hands together for the 202X graduating seniors.

Region 1 has raised money to supply each of the graduating seniors with a gift.