

# 2016 LEVEL 10 JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

May 6-8, 2016

## TECHNICAL INFORMATION

### **I. TECHNICAL MEETING**

1. 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.

### **II. COMPETITION VENUE**

FORT WORTH CONVENTION CENTER (FWCC)

1201 Houston Street

Fort Worth, TX. 76102

<http://www.fortworth.com/meetings/convention-center/>

### **III. APPAREL DISTRIBUTION AND PACKET PICK-UP**

Athlete GK Apparel and coaches competition packets will be available for pick-up starting Thursday, May 5, 2016 from 4:00-7:00pm at the FWCC. In addition, GK apparel and packets will be available for pick-up throughout the weekend at the meet site from 8:00am until the end of activities for the day.

JO National competitors are required to wear the provided GK apparel for Friday training. All Coaches are expected to be in PROPER Professional Gymnastics attire at all training sessions and during competition.

Contact your Regional Administrative or JO Chair for individual Regional Apparel pick-up.

Coaches are required to check in and pick up credentials individually. ALL coaches will be expected to show their current USA Gymnastics membership card (it can be electronic – on a phone or tablet) at sign in. No one will be allowed into the Training or Competition venues without the appropriate credential. 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 wear the credential at all times.

Color-coded stickers indicating the athletes' graduation year will be available on site during training day. Athletes who have not signed or are not committed are encouraged to attach these stickers to their competitor number and wear them during training and competition. NCAA coaches utilize this tool to identify the athletes for recruiting purposes.

### **IV. SCRATCHES OR CHANGES**

For scratches or changes in athlete or coach information, please contact Annie Heffernon at [aheffernon@usagym.org](mailto:aheffernon@usagym.org) or call 816-810-2631.

If a qualifier is injured prior to the Jr. Olympic National 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 and 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 need to give their contact information to Annie Heffernon 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 the Jr. Olympic National Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairman. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic National Meet Director.

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

## **V. TRAINING DAY**

Please check the schedule posted online for the training day schedule. 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. First and second alternates are allowed to participate in Thursday training in the warm-up gym only during their Region's scheduled training time. The competition gyms have identical equipment. Medical personnel are present for ALL training and competition. All Coaches are expected to be in PROPER Professional Gymnastics attire.

Friday - Training is available for all JO National Competitors. Please check with your Regional Administrative or JO Chair for details concerning first and second alternates training.

## **VI. COMPETITION DAY**

Please check the schedule posted online for the competition day schedule. Competition will be conducted in Modified Capitol Cup format with two competition gyms (Junior and Senior). Each competition gym will contain two sets of competition apparatus, one set for Flight 1 and the other set for Flight 2.

There will be three sessions per day in each of the two gyms.

Each session will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.

All athletes will assemble in the designated march-in area to participate in the formal march-in. Immediately following the march-in, the first four squads in each gym (Flight 1) will warm-up their first event in the competition gym. The second four squads in each gym (Flight 2) will report to their first event and wait for the signal to begin timed warm-ups.

The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events. Judges will move from Flight 1 equipment to Flight 2 equipment during the course of the competition.

Only athletes assigned to the session, their coaches, and meet officials are allowed in the Field of Play during the competition.

Regional Team Pictures will be taken at the competition. Flight 1 will report to the designated photo area at the conclusion of their competition for pictures while Flight 2 competes the last event. Flight 2 will report to the designated photo area fifteen minutes prior to the scheduled Open Stretch for their session. The members of the top three teams in each age group will be sent a complimentary photo after the competition to insert into their team plaque.

## **VII. EQUIPMENT**

AAI is the official equipment supplier and sponsor of USA Gymnastics. The apparatus meets all specifications as outlined in the USA Gymnastics *Women's Program Rules and Policies*. All rules regarding mat and apparatus placement are found in the *Women's Program Rules and Policies* and appropriate deductions will be taken for misuse.

## **VIII. 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.

## **IX. 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.

## **X. SCORING**

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

## **XI. AWARDS**

The awards ceremony will take place in a separate area adjacent to the competitive arena.

Top 10 All-Around and Individual Event winners for each of the twelve age divisions are determined by the Optional competition. Ties are not broken; duplicate awards are presented.

Team Awards:

All members of the top three (3) winning teams in each age division will receive an award. 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 plaques at the awards ceremony. Plaques 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.

#### Jr. Olympic National Team:

The top four AA gymnasts per age division will be designated as the Jr. Olympic National Team and will receive plaques and will be invited to attend a Jr. Olympic National Team Training Camp. In the case of a tie for fourth place, the tied athletes will qualify to the Jr. Olympic National Team.

If an eligible non-citizen athlete places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US Jr. Olympic National Team.

In this instance, the next US citizen in rank order is placed on the Jr. Olympic National Team.

## **XII. SUBMISSION OF NEW ELEMENTS**

For all JO National athletes, the USA Gymnastics New Element Evaluation form must be submitted to Cheryl Hamilton, National Technical Committee Chairman, by the conclusion of Thursday training. **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.

Once the skill is performed successfully in competition at JO Nationals, it will be presented to the Joint JO and Technical meeting for confirmation of difficulty value and then added to the *JO Code of Points*, with the athlete's name.

## **XIII. INQUIRY FORMS**

Inquiry forms are available at the head table. Please complete the form and return it to Cheryl Hamilton, Tom Koll, Connie Maloney, or Annie Heffernon for evaluation.

## **XIV. JO NATIONAL TEAM MEETING**

There is a **mandatory** informational meeting for all JO National Team members, parents, and coaches immediately following the awards ceremony for each age group in the awards area. JO National Team Camp information will be distributed. Athletes must accept or decline the invitation to camp by **June 1, 2016.**