

2016 LEVEL 9 JO EASTERN GYMNASTICS CHAMPIONSHIPS

April 28 – May 1, 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

Virginia Beach Convention Center

1000 19th Street

Virginia Beach, VA. 23451

<http://www.visitvirginiabeach.com/conventioncenter/>

III. APPAREL DISTRIBUTION AND PACKET PICK-UP

Athlete GK Apparel and coaches competition packets will be available for pick-up starting Thursday, April 28, 2016 from 8:00am-5:30pm at the Virginia Beach Convention Center. 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.

Eastern Championship competitors are required to wear the provided GK apparel for competition. 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.

IV. SCRATCHES OR CHANGES

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

If a qualifier is injured prior to the Jr. Olympic Eastern 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 Connie Maloney 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 Eastern 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 Eastern Championships Meet Director.

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

V. TRAINING DAYS

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. Medical personnel are present for ALL training and competition. All Coaches are expected to be in PROPER Professional Gymnastics attire.

VI. COMPETITION DAY

Please check the schedule posted online for the competition day schedule. Competition will be conducted in Modified Non-Traditional Capitol Cup Format.

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

VII. EQUIPMENT

AAI is the official equipment supplier and sponsor of USA Gymnastics and is recommended for use at Eastern Championships.

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

Team Awards:

All members of the top two (2) winning teams in each age division will receive a certificate. 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 certificates at the awards ceremony. Awards 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.

XII. SUBMISSION OF NEW ELEMENTS

For all JO Eastern athletes, the USA Gymnastics New Element Evaluation form must be submitted to the Meet Referee, prior to the session in which the athlete competes. **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.

XIII. INQUIRY FORMS

Inquiry forms are available at the head table. Please complete the form and return it to the Meet Referee or Connie Maloney for evaluation.