

2023-2024

Pennsylvania State Handbook



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WELCOME TO PA USAG!

Welcome to PA USAG! We strive to support gymnasts, clubs, coaches, and judges through education, financial support, and setting statewide policies! Keeping the athletes' safety and well-being at the forefront, we aim to make Pennsylvania a great state in which to do gymnastics!

The purpose of this handbook is to set guidelines for all member clubs of Pennsylvania USAG. Pennsylvania USAG is a sub-organization of USA Gymnastics (USAG), and is bound by all rules and regulations set forth in the official Women's Program Rules & Policies and Operating Code. As members of USAG Region 7, all Pennsylvania competitive clubs are also bound to follow policies of Region 7 as set forth by the Regional Administrative Committee. USAG Rules and Policies leaves some decisions to be made at the State level and some to be made at the Regional level, in addition to those made at the national level. The information in this Pennsylvania Handbook is designed to inform members of the decisions/formal votes that have been made or taken that are at the discretion of the State Administrative Committee.

Furthermore, as Xcel grows in popularity more petitions are being requested. A petition begins with a request to the State Chair and is followed by videos of the gymnast showing her skills on each event. Please refer to Rules & Policies for the current requirements if a gymnast wishes to change **levels** or **programs** within USAG; i.e. from Xcel to the Developmental Program or from the Developmental Program to Xcel.

*Rules & Policies is the **final** authority; please refer to R&P first for special circumstances and further details

Throughout the season, feel free to reach out to the state committee with suggestions and or compliments! We are here to serve the state and welcome conversation for improvements! We look forward to a great season!
#PAPROUD!

USAG Rules and Policies:

<https://static.usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2023/rulespolicies.pdf>

USAG Operating Code:

<https://static.usagym.org/PDFs/Women/Rules/operatingcode.pdf>

QUALIFYING TO STATES

Qualifying score to get to STATES:

Level 3:	33.00AA	
Level 4:	33.00AA	
Level 5:	32.00AA	
Level 6:	33.00AA	
Level 7:	33.00AA	
Level 8:	33.00AA	IES 8.5 (No Qualification to Regionals)
Level 9:	32.00AA	IES: 8.5
Level 10:	32.00AA	IES: 8.5
Xcel Silver:	35.00AA	
Xcel Gold:	35.00AA	
Xcel Platinum:	35.00AA	IES: 9.00
Xcel Diamond:	35.00AA	IES: 9.00
Xcel Sapphire:	34.00AA	IES: 9.00

Judging Panels to qualify to States at any meet, in state or out:

Level 3 & 4= 1 judge panel

Level 5-10= 2 judge panel

Level Silver= 1 judge panel

Level Gold, Platinum, Diamond, Sapphire= 2 judge panel

***Declaration Date: February 1, 2024**

QUALIFYING TO REGIONALS

Please reference the Regional Website!

<https://www.region7usagym.com/meets>

PENNSYLVANIA POSTSEASON CALENDAR 2024

***Declaration Date: February 1, 2024**

LEVEL	DATE	LOCATION	HOST CLUB
8, 9, 10 States	March 22-24	Miller Center, Lewisburg	Dynamats
6 & 7 States	April 5-7	Nittany Valley Sports Centre, State College	Centre Elite
9 & 10 Regionals	April 12-14	Nittany Valley Sports Centre, State College	Region 7/ Centre Elite
Silver States	April 13-14	Church Farm School, Exton	Berks East
7 & 8 Regionals	April 19-21	Ursinus College	Region 7/ Cross Point
Gold States	April 20-21	Freedom Area High School, Bethlehem	Girls Co-Op
Platinum, Diamond, Sapphire States	April 27-28	Church Farm School	Aerials
9 Easterns	May 2-5	Myrtle Beach Sports Center, SC	USAG
4 & 5 States	May 3-5	Moon Area High School, Moon Area	Xquisite
Dev. Nationals	May 9-12	Volusia County Ocean Center, Daytona Beach, FL	USAG
3 States	May 11-12	Mifflin County Middle School	River Run
Xcel Regionals	May 16-19	Miller Center, Lewisburg	Region 7/ Dynamats

HOSTING A MEET IN PENNSYLVANIA

*For complete information on hosting a meet, please refer to [USA Gymnastics Rules and Policies pages 45-69](#)

*Key Points: Refer to [USA Gymnastics Rules and Policies pages 18, 19](#) for coaches responsibilities and professionalism

*Coaches must be dressed in appropriate attire and may not spot if wearing a cast or medical device that limits mobility in any way.

*ONLY competitive athletes and coaches in that session may be on the competition floor.

*All-Around athletes may petition for .1 on their lowest scoring event for qualification purposes.

PLACING A BID TO HOST A STATE COMPETITION

The following are the criteria that the State Committee looks at when accepting bids for the PA State Meets.

When voting on the PA State Meet hosts, any member who is affiliated with a club bidding, must leave the room when the vote is conducted.

State Level Competitions:

1. Host site, preferably in an "Outside" facility. (The State Board will give preference to bids using an "Outside" facility.)
2. Experience and ability of the host team to host a large meet.
3. Facility:
 - A. Size
 - B. Seating
 - C. Rest Rooms
 - D. Parking
4. Host team participation in State sponsored activities.
5. Equipment:
 - A. Type
 - B. Condition
6. Willingness to cooperate with the State Committee.
7. Timeliness of bid submission.
8. See bid form for details.

MEET DIRECTORS' CHECKLIST

*Only coaches or club representatives should contact the Meet directors.

*Do not have parents contact the Meet director for any reason.

PRIOR TO COMPETITION:

1. Request a Sanction from USA Gymnastics a MINIMUM of thirty days prior to the meet. Sanction fees for in-person competitions are \$250.00.
2. Request judges online at <https://gymjas.com/pa/meetdir.php>. Fee for judge request is \$5.00 per judge/ per day requested (ie/ 8 judges for 2 days = \$80.00). If the request is received less than 30 days prior to the competition, the fee is \$7 per judge/ day. Pay online or mail judge request fee made payable to **PA NAWGJ** to:

**Terry McGirk
809 Fox Trail
Parkesburg, PA 19365**

AFTER COMPETITION:

1. Make sure that the Meet Ref and Meet Director have signed and completed the Sanction Report Form and Meet Referee Report Form.
2. Make sure the judges have signed the Judges Sign-In Sheet.
3. All coaches must sign the Coaches Sign-In Sheets.

***Within 72 business hours of the conclusion of the event, mail or email the Sanction Report Form, Safe Sport Event Checklist, Meet Referee Report Form, Judges Sign-In Sheet and Coaches Sign-In Sheets to USA Gymnastics.**

Copy of All Sanction Forms and Sign In Sheets to:

**USA Gymnastics Member Services Department
1009 N. Meridian St., Ste 800
Indianapolis, IN 46204
Or email copies to sanctions@usagym.org**

4. Within 72 business hours of the conclusion of the event, mail the following:

Copy of Sanction Form and head tax to:

**Jen Bortz, RACC
PO Box 243
Boalsburg, PA 16827
*Enclose a check for \$2.00 per gymnast
made payable to Region 7**

**PA State Committee- Financials
Attn: Heather Kikel
177 Champion Drive
State College, PA 16803
*Enclose a check for \$2.00 per gymnast
Made payable to PAUSAG**

*Failure to submit the completed sanction forms within the stated timeframe may result in and/or be considered a violation of sanction.

*Head tax should be sent as soon as the sanction is closed. In accordance with Rules and Policies, sanctions are to be closed 72 hours after the completion of the event.

*Head tax is owed to the state and region for **ANY** participants who competed in that sanctioned session.

*Further clarification: Gymnasts may **NOT** be included in a sanctioned session if they are not listed on the sanction. If you are having athletes judged just for feedback, they need to be a separate unsanctioned session.

5. Copy of Scores emailed to: kpope29761@aol.com and pausag155@gmail.com If you used ProScore for your meet scoring, please publish meet scores to both USA Gymnastics (myusagym.com) and Meet Scores Online (meetscoresonline.com). A copy of all Sanction Forms should be kept by the Meet Director.

PA USAG Committee:

State Administrator Chair



Carla Ceralde

Phone: 267-918-2960

Email: pausag155@gmail.com

Communication Administrator/Website

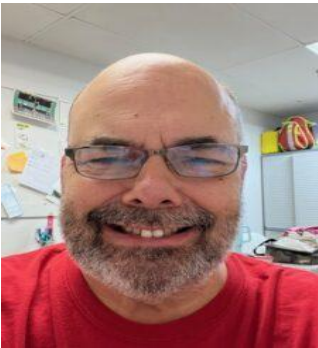


Mike Vanim

Phone: 484-437-1338

Email: pagymnast@gmail.com

Secretary

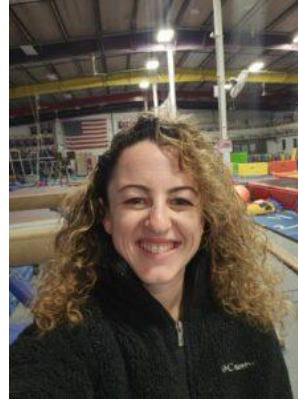


Kevin Pope

Phone: 717-285-9009 Fax: 717-699-0639

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Education



Jocelyn Olmezer

Email: Jocelyn@gymsport.com

Apparel Representative



Lynn Ross

Phone: 717-762-0448 Fax: 717-762-0448

Email: lynnross5gch@gmail.com

Awards/Education



Sandy Greiner

Phone: 610-861-9151 gym

Email: coopgymnastics@gmail.com

Education Representative



Janelle Kelly

Phone: 412-897-9043

Email: janelle.cheerhaven@gmail.com

Xcel Representative/Education



Jane Caruso

Phone: 215-860-5130

Email: JaneCaruso@comcast.net

Education Representative



Bridget Hild

Phone: 215-364-7379

Email: PAUSAGeducation@gmail.com

Educational Representative



Kim Silloway

Email: greenvillegymnastics@hotmail.com

Asst. Chair/Competition Coordinator



Melanie Heckert

Email: cumberlandgym@gmail.com

Apparel/Judging Representative



Marcy Blitz

Email: blitzmarcy@gmail.com

Judging Representative



Barb Cutillio

Phone: 717-761-0483 Fax: 717-761-5536

Email: Pagymjudge@aol.com

State Judging Director Rep. (Appointed)



Laurie Lengel

Email: llengel3987@gmail.com

Treasurer/Competition Coordinator



Heather Kikel

Email: heather@centreelitegym.com

State Judging Director Rep. (Appointed)



Linda Kothe

Email: LKothe65@gmail.com

Social Media Coordinator (Appointed)



Alyson Pancott

Email: allysonpancott@gmail.com