

VIRGINIA MEN'S GYMNASTICS

State Handbook



2023-2024

(updated 10/29/23)

Mission Statement

The mission of the Virginia State Board is to provide leadership, explore ways to promote current educational efforts, support a safe environment, enhance participation in Men's gymnastics statewide, and abide by the USAG, SafeSport and Virginia Rules and Policies.

General Information

USA Gymnastics Professional Membership

To participate at any USA Gymnastics sanctioned event or meeting, a coach/official must have a men's professional membership, a background check, SafeSport, the Fundamentals of Gymnastics Course in USAG University (U100) and a current safety certification. New Course requirements 2021-2022 the U112: Tough Coaching or Emotional Abuse course and the U113: USA Gymnastics Safe Sport Policy course. Applications for membership and instructions for taking the national safety certification course and the Fundamentals of Gymnastics Course can be found online at www.usagym.org. Additionally, all athletes must be registered with the USAG and a registered member of the Virginia Men's Gymnastics association to participate at any sanctioned event.

National Rules and Policies

USA Gymnastics is the governing organization for our sport and follows the National Men's Rules and Policies document. This document can be downloaded from the USA Gymnastics website. It is the responsibility of every coach to be familiar with and abide by these policies. The National Men's Program Rules and Policies can be downloaded from the National USAG website at: http://usagym.org/pages/men/pages/rules_policies.html.

GYMNASTICS WEBSITES	
USA Gymnastics	https://usagym.org
Region 7 Men's Gymnastics	http://region7mensgymnastics.com
Virginia Men's Gymnastics	http://www.vamensgymnastics.com

USA GYMNASTICS

Men's Program Directory

USA Gymnastics

132 E. Washington St., Suite 700,

Indianapolis, IN 46204

Phone: (317) 237-5050; Fax (317) 237-5069; Member Services: (800) 345-4719

www.usagym.org

Vice President of the Men's Program
Development Program Coordinator
High Performance Director
Men's Program Manager

Jason Woodnick
????
Brett McClure
Lisa Mendel

Regional Board

Region 7 Director

Robert Lundy
(410) 279-2489
region7menschairman@yahoo.com

Region 8 Director

Kevin White

JRDTD

Mickey Curth

Junior National Coaching Staff
Region 7

Vacant.

Maryland State Director

Robert Lundy
(410) 279-2489
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New Jersey State Director

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New York State Director

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Pennsylvania State Director

Jeffrey Zack
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Virginia State Director

Brett Lydon
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West Virginia State Director

Lily Schelling
schellinglily@gmail.com

METRO Judges Association Dir.

Joe Rank
(302) 540-8364
metrogymanasticsjudges.org

Virginia Board of Directors

Purpose: Sharing the workload, improving communication and accountability, and to further develop the men's gymnastics program in Virginia. The State Board members must be actively involved in all aspects of state affairs. Presently, including the State President, there are 6 member positions and 4 non-voting members. The State President has the right to expand or limit the number of Executive Committee Members at will. Additionally, in the event of a voting tie the President will cast the deciding vote.

2021-2022 VIRGINIA BOARD OF DIRECTORS			
Position	Name	Email	Phone
President (State Director)	Brett Lydon	vamensgymnastics@gmail.com	(540) 872-1739
Vice-President	Kareem Phillips	coachkareemphillips@gmail.com	(757) 469-2741
Treasurer	Cindy Walker	gyminfo@williamsburggymnastics.com	(757) 707-3070
Secretary	Char Aitken-Cade	caitkencade@staffordcountyva.gov	(540) 661-6983
Legal Advisory	Spencer Watkins	classicsgymteam@gmail.com	(434) 978-4720
Non-Voting members			
Member-at-Large	Sonja Clark	sonjaeclark@aol.com	(202) 436-2094
Member-at-Large	Tim Kappel	tim@puregymnastics.com	(913) 208-8896
Member-at-Large	Viorel Popescu	popescu.gym@gmail.com	(804) 310-5759
Club Director	Greg Patterson	highbar_pro@yahoo.com	(703) 590-8400

Board Members - shall serve a two-year term and will be elected every odd year. All other members shall serve a two year term and will be elected every even year. There is no limit to the number of consecutive terms any given board member may serve. To be eligible a person must be a professional member, safety certified and properly credentialed by USAG University and reside in the Commonwealth of Virginia. The professional members within the Commonwealth shall nominate and elect the Board President. The president shall serve as a member of the board for a term concurrent with his term on the board of directors. The president must have been a member of the board of directors for at least two years (one term) before being elected to serve as president for the next term.

Virginia will elect their President at the Level 4-10 State Championships. All voters must be current men's professional members with a valid safety certification.

Virginia Board of Directors Job Descriptions

President (State Director)

1. Attend all State Meetings.
2. Maintain an open line of communication between their office and both the Regional and National offices. The State Chairman shall actively gather information regarding men's gymnastics in their state throughout the year.
3. Establish and implement a State Championship bidding process.
4. Conduct the USA Gymnastics State Championship and ensure that all official rules and regulations are met. Provide meet results to the Regional Chairman and Regional meet director and financial reports to the National Office.
5. Conduct the annual State Clinic(s). The specific content of the clinic and the clinician(s) shall correspond with the gymnastics priorities in the state.
6. Will work to align state matters in concurrence with the Regional Director. Develop policies and procedures, governing activities and events in the state.
7. Plan and conduct annual Coaches Business Meetings.
8. Meet with the Treasurer to review financial reports. Oversee the State account finances managed by the Treasurer.
9. Attend the Regional Championships, Regional Meeting and National Meeting.
10. Relay Regional and National Information to VA USAG professional members.
11. Approve and submit petitions to the Regional Championships.
12. Maintain an updated list of all gymnasts in Virginia. This document will be used in the planning of State Clinics and State meets.
13. Coordinate Virginia Elite and Development Team

Vice-President

1. Attend all State Meetings.
2. Oversee the updating and maintenance of the Virginia Men's Gymnastics Handbook.
3. Assist the State Chairman in coordinating the State Clinic.

4. Assist the State Chairman in coordinating the State Championship.
5. Assist the State Chairman in fulfilling his duties as deemed necessary and gain a general understanding of how the State operates.

Treasurer

1. Attend all State Meetings.
2. Manage the Virginia Board of Men's Gymnastics financial accounts, keeping an accurate ledger of Gymnastics income and expenses.
3. Provide a balance for the Virginia Men's Gymnastics professional members at all State Meetings or upon written request.
4. Help to set and maintain the VA Men's Gymnastics Budget for the year.
5. Assist the State Chairman in coordinating the Annual State Business Meeting.
6. Assist the State Chairman with the Financial aspects of running the State Championships
7. In coordination with the State Treasurer, it is the State Chairman's job to provide a yearly financial report of the State's bank activity. A concise record must be kept and made available to include: monthly bank statements, deposit and withdrawal statements, copies of sanctioned meet forms, receipts for purchased goods, travel vouchers, and check ledger. Financial reports will be made at the Spring and Fall State meetings and made available to Virginia Men's Gymnastics professionals upon written request.

Secretary

1. Attend all State Meetings and write a clear summary of each meeting.
2. Send out all State Meeting Minutes and all communications to the Virginia Men's Gymnastics professional members. Communicate all applicable information on the state social media outlets.
3. Obtain all Men's professional members and men's gymnastics club information and compile. Provide a contact list for the Virginia Men's Gymnastics professional members and the Webmaster for the Virginia Men's gymnastics website vamensgymnastics.com.
4. Maintain open communication with all the members of the State Board.

5. Maintain website and ensure it is up-to-date (including State competition calendar and State, Regional, National and Future Star competition information).
6. Send out newsletters and important updates to State membership via MailChimp.
7. Maintain and monitor the state Facebook page, email newsletters (MailChimp)

Members at Large

1. Attend State Meetings.
2. Attend Board Meetings if possible.
3. Complete agreed upon tasks that are assigned to position.

Virginia Men's Gymnastics Fees

Virginia Men's Gymnastics hosts a State Meeting in the Fall and again in the Spring in conjunction with the State Meet. It is expected that every club will have a representative present at the meeting. Failure to do so will result in a \$50 penalty to the club.

Assessments and Head Tax Fees provide Virginia Men's Gymnastics the funds for ongoing operating expenses for the State. This includes clinics/workshop stipends, state board member travel expenses, board meeting expenses, website maintenance, legal and accounting fees, all state meeting expenses. Eastern National, JD/JE National Championship qualifiers entry fees may be supplemented determinant on available funds.

1. The Athlete State Assessment Fee for the 2023-2024 season.
 - Fee: \$16.00 per USAG registered Athlete (will increase to \$25 in 2024-2025 season)
 - Fees and a complete roster of athletes and levels are due no later than the Fall State Meeting (end of September beginning of Oct.) A Late fee of \$100 will be assessed for late registrations paid after the State Meeting. If not paid by the time the State Entry fees are due, no athletes from that gym will be entered into the State Championships.
 - One check per team made out to **"Virginia Men's Gymnastics."**
 - Mail the Assessment to: **144-A Tewning Rd. Williamsburg, 23188**

- Any athlete joining the club after the payment of the assessment should pay the fee to the State. If an athlete has already paid his fee and transfers to another club within Virginia they are not required to pay an additional fee.
- Boys may move up or down a level or division throughout the year determined by the coach. Please communicate any change in Level or division to the State Treasurer so the Virginia Athlete list can remain up to date.
- Each gym should appoint a contact person or responsible party to organize and register the athletes and teams for meets. There should only be one point of contact between the State Director and your gym.

Virginia Men's Gymnastics Membership Responsibilities

Coaches: Coaches should always be professionally dressed. It is our obligation as professionals to look, act and dress the part. The following dress code has been outlined by USAG and will be enforced at all sanctioned meets. Please help our sport look professional.

- Professional attire includes:
 - o athletic attire such as a warm-up suit
 - o polo shirt or t-shirt/hoodie with club/team logo
 - o athletic footwear (no street or dress shoes)
 - o long athletic style pants or shorts (i.e. golf shorts)
 - o no sleeveless shirts
 - o no hats
 - o no denim style pants
 - o no cargo style shorts
 - o backpacks should remain in the competitor seating areas off the floor and may not be worn by coaches on the competition floor

Violators will be asked to leave the competition floor.

Enact the “Chain of Command” within the Gymnastics Community

USA Gymnastics, like any professional organization, has a chain of command that should be followed. The chain starts with the gymnast and his parents and ends with the USAG Men's Program Director. It is important that coaches remember that they are a liaison for their team parents and athletes. Parents should never be allowed to take their concerns and problems directly to the top. Further, at no time should parents be allowed to approach judges in a competition. The proper chain of command is as follows:

Gymnast/Parent» Personal Coach »Meet Director/Judge/State Chairman »Regional Director »Men's Junior Development National Program Director »Men's National

Program Director. It is imperative that this process be followed and the chain of command be respected.

Approaching Judges during competition

It is highly recommended that Compulsory coaches take the Junior Development Judging course and Optional Coaches take both the Junior Development Judging Course and the National Judging Course. However, any coach wishing to approach a judge during competitions may do so. The Judge is to be approached in a non-confrontational way and at an appropriate time. To keep meets moving along please take concerns to the meet referee or ask questions to the judge after the competition (if possible).

Confrontation with Judges during competition

Argumentative confrontation with judges will not be tolerated during or after a competition. Judges will give one warning to the coach, if the coach continues in any way, the judge will deduct .2 from the coach's team or gymnasts all-around score. If a coach persists in confronting a judge after being given the .2 deduction, the Meet or State Director will remove the coach from the competition floor for the remainder of the competition.

Athlete:

- Per USAG, the competitive age determination is based on birth year. For all levels of competition in each of the three tracks an athlete's year in which the championship for that competition program is held. For example, if a championship at any level is held in the year 2022 regardless of what month it is held in, the athlete's competitive age is his age as of December 31st of that year. For example, if an athlete was born in 2010 then his age for the 2022 season is 12 years old. Further, if the season's competitions began in December of the previous year (i.e., 2021) but the championship for that season is held in 2022, the athlete's age is his age as of the year 2022.
- As soon as that boy reaches his 6th birthday he becomes eligible for competition. In Virginia, for an athlete to become eligible for the State Meet he must compete in one sanctioned meet prior to the State Meet. If he cannot meet that requirement he will not be eligible for the State Meet.

Attire:

- All athletes must compete in a Team jersey.
- Long solid colored gymnastics pants, socks and or gymnastics shoes, and gymnastics competition jersey on Pommel Horse, Rings, P-Bars and High Bar. The FIG "dark pants" rule is NOT in effect.

- On Floor Exercise and Vault the gymnast may compete in shorts with or without footwear or as he would for the other events. However, if he wears long pants he must have footwear on.
- Gymnasts may not compete with body piercings or tongue studs.
- Gymnasts may not compete with jewelry to include rings, chains, anklets, and decorative wristbands or watches.
- Gymnasts are required to wear a shirt at all times during warm ups and competition.
- Gymnasts are required to be in full uniform for awards.

Failure to comply with the above rules will result in a .3 deduction taken from the gymnast's score one time during competition.

Virginia State Championships

The Virginia State Championships are the primary showcase of our State Program. It is the last State function of the year and a highlight for parents and athletes. The 2023-2024 State Championships for ALL levels will be held on the same weekend in the same venue.

- **Preliminary meet information:** will include site location, hotel accommodations, meet dates, equipment, and contact information as soon as the bid process is finalized. Meet information will be posted on the State website as well emailed to the gyms in the state
- **Meet registration** will be opened by November 15, 2023. All registrations will occur through USAG Meet reservations (MRS).
 - Payment and a printed copy of the MRS reservation (roster) must be mailed to the VAMG Treasurer. Checks made out to VA Mens Gymnastics and mailed to 144 Tewning Rd, Williamsburg
- **The final competition schedule:** will not be available until after all entries have been received (3 weeks before the meet).
- **Fees:** The State is permitted to charge up to \$135 per athlete and up to \$160 per athlete for Junior Elite (Tech Sequences). One check from each club made payable to: Virginia Men's Gymnastics. There will be a late fee of \$25 per athlete if the State Registration is postmarked after the deadline.
- **Qualifying Procedure to State Meet:** A gymnast must compete in at least one sanctioned Virginia meet prior at the level and division he wishes to compete at

the State Meet. It is our hope to provide a culminating championship meet for as many athletes as possible.

- **Refunds for scratched entries:** Entered athletes may be scratched from the meet with no penalty up until the entry deadline. Scratches due to injury which are received in writing or by email from the entry deadline until two weeks prior to the meet will be refunded but charged a \$10.00 administrative fee. There will be no refunds for any scratches after two weeks prior to the meet.
- **Injury Petition to State Championships** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from <https://usagym.org/PDFs/Men/Rules/Rules%20and%20Policies/injury-petition.pdf> and must be submitted to the State Chair with a physician's statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the state entry fee and coaches should include these athletes on their State entry form with the words "Petition Pending by their name. The State Chairman will contact the individual coaches with the decision.
- **Team Awards** Team Banners are to be given for each level where there are two full teams. At least 50% of the teams in each group will receive awards and ties will receive awards. Team awards are based on the top 3 scores from each event.
- **Individual / All-around Awards:** will be the standard USAG state medal and will be presented to the top finishers in each event and All-Around.
- **Senior Recognition:** Special recognition awards will be presented at the conclusion of the "Optional" Competition, to all graduating high school seniors in the men's program. All coaches must submit senior information forms by January 1st.
- **Regional Qualifiers** Regional qualifying scores and procedures will be posted on vamensgymnastics.com. All coaches that have athletes that qualify to the Regional Meet must enter their gymnasts through the USAG meet reservation system. Additionally, they are to turn in their entry fees with a hard copy of the entries to the State Chairman at the conclusion of the State Championships.
- **Region State Team** information will be available on the Region 7 men's gymnastics website.
- **Injury Petition to Regional** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from <https://usagym.org/PDFs/Men/Rules/Rules%20and%20Policies/injury-petition.pdf> and must be submitted to the State Chair with a physician's statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the regional entry fee and coaches should include these athletes on their Regional entry form with the words "Petition Pending by their

name. The State Chairman will contact the Regional Chairman for final approval. Once approved, the State Chairman will contact the individual coaches with the decision.

- **Eastern National Championships and National Development Championships:** National Fees will be paid for by the state of Virginia if the funds are determined to be available.
- Petitions (see above)

Hosting Meets in the State of Virginia

Pre-Meet

- Determine date
- Secure sanction
- Secure judging from metro judging association
- Contact State Director to add to the State Calendar

Post Meet

- Complete sanction and return within 72hrs
- Send \$3.00 per athlete to the National Gymnastics foundation (information included with sanction packet).
- Send \$2.00 head tax per athlete to be sent to the State treasurer within 72 hrs
Make checks out to Virginia Men's Gymnastics
Send to: Cindy Walker, 144 A Tewning Rd., Williamsburg, VA 23188
- Send \$1.00 head tax per athlete to be sent to the Metro Judges Association (to be determined the night before the meet - scratches may not be subtracted from the number the day of the meet).
Make checks out to Metro Judges Association and give check to head judge prior to the end of the meet.
- Email final results to State Director within 72hrs

VIRGINIA MENS ELITE & DEVELOPMENT TEAM

Information coming soon

Fee payment schedule and reimbursement for services provided to VA Men's Gymnastics

Fee Schedule						
Who	Event	Hotel	*Mileage (if over 30 miles)	*Per Diem	Transportation	Registration
State Director	\$200 per organized clinic/camp	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Board	National / Regional / Mens Workshops/ Congress events upon approval of State Board
Board Members	To be approved by Board	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Board	National and Regional events upon approval of State Board
Clinicians	To be approved by Board	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Board	N/A
Coaches in clinic setting	\$150	if traveling more than 90 miles to event	IRS Standard Rate	If food not provided at event, then \$55 per day	To be approved by Board	N/A
Who	Event	Rental	Hospitality			
Facility Host	Clinics, testings, meetings	\$200 per organized event; \$100 per ½ day (meeting 2-4 hrs)	To be determined by the State Director and Treasurer with event host			

All fees are based upon Board approval.

***IRS mileage rate** (round trip from starting destination to venue. Must provide google map print out of route. Any alterations due to rerouting to be discussed with State Director and treasurer.)

***Per diem:** may or may not be provided during clinic. Meal options will be detailed in event information packet. If food not provided \$55 per day (\$10 breakfast, \$15 lunch, \$20 dinner)