

Meet Director Thoughts!

2015

Things to remember!

Check-in and Verification

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- Safety
 - Background Check
 - Professional Membership
 - And Coaches U100
-
- A receipt can be accepted for Pro membership
 - If information is not complete you could receive a fine of \$100, \$500, or \$1,000.

What can you do during open stretch?

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- 15-30 minute is required
- Uneven bars only for setting (tap swings)
- You can mark mount distances and practice run onto the board for apparatus
- Floor or matted area for locomotor movement or a skill specific drill in confined area
- Line drills on floor or simple tumbling
- NO diagonal tumbling
- No saltos off vault table

Warm-up Times

Page 60, 64 and 99

	X-Cel		USAG
Bronze	30 Sec.	Level 1-2	30 Sec.
Silver	45 Sec.	Level 3	45 Sec.
Gold	1 Min.	Level 4-5	1 Min.
Diamond	1 1/2 Min	Level 6-7	1 1/2 Min.
Platinum	1 1/2 Min	Level 8-10	2 Min.
		Level 9-10	2 1/2 Min.
		For States and Higher	

Judges

Pages 19-20 and 27 - 29

- Affiliation
- Quality food must be served to judges
- Send meet information and ask for confirmation
- You may request the judges that you want, they are independent contractors.

What can you mount on?

Page 51-52 and 87-88

Can use alternative springboards (B,S,G, and Level 1)

Manufactured mat-shaped boards can be used for mounting (X-Cel and Level 1 -5)

Mount off of 8" and add up to 5" with sting or throw mat (X-Cel and USAG)

Can mount off of an additional 8" but not a board (X-Cel and USAG)

10 cm = 4" mat 20 cm = 8" mat

Can mount off of a panel mat or manufactured mount mat (Level 6 – 10) **All mounting surfaces must be removed**

Perception

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- Dress appropriately
- Be mentally, physically and rested
- Quick, cooperative and efficient
- Stay at your event
- No cell phones
- You can only be a coach or judge, each day
- Refrain from conversation

Timing a session

Page 60 and 96

	X-Cel Silver 60 kids	USAG Level 10 56 kids
• Open Stretch	15-30 min	15-30 min
• Timed warm-ups	45 min.	84 min.
• March-in	10 min.	10 min.
• Touch warm-ups	30 min.	28 min. (3 vaults)
• Competition	90 min.	140 min.
• Awards		
• Parking issues		

Apparatus Specifications

Page 52-56 and 88-92

	X-Cel	USAG
Vault	Pages 52-54	Pages 88-90
Bars	Pages 54-55	Pages 90-91
Beam	Page 55	Page 91
Floor	Pages 55-56	Pages 91-92

Inquiries

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- Coach can see any of their gymnasts scores
- Compulsories
- Incorrect elements, evaluation of major elements, falls, neutral deductions and unusual occurrences
- Optional
- Start value, flat composition deductions, falls, neutral deductions, or unusual occurrences
- You have 5 minutes to complete the inquiry once rotation ends
- No change— lowered score -- score is raised