

YMCA Nationals Rules / Requirements Highlights for Parents

The intended purpose of this document is to highlight the major rules / requirement changes for the 2009 YMCA National Championships This document does not include every change but is being distributed to as a guide to parents. Team coaches should review the entire handbook.

A. Meet Schedule

A. In order to help facilitate travel plans, we have included a high level schedule of events. A detailed schedule will not be available until April 30th.

1. Wednesday June 24th, 2009
 - 8:00 am-2:00 pm registration and equipment sets
 - 4:00 pm – 8:00 pm Opening Ceremonies
2. Thursday June 25th, 2009
 - 8:00 am – 8:00 pm Levels 4-10 Competition
3. Friday June 26th, 2008
 - 8:00 am – 8:00 pm Levels 4-10 Competition
4. Saturday June 27th, 2009
 - 8:00 am – 12:00 Noon Compulsory & Finals Level 8 Competition
 - 12:00 Noon – 4:00 pm Championship Event Finals Competition & Closing Ceremonies

B. Qualifying Information:

1. Women's Qualifying scores **required** to compete:
 - Championship Division is 32.0 All-Around at Level 9, 10, Elite or 33.0 All-Around at Level 8.
 - Level 8 Division is 31.0 All-Around at Level 8 or 33.0 at Level 7. No level 9 scores will be accepted for qualification into this level. This division is not for experienced Level 9 gymnasts.
 - Level 7 Division is 31.0 All-Around at Level 7 or 33.0 at Level 6. This division is not for experienced Level 8 gymnasts.
 - Prep-Optional Division is 31.00 All-Around at prep-Optional or 33.0 at Level 6. This division is not for experienced Level 7 gymnasts.
 - Level 6 Division is 30.0 All-Around at Level 6 or 33.00 at Level 5.
 - Level 5 Division is 33.0 All-Around at Level 5 or 35.00 at Level 4.
 - Level 4 Division is 33.0 All-Around at Level 4 or 35.00 at Level 3.
 - Level 3 Division is 33.0 All-Around at Level 3 or 35.00 at Level 2
 - Level 2 Division is 33.0 All-Around at Level 2.
2. Men's Qualifying scores **required** to compete:
 - Championship Division consisting of Optional Gymnasts must compete in one meet at Level 8, 9, 10, Elite
 - Level 7 Division is 72.0 All-Around or 74.0 at Level 6.
 - Level 6 Division is 72.0 All-Around or 74.0 at Level 5.
 - Level 5 Division is 72.0 All-Around or 74.0 at Level 4.
 - Level 4 Division is 72.0 All-Around or 74.0 at Level 3.
3. Score must be achieved in a meet setting, judged by USAG Certified gymnastics judges per USAG rules.
4. Qualifying scores may be achieved in any meet beginning 8/1/2008. **Last year's National scores do not count as qualifying scores.**

C. Entry Spectator Fees:

1. Gymnast Fees:
 - \$100 per gymnast entered in the Men's or Women's Level 4, 5, 6, or 7 Divisions.
 - \$100 per gymnast entered in the Women's Prep-Optional Division.
 - \$110 per gymnast entered in the Women's Level 8 Division.
 - \$120 per gymnast entered in the Men's and Women's Championship Divisions. (Including Men's Event Specialists.)
 - i. All gymnast entry fees include T-shirt, Goodie Bag, admission to all sessions and Opening / Closing Ceremonies.
 - ii. **NO REFUNDS once entries are received and accepted by the host association.**
2. Coaches' Fees
 - \$60 per coach; includes shirt, admission credentials, Opening Ceremonies. NO REFUNDS.
3. **No Team Fees for 2009.** All teams with required number of gymnasts are automatically eligible for team awards.
4. **Spectator Fees.**
 - a. Daily Passes for each day of competition are available for \$10 (Adult), \$6 (Ages 6-17) and free (Ages 5 & under).
 - b. ALL Access Passes are available for \$60 (Adult), \$50 (Ages 6-17) and Free (Ages 5 and under).
 - c. Opening Ceremonies Tickets are Available for \$40 (Ages 6-Adult) and Free (Ages 5 and under).
 - d. Finals & Closing Ceremonies tickets will be available for \$5 (Adult), \$3 (Ages 6-17) and free (Ages 5 & Under).

D. Equipment Sets and Touch:

1. Actual warm-ups and stretching should be completed prior to the designated equipment sets and touch time on the stretching mats provided.
2. Equipment sets and touch will be available for all prep-Optional and Optional Division gymnasts.
3. Equipment sets and touch will **not** be available for compulsory level gymnasts.
4. Equipment sets and touch will take place on **June 24, 2009**.
5. Teams will be placed into squads, with a *maximum* of 25 minutes on each piece of equipment.
6. Teams will be scheduled and schedules will be sent out prior to the meet date.
7. No workouts will be allowed at the end of any competition.
8. Gymnasts' Equipment sets and touch **may not** be in the gym they will be competing in with the exception of Championship Gymnasts

Please Note : Levels 4-7 including Prep Ops are invitational meets they do not determine a national champion. Awards will be determined after each session. There is no team score at these levels.