



Welcome, coaches and athletes to the 2025 Dev State Championships  
*PLEASE read all the information below, our goal is to run the meet as smooth as possible!*

**People you need to know:**

Meet Directors: Kim Thomson  
Women's Meet Referee: Denise Green  
Equipment Suppliers: John Gallo / Frank Lee – Onsite – Michael Sloat

**Event Credentials**

We will not have credentials for athletes or coaches. Coaches please sign-in at the score table.

Athletes will not need to sign in, however please be aware that per USAG Rules and Policies, only athletes competing in a session will be allowed in the competition area.

**Admissions**

Please remind your families that we will be accepting cash only.  
Day Pass - \$25.00 adults/\$15.00 youth (5-12 years old) children 4 and under free

**Attire**

Coaches - NO jeans. NO hats or suggestive apparel. NO cell phones on the floor for personal use. Cell phones may be used for videoing purposes ONLY.

Athletes- Jewelry/visible bras & underwear- gymnast will receive a warning at 1<sup>st</sup> event then 0.20 deduction on the next event.

**Score Cards**

The order: the draw will dictate the order of competition. Rosters have been sent to all clubs to check for errors; if you believe there is an error we need to know PRIOR to awards. Rotations have been sent prior to the meet and will be posted throughout the venue.

There are no score cards for Level 5-10 for State meet.

Level 2-4 Athlete Achievement Cards will be at the Ribbon Table for coaches to pull scratches and hand into the score table at the beginning of each session. All other achievement cards will remain at the Ribbon table throughout the meet. There is no need to have the cards to give to the judges since they will work off the Draw Rotation. Coaches can pick up the achievement cards at the end of each session from the Ribbon table and distribute to their athletes.

**Scratches**

Please make sure all scratches are verbalized/submitted to the Meet Director or the person monitoring the score table. If you have cards in your stack that have already been scratched, PLEASE still turn them in. If you are missing a card (Level 2-4), please let us know ASAP. Please make sure all athletes officially present to the judges if they should be scratching an event. This does not include event specialists (IES).

**If your gymnast gets injured during the meet, notify the Meet Referee immediately if scratching the remainder of the meet. No need to touch out on other events.**

However, let us hope this does not happen!

### Format

Format is Modified Non-Traditional A and B events, warm up compete. Equipment will be marked flight "A" or "B". "A" is closest to the main entrance to the Exhibition Hall. "B" is closest to head score table.

### Athlete Introduction

There will be no formal March In, all athletes will line up at their first event and be introduced from there. Graduating Seniors in all sessions will be recognized and presented with a plaque from USA Gymnastics Washington prior to timed warm-ups.

### Warm Up

**Vault-** Warm up all athletes in flight and then compete. The time is multiplied by the number of gymnasts in the largest squad in the competition, NOT how many are in your squad. Multiple teams in a squad MUST warm up together. There are NO separate blocks per team allowed on vault.

**Bars-** Warm up all athletes in flight and then compete. The time is multiplied by the number of ACTUAL COMPETING gymnasts. If your gymnast is scratching bars, you can NOT have that time for your team to warm up.

**Beam-** Warm up all athletes in flight and then compete. The time is multiplied by the number of ACTUAL COMPETING gymnasts. If your gymnast is scratching beam, you can NOT have that time for your team to warm up.

**Floor-** AT the beginning of each session, the first 6 gymnasts (ALL levels) will warm up before the judging starts. At the completion of this warmup period, the first 6 gymnasts' warm up is OVER. Once competition begins, the 7<sup>th</sup> athlete will warm-up while the judges evaluate gymnast #1. After each subsequent routine, another athlete will be added to warm up until there are a maximum of 6 gymnasts on the floor.

Event Specialist, if not indicated on their team's first event, should be prepared to go first on their first event that they are competing. They will then move down in order along with the other athletes.

**Please rotate to your next event when the equipment is available.**

### Floor Music

Coaches will need to play their own music for all levels.

### Verbal Coaching

Warning for verbal coaching from coach, teammate, or those in the stands such as "stick it", "smile", "head in", etc. 0.20 deduction if the verbal coaching continues. There is no warning and an automatic 0.20 deduction for telling your athlete what to do, such as. "Do your full turn".

### Inquiries

Inquiry forms are at the scoring table. Turn all inquiries into the Meet Director within five minutes of the completion of the squad's competition on that event. **Do not** give forms to judges. Be aware your scores can stay the same, go up, or go down.

Video review with the Meet Referee is now possible BEFORE submitting an inquiry. Video reviews are not eligible for degrees of cast angles/split/turns completion, connections of elements, etc.

Inquiries can only be submitted for the following:

<u>Optional</u>	<u>Compulsory</u>
Start Value	Incorrect Elements
Neutral Deduction	Evaluation of Major Elements
Unusual Occurrences	Falls, Neutral Deductions
Flat Composition Deduction	Unusual Occurrences

A coach may ask for a review of Vault immediately after the first vault if it is scored a zero.

YOU as a coach must supply the videos!

### Equipment

Please keep equipment at the event, there is plenty of equipment at each event.

- **The use of a hand placement mat is for Yurchenko vaults only.**
- Pulling mats onto floor is allowed.
- Marked borders on floor mats should be removed with a damp towel after use.
- Springboards are NOT allowed on 8" mats.
- You may only use tape or Velcro strip to mark runways on vault. Chalk is NOT allowed.
- Pit Pillows may be used for release moves for on Bars for Level 8, 9 and 10 ONLY!
- Pit Pillows are allowed for Level 8-10 vaults for warmups ONLY.
- Pit Pillows are permitted for the top layer of Level 7 vault.

### Awards

Optional awards will be directly outside the Exhibition Hall; Compulsory level awards will be down on the 3<sup>rd</sup> floor. Out of respect for all the athletes, we do ask that your athletes stay in the competition area until the last competitor has finished. We also ask that all your athletes stay at awards until all age groups have received their awards. We will be asking your athletes to put all cell phones away during awards, and to not have their backs to the podiums while athletes are receiving awards.

In compliance with USAG Washington State Committee guidelines, athletes in level 2-4 will receive All-Around medals only. Those athletes will also receive achievement ribbons for events.

All-Around Champion jackets will be presented at each level to every age group as a gift from the State Administrative Committee on behalf of USAG Washington.

Team awards will be presented after the final session of each level. Please encourage your athletes to return!

### Judges

Communication and conversations with judges are NOT ALLOWED. Respect the judges' need to fully concentrate on the athletes they are judging. See Denise Green if you have any questions.

**PLEASE DO NOT stand near the judges' tables.**

Judges will show their start values individually for each Level 6-10 routine. Start values do NOT need to match.

### Coach's Hospitality:

All meals will be served on the 4<sup>th</sup> floor, and the times are listed below. Please note that Gymnastics East has done our best in trying to provide enough meals for everyone. However, please be respectful when getting food making sure you are only taking 1 serving of items to try and ensure everyone gets something.

Friday	Saturday	Sunday
Lunch 1 - 1:45pm-3:30pm	Lunch 1 – 10:30am-12:00pm	Lunch 1 - 10:30am-12:00pm
Dinner - 5:30pm-7:30pm	Lunch 2 - 2:30pm-4:00pm	Lunch 2 - 2:30pm-4:00pm
	Dinner - 5:30pm-7:00pm	Dinner - 5:30pm-7:00pm

Coffee, tea, and soft drinks will always be available in room 405. Water and soft drinks will also be available in the competition area near the score table. These beverages are for coaches and judges not athletes.

### Athlete Gifts

Gymnasts will all receive a free event T-shirt; they may be picked up at the Fine Design tables. Those athletes not picking up their gift at the event will unfortunately forfeit the gift.

### EMT/Masseuse

An EMT will be always on site to assist with any emergencies that arise. The Massage therapists on site are a

complimentary service for coaches and judges only. Please see Kelly and Erica directly to reserve your time. We hope this helps with the long days; please consider leaving a tip.

### **Regional Qualifiers**

Level 7 – 10 athletes will qualify to Regional Championships with a 34 AA at State Championships. Level 7 and 8 declared event specialists will require a 9.0 at State Championships. Level 9 and 10 athletes that do not have a qualifying All-Around score will automatically qualify to Regional Championships on all events they score a 9.0 or above.

### **Regional Entry Fees**

The entry fee of \$150.00 per athlete will be due at State Championships. Checks made payable to Naydenov Booster Club will be due no later than Sunday evening. Each club may only submit 1 check for all Level 7-10 athletes, including those athletes being petitioned directly to Regional Championships.

### **Washington State All-Star Team**

The top 8 All-Around gymnasts, regardless of age group, from the State Championship will comprise the State team. There will be no alternates. All ties will be broken. The athletes and coaches that make the team **MUST** stay after awards to complete forms and be sized for State team leotards. The All-Star meet will be Saturday night, April 14<sup>th</sup>, following the Level 7 sessions. Should you know, your athletes will not participate, please advise Sandy Flores prior to the awards.

Wishing everyone a great weekend and a safe competition!