

USAG Competitive Team Program
Gymnastics Parent Handbook
2026-2027 Season



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Competitive Team Program - USAG Gymnastics

All Competitive Program families must sign and return the required documents and agreements before the beginning of every Competition Season, accounts must be current, and handbook policies must be followed for gymnasts to compete.

Competitive Team Program - USAG Gymnastics

The USAG Competitive Program consists of a Pre-Team, Xcel Bronze, Silver, Gold, Platinum and Diamond. The Pre-Team does not compete but focuses on developing the fundamentals of gymnastics. Xcel Bronze through Diamond gymnasts have individual routines and each gymnast must meet certain criteria for each level in order to compete at these levels.

How to Become Part of the Competitive Program

All Team Athletes are invitation only. Participants are evaluated throughout the class season and recommended by the staff for pre-team. Then the following season the athletes are put in the appropriate team level.

The Competitive Program is a **year-round commitment** with fees based on monthly tuition payments. Our USAG team program also offers a Pre-Team (non-competitive level). If space allows, gymnasts who are eligible based on skills obtained in the Recreational Program may become part of the Competitive Program. There is no obligation to be a part of the Competitive Program.

Competitive gymnasts from another gym moving into the area or desiring to change gyms may also apply to be part of the Competitive Program. In such a case, an evaluation will be set up with the Head Coach to determine the competitive level for that gymnast. **Once a gymnast has been evaluated and has been approved for the Team Program, they must register with the gymnastics desk or the head coach and will be expected to make monthly tuition payments by auto draft from a card on file, which will be deducted between the 1st and 10th of the month. You may choose a date as long as it's not past the 10th. A late fee of \$25 will be added for all late payments.** If you choose to switch to another gym at any time during the year, you have a 1 year period before you may return. Please know, that if you have paid for competitions and decide to change gyms, the money you've paid may not be able to be refunded.

Team Practices

The practice schedule is based on the Competitive Team Program and levels. The higher the level, the more weekly practice hours there will be for the gymnast. Depending on their level, gymnasts will practice 2-4 times per week at the Gymnastics Center. Our Competitive coaching staff is USAG certified and all staff members have completed the required USAG safety certifications and criminal background checks in order to work with your child in the sport of gymnastics. **If you will be missing a practice, it is your responsibility to message the head coach and/or the team coach. Attendance is recorded daily as well as a reason for absences. The practice schedule is subject to change and will be available in a document that will be emailed out as well as posted on the team's bulletin board. Also, recreational gymnastics schedules are different from Team gymnastics schedules. Please always follow the schedule your coach or head coach has given you. Recreational gymnastics will close for days that team gymnastics will not. It is your responsibility to follow the schedule.**

Meet Day: What To Expect & Code of Conduct

Official Meet Schedules provide the session times for each level of competition. Your child only needs to attend their session, but is allowed to attend other sessions to watch and encourage siblings, friends, or teammates who compete at other levels. Most meets require an admission fee. You will be notified by email of any costs when our coaching staff receives that information.

Some competitions are scheduled out of town or very early in the morning/late in the evening, so you may want to get a hotel room near the venue. This is entirely up to you. Oftentimes, there are host hotels that offer a discounted rate for that particular competition. We will let you know if there are any available, and if there is a code to get the discount. Please make sure you leave plenty of time for travel, parking, etc. The check in time that we list on the email is when we expect the girls to be ready to go onto the floor. *Please plan on arriving at least 30- minutes prior to the open warm up/stretch time. (Coach Missy will give an arrival time and a Stretch Begins time.)*

Please note: *Any skill that gymnasts are unable to complete the week of the meet, will not be performed at the meet for safety purposes.* On meet day, they must warm up all skills during the allotted warm up time or their coach has the right to scratch them on that event or take skills out of their routine at their discretion as a safety precaution.

What to expect at a competition:

Your child should arrive at the competition with their full competition uniform on and hair done. Please make sure they attend the practice meet with “meet hair” to make sure it works, especially with the rolls on floor and beam. Hair needs to be up and out of their face. Elastics, scrunchies, barrettes, bobby pins, and clips are good. All hair accessories must match their uniform (for example, please don’t wear an orange and pink polka dot scrunchie). No fake nails or jewelry is allowed. Nail polish that does not clash with the uniform is permitted, but please, no fake nails or nails that are too long. Only stud earrings are allowed & anything else will incur a 0.10 deduction. Make sure your child has eaten and gone to the bathroom before going onto the competition floor. She should pack a practice leotard in her backpack just in case she needs it. She may bring a water bottle and a light, non messy snack in her backpack. *Please make sure everything (uniform, water bottles, etc.) has her name on it.*

Each Meet will be given an arrival time of 30- minutes prior to the meet starting. If the girls compete in the first session of the day, the arrival time is 30 minutes prior to competition. If they are later in the day, it will be 45 minutes prior. Some meets do begin early, so having this arrival time ensures everyone is where they need to be when the general stretch begins. When arriving at the meet site, you will encounter directional signage and you should look for your child’s coach. Gymnasts should only enter the competition area with a coach, and **parents are NEVER allowed on the competition floor (USAG & Safesport rule)**. If there is an emergency, ask a meet worker/volunteer/coach to locate your child’s coach. Gymnasts are not allowed to leave the competition floor once the meet has started unless she needs to use the bathroom, at which time a coach will escort her and her teammates to the bathroom. The only exception to this is at an in-gym meet where the bathroom is in sight or if there is only one coach rotating with your gymnasts. All gymnasts are expected to stay at the competition **all the way through awards. We also ask**

that parents do not try to speak with their gymnasts or coaches during a competition verbally or via cell phone unless it is an emergency. It is a distraction to the gymnasts at a time when they should be focused.

When the gymnasts and coaches are together at the meet, they will perform a quick warm up on the floor and stretch. There will be other teams warming up on the floor at the same time. During the warm up, one coach from each gym will attend a coaches' meeting with the meet director. This meeting is to make sure everyone is in attendance, and to give the coaches any information they need to make sure everything will run smoothly for the competition. After the warm up, the girls will either warm up at their first event (practice a routine), or line up at their first event for announcements. They will make announcements pertaining to the meet, such as **NO FLASH PHOTOGRAPHY**. After the announcements, they will play the National Anthem. Some meets will play it before every session, others will only play it before the first session of each day. After the girls have practiced their routines/skills on their first event, they will then compete. You will be able to tell they are competing because the judge will raise their hand and the girls will salute the judge by raising both arms up to their ears. Then they will perform their routine and salute the judge at the end. You may cheer for your child and their teammates as they are competing (GO Suzie! You can do it!), but **you are NOT allowed to give them coaching tips** (straighten your legs, chin up) as this will incur a deduction.

After the judge has tallied her score, the score will be flashed at the judges' table or on a screen in the gym. The girls are told to not worry about their scores, only their corrections. Scores will fluctuate from meet to meet, and sometimes do not seem to make sense - that is normal. There are deductions and requirements for each routine that you, as a spectator, may not notice. The girls are there to have fun, and we want to encourage that. Scores will be posted online through mymeetscores.com or meetscoresonline.com. It does take some time to get these uploaded, so be patient.

After the girls compete in one event, they will move to the next event, warm up and compete again. All girls will compete in Olympic order, which is Vault, Bars, Beam and Floor. If your child starts the competition on Beam, she will then move to Floor, Vault, then Bars.

When they have finished competing in all four events, the girls will sit and **wait for every competitor in their session to be done competing**. Then they will head to awards, which are usually held in a different room. **Parents are asked to please stay in the stands until all girls have finished competing.** Groups of parents leaving the stands is a distraction to the girls still competing, and is considered disrespectful. Please remember that you are representing Rome Aerials while at a competition. **We expect everyone attending the meets, including competitors, to be respectful of all athletes, judges, coaches, workers, spectators, and equipment at all times.**

During the awards ceremony, the girls will sit together. Sometimes awards rooms are small, so you may not be able to talk to your child until after awards. The girls will be placed in age groups for awards. These age groups will differ from meet to meet. Usually, they split the girls into even age groups and name the groups something like Child, Junior, or Senior. The girls are taught to accept any awards they get with pride and respect, and to not become upset at the meet if they do not place as high as they wanted or do not receive a trophy, etc. There are many girls in each session, and not everyone will receive an award. Our goal for each girl is different, and is based on their performance, attitude, and effort, not on scores and placements. Parents are allowed to take

pictures at awards. When the awards are finished, the girls will locate all of their belongings and find their parents to depart. Please note: Coaches are not required to stay for awards.

Contacting Coaches

Parents will want to contact the coach concerning progress reports from time to time. You may text or email the Head Coach or set up a meeting to discuss your child's progress. You may leave a message for a coach with the gym desk office staff or with the front desk during business hours. Phone calls and text messages to a coach's personal phone is only allowed in case of an emergency Monday through Friday or for a private lesson. The only exception to this is when there is a competition. **Please do not ask to speak to the Head Coach or any of the other coaches during practice unless it is an emergency.** This takes away a set of eyes from an entire group and often will get the group off task during practice. The Head Coach is expected to respond to all email inquiries within 24 hours, Monday through Friday. Parents are responsible for giving out lines of communication in the form of email and cell phone number to the Gymnastics Head Coach. It is your responsibility to provide the Gymnastics Center and the coaching staff with any changes or updates to your phone numbers and emails.

Competitive Head Coach: Robert Oster

Attendance

It is important to understand that your child's progress is related to the frequency of attending practice. Please make every attempt to have your child at practice when the group is scheduled. Attendance will be recorded daily for each team. These rules are put into place for your child's safety. Practice days and times are contingent upon the availability of space, our competitive coaching staff, and the number of team members participating. Too many missed practices will prevent your child from competing in a meet. This will be strictly followed. Too many missed practices could result in injury.

1) Gymnasts must be on-time for each practice day unless it is school-related. Any tardiness must be communicated with the Head Coach. Early dismissals are only at the notification by the parent or coach. Again, all missed or tardy practices are to be relayed to the head coach and team coach on or before the day they will be missing. This is noted as well on the attendance forms that are recorded daily.

2) Gymnasts are expected to attend every practice. Illness, family emergency or previously scheduled absences are allowed.

3) Any excess of absences will require a coach and parent meeting to discuss the issue. This meeting will be scheduled when the gymnast consistently misses more than 30% of practices per week.

4) During the meet season, any competing gymnast who has an excessive amount of absences will be subject to dismissal from competition.

Attendance is mandatory for the full week before a competition. Any absence will result in inability to compete. The only exception to this rule is if only 1 practice is missed and a private lesson is scheduled with a competitive team coach before the competition.

5) Gymnasts must be healthy during attendance of competitions and practices. They will be sent home if they have a temperature or any worrisome symptoms that may be contagious to other teammates and coaches. Gymnastics is a sport where it is difficult to remain distanced at all times, so it is imperative that they are healthy while in attendance. Sometimes this may result in a

gymnast missing a meet if they are sick during the week, but well by the day of their session. This is unavoidable sometimes, and it is a policy in place for your child's safety.

Open Gym Policy

RFPR hosts an Open Gym for ages 6-12 on the second Friday of every month from 7:00 p.m. - 9:00 p.m. during the school year. Team Gymnasts will not be permitted to attend open gym due to possible injury. There is not a Team Gymnastics Coach at an open gym, so the risk of injury is greater. Please abide by this ruling! This is for your child's safety. If an athlete attends Open Gym the week of a competition, they will receive a verbal warning, then follow with the disciplinary process outlined under the **Disciplinary Actions** section of the Handbook. Pre-team gymnasts ages 6-12 are welcome any Friday to attend Open Gym.

Anti-Bullying Policy

Bullying means an intentional electronic, written, verbal or physical act or series of acts directed at another gymnast or gymnasts, which occurs in a gym setting or where the behavior directly impacts the gym setting, that is severe, persistent or pervasive and has the effect of doing any of the following:

- Substantial interference with a gymnasts development, performance, or social connections is strictly enforced.
- Creation of a threatening environment.
- Substantial disruption of the orderly operation of the Gymnastics Center.
- Bullying, as defined in this policy, includes cyberbullying.
- Any talk about not deserving awards or hate towards a team member regarding gymnastics is strictly enforced and will not be tolerated.
- Please talk to your gymnasts about topics they should refrain from speaking about during practice, such as boys, menstrual periods, etc in front of younger gymnasts.

Gymnasts who have been bullied should promptly report such incidents to the Team Coaches, Recreational Coaches, or Special Services Manager. Complaints will be investigated promptly, and corrective action will be taken when allegations are verified. Confidentiality of all parties shall be maintained. Reprisals or retaliation that occur as a result of good faith reports of bullying will not be tolerated. A gymnast, coach, or parent who violates this policy shall be subject to appropriate disciplinary action, which may include, but not be limited to:

- Parental conference.
- Suspension from practice.
- Party Room suspension.
- Exclusion from competitive meets.
- Expulsion from Team.
- Referral to law enforcement officials.

This policy is in place for the parents as well as the gymnast.

Team Parent Responsibility

- To ensure the safety of the gymnasts and coaches, parents and siblings of gymnasts cannot be in the training area during team workouts.
- To further ensure the safety of all participants, **NO FLASH PHOTOGRAPHY** is permitted in the gymnastics training areas. This is a USAG rule, and should be followed at all gymnastics venues. Videotaping is permitted from the observation lobby during team practices. Coaches may videotape gymnasts for training purposes only.
- Please contact the Head Coach and/or child's coach if your gymnast will not be attending practice. Coaches must plan appropriately for the number of athletes at practice. Again, attendance is recorded daily.
- **Please be prompt in picking up your gymnast from practice and events. Gymnasts will not be allowed to leave the facility or permitted in the parking lot without a parent, guardian, or coach.** If they are of driving age, please have them park on the side of the building closest to the gym doors.
- Help us provide a positive and constructive environment for the betterment of the Gymnastics Center operations. This includes interactions with staff, coaches and at Booster Club meetings, functions and events.
- To follow all social media policies.
- To notify the Head Coach if there are any concerns, questions or inquiries related to your participation in the gymnastics program.
- To notify the Special Services Manager if you feel you are not receiving the necessary support or information from the Head Coach.
- To follow communication guidelines for contacting coaches outside of your gymnast's practice time. Coaches' cell phone numbers are given out for emergencies, progress, communication, behavioral concerns, absences, or private lessons only. Please go through the Head Coach for any other reasons.

Rome Aerials Competitive Team Gymnasts' Responsibilities

- Team members should report to all practices and events on time and *in good health and attitude* to perform at their optimum level. Please notify your team coach regarding circumstances such as illness, or missed practices. Written or electronic notification regarding vacations and excused absences should be submitted to the Head Coach and/or a Team Coach ahead of time.
- If your gymnast gets injured at practice or outside of the gym and they miss more than (2) consecutive practices due to the injury, they must see a doctor and a note is required for them to return. If they are given special instructions by a doctor, these must be given to the head coach at the next scheduled practice before they may be able to return to practice. This is for safety reasons. If the doctor would like to speak to the head coach about prognosis or physical therapy related questions and concerns, please make sure to go through the proper channels on giving the Head coach the ability to speak to them.
- Gymnasts are responsible for their own actions during practices and meets. Respectful behavior from gymnasts should always be shown to teammates, coaching staff and the gymnastics office staff. Profanity, bullying, or other inappropriate actions will not be tolerated. Behavior in the break rooms during breaks, or before and after practices must not break the policies mentioned or Break Rooms will be taken away. Behavior forms may

also be sent home and they must be returned back to us signed before your child may return to the next practice.

- For Silver and up, they are given 10-15 minutes during practice for a quick snack break. This is a privilege for them and can be eliminated completely. They are to bring a quick snack that doesn't require being heated up and a healthy drink. Soda's and Alani's or any other energy drinks are strictly prohibited during practice. They need to bring water, gatorade/powerade, or juice. They are also required to clean up any messes they have made. If they don't, they will be required to clean the party room during practice time.
- Bullying by Rome Aerial gymnasts is strictly prohibited. Bullying creates an atmosphere of fear and intimidation, detracts from the safe environment necessary for learning and athletic development, and may lead to more serious violence. This is strictly enforced. If such things happen at practice, a parent will be notified to come get their gymnast from practice and disciplinary actions will follow.
- To follow all social media policies.
- **All Team members must wear a gymnastics leotard. Spandex or tight, fitted shorts are allowed for practice. Skirts, loose shorts, baggy clothing, or socks are not allowed. Hair must be pulled back out of the child's face and jewelry must be removed prior to practice.**
- The Competitive Team leotard and warm up jacket/pants are required for practice meets and regular meets. After competition, gymnasts must stay in uniform until the last routine and through awards. Warm ups may be worn through awards. **No extra hair ties may be worn on the gymnasts wrists either or a deduction may be given. Competition leotards and warm ups are not to be worn outside of a meet. We want to make sure they last the full two years of competing in them.**
- Hair and meet attire must be completed at least 30 minutes before the start of a competition. Long hair must be pulled away from the face and off the shoulders for practice and especially for competitions. A deduction of 0.10 can be taken if a gymnast's hair does not meet this requirement. **Coaches may or may not be available for hair so please stay in contact if you need someone's help ahead of time.**
- **The only jewelry permitted for gymnasts is stud earrings. Other body jewelry must be removed or taped to be completely covered. A deduction of 0.10 can be taken if this rule is broken.**
- Gymnasts must have bare feet or USAG approved footwear to participate. Failure to comply with proper dress codes and jewelry policies may result in being denied participation in practice or competition, and a refund of entry fees will not be given. Any ruling of a coach or judge who determines attire, hair, jewelry, or footwear to be a safety hazard will be followed.
- Undergarments should not be visible during competitions. A deduction of 0.10 can and will be taken during competitions if they are showing out of the leotard.
- Xcel Gold, Platinum & Diamond gymnasts are required to create a floor routine that is composed or **approved** by their team coach. Music selection is based on the gymnast's age and skill level. All floor routines are choreographed to be used for two competitive meet seasons unless the gymnasts' mobility to the next level requires a different routine. Changes and upgrades may be made by coaches and/or the choreographer only when

necessary. Xcel Gold gymnasts are welcome to pick a floor routine to share with other teammates if they would like. This way, the choreography private lesson can be split up to 4 ways to lessen the cost for each gymnast.

- Gum, open food (unless for a medical reason), or drinks without a lid are not permitted in the gymnastics training area. Please do not leave uneaten food or drinks in the lobbies or hallway following snack break or practice. A drink that seals tight with a lid is permitted on the floor, but they must bring or buy their own. They are not allowed to share drinks. Party room privileges will be revoked if these policies are not followed.
- The Party Room, Lobbies, and restrooms must be kept appropriately clean or gymnasts will risk this privilege being revoked. It is the gymnasts responsibility to clean up all **food and drinks** and keep their belongings inside their own cubby or bag at all times. Any entry into another teammates' belongings, that includes cell phones, without permission will result in notification to their parents and possible disciplinary action.

Recreational & Team Coach Responsibilities

- To provide instruction, constructive critique and ongoing motivation for all gymnasts.
- To provide a safe and encouraging environment for each gymnast to improve and excel at the sport of gymnastics.
- To provide timely information to parents related to their gymnast's progress or setbacks.
- To respond to emergencies and always make safety a number one priority.
- To notify the Head Coach immediately related to any behavior or attendance concerns.
- To act in an honest and fair manner towards all gymnasts.
- To provide a positive environment for gymnasts and other coaches.
- To follow all social media policies.

Program Staff Responsibilities

- To provide clear and timely communication between coaches, staff and parents.
- To ensure professional oversight of gymnastics team operations.
- To provide quality customer service at all times.
- To follow all social media policies.

Monthly Tuition

Each gymnast is selected by the coaching staff to compete at a level that is suited to the ability and commitment of the gymnast. Tuition is established for each competitive level. They must register with the gymnastics desk or the head coach and will be expected to make monthly tuition payments by auto draft from a card on file, which will be deducted between the 1st and 10th of the month. You may choose a date as long as it's not past the 10th. This is county policy.

Note: Pre-Team does not compete.

Monthly Tuition: Per County Policy, this must be set up on autodraft

Team Level	Tuition per Month
Pre-Team	\$190
Xcel Bronze	\$200
Xcel Silver	\$225
Xcel Gold	\$235
Xcel Platinum	\$250
Xcel Diamond	\$285

Payment DUE:

Tuition is due by the 10th of every month. Payments made after the 10th will result in a late fee of \$25.

Payments must be made by debit or credit and put on file for automatic payments. These can be set up thru the Head Coach or the Gym Desk during posted office hours. This is a requirement of Floyd County. The monthly tuition is due regardless of facility closures that may occur due to inclement weather or planned closures such as major holidays, spring break, or back-to-school week. Also, unless specified, we are open and have regular scheduled practices. When inclement weather occurs, the Head Coach will contact you with any immediate closures. The recreational schedule does not apply to team schedules. Payments can also be made by emailing or texting the Head Coach with the last four digits of the card on file and the security code.

There will be an exception for an excused absence based on a documented medical injury or vacation that requires a gymnast to be unable to practice or perform for the full month. The Head Coach must receive a dated doctor's note in order to prorate tuition. Gymnasts may return to their workout schedule when they provide a note releasing them from the doctor's care. This doctor's note must also state in writing that participation in gymnastics is permitted. *Please note that all fee-related questions or transactions must be directed to the Head Coach or Special Services Director and not the other coaches.*

Competitive Team Fees

Monthly team tuition rates and the following fees are paid directly to RFPR. Each team gymnast is responsible for the following fees, but are not limited to:

- Monthly tuition
- Meet fees
- Individual private lessons (optional).
- Choreography fee if applicable, \$160 per choreographed routine.
- Booster Club Fee
- Other related fees.

- Team Camp

USAG Athlete Membership

The USAG Athlete Registration Fee is a **requirement** for competition. The membership fee should be paid directly to USAG through <https://usagym.org/>. An email will be sent to notify you when it is time to register for this membership if you are a returning member. **Memberships purchased will be valid from August 1, 2026 thru July 31, 2027. The cost for returning gymnasts is \$71, and the price for a first year competitive gymnast is \$25.(These prices are subject to change. These prices are from the 2025-2026 Season.)**

Membership Terms:

- Membership is valid for one competitive season.
- Current competitive season: **August 1 - July 31** of each year.
- Online registrations will be available upon payment transaction.
- All fees and memberships are both non-refundable and non-transferable.

Competitive Leotard, Custom Practice Leotard, & Warm Ups

The custom competition and practice-wear will be paid to the Booster Club. The deadline to fundraise and pay for these is **August 31st**. Pricing is below:

- Long-sleeve Competitive Leotard–All Competitive Teams \$310
- **Custom Practice Leotard - TBD. If enough are interested, we will design and get a price. This is usually done yearly in the fall.**
- Warm up jackets: paid for by Booster Club \$95-Includes shipping
- Bows: Purchase thru Tayesha Lytle
- Competitive Leggings/Pants: Are to be purchased thru the booster club! \$30

Booster Club

The Booster Club is a non-profit parent volunteer support organization for the Competitive Team Program. RFPR encourages all parents of Team members to participate in serving the Booster Club through fundraising, attending meetings and other activities. The Booster Club's function is to raise funds to assist with meet costs, competition leotards, warm ups and gym bags. Please contact the Head Coach for Booster Club contact information. Monthly meetings will be listed on the team calendar as well as any fundraisers they decide on.

2025-2026 Cost: \$50 An annual fee per family)

Private Lessons

Private lessons are available for both Team members and non-team members. Lessons are based on coaching and scheduling availability and must be scheduled in advance with the gymnastics coach. There are several options to choose from to best meet your needs.

Coaches Private Fee Chart	
Time	Total Cost
30 minutes	\$30
45 minutes	\$42
1 hour	\$50
Choreography (2-3 hours)	\$160
1 hour lesson with Head Coach	\$50

- Please note: Private lessons must be paid for at the gymnastics desk or through the Head Coach. **No tips are permitted.** A portion of the private lesson fee will go towards new equipment and repairs.
- *Private lessons may be scheduled with the Head Coach*; however, there is a flat rate of \$50 for any amount of time under an hour. Any private lesson lasting over an hour will be \$100 unless it is for choreography (rate for choreography will be used in this case).
- **Team Coaches are not required to take private lessons and only will schedule them if it works with their personal schedules.**

Team Meets & Meet Fees

The number of team meets for each year is determined by the coaching staff for USAG meets. It is important to note that a gymnast will not be required to attend every meet scheduled if skills are not met or injuries occur. Competitive meets will involve traveling to other gymnastics facilities typically within the state of Georgia. There are occasions when a meet will be in a surrounding state that is still in Region 8 and possibly for our travel meet (Silver and up only). Finally, there are fees associated with participating in meets in addition to the team monthly tuition. USAG meet fees are paid throughout the Fall & Winter and will be due no later than January 19th. **Any meet fees paid after January 19th, 2027 will incur a late fee of \$50.**

Competitive Season Schedule

The official meet schedule for the 2026-2027 season will be released in the Fall of 2026. **Please ensure that you are blocking off the entire weekend of each meet since we will not know exactly what day they will compete until the weeks leading up to each competition.** Please note that a session may be scheduled on a Friday. If this is the case, the Head Coach will provide a school excuse note. This will be handed to your gymnast at the last practice before the upcoming meet. Please note, not all school systems will accept the excused absence form. **If a meet falls on a weekend with inclement weather, the meet director will decide whether to continue having the meet or to reschedule. This almost never happens. All competitions have to pay ahead of time for location fees/rent, judges fees a year in advance, catering/food costs ahead of time, etc. If you feel unsafe driving in said conditions, please know that it is not refunded. Always put safety first.**

Xcel Bronze will be attending 5 gymnastics invitational meets local to the Greater Atlanta area. This will include the USA Gymnastics State Championships this season! Xcel Bronze does not go to regionals.

Xcel Silver will be attending 5 gymnastics invitational meets including the State Championship if they qualify. Xcel Silver does go to regionals.

Xcel Gold, Platinum, and Diamond, will be attending 5 gymnastics invitational meets including the State Championships and They have the possibility of attending the Regional Championships if they qualify.

Once these meet fees have been distributed to the meet directors, refunds will not be given. There is only a short window where we can get refunds for meets and that is due to injury. The schedule will be set for all gymnasts and there is no changing a meet once the schedule is done. The schedule goes for every gymnast, except the choice meet for Silver and up. That is the only meet you may choose whether to go to or not.

Please keep in mind that the schedule is **tentative**. Meets may be canceled at any time. We will refund as much as we can if that is the case and make you aware as soon as possible.

Location	Name	Date
Rome Aerials Gymnastics Center	Mock Meet	12/ 2026
Jesse Davis Athletic Complex	Grant A Wish	01/ 09,10/ 2027
Cartersville Gymnastics Recreation Center	Cartersville Invitational	02/ 06,07/ 2027
Savannah Convention Center	Courtney Kupets Pink Invitational	03/ 05,06/ 2027
Lakepoint Sports Champion Center	Sweet Tea Classic	03/ 12,13 / 2027
Gas South Arena	Georgia XB,XS USAG State	04/ 09,10/ 2027
Aiken Ford Arena	Georgia XG,XP,XD USAG State	04/ 16,17/ 2027
Georgia International Convention Center	Xcel Regionals	April/ 30th- May/ 2nd 2027

Social Media Policy

User Etiquette & Rules for Posting Content:

Use of social media requires the practice of respectful communication, as well as an understanding of the difference between opinions and constructive criticisms as opposed to derogatory and negative comments. Please do not challenge or attack others.

RFPR requests that you follow these general rules:

- You will not send, post, or otherwise promote commercial products or services, except sales of Rome-Floyd Parks & Recreation or Rome Aerials Gymnastics merchandise if necessary.
- You will not send, post, or otherwise promote offers for contests, giveaways or sweepstakes unless for the express benefit of the Booster Club to serve Rome-Floyd Parks & Recreation or Rome Aerials Gymnastics fundraising goals.
- You will not post content that is defamatory, abusive, profane, threatening, offensive, pornographic or violent.
- You will not send, post, or otherwise promote any content that infringes any intellectual property or other right of any person or entity, including, but not limited to, violating anyone's copyrights, trademarks or service marks.
- You will not knowingly post any spam, documents, files or other content that contain viruses, corrupted files, or other materials that may cause damage to another's computer.
- You will not use the site to do anything unlawful, misleading, malicious or discriminatory. Messages should not be posted if they encourage or facilitate members to arrive at any agreement that either expressly or impliedly leads to price fixing, a boycott of another's business, or other conduct intended to illegally restrict free trade.
- You will not post any subject matter not directly beneficially to the function of Team Gymnastics.

Participant Liability:

It is the sole responsibility of the user to ensure that the posted content is accurate and does not infringe or violate the intellectual property rights or other rights of third parties. Information posted is available for all to see, and comments are subject to all laws concerning libel, slander, harassment, verbal assault and antitrust issues.

Be Courteous, Tolerant, and Keep it Clean:

RFPR encourages site users to protect themselves and each other when engaging in information sharing and/or online discussions. If you notice a user is in violation of the terms of use, or if you have a technical question, please notify Special Services Manager Tyler Stinson at tyler.stinson@floydcountyga.org.

Team Withdrawal, Leave of Absence, and Refund Policy

Any USAG team member who cancels one or more consecutive months will need to speak with the Head Coach after the competitive season is over and may rejoin the Team if space is available. If skills have been lost, then placement is subject to change. If you decide to change to another gym, there is a 1 year waiting period before you may rejoin the Rome Aerials. If you have already paid meet fees, these may not be able to be refunded. If your gymnast gets injured and

misses more than (2) consecutive practices due to injury, a doctor's note is required for them to return. This also goes for competitions missed. If they have to miss a meet, they must see a doctor for that injury.

If tuition has already been paid then a refund cannot be given for that month unless it is due to injury or illness. If your child needs a month off or more at any time due to injury or illness, a doctor's note is required to obtain a refund or credit. Any meet fees that have already been paid can only be refunded if the athlete has NOT been registered for the meet. Only individual meet registration costs are eligible for a refund. After registration is complete and the refund deadline given by the meet has passed, a refund cannot be given.

****Please note: Gymnasts will be removed from the Team for the remainder of the season if any absence over a month occurs during the meet season due to disciplinary or illness reasons. Absences due to injuries will be decided by case.***

Disciplinary Actions

If parents or gymnasts fail to follow gym rules and exhibit behavior not in accordance to the gymnast or parent list of responsibilities, the following actions may take place:

Behavioral Actions will follow in this order after one (1) verbal warning:

- Behavior slip will be sent home. It must be signed and returned before the gymnast can return to practice.
- Parent meeting with Head Coach and Special Services Manager
- Suspension from the program (suspension time depends on the time of the year, for example, the time coordinating to meets around the time suspended from the team)
- Permanent removal from the program

****Removal from the program can happen without any prior offenses if the offense is serious enough and may cause a safety issue if the gymnast is not removed.***

USAG Level Requirements

Gymnasts will be placed at a level based on the skills they are able to perform. USAG provides a minimum set of skills necessary to be classified at a certain level and these skills must be demonstrated in order to compete at any given level. Some skills progression and achievement will be at the coach's discretion based on a variety of factors specific to each athlete. Athletes will have the chance to move up in levels until late July. The Head Coach holds the right to move the gymnast back down to their previous level if they are still missing requirements in December.

Age/Entry Requirements and Mobility Scores Overview Chart

Division	Minimum Age Requirement	Prerequisite Score	Entry Division from Junior Olympic Program
Bronze	Reached 5th Birthday	None	DP Levels 1 & 2
Silver	Reached 6th Birthday	None	DP Levels 1, 2, 3
Gold	Reached 7th Birthday	None	DP Levels 3 & 4
Platinum	Reached 8th Birthday	31.00 AA at Gold Division	DP Levels 5, 6, & 7
Diamond	Reached 9th Birthday	31.00 at Platinum Division	DP Levels 7-10

Pre-Team

Pre-Team focuses more on maturity, attention span, skill foundation (form and shaping) and coachability to prepare gymnasts for a competitive atmosphere. Specific skills for the Pre-Team will be provided by the coach. The tuition cost for the Pre-Team is \$190 a month. This is the only fee associated with the Pre-Team.

Xcel Bronze & Silver

Gymnasts will have the same routine to compete on each event per team. The Coaches and your gymnast will choose the skills that best suits her strengths, but also allows her to progress towards the next level. Gymnasts will share the same floor music, but can compete different tumbling, dance, etc.

Xcel Gold

Gymnasts will have a few routines or skills to choose from on each event. The Coaches and your gymnast will choose the routine that best suits her strengths, but also allows her to progress towards the next level. *On Beam*, they will each compete their own personal routines. They will choose acro elements they can compete consistently. This may differ from what they do in practice. *On Floor*, they may choose their own floor music for a coach to choreograph a routine to. They may also share music and routines with another Gold Team member and split the cost of the choreography private lesson if they wish to do so (\$80 per gymnast for 2 girls, \$40 per gymnast for 4 gymnasts). They will be expected to upgrade their skills in the second year of Xcel Gold as if they were moving up to a new level. They may work to upgrade skills throughout the season in order to progress towards Xcel Platinum. It is our plan to have each gymnast compete in Xcel Gold for two seasons. This is the best way to prepare them for Xcel Platinum as the skill level bridging them apart is quite large.

Xcel Platinum

Gymnasts will have a few routines or skills to choose from on each event. The Coaches and your gymnast will choose the routine that best suits her strengths, but also allows her to progress

towards the next level. It is our plan to have each gymnast compete in Xcel Platinum for two seasons. This is the best way to prepare them for Xcel Diamond as the skill level bridging them apart is quite large. *On Beam*, they will each compete their own personal routines. They will choose acro elements they can compete consistently. This may differ from what they are able to do in practice. *On Floor*, gymnasts will all have their own individual routines with their own floor music. When it is time to make routines (August/September, choreographed by October 1st), gymnasts (and parents) can send in 3 choices. Please list your favorite and the coaches will pick from those based off of what fits. Gymnasts can also choose which coach they want to choreograph their routine. All choreography must happen during a scheduled private lesson outside of practice time. Routines may be edited during practice after the original choreography is done. Gymnasts keep these routines for 2 seasons even if they move up to Xcel Diamond during this time.

Xcel Diamond

Gymnasts will have a few routines or skills to choose from on each event. The Coaches and your gymnast will choose the routine that best suits her strengths, but also allows her to progress. If a gymnast reaches Xcel Diamond and does not wish to progress to Xcel Sapphire (the highest level of Xcel), our goal is to make sure they are still progressing on a personal level by ensuring the gymnasts are learning new skills on each event every year. *On Beam*, they will each compete their own personal routines. Elements they compete may differ from what they do in practice. Our goal is consistency in competition. *On Floor*, gymnasts will all have their own individual routines with their own floor music. When it is time to make routines (August/September, choreographed by October 1st), gymnasts (and parents) can send in 3 choices. Please list your favorite and the coaches will pick from those based off of what fits. Gymnasts can also choose which coach they want to choreograph their routine. All choreography must happen during a scheduled private lesson outside of practice time. Routines may be edited during practice after the original choreography is done. Gymnasts keep these routines for 2 seasons.

Level Requirements

Gymnasts will have until July 30th to meet 75% of their Level requirements on each event. With the approval of the Head Coach, they will be allowed to practice at their desired level. They will need to have ALL of these requirements by November or they can be moved back down to their previous level to compete. These standards are for their safety and well-being.

Xcel Bronze Requirements

These are the minimum requirements to compete in Xcel Bronze

Vault:

- Functional run
- Proper hurdle
- Jump to HS flatback on the mat

Bars

- Pullover mount
- Cast with a hollow body
- Back hip circle
- Dismount (undershoot, sole circle, cast away, or forward roll to floor)

Beam:

- Confidence on the beam

- Pivot turn or heel snap
- Straight jump, split leap, or split jump
- HS, lever to the beam, bridge, or shoulder roll
- Dismount

Floor:

- 2 directly connected acro elements with or without flight
- 2nd acro pass with minimum of 1 acro element with or without flight
- Split leap connected to a jump
- Half turn on 1 foot

Xcel Silver Requirements

These are the minimum requirements to compete in Xcel Silver.

Vault

- Functional run that gains speed
- Proper hurdle
- Handstand block on the floor
- Front Handspring and Round off on Vault over a mat stack or (XS competitive vault)

Bars - 5 "A" VP elements

- Glide Swing-Chin-up pull over on the low bar from the floor
- Cast at 45 degrees below horizontal
- Back Hip Circle
- Squat On, Undershoot or Piked Sole Circle dismount

Beam

- Half turn on one foot
- Handstand with feet touching together (vertical not required)
- Side handstand twist, front handspring, or round off dismount
- Split Jump & Leap hitting a 90 degree split (will compete the best one)

Floor

- 2 flight elements (ex: round off, back handspring, or front handspring)
- Cartwheel, Back walkover, or Front walkover
- Handstand forward roll
- Backwards Roll with straight arms
- Leap at 90 degrees
- Full turn on one foot

Xcel Gold Requirements

Score Requirement = 36.00 AA in Xcel Silver (2 times during the previous competitive season. This only applies if you competed in Xcel Silver the previous year. Different circumstances may apply and will be determined by the head coach). These are the minimum requirements.

Vault

- Proper punch on the springboard
- Front handspring and Round off-on vault to a controlled landing

Bars - 6 "A" VP elements

- Pull over with straight legs
- Horizontal cast
- Squat on, clean jump to high bar
- Double back hip circle
- Powerful tap swings
- $\frac{1}{2}$ turn dismount
- Flyaway (2nd year preferred)
- Kip (2nd year preferred)

Beam

- HS hitting vertical
- Split leap to 120 degrees OR Split jump to 120 degrees (required to compete one of these, but will continue training both)
- Full turn on one foot
- Cartwheel to side handstand hold for 1 sec., $\frac{1}{4}$ turn dismount
- Round off, front handspring, front tuck, or back tuck dismount (can compete this, but not required. Will only compete if they can complete it with less than .2 in deductions).
- Cartwheel (at least on a low beam)

Floor

- Straddle jump, split leap, split jump with 120 degree split, or switch leap
- Front handspring step out to round-off
- Round-off back handspring
- Back extension roll to handstand (will not compete, but necessary for development)
- Punch front tuck (2nd year preferred)
- Back extension roll to handstand (will not compete, but necessary for development)
- Round off 2 Back handsprings or Round off Back handspring Back tuck (2nd year preferred).

Xcel Platinum Requirements

Score Requirement = 36.50 AA in Xcel Gold (2 times during the previous competitive season. This only applies if you competed in Xcel Gold the previous year. Different circumstances may apply and will be determined by the head coach). These are the minimum requirements.

Vault

- Gymnasts must have at least a 9.7 Start Value vault in order to compete at this level.

10.0 SV Vaults

- Front Handspring full twist off

9.9 SV Vaults

- Front handspring half twist

9.7 SV Vaults

- Front Handspring
- $\frac{1}{4}$ - $\frac{1}{4}$ off or $\frac{1}{4}$ $\frac{3}{4}$ on Vault

Bars - 6 "A" VP, 1 "B" VP elements

- Kip connected to a cast above horizontal (both skills are a requirement separately as well)
- Clear hip, stalder circle to clear support, toe shoot to clear support (must be able to a kip out of it while keeping your feet up unless it is done on the high bar).
- Long hang pullover to cast dismount
- Flyaway dismount in tuck, pike, or layout

Beam - 6 "A" VP, 1 "B" VP elements

- 2 element acro series OR 1 acro flight element (Cartwheel to cartwheel, Back walkover to back walkover, OR 1 back handspring or a round off).
- 1 leap or jump requiring 120 degree split
- Jump connection (can be connected to split element)
- 360 degree turn on one foot
- Salto dismount (front tuck/pike, back tuck/pike, or a gainer)

Floor - 6 "A" 1 "B" VP elements

- 2 tumbling passes with 2 flight elements, one of which must have a salto (front or back tuck/pike/layout).
- Dance passage with a minimum of 2 different leaps, jumps, hops - 1 must be a 120 degree split leap.
- 360 degree turn on one foot

Xcel Diamond Requirements

Score Requirement = 35.00 AA 2 times in the previous season at Xcel Platinum (2 times during the previous competitive season. This only applies if you competed in Xcel Platinum the previous year. Different circumstances may apply and will be determined by the head coach). These are the minimum requirements.

Vault

A vault with at least a 9.4 Start Value. A 9.6 or higher Start Value is preferred.

10.0 Start Value Vaults

- Tsukahara tuck, pike, or layout
- Yurchenko tuck, pike, or layout
- Front Handspring full twist off
- Front handspring 1 ½ twist off

9.9 SV Vault

- ½ on, full twist off

9.6 SV Vaults

- Front Handspring ½ twist
- ½ on ½ off

Bars - 5 “A” 2 “B” VP elements. “C” VP allowed and 1 “D” VP element. No “E” VP allowed.

- Kip Cast Handstand
- 2 360 degree clear circling elements— they can be the same or different (an example of this would be a clear hip or a giant) and do not have to be connected
- One of the clear circling elements must be a “B” valued element
- Salto or Hecht dismount, minimum “A” value.

Beam - 5 “A” 2 “B” VP elements. “C” VP allowed, 1 “D” VP element allowed. No “E” VP allowed.

- An acro series with a minimum of two elements with (ex. back walkover, back handspring). Can be done with or without flight.
- One acro flight element (can be included in series)
- Dance series: One leap/jump requiring 150 degree split isolated or in the series. Two connected leaps/jumps.
- 360 degree turn on one foot.
- Aerial or salto dismount that is at least an “A” element.
- Salto or aerial dismount.

Floor - 5 “A” 2 “B” VP elements. “C” VP allowed, 1 “D” VP element allowed. No “E” VP allowed.

- Two separate acro flight element series with a minimum of 2 directly connected flight elements
- Two different saltos (front tuck and a back tuck or front tuck and a front pike. Position and/or direction must be different). Can be isolated or in a series. One must be a “B.”
- Dance passage with min. of 2 different elements (one a “B” VP), one a leap with 180 degree split (directly or indirectly connected).
- Turn on one foot, minimum of a “B” VP (1 ½ turn, Full turn with leg at horizontal, full turn in wolf position)

**After you have read through this document in full, please fill out the
Gymnast/Parent information and agreements and send them to
Coach Rob @ Robert.Oster@floydcountyga.org. There will also be a
docuSign attached for you to sign and acknowledge reading the
handbook.**