

Gymnastics Parent Handbook
Rome-Floyd Parks & Recreation
www.rfpra.com/gymnastics



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Welcome to Rome-Floyd Parks & Recreation Gymnastics! It is our goal to provide youth a positive development opportunity by offering a comprehensive and progressive gymnastics program with trained staff and safe equipment. The gymnastics program will help foster confidence and self-esteem while children learn to participate with others individually and within a team environment. The Rome-Floyd Parks & Recreation Gymnastics program offers two components of gymnastics: Recreational Gymnastics classes and a Competitive Team Program.

In this guide you will find information about both the Recreational and team programs. Please take the time to review the information that best meets your gymnastics interests and needs.

Program Mission

Our mission is to build on the premise that each child is given the opportunity to reach their personal best, physically, socially, and emotionally, in a well-planned progressive program. Each child will advance through proper skill progression in a safe and successful environment.

Contacts

Special Services Manager:

Lindsey Jones
(706) 252-1134 cell
Lindsey.Jones@floydcountyga.org

Special Services Coordinator:

Mina Garcia
(706) 728-8761
Mina.Garcia@floydcountyga.org

Competitive Team

Head Coach & Coordinator:

Chloe Schuttinga
(706) 331-0110 cell
Chloe.Schuttinga@floydcountyga.org

Gym Desk: (706) 291-0766 opt. 2

RomeAerialsRFPRD@gmail.com

Facebook:

<https://www.facebook.com/rfprd.aerials/>

***Recreational emails:**

RomeAerialsRFPRD@gmail.com

***Competitive Team emails:**

Chloe.Schuttinga@floydcountyga.org

Gymnastics Center Office Hours

Monday-Friday

8:30am-2:30pm and 3:30-7:30pm

Saturdays & Sundays

Privately Rented - No public access

*Hours are subject to change based on schedule

**Closed on Federal holidays

Inclement Weather Policy

In case of inclement weather RFPR will announce any closures of the gymnastics facility. Please note that the gymnastics facility does not necessarily follow the public school cancellation schedule. Weather Announcements: Visit <https://www.facebook.com/rfprd.aerials/> . RFPR also sends out email alerts on inclement weather days during the Winter months. All participants should receive this email. If you do not, please contact the office to ensure your email address is added to the list.

How to Request Accommodations

Individuals with disabilities are encouraged to register for general recreation programs. Please set up a meeting with the Gymnastics Coordinator, Chloe Schuttinga, to discuss specific needs and accommodations. A two week notice is required in order for the Department to make reasonable accommodations based on individual needs for successful inclusion. We also offer a parent/child class on Fridays for individuals better suited for one-on-one instruction.

Minimum Requirements for Successful Inclusion

The basic eligibility requirements for all programs, camps, classes and events apply to all participants, regardless of ability level. There may be additional requirements for each program, camp or class. The capacity for each program is based on ratio and logistics. If the maximum enrollment for a program has been met, a participant may be unable to enroll or placed on a wait list. Payment is due upon registration.

The basic eligibility requirements for all programs, camps, classes and events are listed below:

- Payments must be received before admission into any program.
- All participants are required to follow the rules of conduct in the parent handbook.
- An individual with a disability may be removed from a program if after interventions and accommodations their behavior is a direct threat to others.
- Must be able to maintain personal care without the support of RFPR staff or volunteers. Participants should meet the prerequisite age/ skills for the class or program (if required for participation).
- Participants should be willing to participate and actively participate in the program the majority of the time.
- Ability to function with or without assistance as a member of a larger group (10 or more people).

Recreational Gymnastics & General Facility Information **Gymnastics Parent Handbook**

Recreational Class Program

Recreational classes are designed to be a progressive program where participants are successful and may have the opportunity at some point to be a part of the Competitive Program if they so choose. The Recreational classes are designed to provide basic gymnastic instruction to those children who are taking gymnastics for the first time, continuing on to the next recreational level or to those who are not interested in being part of the Competitive Program at this time. Particular skills and/ or age appropriateness within the recreation class curriculum must be obtained to move to certain levels.

Detailed information about class schedules, special events, RFPR events, and scholarship applications can all be found at the Gym Desk.

Recreational Class Schedule & Monthly Registration Fees

The recreation class schedule is posted on our website, and is subject to change.

<https://www.rfpra.com/gymnastics>

The fees range from \$65 - \$85 per month depending upon the length of the class.

How to Register for Monthly Recreational Classes

Online: <https://www.rfpra.com/gymnastics> Click on the “Register” button. This will take you to the online registration system. Select the appropriate age group and level for your child and the date and time that works best. ActiveNet will walk you through the registration process. [When registering online, please ensure all of your information (especially contact and medical information) is correct.]. *Online registration closes the last day before the class starts.*

In-person: Register at the Gymnastics Center located at 1 Shorter Ave, Rome, GA 30165 between the hours of 8:30 am - 6:00 pm Monday-Friday. Waivers will need to be filled out and turned in. Forms of payment: check or card – NO CASH.

Over the phone or by email: If your child was previously enrolled in classes and your information is on file you may call the gym desk to register at (706) 291-0766 opt. 2, or email RomeAerialsRFPRD@gmail.com

**Please ensure you give us all pertinent medical or allergy information at the time of registration.*

Rome Aerials Registration Policies & Procedures

- *Recreational gymnastics classes are held year-round.* with registration taking place on a month to month basis. A new session begins the first day of each month and runs through the last day of the month.
- Registration only covers the classes on the specified class day/time for the month in which the gymnast is registered.
- Registration opens for the following month on the 2nd Monday of the preceding month unless otherwise specified.
- Registration is first come, first serve each month. A spot is not secured in a class until payment is made in full, regardless if the gymnast was enrolled in the class the previous month.
- Classes are pro-rated for holidays or registration occurring after the first week of classes. The gymnastics office staff may issue pro-rations at upon approval of the Gymnastics Coordinator.

Make-up Classes

If a gymnast misses a class during the month, you may call the gymnastics office to schedule a make-up. Make-up classes must be scheduled in advance to ensure that there is space available in the desired make-up class. Make-up classes must be scheduled for a day/time within 1 month of the missed class. If not, the missed class is forfeited.

Registration Opening Dates

Registration is Monthly, with no automatic renewal. Each gymnast must be re-registered every month on the 2nd Monday of the preceding month.

Refunds

Registrants assume full responsibility for any changes in their personal life which may affect their ability to participate. RFPR will consider refunds for sports programs under the following circumstances:

- If RFPR cancels a program the participant will receive a full refund.
- Refunds will not be granted due to team placement or coaching preferences.
- Refund requests based on injuries or medical limitations must be accompanied with a medical doctor's examination report.
- Only Recreational Program fees may be refunded.

Gymnast Attire

Before class begins, please make sure the gymnasts have removed all jewelry and pulled their hair away from their face. Gymnasts may wear leotards or a fitted top and shorts without zippers, buttons, or drawstrings. Parents participating in Parents and Tots classes should dress in comfortable attire – no dress shoes or hiking boots. Male gymnasts should wear comfortable shorts with elastic waist bands. T-shirts must be tucked in. No baggy clothing. No tennis shoes are permitted. Gymnasts must have bare feet. The only other footwear permitted will be gymnastic slippers. Tights alone on the feet are not permitted because they are often too slippery. Skirts are not permitted.

What to expect on your first day

Please arrive 5-10 minutes early. Gymnasts who miss the first 10 minutes will not be permitted into the class for their safety, therefore forfeiting the ability to make up the class or get a refund. If you know in advance that your child will be missing a class, you may call to schedule a make up (if there is availability for one). *We will not give a refund unless it is in accordance with our Refund Policy (above).*

Upon entering the Gymnastics Center, please confirm your child's class and time at the Gym Desk located to the left of our entrance. Gymnasts may place outdoor clothes, shoes, and socks inside the cubby rack. Proceed down the lobby hallway to the Gym Entrance door. Gymnasts will be called into the Gym area at the appropriate time by class name. Coaches adhere to the red clock located in the Gym. If you have not heard your child's class name within two minutes of the scheduled time, please see the Gym desk.

Please ensure your gymnast's hair is pulled back and out of their face before class. Remove any necklaces or bracelets. Stud earrings are permitted.

For everyone's safety, parents and siblings not enrolled are not allowed inside the Gym during practice. We offer a lobby with tables and seating, a homework room, and a large viewing area. Upstairs seating is available for adults.

NO flash photography or video with lights will be permitted. This is for the safety of our gymnasts.

At the end of the class, we ask that you meet your child at the Gym Exit doors (located by the cubby rack). Please feel free to talk to your child's coach at this time.

Coloring sheets are handed out once a month. Please have your child color and return these to be entered into our monthly drawing to win a free Open Gym or free Tot Time session.

We provide informational handouts to our gymnasts most weeks, please be sure to review these as this is our main line of communication with our families. If you ever have any questions please call our Gymnastics Coordinator, Chloe Schuttinga at (706) 331-0110 or the Gym Desk at 706-291-0766 option 2 for gymnastics.

Please be prompt in picking up your child.

No food or drinks are permitted in the gymnastics area.

RFPR is not responsible for any lost or stolen items.

Insurance/Liability

Please be advised that the Rome-Floyd Parks & Recreation does not provide accident or hospitalization insurance for program participants. Parents are strongly advised to have adequate personal insurance coverage for their children. Participation in the gymnastics programs shall be at the parents' and the participant's own risk.

General Behavior & Code of Conduct

Children are expected to conduct themselves in an appropriate manner at all times in both recreation and competitive team gymnastics. Children should refrain from being verbally and/or physically abusive to others. Children should have respect for authority figures and should respond positively to guidance and direction. Persistent behavior problems may result in dismissal from the gymnastics program. Disciplinary procedures within the Gymnastics Center are guided by the type and severity of the behavioral incident as described below:

Minor Incidents: Minor incidents include, but are not limited to, name-calling, horseplay, refusal to cooperate (not listening, not following rules, or not following directions), being disruptive, being rude/discourteous to adults, throwing soft objects, minor destruction of property such as tearing up or coloring on others papers, etc.

Serious Offenses: More serious offenses include, but are not limited to, using abusive/profane language, throwing dangerous objects, participating in physical conflict (hitting, kicking, biting, etc.), and inappropriate social behavior.

When a child does not conform to acceptable rules of behavior, the staff will discuss with the child the specific inappropriate behavior that the child has demonstrated, more appropriate behavior, and the consequences for demonstrating further inappropriate behavior. ***Consequences may include:*** verbal warning, time-out in the gym, time-out with a parent, and/or removal from class for the day or long term.

Sick Policy

Fever

Parents should keep children at home if they have a fever, which generally means a temperature of 100.4 degrees Fahrenheit and higher. A child should be fever-free for 24 hours without taking fever-reducing medication before returning to classes.

Stomach Virus

A stomach virus causes nausea, vomiting and/or diarrhea. Children should be free of all these symptoms for 24 hours before returning to classes.

Pinkeye

Pinkeye can be bacterial or viral. Children who have red eyes, eye discharge that is not clear or whose eyes can't be easily opened should stay home from classes. In addition, children who are using medicine for a bacterial infection should be home at least 24 hours before returning.

Whether it is viral or bacterial, children should stay home until the whites of their eyes are only slightly pink and there is only clear discharge from their eyes.

Steady or Hacking Cough

Children who have minor coughs are usually OK to go to class. But a child who has a moderate to severe persistent cough, or who is experiencing coughing fits, should stay home. Teach children to practice good coughing hygiene, such as coughing into a tissue or the bend of their elbow, and tell them to wash their hands frequently."

Strep Throat

Strep throat is contagious. Once a child has been diagnosed with strep throat, she/he should be treated with antibiotics for 24 hours before returning to class.

Head Lice

Schools recommend that children receive immediate home treatment for lice. The child should not return to class until nits are no longer in the hair.

Refund requests based on injuries or medical limitations must be accompanied with a medical doctor's examination report. Refunds will be on a class by class basis.

Restroom Policy

Classes

- Parents or guardians are asked to take their child to the restroom before class begins.
- If a child has to use the restroom during class and is not able to do so on their own, the floating coach will take the child to the door where the parent or guardian will meet them to help them in the restroom.

Camps

- Parents or guardians are asked to take their child to the restroom before camp begins.
- Campers will have designated times between activities to use the restroom as a group. During this time, one instructor is in the restroom with 4 of the campers outside of the stall, the other instructor is holding the door open to eliminate any injuries from the kids' inability to hold the door. The instructor holding the door is also able to supervise the other campers that are standing in line in the hallway.
- If a child has to use the restroom during camp, a floating coach or one of the two coaches assigned to the age group will take the child to the restroom and wait outside of the restroom to assist with the door for when the child returns to camp.
- If your child is unable to use the restroom on their own, we ask that they either not attend camp or that a parent or trusted guardian stays during camp to aid with them using the restroom.

Tot-Time

- Restroom breaks are parents' responsibility.

- Any accidents in the gym must be reported to gym desk staff.

Open Gym

- Parents are asked to take their child to the restroom before leaving after dropping them off.
- If a child has to use the restroom during open gym, a staff person must be notified. The staff will keep track of how long the child is gone and will only check on them if they are gone for more than 5 minutes.

Horse play is not tolerated in the restroom, regardless of class, camp, tot-time or open gym. In the event horse play is detected, a parent or guardian will be notified and the child will sit out of the activity for 10 minutes. If the action continues to happen, a parent or guardian will be notified to come pick up the child and will not be refunded.

Be respectful of your surroundings and clean up after yourself.

Monthly Clinics (TBA will bring back if interest)

Cartwheel Clinics

(TBA)

Ages 4 & Up

MUST Pre-Register / Limited Spaces

Back Handspring Clinics

(TBA)

Ages 5 & Up

MUST Pre-Register / Limited Spaces

Prerequisites: Bridge kick-over, Round off, Cartwheel, Handstand

Recreational Events

Recreational Summer Camps

For children ages 3-15. Gymnasts will be grouped by age, then ability. No gymnastics experience is required. **Children must be 100% potty trained and be self-sufficient** (please read restroom policies). If they need assistance with the restroom or other sanitary needs, parents are required to stay throughout the day.

Registration opens February 1st of each year.

Cost: \$150

3 Sessions (June & July) 8:00 am - 12:00 pm Monday - Thursday

**Please see the Summer Camp Guide located at the gym desk for more details.*

Facility Rentals & Birthday Parties

Rome Aerials Gymnastics is pleased to offer birthday parties and event rentals for special celebrations. Parties are for all ages, no gymnastics experience needed. Each rental is private and includes 2 instructors, full use/play time in the gym and time in the party room for snacks, cake, gifts, etc.

Parties are offered on Saturdays and Sundays throughout the year. Time is broken down between the gym and the party room. Fifteen minutes are provided before and after your allotted time for set-up and clean-up.

Total cost:

2 hour party is \$200

Events may be booked for additional time – call the gymnastics office to inquire.

All parties require a minimum of 2 instructors for up to 25 children. Parties that exceed 25 children will incur additional charges for the extra use of equipment. A third instructor must be requested in advance for an additional charge.

Days and times available but subject to change:

Saturdays – 10:15 am, 12:45 pm, 3:15 pm, 5:45 pm

Sundays – 2:00, 4:30

**2 hours is the minimum time available to rent. Ask Gym Desk about longer rental times.*

To book a party, call the Rome Aerials Gymnastics office at (706) 291-0766 opt. 2 OR Email RomeAerialsRFPRD@gmail.com

You may also book in person: 1 Shorter Avenue, Rome, GA 30165. A time slot can be held for up to a week without payment. A rental contract must be completed and the rental fee paid in full in order to guarantee your space and time.

**Spots fill quickly and are often booked months in advance - schedule early.*

USAG Competitive Team Program

Gymnastics Parent Handbook

2023-2024 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 through Diamond, and Developmental Levels 6-8. The Pre-Team does not compete but focuses on developing the fundamentals of gymnastics. Xcel Bronze through Diamond and Developmental levels 6-8 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

Contact our Competitive Head Coach Chloe Schuttinga at (706) 331-0110 or email at Chloe.Schuttinga@floydcountyga.org to set up an interview and to schedule a Team try-out. Interviews will be held before the gymnast is approved to participate in the Team Program.

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, team tryouts are held each year for gymnasts who are eligible based on skills obtained in the Recreational Program and who are willing to 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 and will be expected to make monthly tuition payments, which are due by the 10th of every month. **A late fee of \$25 will be added for all late payments.**

Team Practices **Please note that holiday practices and summer practices are in the morning or early afternoon.* 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 2-5 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. The practice schedule is subject to change and will be available in a document that will be emailed out.

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.*

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.

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.

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.

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:

Chloe Schuttinga

(706) 331-0110 (cell)

Chloe.Schuttinga@floydcountyga.org

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. Too many missed practices will prevent your child from competing in a meet. 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.

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.

2) Gymnasts are expected to attend every practice. Illness, family emergency or previously scheduled absences are allowed. Parents are expected to notify the Head Coach if the gymnast will not be in attendance.

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.

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

6) 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.

7) 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 Friday nights from 7:00 p.m. - 9:00 p.m. during the school year. Team gymnasts are more than welcome to attend, except for weeks of competitions. There are no exceptions to this rule. 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 gymnast's development, performance, or social connections.
- Creation of a threatening environment.
- Substantial disruption of the orderly operation of the Gymnastics Center.
- Bullying, as defined in this policy, includes cyberbullying.

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 who violates this policy shall be subject to appropriate disciplinary action, which may include, but not be limited to:

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

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 if your gymnast will not be attending practice. Coaches must plan appropriately for the number of athletes at practice.
- 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.
- 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 or a Team Coach.**
- 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 locker rooms during breaks, or before and after practices must not break the policies mentioned or Locker Rooms will be taken away.
- 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.
- 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.
- The Competitive Team leotard and warm up jacket 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.
- Hair and meet attire must be completed at least 15 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.
- 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 sticking out of leotards during competitions. A deduction of 0.10 can and will be taken during competitions.
- Xcel Gold, Platinum & Diamond, and Developmental Levels 6-8 gymnasts are required to create a floor routine that is composed by a choreographer or 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 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 lesson 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 locker areas, 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. Locker privileges will be revoked if these policies are not followed.
- Locker rooms 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 drink and keep their belongings inside their own locker at all times. Any entry into another teammates' locker without permission will result in notification to their parents.

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. The payment of the tuition is made on a monthly basis.

Note: Pre-Team does not compete.

Monthly Tuition

Group	Price Per Month
Pre-team	\$115
Bronze	\$130
Silver	\$150
Gold 3 day/wk	\$160
Gold 4 day/wk	\$175
Platinum 3 day/wk	\$170
Platinum 4 day/wk	\$185
Diamond/L6+	\$210

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 may be made by personal check and credit cards and are accepted at the gymnastics desk or front desk during posted office hours. Please make checks payable to "RFPR" and provide your phone number on each check. 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. We will let you know of any prorated tuition fees due to closures.

Payments can also be made by emailing or texting Coach Chloe 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 a minimum of two weeks. The injury, illness, or vacation must prevent a gymnast from participating for 2 weeks or more before a pro-rate will be granted. 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 lessons (optional).
- Choreography fee if applicable, \$160 per choreographed routine.
- Other related fees.

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. The 2023-2024 fee is \$67.

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 **July 31st, 2023**. Pricing is below:

- Long-sleeve Competitive Leotard - Gold, Platinum, Diamond, & Levels 6-8: \$315 (\$335 after July 31st)
- Tank Competitive Leotard - Bronze & Silver only: \$115 (\$135 after July 31st)
- Custom Practice Leotard - \$40 (\$60 after July 31st)
- Warm up jackets: paid for by Booster Club
- Bows: paid for by Booster Club
- Competitive Leggings/Pants: provide any black leggings, pants, joggers, sweatpants

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. Please contact the Gymnastics Coordinator for Booster Club contact information.

2023-2024 Cost: \$50 (a ONE-time fee per family to join)

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 Coach Chloe	\$50

*Please note: Private lessons must be paid for at the gymnastics desk. **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 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. 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, 2024 will incur a late fee of \$50.**

Competitive Season Schedule

The official meet schedule for the 2023-2024 season will be released in the Fall of 2023. *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.

Xcel Bronze will be attending 5 meets local to the Greater Atlanta area. *There is no State meet for Xcel Bronze.*

Xcel Silver will be attending 5 meets and the State Championship if they qualify. Xcel Silver can qualify to go to Regionals if it is held in the State of Georgia or within 100 miles of Rome.

Xcel Gold, Platinum, Diamond, and Levels 6-8 will be attending 6 meets and both the State Championships and Regional Championships if they qualify.

One of the meets that Xcel Silver and up will have the option to attend will be of greater distance than just the Atlanta area - maybe even out of state (not including Regional Championships). Feel free to opt out if you cannot attend it and meet fees will be adjusted accordingly.

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.

Meet Fees for 2024 Meet Season

Group	Estimate
Bronze	\$800
Silver	\$950
Gold	\$1,050
Platinum/Diamond/L6+	\$1,200

*A fee will be calculated for those that opt out of the choice meet

*Gymnasts that choose to score out of levels 4 and 5 will have extra meet fees (decided later on depending on how many will score out).

Payment schedule: 25% installments to be paid on the following dates (optional schedule) -

- July 31st
- September 29th (50% deadline)
- November 30th
- January 19th (100% deadline)

You can make payments at any time if you do not want to follow the payment schedule, as long as you meet the 50% deadline of September 29th and the final deadline of January 19th, 2024.

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 Lindsey Jones at Lindsey.Jones@floydcountyga.org or (706) 252-1134.

Team Withdrawal, Leave of Absence, and Refund Policy

Any USAG team member who wishes to cancel one month of practice during the summer months may do so and return to the team next month. Those who cancel two 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 tuition has already been paid then a refund cannot be given for that month. 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 (not in this particular order) :

- Verbal warning
- Sitting out
- Removal from practice and/or the facility
- Suspension
- Conference with Head Coach

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

- 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.*

COVID-19 Refund Policy

If your athlete misses 2 weeks or more of practice due to exposure or for testing positive for COVID-19, you will be able to receive a 50% refund for their tuition. If it is a month, you will be able to skip the current month's payment.

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
Level 7	Reached 7th Birthday	32.00 AA at Level 5 OR 6	32.00 AA at Level 7 Individual Event Specialists: 8.5 per event
Level 8	Reached 8th birthday	32.00 AA at Level 7	34.00 AA at Level 8 Individual Event Specialists: 8.5 per event
Level 9	Reached 9th birthday	34.00 AA at Level 8	34.00 AA at Level 9 to move to Level 10 Individual Event SPecialists: 8.5 per event

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 \$115 a month. This is the only fee associated with the Pre-Team.

Xcel Bronze & Silver

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. 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/Levels 6-8

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 or Half on Vault over a mat stack or (XS competitive vault)

Bars - 5 "A" VP elements

- 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 = 35.00 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

- Accelerating sprint down the runway in under 5 seconds
- Proper punch on the springboard
- Front handspring or half-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
- Back hip circle, double back hip circle or clear hip circle
- Powerful tap swings
- ½ 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., 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 = 35.00 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 $\frac{1}{2}$ twist on, full twist off
- Front Handspring full twist off

9.9 SV Vaults

- Front handspring half twist
- $\frac{1}{2}$ twist on, $\frac{1}{2}$ twist off

9.7 SV Vaults

- Front Handspring
- $\frac{1}{4}$ or $\frac{1}{2}$ 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 kip out of it while keeping your feet up unless it is done on the high bar).
- Cast to long hang pullover is allowed, but not required
- 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)

Level 6 Requirements

Score Requirement = 35.00 AA 2 times in the previous season at Xcel Platinum or Gold (2 times during the previous competitive season, a 34.00 AA at Level 4 & a 32.00 AA at Level 5. Different circumstances may apply and will be determined by the head coach). These are the minimum requirements.

Vault

Vault timer to a mat stack with any of these acceptable entries:

- Front handspring
- Tsukahara
- Yurchenko (round off back handspring onto the table)

Bars - 5 "A" 1 "B" VP elements.

- 1 cast minimum of 45 degrees above horz.
- 1 360 degree clear circling elements (clear hip or a giant)
- Salto dismount, minimum "A" value.

Beam - 5 "A" 1 "B" VP elements. 1 "C" Dance VP allowed.

- Acro series with a minimum of two elements (no flight required) OR 1 flight element.
- Dance series: One leap/jump requiring 180 degree split isolated or in the series. 2 connected leaps/jumps.
- 360 degree turn on one foot.
- Aerial or salto dismount that is at least an "A" element.

Floor - 5 "A" 1 "B" VP elements. 1 "C" Dance VP allowed.

- 1 acro series - minimum of 3 directly-connected flight elements.
- 2nd acro pass with 1 salto/aerial, isolated or in a 2nd connection (front fuk or pick OR FHS tuck/pike)
- Dance passage with min. of 2 different elements, one a leap with 180 degree split (directly or indirectly connected).
- Minimum of 360 degree turn on one foot (isolated or in a series).

Level 7 Requirements

Score Requirement = 35.00 AA 2 times in the previous season at Xcel Platinum or Level 6 (2 times during the previous competitive season. This only applies if you competed in Xcel Platinum or level 6 the previous year. Different circumstances may apply and will be determined by the head coach). These are the minimum requirements.

Vault

Vault timer to a mat stack with any of these acceptable entries:

- Front handspring
- Tsukahara (half or quarter twist onto the table)
- Yurchenko (round off back handspring onto the table)

Bars - 5 "A" 2 "B" VP elements.

- 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
- 1 of the clear circling elements must be a "B."
- Salto dismount, minimum "A" value.

Beam - 5 "A" 2 "B" VP elements. "C" Dance VP allowed.

- Acro series with a minimum of two elements with (ex. back walkover, back handspring). Can be done with/without flight.
- One acro flight element (can be included in series)
- Dance series: One leap/jump requiring 180 degree split isolated or in the series. 2 connected leaps/jumps.
- 360 degree turn on one foot.
- Aerial or salto dismount that is at least an "A" element.

Floor - 5 "A" 2 "B" VP elements. "C" Dance VP allowed.

- 1 acro series - minimum of 2 directly-connected flight elements - one a layout to 2 feet.
- 2 or more directly connected forward acro flight elements - one a salto or aerial.
- Dance passage with min. of 2 different elements (one a "B" VP), one a leap with 180 degree split (directly or indirectly connected).
- Minimum of 360 degree turn on one foot (isolated or in a series).

Level 8 Requirements

Score Requirement = 35.00 AA 2 times in the previous season at Level 7 or Xcel Diamond (must still score out of Level 7. The all around score requirement only applies if you competed in Xcel Diamond or level 7 the previous year. Different circumstances may apply and will be determined by the head coach). These are the minimum requirements.

Vault

Any vault in the Level 8 Code of Points starting from a 9.5 SV. The following are 10.0 SV vaults:

- Tsukahara tuck or pike
- Yurchenko tuck or pike

Different for level 8 than any other level: the 9.5SV or higher vault must be ready to safely compete by November if the gymnast wants to compete level 8. Any movement back to level 7 if vault is not ready is for the gymnasts' safety over everything else

Bars - 4 "A" 4 "B" VP elements.

- Kip Cast Handstand
- 2 B elements - same or different - 1 with flight (not the dismount) OR 1 with LA turn (not mount or dismount)
- 1 of the clear circling elements must be a "B."
- Must have a giant or be able to do 2 clear hip handstands in a row on the high bar.
- Salto dismount, minimum "A" value.

Beam - 4 "A" 4 "B" VP elements. "C" Dance VP allowed.

- Acro series with flight with a minimum of two elements with (ex. back walkover, back handspring).
- One acro flight element (can be included in series)
- Dance series: One leap/jump requiring 180 degree split isolated or in the series. 2 connected leaps/jumps.
- 360 degree turn on one foot.
- Aerial or salto dismount that is at least an "A" element.

Different for level 8 than any other level: the acro flight series must be ready to safely compete by November if the gymnast wants to compete level 8. Any movement back to level 7 if series is not ready is for the gymnasts' safety over everything else

Floor - 4 "A" 4 "B" VP elements. "C" Dance VP allowed, 1 "C" acro element allowed.

- 1 acro series with 2 saltos, or 2 directly connected saltos (same or different).
- 3 different saltos (not aerials) within the exercise.
- Dance passage with a minimum of 2 different elements (directly or indirectly connected) - one a leap requiring 180 degree cross or side split.
- Minimum of a "B" turn on one foot (isolated or in a series).
- Minimum of an "A" salto in the last acro series

Level 9, 10, or Xcel Sapphire Requirements will be added if there is a need.

After you have read through this document in full, please see the waiver forms located in the Google Form (see email). Waiver Forms will be submitted through the Google Form, then a signature is needed on the Handbook Acknowledgement Sign Off that is located at the Gym Desk. If the Gym Desk is not open, please contact a coach if you need to sign this and we will locate the Sign Off for you.