

GYMNASTS UNITED INC. HANDBOOK

RECREATIONAL PROGRAM

WOMENS ARTISTIC GYMNASTICS PROGRAM

XCEL PROGRAM



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INTRODUCTION

Gymnasts United Inc. was founded by Tamil Jones in 2017 in Cornelius, North Carolina. In 2019, Gymnasts United Inc. became a nonprofit tax- exempt organization. Our national organization offers a gymnastics competition membership, and health and wellness services to gymnasts, coaches, and judges. We are the first and only gymnastics organization that offers continuous safety regulations, competitive membership, and health and wellness services within the gymnastics community for our members.

Gymnasts United Inc. mission is to encourage, unite, and excel the participation of youth within the sport of recreational and competitive gymnastics. We are dedicated to upholding the moral and ethical stability within gymnastics. We are completely committed to continuous and proactive safety regulations to protect gymnast's well-being.

Gymnasts United Inc. keeps the original foundation of levels of competitive gymnasts within our gymnastics organization. We also allow Xcel gymnasts to participate within all competitive competitions.

Having great health is an important factor that should come first in all of our lives. Although sometimes we are so focused on our physical health, mental health is just as important. Gymnasts United Inc. is committed to giving gymnasts, coaches, and judges access to mental health support and counseling.

Our membership for gymnasts will have access to injury rehabilitation support and counseling. Physical injuries can affect the rest of our life if we don't get proper healing, treatments, and physical therapy. We want to help, advise, and direct parents on getting proper treatment towards injuries for their dedicated gymnasts. Our membership for gymnasts will help towards tuition and scholarship assistance. Our membership will also include help with bereavement support for our gymnasts.

Coaches will have access to health and wellness support. We want to help with assisting our coaches with any health issues that they may have. We don't want anyone to battle mental and physical issues on their own. Gymnasts United Inc. will be there to help support our coaches! Our coach's membership will also include help with bereavement support.

Judges will also have access to health and wellness support. We want to help with assisting our judges with and health issues that they may have. We don't want anyone to battle mental or physical issues on their own. Gymnasts United Inc. will be there to help support our judges! We will support our judges with a 20% pay increase, and help support furthering their judging education accreditations. Our judge's membership will also include help with bereavement support.

Gymnasts United Inc. will continue to add to our services to keep helping and supporting our members within the gymnastics community. Please join our organization where wellness is more important than just a membership. Give your gymnastics club, athletes, coaches, and judges a chance to thrive, and put their health and well-being first. We all succeed when we help each other through our life experiences.

Join us and become a member of Gymnasts United Inc.!

GYMNASTS UNITED INC

FOUNDER:

TAMIL JONES

BOARD MEMBERS:

DAWNE KAKITSIS
LISA DELUCA
LAUREN SULLIVAN
RENEE MCCREY
DANIELLE KNAPIK
TONYA LYLES
LAVONDA LYLES

CONTACT INFO:

GYMNASTS UNITED INC
P.O. BOX 273
DENVER, NC 28031

PHONE: (704) 966-9191

EMAIL: gymnastsunitedinc@gmail.com

WEBSITE: www.gymnastsunited.org

GYMNASTS UNITED INC. MISSION:

TO ENCOURAGE, UNITE, AND EXCEL OUR YOUTH IN PARTICIPATION OF THE SPORT OF GYMNASTICS. TO UPHOLD MORAL, AND ETHICAL STABILITY WITHIN THE SPORT OF GYMNASTICS.

GYMNASTS UNITED INC. PHILOSOPHY:

GIVING EVERY CHILD AN EQUAL OPPORTUNITY TO LEARN THE SPORT OF GYMNASTICS RECREATIONALLY AND COMPETITIVELY. INSTILLING CONTINUOUS SAFETY REGULATION GUIDELINES TO PROTECT ALL ATHLETES WITHIN GYMNASTICS.

GYMNASTS UNITED INC. SERVICES:

MENTAL HEALTH COUNSELING SUPPORT FOR ATHLETES, COACHES, AND JUDGES. INJURY REHABILITATION SUPPORT, TUITION & COLLEGE SCHOLASHIPS FOR ATHLETES. EQUIPMENT SUPPORT, COACHING & SPOTTING SUPPORT FOR GYM CLUBS. BEREAVEMENT SUPPORT FOR ATHLETES, GYM CLUB OWNERS, COACHES, AND JUDGES.

RECREATIONAL PROGRAM

GYMNASTS UNITED MISSION:

TO ENCOURAGE, UNITE, AND EXCEL OUR YOUTH IN PARTICIPATION OF THE SPORT OF GYMNASTICS. TO UPHOLD MORAL, AND ETHICAL STABILITY WITHIN THE SPORT OF GYMNASTICS.

All recreational gymnastics clubs will have quarterly evaluations for safety regulations for protection of gymnasts. One or more evaluations will be at your physical gym location to inspect for safety.

ALL GYMNASTICS GYMS MUST BE LEGALLY OPERATING GYMS WITH INTEGRITY, POSITIVE MORAL AND ETHICAL VALUES OF PROTECTING THEIR ATHLETES WELL BEING. THIS INCLUDES PROTECTING AND SUPPORTING ATHLETES PHYSICALLY, MENTALLY, AND EMOTIONALLY.

ILLEGAL ACTIVITY OF ANY KIND IS PROHIBITED WITHIN THE GYMNASTICS CLUB.

GYM OWNER:

Gym owners should uphold the upmost behavioral, integrity, and a business professional standard as a gym owner. All business should entail the sport of gymnastics. Keeping a safe gym environment and protecting your gymnasts should be your most valued task.

SAFETY CERTIFICATION:

All gym club owners will be CPR Certified and take a First Aid classes for safety precautions. Please view our website at www.gymnastsunited.org to see when you can sign up for a class for your coaches. CPR and First Aid classes will need to be taken every two years with membership.

DRUG AND ALCOHOL FREE:

All Gym clubs MUST be drug and alcohol free.

EMPLOYEES:

All employees MUST get a membership through our website at www.gymnastunited.org.

OTHER SERVICES WITH MEMBERSHIP:

Equipment Support
Mental Health Counseling Support
Health and Wellness Support
Bereavement Support

DONATIONS:

Please advise parents and your business networking clients that we are a nonprofit tax-exempt 501(c)3 organizations. The needs of services for gymnasts, coaches, and judges are of many. We need all the help that we can receive to keep our services ongoing. Donations can be received online or mailed to Gymnasts United Inc., P.O. Box 273, Denver, NC 28037.

Gymnasts United Inc. is here to support all recreational gymnastics clubs to the best of our ability. If you need help with something, don't hesitate to call us. We want you to succeed as a successful gymnastics business. We want your gymnasts to have a great and healthy gymnastics experience. We are here to support your gym!

GYMNASTS UNITED INC.

2019-2010 COMPETITION SCHEDULE

UNITY IN MOTION

October 12 – October 13, 2019

GYMNASTS UNITED MATRIX 1

December 7 – December 8, 2019

GYMNASTS UNITED MATRIX 2

January 18 – January 19, 2020

GYMNASTS UNITED MATRIX 3

February 8 – February 9, 2020

GYMNASTS UNITED CHAMPIONSHIPS

March 21 – March 22, 2020

Gymnasts **MUST** have a **34.00 All-Around** during 1 of the 3 Gymnasts United Matrix competitions in order to attend Gymnasts United Championships.

THIS MEET SCHEDULE IS ON THE NAWGJ FOR NORTH CAROLINA. YOU MAY ADD ANY MEETS TO YOUR STATES NAWGJ AND ADD MEETS TO OUR CALENDAR ON OUR WEBSITE AT WWW.GYMNASTSUNITED.ORG.

MEMBERSHIP REGISTRATION

MEMBERSHIP IS JUNE 2019 THROUGH MAY 31, 2020

ALL MEMBERSHIP REGISTRATION WILL BE DONE ON OUR WEBSITE AT WWW.GYMNASTSUNITED.ORG.

ALL MEMBERSHIPS ARE COVERED BY LIABILITY AND SPORTS ACCIDENT INSURANCE FOR EACH MEMBER.

ALL GYM CLUB OWNERS, COACHES, AND JUDGES MUST COMPLETE A BACKGROUND CHECK IN ORDER TO RECEIVE A MEMEBERSHIP THROUGH GYMNASTS UNITE INC.

GYM CLUBS:

Club owners will be registering their clubs FIRST before parents can register their gymnast. Club membership is \$250.00. All clubs **MUST** be insured and submit their insurance company. **All gym owners MUST submit a copy of current non-expired photo ID card.**

ALL GYMS WILL BE HAVE QUARTERLY SAFETY EVALUATIONS FOR PROTECTION OF GYMNASTS.

ATHLETES:

Once your gym club establishes membership and receives a gym club #, parents will be able to register gymnasts. **Parents will be registering their children for membership.**

Membership fees will be income- based ranging from \$40, \$60, or \$80 for membership.

*GROSS INCOME: under \$25,000 (\$40 membership), \$25,000 to \$40,000 (\$60 membership), \$40,000 and above (\$80 membership)

COACHES:

16 years or older membership is \$125. **All coaches MUST submit a copy of a current non-expired photo ID card. (Examples: State ID card or Driver's license)**

YOUTH COACHES:

13 to 15 years old membership is \$100. Youth coaches **MUST** be escorted with an additional coach 16 years or older during all competitions. **All youth coaches MUST have and send a copy of their State ID.**

COACHES WITH ANY TYPE OF CRIMINAL RECORD WILL NOT BE ABLE TO RECEIVE A MEMBERSHIP.

JUDGES:

\$125 Membership. **Please send in a copy of your current non-expired USAG membership card and a copy of a current non-expired photo ID card. (Examples: Driver's license)**

**KEEP VERIFICATION OF YOUR MEMBERSHIP NUMBER BECAUSE YOU WILL NEED TO USE THIS INFORMATION WHEN REGISTERING FOR MEET COMPETITIONS AND OTHER SERVICES.*

MEET REGISTRATION AND INFORMATION

SANCTIONS MEETS & MEET INTENTS:

Sanctioned meets need to pay \$150.00 fee 60 days before the date of competition.

YOU MAY FILL OUT A MEET INTENT ONLINE FOR YOUR STATE BY REGION.

http://nawgj.org/region_state.php

YOU MAY ALSO POST YOUR MEET EVENT ON OUR WEBSITE AT WWW.GYMNASTSUNITED.ORG.

MEET REGISTRATION FEES:

Meet Registrations for gymnasts will NOT exceed \$125.00 per athlete or \$75 for team award. If your meet registration is over \$100, you MUST give a gift to every participant registered for competition.

EVENT PROGRAM

Program fee can't exceed over \$10.

ATHLETES:

Each gymnast will have a registration fee to participate at a Gymnasts United Inc. gymnastics competition. Coaches can register their gymnasts for a competition on our website at www.gymnastsunited.org.

ATHLETES AGE:

Please review each athlete's date of birth for each competition for meet registration. Please put the correct age of each gymnast that would be on the day of the competition. This MUST be accurate so your athlete is awarded correctly and accordingly during competition.

CITIZENSHIP:

All gymnasts MUST be a citizen of the United States to participate within any Gymnasts United Inc. competitions.

LEVELS:

Level 1 through Level 10

All Xcel Levels

TEAM:

You MUST have a team of 3 gymnasts in order to participate for a TEAM award for each level.

MEET DIRECTOR INFO

ALL MEET COMPETITIONS MUST BE HELD INDOORS IN A SAFE, FIRE, AND CITY INSPECTED PROTECTED LOCATIONS FOR SAFETY OF ALL ATHLETES AND SPECTATORS.

Meet should be decorated to excite the athletes and spectators. Location MUST be clean, look well organized, and professional.

SANCTIONED MEET INFORMATION:

Please make sure you contact Gymnasts United Inc. if you would like to host a competition. Please send in sanctioned fees of \$150.00 as soon as possible. Fees **MUST** be received 60 days before competition.

Mail check to: Gymnasts United Inc. P.O. Box 273, Denver, NC 28037

The first step would be to fill out meet information online on our website at www.gymnastsunited.org.

List your meet information on your States NAWGJ website so gym clubs can view your competition.

Please make sure you pay your assigning judges fees for your competition so you have judges for competition (\$3 per judge for North Carolina).

Please view our Meet Director Checklist to help organize your competition. This checklist is a great tool for reminders of preparing for a competition.

The following forms need to be submitted to Gymnasts United Inc. after competition:

Sanction Meet Report

Judges Sign In form

Coaches Sign In form

Injury Report form (only if injury occurred at competition)

All forms MUST be submitted up to 14 days after competition.

Please mail to: Gymnasts United Inc., P.O. Box 273, Denver, NC 28037

Email to: gymnastsunitedinc@gmail.com

COMPETITIVE GYM CLUB RULES AND POLICIES

GYMNASTS UNITED MISSION:

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All gym clubs will have quarterly evaluations for safety regulations for protection of gymnasts. One or more evaluations will be at your physical gym location to inspect for safety.

ALL GYMNASTICS GYMS MUST BE LEGALLY OPERATING GYMS WITH INTEGRITY, POSITIVE MORAL AND ETHICAL VALUES OF PROTECTING THEIR ATHLETES WELL BEING. THIS INCLUDES PROTECTING AND SUPPORTING ATHLETES PHYSICALLY, MENTALLY, AND EMOTIONALLY.

ILLEGAL ACTIVITY OF ANY KIND IS PROHIBITED WITHIN THE GYMNASTICS CLUB.

GYM OWNER:

Gym owners should uphold the upmost behavioral, integrity, and a business professional standard as a gym owner. All business should entail the sport of gymnastics. Keeping a safe gym environment and protecting your gymnasts should be your most valued task.

SAFETY CERTIFICATION:

All gym club owners will be CPR Certified and take a First Aid classes for safety precautions. Please view our website at www.gymnastsunited.org to see when you can sign up for a class for your coaches. CPR and First Aid classes will need to be taken every two years with membership.

DRUG AND ALCOHOL FREE:

All Gym clubs MUST be drug and alcohol free.

EMPLOYEES:

All employees MUST get a membership through our website at www.gymnastunited.org

OTHER SERVICES WITH MEMBERSHIP:

Equipment Support
Mental Health Counseling Support
Health and Wellness Support
Bereavement Support

DONATIONS:

Please advise parents and your business networking clients that we are a nonprofit tax-exempt 501(c)3 organizations. The needs of services for gymnasts, coaches, and judges are of many. We need all the help that we can receive to keep our services ongoing. Donations can be received online or mailed to Gymnasts United Inc., P.O. Box 273, Denver, NC 28037.

Gymnasts United Inc. is here to support all gym clubs to the best of our ability. If you need help with something, don't hesitate to call us. We want you to succeed as a business within the gymnastics community. We want your gymnasts to have a great and healthy gymnastics experience. We are here to support your gym!

COACHING RULES AND POLICIES

GYMNASTS UNITED MISSION:

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Coaches are the pinnacle part of making an athlete successful. We appreciate all coaches that are proliferating, inspiring, and making a positive difference. We encourage and support all your efforts on wellness of the mind and body of all gymnasts.

SAFETY CERTIFICATION:

All coaches will be CPR Certified and take a First Aid classes for safety precautions. Please view our website at www.gymnastsunited.org to see when you can sign up for a class for your coaches. CPR and First Aid classes will need to be taken every two years with membership.

CODE OF CONDUCT:

All coaches MUST follow professional code of conduct. No profanity will be tolerated or prohibited. Great sportsmanship will be required by all professional members. All members MUST be respectful to meet directors and staff, other coaches, and judges during the competition. If ANY negative conduct or behavioral issue occurs, you will be asked to be removed from the competition. Depending on situation, disciplinary action may occur and your membership may be revoked without reimbursement.

ATTIRE:

All coaches MUST be in professional attire while being on the competition floor. No jeans, dresses, or holes in clothing. No spaghetti strap tank tops, or sandals/open toe casual shoes.

DRUG AND ALCOHOL FREE:

All coaches MUST be drug and alcohol free at competition!

CELL PHONES:

Cell phones may be on the competition floor. Cell phones MUST be on vibrate mode during the entire competition session.

OTHER SERVICES WITH MEMBERSHIP:

Mental Health Counseling Support
Health and Wellness Support
Bereavement Support

ATHLETE RULES AND GUIDELINES

GYMNASTS UNITED MISSION:

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Gymnasts are very talented athletes. Thank you for your daily sacrifice on practicing towards perfection. This is not an easy road by any means! We admire and value your continual efforts and dedication! We want to provide a healthy experience with wellness of the mind and body within the sport of gymnastics.

CODE OF CONDUCT:

All gymnasts MUST be supportive and respectful to all competitors and show great sportsmanship.

LEVELS

Level 1 through Level 10

All Xcel Levels

SENIORS:

Please notify Meet Director during meet registration if you have a gymnast that is a Senior. We want to honor them during our award ceremony at competition.

ATTIRE:

Leotards will be worn by all athletes. Shorts may be worn during competition. Shorts need to be the same type of material as leotard. If any athlete needs to change attire due to the respect of any religious beliefs may do so. Please communicate to Meet Director and Chief Judge regarding attire change.

Level 1, Level 2, and Level 3 gymnasts may use a sleeveless leotard for competition. Level 4 through Level 10 gymnasts MUST have a $\frac{3}{4}$ sleeve or longer competitive leotard.

HAIR:

Hair MUST be up and out of the face of a gymnast during warm-ups and competition. No METAL hair accessories.

OTHER:

No jewelry will be worn during competition. Gymnasts may wear small stud earrings during competition. No fingernail or toenail polish shall be worn during any competition.

OTHER SERVICES WITH MEMBERSHIP:

Mental Health Counseling Support
Injury Rehabilitation Support
Health and Wellness Support
Tuition Support
Scholarship Support
Bereavement Support

JUDGES RULES AND POLICIES

GYMNASTS UNITED MISSION:

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Judges are the technique experts of the sport of gymnastics. We appreciate your continual education of crafting your profession and expertise. We want to acknowledge you for your valued time and dedication to all gymnasts. Thank you!

Judges should maintain integrity, have the upmost ethical behavioral, professional stature, and appearance at a meet competition. Judges should be prepared, educated with knowing the rules and regulations govern by the sport of gymnastics. Judges should also be experienced with the level and the routines that are being performed at the competition in order to judge accordingly, unbiased, and fairly.

Judges have a \$125 Membership. **Please send in a copy of your current non-expired NAWGJ membership card and a copy of a current non-expired photo ID card. (Examples: Driver's license).**

Judges will follow the NAWGJ rules and policies with modifications. Modifications may be stated and changed by Gymnasts United Inc. Please be advised to any changes and updates.

CODE OF CONDUCT

All Judges MUST be respectful to meet directors, staff, and other coaches during the competition. If ANY negative conduct or behavioral issue occurs during competition, you will no longer be able to judge at ANY Gymnasts United Inc. competitions. Depending on situation, disciplinary action may occur, and your membership may be revoked without reimbursement.

DRUG AND ALCOHOL FREE:

All coaches MUST be drug and alcohol free at competition!

COMPENSATION:

Gymnasts United Inc. will increase your hourly wage by 20% from your USAG and/or AAU wage. You must show proof of what your hourly wage from USAG and/or AAU. Payment should be received by Meet Director after competition is complete. Show proof of judge's hourly wages to Meet Director.

FOOD

Host meet is responsible for supplying food to the judges throughout the duration of competition in a private hospitality area.

TRAVEL:

Gymnasts United Inc will allow ANY judge to have their own private hotel room. Judges MUST be more than 60 miles away from residence to receive a hotel.

OTHER SERVICES WITH MEMBERSHIP:

Mental Health Counseling Support
Health and Wellness Support
Bereavement Support

MEET PROCEDURES

GYMNASTS UNITED INC. WILL BE FOLLOWING USA GYMNASTICS FOR MEET PROCEDURES AND POLICIES WITH MODIFICATIONS.

ALL MEET COMPETITIONS MUST BE HELD INDOORS IN A SAFE, FIRE, AND CITY INSPECTED PROTECTED LOCATIONS FOR SAFETY OF ALL ATHLETES AND SPECTATORS.

Meet should be decorated to excite the athletes and spectators. Location MUST be clean, look well organized, and professional.

MEET DIRECTOR:

The meet director is in charge of organizing, managing, and putting a competition together. The meet director needs to make sure all information is communicated thoroughly to gym clubs, coaches, and judges that want to participate in a competition.

SANCTIONED COMPETITIONS:

All competitions will need to pay a sanctioned competition fee of \$150.00 at least 60 days before the date of a competition. Sanction reports are due 14 days after competition. Sanctioned reports can be emailed to gymnastsunitedinc@gmail.com or mailed to Gymnasts United Inc, P.O. Box 273, Denver, NC 28037.

LEVELS:

Level 1 through Level 10

All Xcel Levels

MEET ENTRY FEES:

Meet entry fees will not exceed over \$15 per Adult or \$10 per child over 5 years old.

MEET REGISTRATION FEES:

Meet Registrations for gymnasts will NOT exceed \$125.00 per athlete or \$75 for team award.

EQUIPMENT RENTAL AND SCORING RENTAL:

Please be careful with who you choose for equipment rental and scoring rental for your competition. Equipment MUST be safe for athletes to perform their routines on each apparatus. Safety is the prime goal for protection of all athletes.

Scoring systems should have real results to display for each individual scores for each event within the competition sessions.

ROSS ATHLETIC GYM SUPPLY IS BANNED FROM SUPPLYING ANY EQUIPMENT RENTALS FOR ANY GYMNASTS UNITED INC. COMPETITIONS!

SAFETY:

We will provide an Athletic Trainer for ALL Gymnasts United Inc. competitions for the safety of all the gymnasts. Host gym will be responsible for paying for trainer at competition. If injury occurs during competition, an injury report needs to be filled out and submitted to Gymnasts United Inc. Please have parent or legal guardian sign the report. Report can be emailed to gymnastsunitedinc@gmail.com or mailed to Gymnast United Inc. P.O. Box 273, Denver, NC 28037. This report is on our website at www.gymnastsunited.org.

COMPETITION CHECK-IN:

Gymnasts and coaches need to check in before competition starts. Gymnasts will receive their competition number before competition starts. Coaches need to check-in with their membership number from Gymnasts United Inc. on the sign-in sheets.

WARM-UPS:

Each event must have timers present to time warm-up for each team.

COMPETITION FORMAT:

MODIFIED TRADITIONAL – RECOMMENDED

Meet Directors will decide the format of a competition. Meet Director will give ALL coaches rotation sheets per competition session before warm-ups start on an event.

Gymnasts will compete in Olympic order: Vault, Uneven Bar, Balance Beam, and Floor.

Athletes will have timed warm-ups and then compete each apparatus for competition.

GYMNASTS WILL BE TIMED DURING COMPETITION ON BEAM FOR ALL LEVELS.

MARCH-IN

All competitive teams will have a march-in ceremony before the competition officially starts. All teams should be announced at the competition. Announcer should welcome gymnastics teams, judges, and spectators. Announcer should announce all sponsors to spectators at this time. The National Anthem will be played and presented at the beginning of each session of a competition. United States Flag MUST to be present during the National Anthem.

MUSIC:

Compulsory Music - USAG JO Compulsory CD

Xcel and Optional gymnasts should have their music on a MP3 player for competition.

VAULT:

Athletes may perform and compete 2 vaults for level 2 and up gymnasts. Xcel athletes may perform and compete 2 vaults. This is to the discretion of the coaches of each team. Judges MUST be aware of decision before competition starts.

COMPETITIVE ROUTINES:

Please purchase the Women's JO Compulsory Book, Women's JO Compulsory DVD, Women's JO Compulsory CD, Women's Xcel Code of Points, and Women's JO Code of Points book from USA Gymnastics website. All USA Gymnastics material is strictly used to practice, perform and compete at a gymnastics competition. No documentation of USAG shall be copied or duplicated.

USA Gymnastics is the governing body of gymnastics. We acknowledge and respect the copyright protection of all USA Gymnastics documentation material. We respect the time, effort, support, and the process of putting the material together for gymnasts to use for practicing and competitively.

Any modifications to the routines will be listed on Gymnasts United Inc. website. All members are responsible for following and keeping up to date on any updates or modifications of routines. Please be advised.

<http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx>

JO WOMENS PROGRAM RULES:

https://usagym.org/pages/women/pages/rules_policies.html

XCEL PROGRAM RULES:

<https://usagym.org/pages/women/pages/xcel.html>

JUDGES:

2 panel judges will be at each apparatus to judge each event. 4 panel judges will be on each apparatus during Gymnasts United Championships.

HOSPITALITY

Coaches and Judges will have their own individual and separated hospitality area or rooms at a competition.

COMPETITION AWARDS:

Age Divisions – Age divisions should be similar in age and based on the date of birth of each athlete.

5 YEARS TO 7 YEARS OLD

8 YEARS TO 10 YEARS OLD

11 YEARS TO 12 YEARS OLD

13 YEARS AND HIGHER

**If age groups are different than above for a competition, please evenly distribute awards fairly between ages and levels. Every competition will be different because of the participants attending the competition.*

DIVISIONS WILL SEPARATED BY FIRST YEAR VS. SECOND YEAR COMPETITORS BY LEVEL.

50% OF ALL ATHLETES WILL BE AWARD FOR EACH AGE GROUP FOR THE MEET COMPETITION.

SENIORS:

Seniors gymnasts should be honored at every Gymnasts United Inc. competition. Seniors should receive a certificate or a token of support at competition. Meet Director should be aware of all senior athletes. Seniors should apply for a scholarship if attending college for scholarship support. Please go to our website for more information at www.gymnastsunited.org.

MOBILITY REQUIREMENTS

GYMNASTS UNITED MISSION:

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Coaches make the final decision on the level of their gymnasts. Please make sure that your gymnast is mentally and physically ready for the next level before moving them higher. Please make sure that gymnasts can make the full commitment mentally and physically. Parents also need to be aware of the higher level of commitment before this decision is finalized.

Gymnasts MUST have a 34.00 All-Around at a level in order to move up to the next level during the current competition season.