



# Welcome to 2023 Region 4 Championships

**Welcome:** Welcome to the 2023 Region 4 Championships!

**Gymnast Check In:** Gymnasts MUST check in before entering the venue for their session. Gymnasts' check in will be next to admissions.

Athletes that are registered in the meet will be allowed to purchase a special VIP wristband for \$5 per day to watch the meet as a spectator.

**Coaches' Check In:** Coaches' check in will be next to admissions. Coaches should check in each day and get a wristband. Any coaches not on the USAG coaches' sign in sheet will be charged a \$100 onsite registration fee.

**Coaches' Attire:** Remember No hats or jeans allowed. You must wear athletic rubber sole shoes. The use of cell phones is ONLY to videotape YOUR gymnast's routines. If you need to use it for personal use, please go off the field of play.

**Coaches Meeting:** There will be a coaches' meeting 5 minutes after the start of open stretch.

- Verbal Coaching...Warning, then 0.20 deduction. NO WARNING for telling them what to do.
- Judges will be showing their start values individually for each routine. Start Values do NOT need to match.
- Inquiry Forms' location. Please give forms to Windee Weiss. Be aware your scores can stay the same, go up or go down.
- Do NOT move equipment between events, spring boards or mats.
- No boards on 8" mats.
- Pulling mats on the floor is OK. Mark the border with chalk.
- Flash your athlete's vault number. You can call out the vault by number. A chart listing all the vault values will be on the back of the Flashing unit.
- Only coaches and athletes in the session are allowed to be on the competition floor.

**Order:** Random draw has been done per session. Rotations will be handed out before each session. The event listed next to the gymnasts is the athlete who starts that event. The order stays the same, with the 1st athlete on each event changing. Please let your athletes know they will follow the same girl on every event.

**Judges:** All inquiries should be taken to Windee Weiss at the Judging Referee table by scoring. Please refrain from speaking to the judges other than a friendly greeting. ANY and ALL questions regarding the scoring of your gymnasts must be directed to Windee.

**Music:** We are asking coaches to play their own music. Be sure the volume on your device is turned all the way up, **after plugging it into the sound jack**. Also, make sure you are on airplane mode. If you need help with the music, there will be a person at floor that can help you.

**March-in:** Teams will line up by their 1<sup>st</sup> event for team introductions before warm-ups begin. The National Anthem will be played only before the 1<sup>st</sup> session of the day.

**Equipment:** AAI Equipment. ALL equipment MUST stay at the event. Please don't move boards or mats between events. Pit pillows MUST stay at Bars and can ONLY be used for releases. Even if available, pit pillows can NOT be used for vault warm-ups. If you have additional needs or questions concerning equipment, see Tom Koll or Windee Weiss before moving ANYTHING.

**Optionals, Level 6-10 Warm-ups**

- Warm up 1 event. When you are done competing that event, please rotate to the next event right away. Formal rotations will NOT be announced.
- Vault: All gymnasts warm-up together using the amount of time per the largest squad (no block time allowed). Time set to the largest squad.
- On Beam and Bars warm-ups: Gymnasts must follow the order of the rotation sheet for the **first gymnast to start** the warm up; however, the first gymnast may block with others or the entire squad may block together. There can be separate blocks to facilitate bar settings, mat configurations, etc. In this instance the blocks must still follow the order of the rotation sheet.
- Floor will warm-up between routines, see below.
- **Level 8-10s**
  - **A timer will be available on all events for assistance.**
  - Beam will receive a **2-minute** warm-up, no 30 sec. touch
  - Level 9 & 10 will have 2.5 minutes for bar warm-ups. Level 8 will have 2 minutes per girl. Teams may choose to block time.
- **Level 6 & 7**
  - **A timer will be available on all events for assistance.**
  - Beam & Bars will receive a **1.5-minute** warm-up, no 30 sec. touch.
- **Floor will warm-up between routines, according to R&P:**
  - Each gymnast will receive 5 warm up turns. After their 5th turn, they will be "on deck". This will give them a rest before they compete.
    - Only 5 gymnasts will be warming up on the floor at a time, except the very first rotation where 6 gymnasts will have a timed warm-up.
    - A floor manager will be checking off the athletes that should be warming up. Please rotate to the floor immediately after your athletes are done competing.
  - There will be chairs along one side of the floor for the athletes warming up with numbered Sashes on them. Your athletes do not need to sit in the chairs, but it would be helpful to the other athletes in your rotation.



**Trainer:** Kaitlin Pike is the Athletic trainer and will be located by the scoring table during the competition.

**Awards:** Awards will be directly after each session. Awards areas are by the Gym Treasures booth. Team Awards for levels 8, 9 & 10 will be after the last session of that level. There are no team awards for levels 6 & 7.

**Graduating Seniors:** Can you please go on the High 5 website under Regionals and fill out the online.

### [Graduating Senior form](#)

**Results:** We will be doing LIVE scoring on High5 meets all weekend. Level 8-10 Team results will be posted online at [High5meets.com](http://High5meets.com) after the last session of the level. Results will be published to [MyUSAgym.com](http://MyUSAgym.com) at the end of each day.

**Coaches Hospitality:**

Remember, we do not have coaches' hospitality this year. We will have bottled water, soda and packaged snacks at the scoring table for coaches. There will be food to purchase at concessions and food stands located on the 2nd floor..

We have a charging station located at the scoring table if you need to charge your devices.