



Welcome to 2024 Region 4 Championships

Welcome: Welcome to the 2024 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 your Meet Referee, Windee Weiss. Be aware your scores can stay the same, go up or go down.
- NEW for 2024: Windee is allowed to view a video BEFORE submitting an inquiry to assist the coaches.
- Do NOT move equipment between events, spring boards or mats.
- No boards on 8" mats.
- Pulling mats on the floor is OK. If using additional matting on the floor, (sting, throw mat, etc) the borders MUST be marked. Failure to mark the border will be a 0.20 deduction. There will be NO WARNING. A damp towel will be provided for you to remove the chalk marking.
- It is required to flash your athlete's vault number. A chart listing all the vault values will be on the back of the Flashing unit.
- Only coaches (with a wristband) 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 the Meet Referee, 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.

March-in: Athletes will be lined up by state for a formal march-in after open stretch. The National Anthem will be played only before the 1st 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. Additional pit pillows will be available on vault for the Level 7 competition. Additional pit pillows will be provided in WARM UPS ONLY on Vault for Levels 8, 9, and 10 Vault for salto vault TIMERS. 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 of the entire competition in that gym.
- 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 for ALL LEVELS, 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 beam.
 - 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.



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 on the floor that can help you.

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 in the awards area. 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 after the last session of the level. Results will be published to MyUSAgym.com at the end of each day.

Coaches Hospitality:

Remember, we do not have coaches' hospitality. We will have bottled water, soda and packaged snacks at the scoring table for coaches. There will be food to purchase at concessions and area restaurants.

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

Coaches of Level 9 and 10 Regional Qualifiers to Level 9 Westerns & Level 10 Nationals.

Each region will have the opportunity to qualify up to 22 additional athletes to compete in the All Star session.

- Two (2) total All-around athletes that did not qualify within their age group from the Regional Championship.
- Five (5) individual athletes per event that did not qualify via AA from their Regional Championship.
- Qualification is NOT by age group, rather the next eligible athletes from the entire Regional Championship competition.