

STATE MEET COACHES INFORMATION FOR FLORIDA USA GYMNASTIC STATE MEETS

Dress appropriately – no jeans, no hats, no low cut tops, no spaghetti straps, no midriff showing, no short shorts – wear proper footwear

Coaches and athletes should **arrive at least 30 minutes** early in case sessions end early and we are able to start before the scheduled time.

When you arrive turn in **Regional Commitment** forms for level 6-8 & XCEL S– G– P– D– Sapphire

If you have any scratches please try to inform meet hosts prior to the state meet so that rotation sheets will be as accurate as possible. If you have a late scratch tell score table and floor manager when you arrive.

Rotation sheets will be available on line prior to the state meet. Please print and bring with you – At the competition you will be able to take a picture of rotation sheets if needed.

Competition information: **Modified Capital Cup Format**. All athletes will March in prior to the first warm up for introductions of clubs. Flight A will warm up after march in and Flight B will start warm up after Flight A begins competition. Wait for the gongs or announcement to rotate before starting your event. Be sure to rotate quickly and have your athletes ready to warm up when the groups rotate to next event. Warm up time will begin immediately.

Vault number must be flashed or number told to judges – Vault number chart will be posted

Athletes must compete in order and must compete in their assigned session at all state meets. Athletes may only have stud earrings (no hoops) and make sure their sport bra is not visible - .2 deduction

Only registered and participating athletes will be permitted on the floor for that session. Scratched athletes or athletes competing in other sessions will not be allowed on the floor.

Do not talk to the judges during the competition. All questions and inquiries should be directed to the Meet Referee. All scores for each judge will be flashed at level 6-10 (not allowed at XCEL) Judges will have name plates at their tables with their judging number.

Inquiries – you may only inquire for start value issues – you cannot inquire because you did not like the score. With a 4 judge panel, the high and low scores are thrown out and the 2 middle scores are averaged for your final score. If you inquire your score could be lowered, raised or stay the same.

Entering and qualifying to Regional competitions: **ALL LEVELS AND XCEL MUST ENTER BY MIDNIGHT ON SUNDAY ON THE WEEKEND OF THEIR STATE MEET.** NO LATE ENTRIES WILL BE ACCEPTED AND NO REFUNDS FOR ENTRY FEES WILL BE GIVEN FOR ANY REASON. LEVEL 9/10 requires a 35.00AA at the state meet to qualify to their regional meet – specialists need a 9.3 at Level 10 on the event and Level 9 need a 9.5 on the event. All other levels and XCEL qualify by All Around score regardless of age group at the State meets. The final list of qualifiers will be posted ASAP after the level completes competition on the Lightning City Web site - Be sure to enter by MIDNIGHT ON SUNDAY

Level 8 Regional Qualifiers: Florida USA Gymnastics will pay the regional entry fee for all qualifiers. Clubs will receive a PAY CODE at the state meet to pay the fee. The state will not reimburse you if you use any other form of payment.

Petitions for level 9/10 should be received no later than Monday following the State meet. Enter all your petitions with the rest of your athletes and indicate petition. Athletes will not be charged entry fee until their petition is approved.

Graduating seniors will be recognized after their session. Recognition will be on the competitive floor for level 10 athletes and at the award ceremony for all other levels/divisions. Parents and coaches should attend as well.