

2021 USAG GA 3 & 4 State Championships

Coaches Information

All coaches who will be attending MUST BE LISTED on the official USA Gymnastics sanction. YOU CAN NOT WRITE IN A COACH AT THE COMPETITION. Additional coaches must be added by Wednesday, April 21st.

There will be NO COACHES HOSPITALITY at the competition due to the structure of the competition. However, we will provide light snacks and water.

Doors will not open until 15 minutes prior to the scheduled start time of the session. Do not have your athletes arrive earlier than this as they will not be permitted in the building. All sessions will be Modified Capital Cup format.

Please distribute the Spectator Information sheet to your families so they are aware of the competition information and all protocols. It is our collective Professional responsibility to know these protocols and assist with enforcing the protocols to ensure a safe environment for all attendees. Coaches must wear masks and socially distance throughout the entire competition.

Please let us know of any additional scratches prior to the competition as rotation sheets will not be printed until the day before the meet so that they are as up to date as possible.

Your club roster will be sent via email. Please review your roster and note that gymnasts included in the team competition will have a "YES" listed under the Team#1 heading. Coaches are responsible to check all the birthdates of their athletes and verify that they are correct.

All Levels will be broken into equal Age Divisions. An age division breakdown is attached listing the age groups for the competition. Awards will be distributed at 50%+1 for all age divisions. NO awards ceremony will take place. Awards will be organized and given to coaches to distribute to their athletes at the conclusion of the final session of each respective level. Please be prepared to pick up your athletes' medals at the conclusion of the last session of the respective level. Team awards will be handled the same way with the top 3 scores per event comprising the team total.

The coaches meeting will be emailed to you the prior to the competition to review all of the logistics for the competition. Please make sure that all coaches attending the competition view the document so they are aware of all of the important information. At the beginning of each session there will be a brief coaches' meeting to hold a roll call to ensure that all clubs are in attendance. Please log in to your meet reservation on www.usagym.org and add any coach who is not already listed. As a reminder, all memberships, background checks, safety certifications, and U100 courses must be ACTIVE (not Pending) for a coach to be allowed on the competition floor. Coaches' check-in is located at the head table. Please contact USA Gymnastics at 1-800-345-4719 or online at www.usagym.org if you need any membership assistance. DP National Dress Code is in effect for all State/Regional/National competitions. The dress code is in the R&P. Some of the restrictions are: Athletic shoes with rubberized soles and NO jeans, short shorts, spaghetti strap or low-cut tops, no midriff revealing tops, no hats or visors. Children of coaches are not allowed on the competition floor (unless they are competing/judging in that session)