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Regional Championship Hosts - Bidding Now Open

Bids are now being accepted for Regional Championships hosts.

Each regional competition has a "priority state" as determined by the the regional rotation schedule which is alphabetical through the states. If there is not a favorable bid from the "priority state", bids from all other states will be considered.

Bids must be submitted online by October 15, 2023. Incomplete or late bids will not be considered.

The dates and priority states are listed below. Additional information is included on the bid form.

April 13-16, 2023

Level 9-10 Regionals
Priority State: Indiana

April 20-23, 2023

Level 6-8 Regionals
Priority State: Michigan

May 5-7, 2023

Xcel Regionals
Priority State: Ohio

Judges' PIF Forms Due 9/15

Professional Involvement Forms (PIF) are now up on the Region 5 Website. All judges wishing to be considered for regional or national assignments should complete this form. For state assignments, please check with your SJD or SACC to see if this form is required. You can find the form [here](#).

What's New for the 2022-2023 Season

The RACC held its summer meeting in July. Minutes are posted on the Region 5 website. Below are highlights of some changes taking effect in the 2022-2023 season:

- Second alternates for Dev Nationals will now receive athlete apparel. (This is for Level 10 only)
- Due to the increase of expenses for host clubs, entry fees and gate fees for regional competitions have increased to:
 - Level 9/10 Regional Championships:
 - \$140/gymnast entry fee
 - \$20 maximum for adults for admission per day
 - Level 6-8 Regional Championships:
 - \$125/gymnast entry
 - \$20 maximum for adults for admission per day
 - Xcel Regional Championships:
 - \$100/gymnast entry fee
 - \$20 maximum for adults for admission per day
- The regional qualifying score was raised to a 36.50 for Xcel Silver.
- State teams at Xcel Regional Meets will each have 8 gymnasts. The Diamonds will have one team and all other divisions will have an A and B team.
- Level 6/7/8 Regional Championships will now have 4-judge panels for all levels.

Clarification: Coaches apparel will now be awarded by club and not to the specific coach. Therefore, if the same coach works two full camps, that club will be eligible to get two sets of apparel for their club (if needed) if they have a gymnast(s) who qualifies for Eastern Nationals or Dev Nationals. If you have questions about this, please let us know.

Please be sure to thoroughly read and review your state rules & policies and the USAG Women's Rules & Policies for additional changes and updates.

Region 5 Annual Awards Winners

Congratulations to our Regional Awards winners that were honored at the Region 5 Banquet held in conjunction with regional congress.

Dev Gymnasts of the Year:

Nikki Smith - Euro Stars
Faith Torrez - Legacy Elite

Dev Clubs of the Year:

Euro Stars Gymnastics (MI)
Legacy Elite Gymnastics (IL)

Horizon Club of the Year:

Queen City Gymnastics (OH)

Contributor of the Year:

Tami Schaafsma

Congratulations to everyone!

Elite Ambassador Team Announced

Congratulations to the gymnasts named to the Region 5 Elite Ambassador Team:

Izzy Stassi

Gym X-treme (OH)

Gabby VanFrayen

Gym X-treme (OH)

Carly Weinberg

Buckeye Gymnastics (OH)

Kelise Woolford

Buckeye Gymnastics (OH)

These athletes will travel to Puerto Rico in October with the Region 5 All Star Team.

Region 5 at U.S. Championships

Congratulations to our Region 5 Elite athletes that competed at the U.S. Championships in Tampa, FL last weekend.

Junior Izzy Stassi from Gym X-Treme finished 5th in the All Around which placed her on the National Team. She also took home a silver medal on Floor.

Kelise Wooldford from Buckeye Gymnastics and Gabby VanFreyen from Gym X-Treme also had strong competitions.

Congratulations to all the athletes and coaches.

Training Camp Updates

Region 5 Training Camps are off to a great start! At this time, the Illinois Forward Momentum camp is full but we are still accepting registrations for other camps.

Some friendly reminders about camps:

- DO NOT enter gymnasts that don't qualify for the camp. (Yes, we check every single athlete's qualifications). Gymnasts not meeting the qualifications will be scratched.
- Region 5 camps are for building camaraderie, learning from others, and making new friends. Our goal is to be ONE incredibly successful team on a national level. We accomplish this through education, sharing and getting to know each other. With that in mind, please allow the coaches on each event to coach your athletes at camp. Also, if you are coaching an event, you are expect to work with ALL athletes and ALL coaches.
- Please be sure to update your online entries with the coaches that are attending so we can accurately staff each event.



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LEVEL 10 NATIONALS SUPER TEAM RESULTS

Level 10 Nationals Results

CONGRATULATIONS

to our Region 5 Level 10 National Champions!

ALL AROUND

Nikki Smith - Euro Stars (MI)
Faith Torrez - Legacy Elite (IL)

DEV NATIONAL TEAM MEMBERS

Darielis Aviles - Cincinnati Gymnastics (OH)
Olivia Coppola - Cincinnati Gymnastics (OH)
Lili Cosman - Capital City Flips (MI)
Railey Jackson - GymNasti (IL)
Sarah Moraw - Champion USA (MI)
Hannah Scheible - All American Flames (MI)
Nikki Smith - Euro Stars (MI)
Kaia Tanskanen - Michigan Elite (MI)
Faith Torrez - Legacy Elite (IL)



CONGRATULATIONS

to our Region 5 Level 10 National Champions!

VAULT

Sarah Moraw - Champion USA (MI)
Nikki Smith - Euro Stars (MI)

BARS

Railey Jackson - GymNasti (IL)
Nikki Smith - Euro Stars (MI)
Bailey Stroud - JPAC (IN)
Kelsey Woolford - Buckeye (OH)

BEAM

Kennedy Griffin - Five Star (OH)
Sydney Jelen - Legacy Elite (IL)
Nikki Smith - Euro Stars (MI)
Hannah Scheible - All American Flames (MI)
Faith Torrez - Legacy Elite (IL)
Grace Walker - Integrity (OH)



Level 9 Eastern Nationals Results

CONGRATULATIONS
to our Region 5 Level 9 Eastern National Champions!

ALL AROUND

- Brooke Maycroft - Fluent In Technique (MI)
- Avery Moll - DMGC (OH)
- Maeve Ruble - Perfection (OH)
- Alexis Schulman - Cincinnati Gymnastics (OH)
- Cameron Tassone - IK Gymnastics (IL)
- Grace Teschendorf - Hunts Gymnastics (MI)
- Samantha Towers - Michigan Academy of Gymnastics (MI)
- Claire Wood - Universal (OH)

VAULT

- Sophia Banky - Buckeye Gymnastics (OH)
- Sydney Gibson - Lake Erie Gymnastics (OH)
- Arianna Goodwin - Aerial Gymnastics (IL)
- Gabi Larson - Flip Star (IL)
- Reagan McCarty - Flip Star (IL)
- Avery Moll - DMGC (OH)
- Abby Sutter - R-Athletics (MI)
- Claire Wood - Universal (OH)



CONGRATULATIONS
to our Region 5 Level 9 Eastern National Champions!

BARS

- Alayna Boumans - Premier West (IL)
- Anika Most - Capital City Flips (MI)
- Kadyn Swank - Gym X-treme (OH)
- Cameron Tassone - IK Gymnastics (IL)
- Erin Wilbanks - Michigan Elite (MI)

BEAM

- Sophia Caliendo - Signature Gymnastics Academy (IL)
- Kaitlyn Morgan - Gymnastics Etc. (IL)
- Addison Reiser - GTC (IN)
- Alexis Schulman - Cincinnati Gymnastics (OH)
- Samantha Towers - Michigan Academy of Gymnastics (MI)
- Mileah Yost - Cincinnati Gymnastics (OH)

FLOOR

- Sydney Gibson - Lake Erie Gymnastics (OH)
- Lindsay Girard - Hunts Gymnastics (MI)
- Arianna Goodwin - Aerial (IL)



LEVEL 9 EASTERNS SUPER TEAM RESULTS



Region 5 Judges at Level 9 Easterns & Level 10 Nationals

Congratulations to our Region 5 judges who were selected to judge at Level 9 Easterns and at Level 10 Nationals!



Level 10 Nationals Judges from left to right: Connie Maloney, Sue Kane, Linda McDonald, Debbie Campbell, and Kathleen Edwards.

Level 9 Easterns Judges (not pictured): Heather Forbes, Ruth Hanna, Barb Giulivo and Kim Riley.

LEVEL 6-8 REGIONALS SUPER TEAM RESULTS

LEVEL 6 SUPER TEAM RESULTS

1st Place
OHIO
26 points

2nd Place
MICHIGAN
25 points

3rd Place
ILLINOIS
19 points

4th Place
KENTUCKY
10 points

5th Place
INDIANA
7 points



LEVEL 7 SUPER TEAM RESULTS

1st Place
OHIO
41 points

2nd Place
MICHIGAN
33 points

3rd Place
ILLINOIS
32 points

4th Place
INDIANA
16 points

5th Place
KENTUCKY
1 point



LEVEL 8 SUPER TEAM RESULTS

1st Place
OHIO
40 points

2nd Place (T)
MICHIGAN & INDIANA
24 points

4th Place
ILLINOIS
23 points

5th Place
KENTUCKY
5 points



Region 5 All Star Team

We are very excited to announce the 2022 Region 5 All Star team! Congratulations to the athletes, coaches and parents on this prestigious achievement. Making the top 12 Dev National spots is quite an accomplishment especially in our highly talented region!

On behalf of the Region 5 Committee we want to congratulate all of you for an outstanding national championships competition. You have shown strength, power and grace with confidence and represented **Region 5 FEARLESSLY!**

Region 5 All Star Team (In Rank Order)

Name	Gym	Age Group	Regional	National	Total
1-Hannah Scheible	MI - All Am Flame	Jr F	38.875	38.575	77.45
2-Kaia Tanskanen	MI - MEGA	Sr B	38.350	38.475	76.825
3-Ady Wahl	OH - Zanesville	Sr B	38.550	38.250	76.800
4-Railey Jackson	IL - CymNasti	Jr D	38.375	38.400	76.775
5-Makayla Tucker	IN - DeVeau's	Sr D	38.275	38.475	76.750
6-Olivia Coppola	OH - Cincinnati	Sr B	38.375	38.350	76.725
7-Taylor DeVries	IL - Legacy Elite	Sr A	38.500	37.950	76.450
8-Bailey Stroud	IN - JPAC	Jr C	38.200	38.225	76.425
9-Isabella Trostel	OH - Buckeye	Sr B	38.100	38.000	76.100
10-Reese Samuelson	IL - Phenom	Sr C	37.975	38.100	76.075
11-Sydney Jelen	IL - Legacy Elite	Sr A	38.075	37.975	76.050
12-Natalie Martin	OH - Buckeye	Sr B	38.375	37.650	76.025

Alternates (In Rank Order)

These athletes may be used if one or more of the above athletes cannot attend .

13-Katherine Shackelford	OH - Cincinnati	Jr C	38.125	37.850	75.975
14-Isabel Biro	OH - Queen City	Jr C	37.900	38.050	75.950
15-Addison Sarisky	OH - Olympic Dreams	Jr B	37.975	37.950	75.925

Region 5 Congress: Bring Your Whole Staff & Register Today!

Now that the competition season is over, it's time to plan for summer. Make sure that getting your staff to Region 5 Congress is top of your list of things to do. We've lined up an amazing list of presenters that are sure to help educate your entire staff.

Presenters include:

- Mike Hunger
- Lindsey Stancil
- Sarah Korngold
- Tom Koll
- Steve Greeley
- Beth Gardner



And many, many more! Click [here](#) to see the entire schedule and seminar topics.

The hands-on spotting session on Sunday will be an excellent opportunity to get sharpen the skill of your staff. Be sure to get registered and get your hotels booked today!

W200: Developmental Coaches Course Offered in Conjunction with Congress

We are excited to offer a live, hands-on course on Thursday, July 21st in conjunction with Congress. The W200: Developmental Coaches Course is a live, six-hour, hands-on training course designed for Levels 3-5 coaches. Course topics include drills and skill progressions on each event, lesson planning and hands-on spotting. This is a great hands-on experience of drills and skill progression with instructors demonstrating. The W200 participants are able to see the progressions of each skill presented LIVE and have a great understanding of how to teach and break down the skills.

Space is limited so be sure to [register](#) today!



USA GYMNASTICS®

REGIONAL CONGRESS

2022 Region 5 Training Camp Dates

HOT SHOT & TOPS

July 15 - 17

Location TBD

FORWARD MOMENTUM

August 5-7

August 12-14

Locations TBD

LEVEL 9 HIGH TECH & HIGH PERFORMANCE

September 9-11

Location TBD

LEVEL 10 HIGH TECH & HIGH PERFORMANCE

October 7-9

Location TBD

2022 Region 5 Hall of Fame Inductees Announced

Congratulations to the 2022 Region 5 Hall of Fame inductees Char Christensen, Nina Dent, and Betty Okino. Inductees will be honored at the Region 5 Banquet that will be held in Grand Rapids, MI on Friday, July 22nd in conjunction with Region 5 Congress.

Tickets are \$65 per person. [Purchase tickets here.](#)



Char Christensen



Nina Dent



Betty Okino



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Level 9 & 10 Coaches Eligibility
Rules to Receive Free Region 5
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Regional Championships Reminders

Regional Championships are coming soon! We would like to provide you with some important information and reminders so that your post season goes smoothly.

REGIONAL ENTRIES

All regional entries must be completed and paid for at your state competition.

All qualified athletes and those that are petitioning must be entered using the USAG reservation system at the state meet. Please be sure that at least one of your coaches that is attending the meet is designated as an administrator for your club so this can be completed.

Payments for regional entries must be submitted at the state meet. Payments should include all qualifying athletes and those that are petitioning.

PETITIONS

Gymnasts may be petitioned to Level 8, 9 or 10 Regionals because of illness, injury or a family tragedy, e.g., death, natural disaster. Please note that there are no petitions to regional championships for Levels 6, 7, or Xcel.

A gymnast may compete in her State Meet in 1, 2 or 3 events and still petition. Touching out is NOT considered competing on the event. Any gymnast that competes 4 events at state meet is NOT eligible to petition to regional championships.

Additional information and petition forms can be found in the Women's Rules & Policies and [here](#).

INDIVIDUAL EVENT SPECIALISTS (IES)

Gymnasts competing as Individual Event Specialists must be designated as such before the start of competition. Once competition begins, athletes not designated as an IES will be considered as all-arounders.

DP State Team Competition

State team competitions will be held at Levels 6, 7, 8 and Xcel Regional Championships.

Using all around scores, the top 8 gymnasts in each regional age group will make up each state team. Please note that state meet age groups may differ from regional age groups. State team members will be determined after all state meets are completed and after all regional entries are received. State team members will be published on the Region 5 website.

The top 4 scores will count toward the team score.

State team members that scratch before the start of the competition will be replaced by the gymnast with the next highest AA. No replacements will be made once the competition has begun.

Xcel State Team Competition

State team competitions will be held at Xcel Regional Championships.

State teams for Silver, Gold and Platinum divisions will consist of top 16 gymnasts at each division determined by all-around score with no regard to age groups. They will be divided into two teams per state based on rank score. Team 1 is gymnasts ranking 1-8, and team 2 is gymnasts ranking 9-16.

State teams for the Diamond division will consist of the top 8 gymnasts determined by all-around score with no regard to age groups. There will only be one team for the Diamond division because the numbers of gymnasts are much lower than other divisions.

The top 4 scores on each event will be used to determine the team score.

State team members that scratch before the start of the competition will be replaced by the gymnast with the next highest AA. No replacements will be made once the competition has begun.

Reminder: Hall of Fame Nominations Due

March 15th is the deadline to submit Region 5 Hall of Fame nominations. For forms and more information, please click [here](#).



Regional Qualifying Scores and Entry Fees

LEVELS 8-10

34.00 AA

9.0/event for IES

\$125/gymnast

LEVELS 6-7

35.00 AA

9.0/event for IES

\$95/gymnast

SILVER

36.00 AA

9.0/event for IES

\$90/gymnast

GOLD

35.50 AA

9.0/event for IES

\$90/gymnast

PLATINUM & DIAMOND

35.00 AA

9.0/event for IES

\$90/gymnast

REGIONAL SUPER TEAM COMPETITIONS

Each state team will compete to earn points for the Super State Team competition. Super State Team is determined by assigning points for placement within each age group as follows:

- 1st Place = 5 points
- 2nd Place = 4 points
- 3rd Place = 3 points
- 4th Place = 2 points
- 5th Place = 1 point



Region 5 Graduating Senior Recognition

Graduating seniors are invited to submit information and a photo to be placed on our 2022 Seniors page on the Region 5 Website.

[Click here to submit your information.](#)

[Click here to view the photo gallery.](#)

Balance Beam Skill Cushion Rules

Please remember that per the Women's DP Code of Points, any combination of skill cushions, max. 9" sting mats, 4" throw and/or 8" skill cushions may be placed on top of allowable competition landing mats in **two (2) separate areas** (under beam and/or dismount area).

If you choose to use a mat underneath the beam or to the side of the beam (for a side dismount) you may only use one other mat at the end of the beam.

You may find this information in the Women's DP Code of Points under Balance Beam Apparatus Regulations.

Level 10 Athlete Eligibility Rules for Free Region 5 Apparel

Level 10 athletes who meet the following criteria will qualify for free Region 5 apparel:

Criteria #1

- Athlete has qualified to DP Nationals

OR

- Athlete is a 1st Alternate who has committed to attending Nationals and has paid for her athlete hotel room during the 9 & 10 Regional Meet (if applicable). This includes Region 5 Athletes who qualify to compete for another region and athletes who qualify to compete in the wildcard session.

Criteria #2

- The athlete's gym has participated in a Region 5 Training Camp for the current competitive season by registering and sending athletes to train at one or more camps. The specific athlete who qualifies to DP Nationals does NOT need to have attended a camp personally. However, if the qualifying athlete attended a Region 5 Training camp for the current competitive season, the region will pay her DP Nationals entry fee.

Second alternates are invited and encouraged to attend DP Nationals. If they are called up to compete or are moved to the first alternate spot, athletes who meet the eligibility requirements, will receive all apparel that remains available. The athlete must attend DP Nationals to receive Region 5 Apparel.

If an athlete meets the qualification requirements outlined in criteria #1, but the athlete's gym did not attend this season's Region 5 Training Camps, the athlete can still receive all Region 5 apparel with a donation to the Region 5 Apparel Fund.

Donations must be a minimum of \$300/gym for one qualified athlete or \$600/gym for two or more qualified athletes. Checks should be made payable to Region 5 USAG and must be given to Patrick Jordan at Regionals.

All qualifying athletes and a parent or guardian should be prepared to stay at the conclusion of the awards ceremony for a National Qualifiers Processing meeting. Parents/Guardians will need to be prepared to pay for the athlete hotel room at that time. Please allow 1.5 to 2 hours for processing and media.

Level 9 Athlete Eligibility Rules for Free Region 5 Apparel

Level 9 athletes who meet the following criteria will qualify for free Region 5 apparel:

Criteria #1

- Athlete has qualified to Eastern Nationals

OR

- Athlete is a 1st Alternate who has committed to attending Eastern Nationals

Criteria #2

- The athlete's gym has participated in a Region 5 Training Camp for the current competitive season by registering and sending athletes to train at one or more camps. The specific athlete who qualifies to Eastern Nationals does NOT need to have attended a camp personally. However, if the qualifying athlete attended a Region 5 Training camp for the current competitive season, the region will pay her Eastern Nationals entry fee.

Second alternates are invited and encouraged to attend Eastern Nationals. If they are called up to compete or are moved to the first alternate spot, athletes who meet the eligibility requirements, will receive all apparel that remains available. The athlete must attend Eastern Nationals to receive Region 5 Apparel.

If an athlete meets the qualification requirements outlined in criteria #1, but the athlete's gym did not attend this season's Region 5 Training Camps, the athlete can still receive all Region 5 apparel with a donation to the Region 5 Apparel Fund.

Donations must be a minimum of \$125/gym for one qualified athlete or \$250/gym for two or more qualified athletes. Checks should be made payable to Region 5 USAG and must be given to Patrick Jordan at Regionals.

All qualifying athletes and a parent or guardian should be prepared to stay at the conclusion of the awards ceremony for an Eastern Nationals Qualifiers Processing meeting. Please allow 1 hour for processing.

Level 9 & 10 Coaches Eligibility Rules for Free Region 5 Apparel

Coaches who meet the following criteria will qualify for free Region 5 apparel:

Criteria #1

- Have an athlete has qualified to DP Nationals or Eastern Nationals

OR

- Have an athlete that is a 1st alternate who has committed to attending DP Nationals and has paid for her athlete hotel room during the 9 & 10 Regional Meet (if applicable). This includes Region 5 Athletes who qualify to compete for another region and athletes who qualify to compete in the wildcard session. has paid for her athlete hotel room during the 9 & 10 Regional meet (if applicable). This includes Region 5 Athletes who qualify to compete for another region and athletes who qualify to compete in the wildcard session.

OR

- Have an athlete that is a 1st alternate who has committed to attending Eastern Nationals.

Criteria #2

- The specific coach must have worked at least one complete Region 5 training camp for the current competitive season.

Coaches who are not eligible for free Region 5 apparel must purchase the required apparel to be worn on the competitive floor. Additional items will also be available for purchase but are not mandatory.

[List of Coaches Who Worked Camp](#)

[List of Gyms Who Attended Camps](#)

Please click the links above to verify your eligibility. If you have questions or concerns, please [email Tami Schaafsma](#) **BEFORE THE REGIONAL COMPETITIONS!**



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How to Watch Nastia Cup & Winter Cup

Level 10 DP Nationals Wildcard Qualification

New in 2022, USA Gymnastics is introducing a Wildcard session, which has the potential to include 22 additional athletes per region. This new opportunity, developed and introduced by former R5 coach, Brett Wargo, will give more athletes the opportunity to participate at a national level.

The athletes with the top 2 AA scores, regardless of age group, that are not in the top 7 in their age group or competing for another region will qualify to compete in the Wildcard session on Friday evening. These athletes may be alternates for their age group.

In addition, the top 5 athletes, regardless of age group, on each event that did not qualify in the all around and scored at least a 9.3 will also qualify to compete on that event in the Wildcard session on Friday evening. Athletes may qualify on more than one event.

If an athlete declines her spot or scratches due to illness or injury, the spot is vacated; i.e. the number 6 athlete would NOT move into a qualifying position.

There will be a "running list" after each session at regionals of provisional qualifiers. Provisional qualifiers, their parent(s), and coach(es) will need to stay for the DP Nationals meeting and apparel sizing if you are accepting the spot. Provisional qualifiers will be sized only. At the end of all level 10 sessions, qualifiers will be determined and coaches will be notified of final qualifiers. Apparel will be sent to to each qualifier. If you have any questions, please let us know. We are excited about this new opportunity for our athletes!

State Rules & Deadlines

We are at the point in the competition season where it pays to be sure that you know and understand your state's competition entry deadlines and competition rules. A few things to be sure that you know and understand are your:

- State Meet Qualification Procedures
- State Meet Entry Deadlines
- Program Declaration Dates
- Level Declaration Dates

This information can generally be found in your state's Rules & Policies document or on your state website. If you have questions regarding these dates or procedures, please contact your appropriate state representative.

Region 5 Congress Registration Is Open

Registration is open for Region 5 Congress which will be held on July 22-24, 2022 at the DeVos Place in Grand Rapids, Michigan.

The 2022 Region 5 Congress offers Early Bird and Member Club Group pricing. Early bird pricing is available until March 23, 2022.

Tickets for the Region 5 Awards Banquet, held in conjunction with Region 5 Congress, will be available for purchase at a later date.

Register for Region 5 Congress [here](#).

Call for Nominations for State Administrative Committee Chairpersons

Nominations for State Committee Chairpersons will begin on March 1, 2022. All nominations must be submitted via email to Patrick Jordan, RACC before April 1st.

The nomination form and criteria for nominations can be found on the Region 5 website (About Us/Forms/Elections) [here](#).



STATE WEBSITE LINKS

[Illinois](#)
[Indiana](#)
[Kentucky](#)
[Michigan](#)
[Ohio](#)



MARCH

- **1st**
State Administrative Committee Chair (SACC) Nominations Begin
- **23rd**
Region 5 Congress Early bird pricing ends

JULY

- **22nd-24th**
Region 5 Congress & Awards Banquet

AUGUST

- **18th -21st**
National Congress & Trade Show



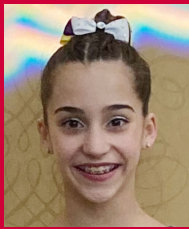
Region 5 Elites Set to Compete at Winter Cup

2021 Winter Cup junior all-around champion Ella Kate Parker (Cincinnati Gymnastics) will be looking to defend her title at the Winter Cup on Saturday, February 26th. Parker will be joined by fellow Region 5 and Junior National Team member Gabby Van Frayen (Gym X-Treme).

Congratulations and good luck athletes and coaches!



Parker



Van Frayen

How to Watch

Live coverage begins Friday, February 25 on Peacock with the Nastia Liukin Cup from 2:30-5 p.m. ET.

Podium training for each Winter Cup division, as well as the Nastia Liukin Cup will be livestreamed free on USA Gymnastics' [YouTube channel](#). The podium training schedule is available below.

- Nastia Liukin Cup – Thursday, February 24, 11:30 a.m. – 2 p.m. ET: [WATCH](#)
- Winter Cup senior women – Friday, February 25, 10 a.m. – noon ET: [WATCH](#)
- Winter Cup junior women – Saturday, February 26, 8:30-11 a.m. ET: [WATCH](#)

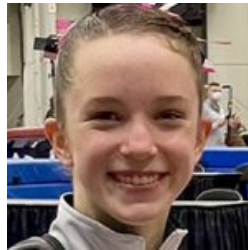
R5 Nastia Liukin Cup Qualifiers

Nine Region 5 gymnasts have qualified to compete in the 2022 Nastia Liukin Cup on Friday, February 25th in Frisco, Texas. In total, 40 athletes - 20 juniors and 20 seniors - will compete.

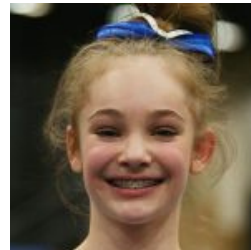
Nastia Liukin Cup participants are determined based on performances in a series of invitationals held in the weeks preceding the competition.

This year's Nastia Liukin Cup is being held in conjunction with the 2022 Winter Cup and Elite Team Cup and will air live on NBC's Peacock. Information on how to watch is to the left.

Below are the qualifiers from Region 5. Congratulations and good luck to all athletes and coaches!



Isabel Biro
Queen City
Ohio



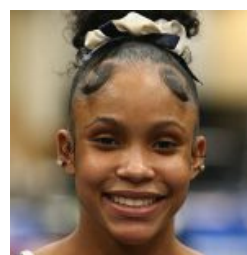
Clancy Conley
Legacy Elite
Illinois



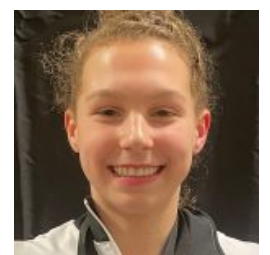
Lucie Kirchner
JPAC
Indiana



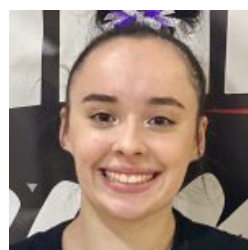
Hannah Scheible
All American Flames
Michigan



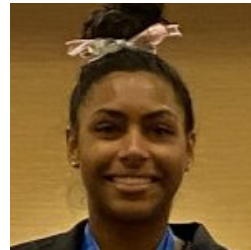
Nikki Smith
Euro Stars
Michigan



Bailey Stroud
JPAC
Indiana



Faith Torrez
Legacy Elite
Illinois



Makayla Tucker
DeVeau's
Indiana



Carly Weinberg
Buckeye
Ohio



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Updated COVID Guidance for Non-National Sanctioned Events

The updated guidance for Sanctioned Events, including state and regional competitions, can be found [HERE](#).

USA Gymnastics highly recommends and encourages all sanctioned event participants and spectators to follow CDC guidelines throughout any USA Gymnastics sanctioned competition.

We remind event directors and clubs that sanctioned events are required to be conducted in a manner that is permitted by, and in compliance with, their local government guidelines.

Event Directors should communicate their specific event's facial and social distancing protocols in pre-event and on-site communication. USA Gymnastics has developed signage and flyers to help meet directors with this communication.

Further, all event directors have the authority to enforce and require measures to provide participants with a safe event environment. Specifically, event directors have the authority to:

- remove and/or disqualify any participants, clubs, coaches, athletes, judges, other sanctioned event staff, and spectators who fail or refuse to comply with local ordinances, such as non-compliance of facial covering and/or social distancing mandates.
- eliminate and/or reduce the number of spectators to maintain the appropriate social distancing protocol. Event directors should communicate all restrictions clearly to all parents/guardians and seek creative solutions for parental viewing to comply with Safe Sport requirements, such as allowing one person from each club to live stream their athletes on a private club page and/or live streaming the entire event using a third-party vendor.
- require the use of facial covering and social distancing protocols throughout a USA Gymnastics Sanctioned event, unless specifically prohibited by local regulation.

Find the complete guidelines [here](#).

Elite Drop Backs

A US Elite gymnast (an athlete who has competed as a Junior or Senior International Elite in a Classic Meet, Junior World Trials, or higher) who wants to enter the DP Program MUST petition to drop back to the DP program, regardless of the year of competition, by completing the “reason for change” form FROM HER COACH to the National DP Committee Chairman. For Information regarding Foreign Athlete (Elite or non-elite) participation in the DP, please refer to Chapter 2, page 26.

- a. All petitions must be received at least three (3) weeks prior to the Level 10 State Championships.
- b. The National DP Committee will review the petition and the Chairman will notify the coach of the acceptance/denial of the petition and will copy the respective State and Regional Administrative Committee Chairmen and the Regional Technical Committee Chairman.
- c. Accepted petitioned athletes may not re-enter the Elite/Pre-Elite Program during the Elite competitive year (through Championships of the year in which she competes Level 10).
- d. Clarification: An elite athlete dropping back into the Development Program is considered a DP athlete when she enters her first USA Gymnastics sanctioned event as a Level 10 athlete AFTER the petition has been granted.
- e. All scores obtained before the petition is granted are INVALID for qualification to State Championships and above in the current season.
- f. Any gymnast who competed at the Pre-Elite level (at a Regional or National qualifier and/or Challenge competition) may choose to compete as a Level 10 in the following season since she is considered as a Pre-Elite athlete. No petition is necessary.

Once an athlete competes in a Classic (regardless of year), she is considered an Elite level gymnast. A drop-back petition must be received for any athlete falling under these circumstances, regardless of the amount of time that has passed.

Elite Athletes are allowed to compete in DP invitationals in the Open Division, but if the intention is for her to be eligible for the DP Program in 2022, a petition must be received. Any scores achieved in an invitational before the petition is approved will be invalid so she would not be eligible to qualify to State, Regionals, Nastia Liukin Cup, etc.

REASON FOR CHANGE FORM



U112 Course Reminder for Professional Members

The deadline to take U112: Tough Coaching or Emotional Abuse: Knowing when the line has been crossed, was January 10, 2022. The following membership roles are required to have completed this course:
competitive coach,
organizational
owner/managing director and
recreational coach.

Failure to complete this course will result in your membership being placed in a pending status until the course is completed. Members with a pending status will be denied floor access to sanctioned events. Please be sure that you have completed this course to avoid any problems at competitions!



IRS Mileage Reimbursement Rate for 2022

The Internal Revenue Service today issued the 2022 optional standard mileage rates used to calculate the deductible costs of operating an automobile for business,

Beginning on January 1, 2022, the standard mileage rates for the use of a car (also vans, pickups or panel trucks) will be:

- 58.5 cents per mile driven for business use
- (up 2.5 cents from the rate for 2021)

The standard mileage rate for business use is based on an annual study of the fixed and variable costs of operating an automobile. The rate for medical and moving purposes is based on the variable costs.

2022 Congresses

New Date for Region 5 Congress & Awards Banquet

The Region 5 Congress and Awards Banquet will now be held on July 22-24, 2022 at the DeVos Place in Grand Rapids, Michigan. We are looking forward to having a great turn out! Tickets for the Region 5 Awards Banquet, held in conjunction with Region 5 Congress, will be available for purchase at a later date.

Register for Region 5 Congress [here](#).

National Congress & Trade Show

The Tampa Convention Center in Tampa, Florida will host the 2022 USA Gymnastics National Congress and Trade Show, August 18-21.

Held in conjunction with the 2022 U.S. Gymnastics Championships, attendees will have a unique opportunity to experience the highest level of education and competitive excellence all in one location!

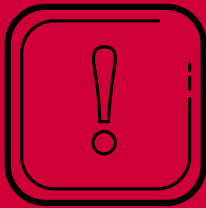
This year's event will provide gymnastics professionals around the country with the opportunity to attend live educational presentations, and live demonstrations, on a variety of topics, including coaching, judging, business, preschool, school-age/recreational, sports science, fitness, safe sport, and more.

Attendees will also receive admittance to the Trade Show Hall, where they can visit vendor booths that provide goods and services specific to the gymnastics community.

Registration for individuals and member clubs is open now. Register by April 13th to take advantage of Early Bird pricing.

More information and registration can be found [here](#).





New Pro Membership Course Requirements

USA Gymnastics has two new course requirements for the 2021-2022 season:

- [U113: USA Gymnastics Safe Sport Policy](#)
 - Must be completed by November 1, 2021
 - 20-30 minutes to complete
- [U112: Tough Coaching or Emotional Abuse](#)
 - Must be completed by January 10, 2022
 - 60 minutes to complete

These courses are free and must be completed in order to keep your membership current.

If you haven't already completed the U113, your membership is in pending status. Members in pending status will not be able to participate in sanctioned events. Please take a minute to be sure you have these courses completed. If you have any questions, please contact member services.

Regional Championships Hosts & Locations

Here are the sites for the 2021 Regional Championship competitions:

LEVEL 9 & 10 REGIONAL CHAMPIONSHIPS - April 21-24, 2022

Hosted by Flip Star Gymnastics Academy
Max-McCook Athletic & Exposition Center
4750 South Vernon Avenue
McCook, IL 60525

LEVEL 6, 7 & 8 REGIONAL CHAMPIONSHIPS - April 28-May 1, 2022

Hosted by Excel Gymnastics/Kentucky Gymnastics Academy
Kentucky International Convention Center
221 South 4th Street
Louisville, KY 40202

XCEL REGIONAL CHAMPIONSHIPS - May 5-8, 2022

Hosted by Branch Gymnastics
Kellogg Arena
1 McCamly Square
Battle Creek, MI 48017

More information can be found on the [Region 5 website](#).
Thank you to everyone who submitted bids!

New Region 5 Color

Our new Region 5 color for the next 4 years is Cosmo Red. It's the color used in this newsletter and in the logo above!

2022 National and Eastern National Sites Announced

USA Gymnastics recently announced that the 2022 USA Gymnastics Development Program National Championships will be held May 10-15, 2022, at Bell Bank Park powered by Legacy Sports USA in Mesa, Arizona. The competition will be a combined men's and women's championship.

The 2022 USAG Women's Artistic Development Program Level 9 Eastern Championships will take place May 5-8, 2022. The Eastern Championships, hosted by Rochester Gymnastics Academy, will be held at the Golisano Training Center in Rochester, New York.

Wildcard Session Added for Level 10 DP Nationals

New in 2022, USA Gymnastics is introducing a Wildcard Individual Event Specialist session, which has the potential to include 22 additional athletes per region. This new opportunity, developed and introduced by former R5 coach, Brett Wargo, will give more athletes the opportunity to participate at a national level.

The athletes with the top 2 AA scores, regardless of age group, that are not in the top 7 in their age group or competing for another region will qualify to compete in a Wildcard session on Friday evening. These athletes may be alternates for their age group.

In addition, the top 5 athletes, regardless of age group, on each event that did not qualify in the all around and scored at least a 9.3 will also qualify to compete in the Wildcard session on Friday evening. Athletes may qualify on more than one event.

A couple of things to note:

- Ties will be broken by highest event score for AA. Ties will NOT be broken for individual events.
- If an athlete declines her spot or scratches due to illness or injury, the spot is vacated; i.e. the number 6 athlete would NOT move into a qualifying position.

There will be a "running list" after each session at regionals of provisional qualifiers. Provisional qualifiers, their parent(s), and coach(es) will need to stay for the DP Nationals meeting and apparel sizing if you are accepting the spot. Provisional qualifiers will be sized only. At the end of all level 10 sessions, qualifiers will be determined and coaches will be notified of final qualifiers. Apparel will be sent to each qualifier. If you have any questions, please let us know. We are excited about this new opportunity for our athletes!



Bell Bank Park - Mesa, AZ

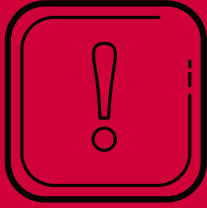


2022 Region 5 Congress and Awards Banquet

July 15-17, 2022
Grand Rapids, MI



Region 5 Hall of Fame Nominations



Reminders for Meet Directors

USA Gymnastics has several new requirements for meet directors. Be sure you are compliant with all new rules and regulations. Click the link below to make sure your event is Safe Sport compliant.

[Safe Sport for Event Directors](#)

Regional Payments

Within 24 hours of the conclusion of any USA Gymnastics sanctioned meet (this includes mobility meets), meet directors are required to send a copy of the sanction and \$1 per competing athlete to:

Patrick Jordan, RACC
836 Reading Rd.
Mason, OH 45050

Scores and sign-in sheets do not need to be included.

If you are hiring a company to manage your meet, it is the hosting club's responsibility to make sure that payment is sent.

Clubs that have outstanding payments will be considered "not in good standing". Clubs not in good standing:

- May not be considered to host regional camps or competitions.
- Will not have Easterns or Nationals gymnast entry fees paid by the region.

Health Insurance Benefits for Professional Members

Individuals holding USA Gymnastics professional memberships will now have access to comprehensive health insurance through a new member benefit. Enrollment is open now.

The program enables club owners, coaches, judges and others to access a range of plans for health insurance, major medical, dental and vision benefits through a USAG portal. Coverage begins January 1, 2022 and is available to members and their families. Carriers being offered include Anthem, Cigna, Delta Dental, VSP and Vault.

For more information on the USA Gymnastics insurance program, visit <https://usagymnasticsbenefits.decisely.com>.

Clarification: Petitioning to Level 6 or 7

Per the Women's Rules & Policies (p. 81), any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of 12 years of age is eligible to petition by submitting a formal written request to the State Administrative Committee for entry into Level 7 and below.

Please note that USAG has clarified that a gymnast that competed Level 4 last season cannot move to the Xcel Program in order to petition back into the DP program at Level 6 or 7 therefore circumventing proper mobility through level 5. If you have any questions on this or any rules, please contact your state chair or Kittia Carpenter, the Regional DP Chair.