



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.