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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!**