



USA GYMNASTICS®

Virginia

**2020 Virginia USAG Gymnastics
Level 3 State Championships**

**May 8-10, 2020
Ocean Lakes High School
Virginia Beach, VA
Hosted by Excalibur Gymnastics**

1 VIRGINIA STATE MEET PACKET

5.1 PURPOSE OF STATE MEETS

The purpose of the Level 3-10 & Xcel State Meets in Virginia is to provide a culminating competition in the format of a championship event for Virginia gymnasts and their teams who have met the qualification guidelines set forth by the State Administrative Committee.

State Meets for Levels 8-10 are also used as a qualifier to Regional Championships for Levels 8- 10; and onto USA Gymnastics East/West Championships for Level 9 athletes and USA Gymnastics Junior Olympic National Championships for Level 10 athletes.

State Championships are set up according to the USA Gymnastics Women's Rules and Policies and the guidelines set forth by the National, Regional and Virginia State Administrative Committees.

Awards Presented at Virginia State Meets:

Level 3 & 4:

Age Group Event Placement Awards, Age Group All-Around Awards, Virginia State Qualification Medal for all Qualifiers and Team Awards presented. **No Achievement Ribbons will be distributed at Level 3 & 4 State Meet Sessions.**

Level 5, 6 & 7:

Age Group Event Placement Awards, Age Group All-Around Awards, Virginia State Qualification Medal for all Qualifiers and Team Awards are presented. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

Level 8-10:

Age Group Event Placement Awards, Age Group All-Around Awards, Virginia State Qualification Medal for all Qualifiers and Team Awards are presented. Regional Qualifiers are announced. Level 8, 9 & 10 qualify by score to their regional meets and then Level 9 & 10 qualify by placement at Regionals to their national meet. Senior appreciation awards are presented to all our graduating Virginia gymnasts.

Xcel:

XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience in the state of Virginia. Division Age Group Event Placement Awards, Division Age Group All-Around Awards and Virginia State Qualification Medal for all gymnasts are presented. NO Team Awards are presented. **No Achievement Ribbons will be distributed at Bronze & Silver State Meet Sessions.**

To see a complete ranking of all gymnasts in each level and age group competing at a state meet, please refer to the VA USA Gymnastics website on the day following the last session of competition at www.VAUSAG.com. Team rankings for appropriate levels are also available.

Gate Fees are charged to all State Meets held in an outside facility. All gate fee rates for State meets are set by the Virginia State Administrative Committee.

State Hosts should include this statement in their state meet packets & programs.



5.2 Virginia State Meet Entry Procedures – Levels 3, 4, 5, 6, 7, 8, 9, 10 & All Divisions of Xcel – All Deadlines For Entries are 4 Weeks Prior To The State Meet Date.

5.2.1 Qualifying to State Meets in Virginia - Levels 3, 4, 5, 6, 7, 8, 9, 10 & All Xcel Divisions:

- A Level 3, 4, 5, 6, 7, 8, 9 & 10 gymnast may qualify to her state meet by attending **ANY** Invitational meet and score at or above the state qualifying score for that level. IES Level 8, 9 & 10 must follow IES guidelines for qualification. All Xcel Divisions **MUST** compete in a minimum of one sanctioned meet prior to State Meet.
- OR
- A present Level 8, 9 or 10 who competed at the same level the previous year and competed in the previous year's State Meet of above (and achieved a score equal to or greater than the current year's respective State Meet qualifying score) may directly enter the current year's State Meet at her respective Level **(R&P p.82)**. Coaches who are entering gymnasts who qualify to states by their 2018-2019 L9/10 State, Regional or National status must e-mail the state chairman with that information. See R&P Chapter 8, pp.83 for Petition to State Championship Details.

IMPORTANT NOTE TO ALL CLUBS & COACHES: It is imperative with the size of our VA Meets that ALL Level 3, 4, 5, 6, 7, 8, 9, 10 & Xcel State Entries be submitted in a timely manner in order to organize and inform the participating clubs as soon as possible of session assignments. Thank you for your attention in this matter. **ONLY** professional members who are coaching and athletes who are competing in a session are allowed on the competition floor. Please plan accordingly.



5.2.2 Virginia USA Gymnastics State Meet Entry Guidance with the Meet Reservation System:

USA Gymnastics mandated that State Meet entries must be processed through their Meet Reservation System (MRS). In order to make this system work effectively, clubs must keep their rosters for both athletes and coaches up-to-date with USA Gymnastics. Additionally, invitational competition hosts are strongly encouraged to submit their meet scores, either live online or following the competition, for access by others using the myusagym iPhone app or website, as well as making the scores accessible to the State Chairman for state meet qualification verification. Directions for submitting scores in this manner may be found on the USA Gymnastics website [here](https://usagym.org/pages/membership/pages/myusagym.html).

The following steps provide guidance to VA member clubs for using the MRS to enter and manage athlete and coach participation in Virginia USA Gymnastics State Meets. See chart 5.2.3 and the Entry, Late Entry & Refund Policies for more information.

1. **Normal Entries:** Clubs are required to submit reservations for all their State Meet participants (athletes and coaches) through the MRS by the initial "Reservation Period Closes" date as indicated on the specific meet sanction webpages and shown in the table below.
2. **Junior Olympic Program Athletes** qualify by achieving at least the minimum score listed in the State Handbook.
3. **Xcel Athletes** qualify once they have competed in a meet at their Xcel level. Qualified athletes should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes, however, athletes are not considered officially entered until payment has been received by the State Chairman. Only authorized Club Administrators will be able to submit, revise, or cancel reservations using the MRS.

5.2.3 USA Gymnastics Meet Reservation System (MRS) Normal, Late Entry Periods, Deadlines, Late Entries & Refunds.

State Meet	Qualifying Scores	Entry Fee & Late Fee	Normal Entry Deadline: Initial "Reservation Period Closes" Date (11:59 PM)	Late Entry "Reservation Period Opens" Date (Sunday, 12:00 PM)	Late Entry Deadline: Final "Reservation Period Closes" Date (Wednesday, 11:59 PM)
Levels 6 & 7 3/20, 21 & 22, 2020 Boo Williams Sportsplex- WISC - Hampton, VA	34.00AA	\$115.00 \$25.00/ Athlete Late Fee	2/24/2020	3/1/2020	3/11/2020
Levels 8, 9 & 10 3/27, 28 & 29, 2020 Boo Williams Sportsplex- World Class - Hampton, VA	L9 & 10 32.00AA/ 8.50 IES L8 33.00AA/ 8.50 IES	\$125.00 \$25.00/ Athlete Late Fee	3/2/2020	3/8/2020	3/18/2020
Xcel Bronze 4/24, 25 & 26, 2020 Farm Bureau Ctr.-Aerial East - Doswell, VA	Compete in 1 Competition Prior to their State Meet	\$90.00 \$25.00/ Athlete Late Fee	3/30/2020	4/5/2020	4/15/2020
Levels 4 & 5 5/1, 2 & 3, 2020 Christiansburg Recreation Center - VA Techniques - Christiansburg, VA	33.50AA-L4 33.00AA-L5	\$115.00 \$25.00/ Athlete Late Fee	4/6/2020	4/13/2020 <i>Note: Monday due to Easter Sunday</i>	4/22/2020
Level 3 5/8, 9 & 10, 2020 Ocean Lakes HS - Virginia Beach, VA - Excalibur	33.50AA	\$90.00 \$25.00/ Athlete Late Fee	4/13/2020	4/19/2020	4/29/2020
Xcel Silver, Gold, Platinum & Diamond 5/15, 16 & 17, 2020 - Hampton Convention Ctr - Hampton, VA Gym Inc. & Ocean Tumblers	Compete in 1 Competition Prior to their State Meet	\$90.00 \$25.00/ Athlete Late Fee	4/20/2020	4/26/2020	5/6/2020

1. Club Entries to States:

- a. Clubs print a copy of the MRS confirmation email they receive and include it with their entry payment check to Steve Garman at the address below to be considered entered in that state meet.
- b. Final payment must be postmarked by the normal entry deadline. **Make all Club or Booster Club Checks ONLY Payable to VAUSAG. Please mail the paper copy of all MRS entries and payments to:**

*Steve Garman, Virginia State Chairman 3116 Knoll
Drive, Falls Church, VA 22042*
- c. Each initial "Reservation Period Closes" date will be approximately 4 weeks prior to the state meet weekend. Once the initial "Reservation Period Closes" date is reached, the MRS will not accept further reservations for athletes or coaches for approximately one week.

2. Late Entries:

- a. The MRS will accept late athlete reservations and additional coach reservations beginning at 12 Noon on the Sunday following the closing of the initial reservation period. This late registration period will then close at midnight two Wednesdays before the state meet weekend.
- b. All late athlete reservations submitted during this period will be assessed a \$25/athlete late fee in addition to the entry fee. Any requests for additional athlete reservations/entries beyond this time must be directed to Steve Garman (vausag@gmail.com). Additional coach reservations needed beyond this date should be communicated to Steve Garman and Rex Lacy at vausagMeetEntries@gmail.com.

3. *Refunds:*
 - a. The athlete scratch deadline for being entitled to a refund or credit is the normal entry deadline, which is the first "Reservation Period Closes" date. These athlete cancellations must be submitted through the MRS by this date to be eligible for a refund or credit.
 - b. Requests for refunds for athlete scratches after this date should be directed to Steve Garman (vausag@gmail.com) and will only be considered if they are due to medical reasons and medical documentation explaining why the athlete cannot compete in the meet will be required. These medically based scratch refund requests will be considered up to 10 days prior to the first day of competition, but not afterwards.
4. *Cancellations/Scratches:*
 - a. Cancellation of any athlete or coach reservation must be submitted through the MRS as soon as they are identified. The MRS will accept cancellations from the initial "Reservation Opens Date" through the respective state meet weekend.
 - b. Last minute cancellations should also be communicated to Steve Garman or Rex Lacy during the state meet weekend by any means possible (phone, email, or in person at the Meet Scorer's Table).
5. **Schedules:** The session schedule and athlete rosters for the competitions will be published within a few days following the initial entry deadline, if all mailed entries and entry fees are received in a timely manner.

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Competition Information

- Meet Location:** Ocean Lakes High School
885 Schumann Dr.
Virginia Beach, VA 23454
See "General Directions" page in this packet.
- Contact:** Steve Garman, VAUSAG Chairman
vausag@gmail.com
3116 Knoll Drive
Falls Church, VA 22042
(703) 217-9575
www.vausag.com- Official Virginia USA Gymnastics Website
- Host Club:** Excalibur Gymnastics
(757)499-8258
www.excalibur-gymnastics.com
events@excalibur-gymnastics.com
- Meet Directors:** Gustavo Moure, events@excalibur-gymnastics.com
- Entries/ Registration:** The full procedures are online at: www.vausag.com.
Clubs are required to process all State Meet participants (athletes and coaches) through the Meet Reservation System, by the **Reservation Period Closes** date (4/13/20). Late entries will be accepted through the Meet Reservation System 4/19-4/29/2020 and incur a late fee of \$25 per gymnast. Gymnasts qualify by participating in one USAG sanctioned invitational. Gymnasts should be entered in their respective state meets at the club's earliest opportunity to aid in planning purposes, however, gymnasts are not considered entered until payment is received. Clubs should print a paper copy of the Meet Reservation confirmation email they receive and include it with their entry payment (by check to VAUSAG) and mail to Steve Garman to be considered entered in that state meet. Final payment must be postmarked by the Reservation Period Closes date (4/13/2020).
- Registration Fee:** \$90 per gymnast
- Registration Deadline:** April 13, 2020
- Questions:** Direct all inquiries to Steve Garman (vausag@gmail.com), VAUSAG State Chairman.

Mail to: Please mail the paper copy of all entries and payments to:
Steve Garman
Virginia State Chairman
3116 Knoll Drive
Falls Church, VA 22042

Gate Fees: Cash only please

2019-2020 State Meet Gate Fee Chart		
<i>*Charged in Outside Facilities</i>		
Age Group	One Day Pass	Two Day Pass
Under 12	FREE	FREE
12 years & older	\$10.00	\$15.00
Senior Citizens	\$5.00	\$10.00

Session Times: To be posted on www.vausag.com

Awards: Individual Event and All-Around awards will be presented to each age group at the conclusion of each competition session. Awards will follow the VAUSAG Rules and Policies requirements.

Results: Results will be posted online at vausag.com following the conclusion of the State Meet weekend.

Coaches: An official coaches' meeting will be held at the beginning of each session. Hospitality area will be provided.

Coaches Sign-In: Coaches must be registered in the Meet Reservation System. Coaches will be asked to show their USA Gymnastics Professional Member card at sign-in. Please be sure all requirements are current: MEMBERSHIP, SAFETY CERTIFICATION, BACKGROUND CHECK and U100.

- *Only professional members who are actually coaching and athletes competing in the current session are allowed on the competition floor.*

Safety Consideration: For the safety and consideration of ALL athletes, coaches and spectators, no injured or sick athletes should participate in the competition.

Meet Format: Modified Capital Cup

Equipment: Provided by VAUSAG
Vault Board: AAI TAC/10 Vault Board
Vault Tables: AAI TAC/10 Vault Table
Bars: AAI Elite Uneven Bars and Graphite E (soft) rails
Beam: AAI Elite RA Balance Beam, 12cm base mat
Floors: AAI Artistic Floor Exercise System

Mats: 8" skill cushions, 4" supplemental throw mats and sting mats available at every event.

Floor Music: All coaches MUST provide Floor Exercise music in digital format (MP3, computer, tablet, smart phone etc.). All electronic devices must have a display screen and must be on airplane mode, when applicable. ALL FLOOR MUSIC MUST BE IN DIGITAL FORMAT. CD playback equipment will not be provided.

Trainer: An onsite trainer will be available for all coaches and gymnasts during warm-ups and competition.

Program Ads: Please see the Program Ad Page for information and instructions.

Entry Instructions: The entry process for State Championships is a two-part system.

Here is a **brief overview** of the process.

Step 1: Enter your athlete in the appropriate state meet through Meet Reservation System at www.usagym.org. Athletes can be registered on MRS when they qualify. They are not officially entered until Step 2 is completed.

Step 2: Print a copy of the MRS entry and submit with entry fee to Steve Garman, VA State Chairman. The entry fee is \$90 per athlete and is due no later than **April 13, 2020**. Payment in full with a Gym or Booster Club checks only made payable to VAUSAG. Please send to:

Steve Garman, VASACC
3116 Knoll Drive
Falls Church, VA 22042

Please remember that your athletes are **NOT** entered into their state meet until qualifying scores have been verified, entry fee payment and applicable late fees have been received.

Getting Started: **STEP 1** for All Around Qualifiers

1. Log onto www.usagym.org.
2. Click on MEMBER SERVICE, then click on CLUB ADMINISTRATION, then click on MEET RESERVATIONS.
3. Click on the button SEARCH FOR MEETS. Under DISCIPLINE TYPES, select WOMENS. Under SELECT STATE, select VA. Look for VA STATE CHAMPIONSHIPS LEVEL 3.
4. Enter the information on the right side of the screen. Then select the athletes that have qualifying scores to be entered into L3 State.
5. Enter the coaches that will be on the competition floor at L3 State.
6. Follow all the SUBMIT messages.

STEP 2

No later than the deadline of April 13, 2020, print the MRS entry and submit with payment in full with a Gym or Booster Club check only made payable to VAUSAG. Please send to:

Steve Garman, VASACC
3116 Knoll Drive
Falls Church, VA 22042

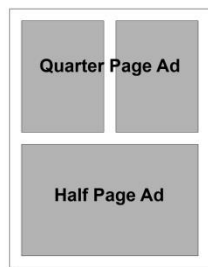
If entries are submitted after the deadline of April 13, 2020, include a \$25 late fee for each athlete submitted.

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Programs Ads & Good Luck Ads

We are preparing a program booklet available for purchase especially for the Level 3 State Championships. The program includes the meet schedule, rotations, judges, and gyms competing. The program is viewed by hundreds of attendees!

Advertisements & Good Luck Ads: Reserve your space for a State Championships Good Luck Ads & Advertisements!! All ads must be submitted and **paid in full by Friday, April 17, 2020.** Ads received after that date may not make the cutoff to the printer.



___ Business Card	\$25	3.5" x 2.25"
___ ¼ Page Ad	\$40	3.5" x 4.75"
___ ½ Page Ad	\$60	7.5" x 4.75"
___ Full Page Ad	\$110	7.5" x 10"

- Ads should be submitted as black & white camera ready art (at least 300 DPI)
- Submit ads by emailing events@excalibur-gymnastics.com the print ready art as PDF or JPEG. No word documents.
- Deadline for submission is Friday, April 17, 2020.
- Make Checks Payable to : Excalibur Gymnastics

Contact Name: _____

Telephone: _____

Email Address: _____

Gymnast's Name and Club: _____

Mail the completed form and payment to:

Excalibur Gymnastics

Attn: Programs

5816 Arrowhead Dr.

Virginia Beach, VA 23462

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General Directions

**Ocean Lakes High School
885 Schumann Dr.
Virginia Beach, VA 23454**

To Ocean Lakes High School from points north of Richmond:

- Take I-95S to I-295S; merge onto I-64E towards Norfolk/Va Beach/Newport News
- Merge onto I-664S via exit 264 towards downtown Newport News/Suffolk/Chesapeake
- Go through the Monitor Merrimac Memorial Bridge Tunnel – Stay on I-664S
- Take exit 15B for I-64W towards Chesapeake, Va Beach
- Take exit 282B to merge onto I-264E towards Va Beach
- Take exit 19C for London Bridge Road
- Turn right onto London Bridge Road
- Turn left onto Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Old Dam Neck Road
- Take the 3rd right onto Da Vinci Drive
- Take the 1st left onto Schumann Drive

To Ocean Lakes High School from Route 460/58E

- US 460/58E becomes US-13N/460E/58E; merge onto 664, take exit 15B for 64W towards Chesapeake/ Va Beach
- Take exit 284B to merge onto I-264E towards Va Beach
- Take exit 19C for London Bridge Road
- Turn right onto London Bridge Road
- Turn left onto Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Old Dam Neck Road
- Take the 3rd right onto Da Vinci Drive
- Take the 1st left onto Schumann Drive

From Ocean Lakes High School to Hotel Locations

- Head west on Schumann Drive
- Turn right onto Da Vinci Drive, then turn left to continue on DaVinci Drive
- Continue onto Old Dam Neck Road
- Turn right onto Upton Drive
- Turn left onto Dam Neck Drive
- Turn right onto General Booth Blvd
- Continue on General Booth Blvd, which turns into Pacific Avenue at Rudee Inlet.

2020 Virginia USAG Gymnastics Level 3 State Championships

Hotel Information

Host Hotel Information is also available online at www.excalibur-gymnastics.com.

Springhill Suites

Room Rate: \$214

901 Atlantic Ave.

Virginia Beach, VA 23451

Last Day to Book: April 13, 2020

Reservation Link: <https://www.marriott.com/events/start.mi?id=1583860066294&key=GRP>

Or Call: 757-422-4885

Standard Double Queen rooms with pull out sofa. Free Breakfast. Free Parking for one vehicle. All Oceanfront Rooms.

Fairfield Inn and Suites

Room Rate: \$199

1901 Atlantic Ave.

Virginia Beach, VA 23451

Last Day to Book: April 13, 2020

Reservation Link:

<https://www.marriott.com/events/start.mi?id=1583847973586&key=GRP>

Or Call: 757-422-4885

Double Queen Studio Suites. Free Breakfast. Free Parking for one vehicle. All Oceanfront Rooms.

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Dining Information

Additional restaurants and activities are also available online at
www.visitvirginiabeach.com.

- **Angelo's Italian Restaurant-** 1485 General Booth Blvd. #120
- **Back Bay Gourmet** – 2277 Upton Dr. #714
- **Buffalo Wild Wings** – 2133 Upton Dr.
- **Chili's** – 1177 Nimmo Parkway
- **El Tapatio Mexican Restaurant** – 2129 General Booth Blvd.
- **First Watch-** 2168 General Booth Blvd.
- **Flip Flop's Grill & Chill** – 2217 Upton Dr.
- **Gino's Pizzeria by Maurizio** – 1479 General Booth Blvd. #102
- **La Bella Italia** – 2133 Upton Dr.
- **Outback Steakhouse** – 1113 Nimmo Parkway
- **Red Robin** – 1088 Nimmo Parkway
- **Senor Fox Mexican Bar & Grill** – 2133 Upton Dr.
- **Surf Rider Restaurant** – 1375 Oceana Blvd.
- **Waterman's** – 415 Atlantic Ave.
- **Whiskey Kitchen** – 2149 General Booth Blvd.
- **Y-Not Italian** – 3316 Atlantic Ave.