

# Kansas City Girls Gymnastics League

## Rules & Guidelines

*Updated December 1st, 2018*

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### Purpose

Establishing and maintaining a Kansas City area league that has consistent rules, routines, scoring, and other guidelines for league sessions of meets hosted by participating gyms.

### Goal

Keep more kids in the sport by allowing the opportunity for nearly anyone to compete and do it at an organized local level.

### Levels

Rising Stars (pre level 1), Levels 1, 2 Silver, 2 Gold, 3, 4, 5 & Xcel levels

Level 2 Divisions

Levels 2 will be divided into 2 division:

Gold & Silver It is at the coach's discretion which division the gymnast will be entered in., please enter gymnasts in the appropriate division. *\*Any gymnast scoring a 38 all around or a 37 at multiple meets as a Level 2 Silver should move to Level 2 Gold and may not enter League Championships as a Level 2 Silver.*

Each division will be treated as a separate level/team.

**Drop Back Deadline:** February 1st (Gymnasts must remain at the level competed after that date.)

### Organization

There will be no formal board/committee at this time.

All participating clubs will contribute to discussion and voting on relevant issues.

There are no membership fees for participating gyms or gymnasts.

The current volunteer organizer is Toby Essenspries (MEGA, [tobyessenspries@gmail.com](mailto:tobyessenspries@gmail.com))

### Website/Information Distribution

The volunteer organizer will maintain a set of guidelines and e-mail mailing list in order to keep league information available to participating clubs.

*\*This is a proposal that will go into effect unless there is an objection, in that case, we will have a vote.*

# Kansas City Girls Gymnastics League

## Meet Guidelines

**Awards:** (Awards are not required to be given to late entries.)

**Team:** All teams with at least 3 entries will receive an award unless they specify otherwise.

**Individual Event:** All participants will receive at least a placement ribbon on every event.

**Individual All-Around:** All participants will receive a placement and a medal.

### Entries:

**Team:** No Team Entry Fees

**Individual:** In House: \$50; Off-Site: \$60

**Admission (Daily):** In House: \$6; Off-Site: \$10 (maximum)

**Procedure:** Once you enter via beyond the scores,

you must then submit a hard copy of the roster and a check.

You can email the roster, but you must send payment before deadline.

**Late Entries:** If you miss the deadlines, it is at the meet director's discretion to allow entry.

League Guidelines for awards will not be required for late entries.

**Minimum Age:** Age 4 by League Championships (no diapers allowed)

**Session Size:** USA Gymnastic session size limits, see USAG R&P or contact an experienced host.

**Splitting Groups:** Host gym should advise well in advance if any groups need to be split.

If you want a specific split, you should state that with your entry.

**Start times:** League session may start no earlier than 4:30 on Friday.

As a courtesy, please notify any teams that would be competing by themselves.

**Equipment:** Be sure to check with the host gym if you want an air board (or other specific equipment).

**New coaches:** Please send an experienced coach with new coaches. Make sure they know what they are doing if an experience coach isn't available, including the following: splitting groups, where to/not to stand, no phone, rotation order, gymnast supervision, meet etiquette and willingness to be directed by the meet director.

### Young Gymnasts at Awards:

Coach must be at awards with young gymnasts (6 & under) and be prepared to assist.

**Warm Up Time:** Rising Stars & Levels 1-3: 45 seconds    Level 4/5/Xcel – 1 min

See individual levels for vault warm-up and competition rules.

# League Championship

**Date & Location:** April 5th–7th at Xtreme

**Awards** (Do not break individual ties at Championship)

**Team:** All teams with paid entry will receive a trophy.

**Individual Event:** At least the top 3 will receive a medal & place all the way out with ribbons.

**Individual All-Around:** All participants will receive a placement and a trophy.

## Entry Fees

**Entry Deadline:** March 5th, 2019 – always 1 month before Champ. (no refunds will be issued)

**Team:** No Team Entry Fees

**Individual:** \$60

## Age Groups

**Size:** Age groups by age as of Sunday of the Championship. Maximum size = 10.

**Qualifying:** Everyone is encouraged to participate in at least 2 league meets.

**Championships Schedule:** If a group must compete on Friday afternoon, it will be the highest level.

**Introductions:** All participants will be individually announced & presented during march-in.

**Judges:** Must have judged leagues sessions in at least 2 league meets, do not have to be USAG.

## Bidding to host:

Must have actively participated and have attended Championships for at least the previous 2 years.

Host will also host league meeting and handle bids & voting for the following year.

Each gym that has attended Championships for at least the previous 2 years will get 1 vote.

# General Scoring & Rules

**Minimum Score:** Levels 1-2 & Rising: 7.0; Level 3 & up: 6.0, All Xcel Levels: 6.0

**Talking/Coaching:** You can speak the skills of routines and order but not coaching "(point your toes" for example) during routine. It is a max 0.1 deduction for the whole routine after warning. You can choose just to take the deduction if you want.

**Spotting:** Spotting is now an "up to 0.5" deduction for all skills including pullover.

Gymnasts will get rewarded for needing less help

**Beam Timing:** No deduction for over or under time on beam

**Vault Spotting:** Level 1-3 & Xcel Bronze: 1.0 deduction if spotted before touch mat  
0.5 deduction if spotted after touch mat

Any level with table: coach must stand between board & table (0.3 neutral deduction after warning)

**Vault Warm-up & Competition:** See each level for number or warm-up touches.

Only 1 competition vault allowed in Rising Stars, Level 1 & Xcel Bronze.

The judge may allow a second vault in the case of a void, such as failing to make it to the mat or hit the board

All board touches count as a vault (we're not applying USA Gym's "balking" rules)

**Vault Board Requirements:** An alternative spring board or tramp board may be allowed at Levels Rising Stars, 1, 2, and all Xcel levels under the following conditions:

The board must be available before the 1st rotation of the first session of that level.

The board must be approved by the host gym or meet director.

Spring configuration rules are at the discretion of the meet director.

**Bars Spotting:**

**High Bar:** If an athlete is on the high bar the coach must be between the bars with active stance during warm up AND competition. (0.3 neutral deduction after warning)

**Squat On:** There is not deduction for a shoulder safety spot for the level 2 squat-on, it is allowed & encouraged but the judge may take up to 0.5 for actual assistance given at levels 2 & 3.

**Bar Warm-Up:** Two per bar in warm up only allowed in level 2 and under & XCEL Bronze, and only when 2 coaches are present and actively spotting each child.

**Beam Time:** We aren't going to time beam yet but we need to make sure we are moving. If routines become excessively long that they slow the meet down, we will have to address this further. Please keep the meet moving.

**Floor:** Reminder that levels: Rising, 1, 2, 3, Xcel Bronze & Silver may compete on tumble strip

**Floor Music:** Gymnasts may use no music but may not use the music with words (from USA Gym)

**USA Gymnastics Rules & Policies:**

[https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2018\\_2019\\_w\\_rulespolicies\\_0827.pdf](https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2018_2019_w_rulespolicies_0827.pdf)

# Routines

## Rising Stars (pre level 1)

**Vault:** Straight Jump

2 Warm-up vaults and 1 competition vault – see general scoring for more info.

**Bars:**

Lift legs to tuck hang - hold for 3 seconds

Lower to stand – may bend legs while lowering them to floor

Pullover (up to 0.5 deduction for spotting)

3 casts – hips must leave bar

Stop in support hold Roll forward to pike hold

Bent or straight arms in pike hold ok

Lower to stand – may bend legs while lowering them to floor

Step forward or backward and finish

**Beam:**

USAG except change roll to stand - hook toes behind, push to squat and stand

**Floor:**

USAG except may leave hands on floor coming out of candlestick into forwards roll

## Level 1

**Vault:** USAG

2 Warm-up vaults and 1 competition vault – see general scoring for more info.

**Bars:** (USAG routine with a pike hold added before the pullover)

3 Second Pike Hold (small swings allowed)

Lower to Stand - may bend legs to while lowering them to floor

Pullover

One Cast Back-hip-circle

Underswing (small cast ok) or Cast Toe-shoot Dismount (pike or straddle ok)

(Dismount is not required to be connected to back hip but may be)

**Beam:**

USAG except: `

Mount: Front support, good leg over to straddle sit, arm circle to crown, hands back behind bottom, “v” sit, bend bad leg & stand in squat, arms to crown (may push off hands to arrive in squat).

Change T-hold to lever to touch or grab the beam

**Floor:** USAG except: Must touch feet together on “lever-hop”, doesn’t have to be handstand.

# Level 2 Silver

(former bonus skills NOT ALLOWED)

## **Vault:** USAG

2 Warm-up vaults and 2 competition vaults – see general scoring for more info.

## **Bars:**

Jump, Glide-Extend, Return, Pullover off of two feet

Single Leg Cut Forward to Stride Support (0.3 deduction for performing single leg shoot through)

Stride Circle or Basket Swing (bent leg ok)

Single Leg Cut-back

(May move hand before leg cut. Connection to cast back-hip not required but allowed)

Cast back-hip-circle

(Connection to dismount not required but allowed)

Dismount:

Underswing (small cast ok)

Cast Toe-shoot Dismount (pike or straddle ok)

Cast, Cast, Squat-On Stand, Jump to Stick

Judge may take up to 0.3 for actual assistance given but shoulder safety spot allowed & encouraged

## **Beam:**

USAG except change “lever to beam” to lever hop in which back leg reaches at least  $\frac{3}{4}$

Legs may come together but not required

Deduction for  $\frac{1}{4}$  turn on dismount is 0.3 plus form.

## **Floor:**

USAG except:

Round-off rebound stick instead of round-off run run run

May backward roll to pike or to push-up and jump in squat and stand

May candlestick to stand and backbend kickover or perform as written

May perform with or without music

Deduction for round-off backhandspring is 0.3 plus form.

# Level 2 Gold

Former bonus skills required but no bonus given.

## **Vault:** USAG

2 Warm-up vaults and 2 competition vaults – see general scoring for more info.

## **Bars:**

Jump, Glide-Extend, Return, Pullover off of two feet

Cast Cast Shoot-Through

(Gymnast may perform a single leg cut-forward but must then perform 2 basket swings or stride circles showing clear support between them)

Stride Circle or Basket Swing (bent leg ok)

Single Leg Cut-back

(May move hand before leg cut. Connection to cast back-hip not required but allowed)

Cast back-hip-circle

(Connection to dismount not required but allowed)

Dismount:

Underswing (small cast ok)

Cast Toe-shoot Dismount (pike or straddle ok)

Cast, Cast, Squat-On Stand, Jump to Stick

Judge may take up to 0.3 for actual assistance given but shoulder safety spot allowed & encouraged

## **Beam:**

USAG except:

Change “lever to beam” to lever hop in which back leg reaches at least 3/4, legs may come together but not required

Must add 1/4 turn to dismount

## **Floor:**

USAG except:

Round-off rebound stick instead of round-off run run run

May perform round-off back handspring (Gold only but no bonus)

May backward roll to pike or to push-up and jump in squat and stand

May candlestick to stand and backbend kickover or perform as written

May perform with or without music

# Level 3

## **Vault:** USAG

2 Warm-up vaults and 2 competition vaults – see general scoring for more info.

## **Beam, & Floor:** USAG Routines

## **Bars:**

### Option 1:

USAG

### Option 2:

Jump, Glide-Extend, Return, Pullover

Cast Back-hip-circle

Front-hip-circle,

Cast Cast, Squat-On

Refer to level 3 front-hip-cast, cast-shoot-through for deductions

Shoulder safety spot allowed

Judge will take up to 0.5 for assistance given to gymnast.

Stand, Jump to High Bar, Swing to Extend

**Coach must stand between bar (0.3 neutral deduction for failure)**

Swing Back, Tap Forward, Swing Back

No angle deductions but refer to level 4 bars for shape deductions on tap swings

Drop Between Bars

# Level 4 All Events: USAG

# Level 5 Will be combined with Xcel Gold for competition and judged by Xcel Gold rules.

# Xcel Bronze

**Vault:** USAG

2 Warm-up vaults and 1 competition vault – see general scoring for more info.  
An alternative spring board or tramp board may be allowed assuming conditions under “General Scoring & Rules” are met.

**Bars, Beam & Floor:** See USAG Xcel Code of Points

# Xcel Silver

**Vault:** USAG (new vault for 2018-2019 is mat stack “sideways”)

2 Warm-up vaults and 2 competition vaults – see general scoring for more info.  
An alternative spring board or tramp board may be allowed assuming conditions under “General Scoring & Rules” are met.

**Bars:** See USAG Xcel Code of Points

Xcel Silver may drop from high bar to between the bars as an acceptable dismount.

**Beam & Floor:** See USAG Xcel Code of Points

# Xcel Gold

**Vault:** USAG

2 Warm-up vaults and 2 competition vaults – see general scoring for more info.  
An alternative spring board or tramp board may be allowed assuming conditions under “General Scoring & Rules” are met.

**Bars, Beam & Floor:** See USAG Xcel Code of Points

# Xcel Platinum

**Vault:** USAG

2 Warm-up vaults and 2 competition vaults – see general scoring for more info.  
An alternative spring board or tramp board may be allowed assuming conditions under “General Scoring & Rules” are met.

**Bars, Beam & Floor:** See USAG Xcel Code of Points



## 2018-2019 Meet Schedule/Calendar

November 17th-18th, 2018

League Only, Name tba  
Missouri Elite - Belton, MO  
Entry deadline 10/10/18

December 1st-2nd, 2018

Holiday Hoedown  
Dave's Gymnastics – Lee's Summit, MO  
<http://www.davesgymnastics.com/>

December 7th-9th, 2018

Secret Santa  
GAGE – Blue Springs, MO

January 4th-6th, 2019

KC Classic – “ American Princess”  
KC Gymnastics – Riverside, MO  
<http://kc-gymnastics.com/>

January 11th-13th, 2019

New Year's Invite  
JAG - Wichita, KS

January 18th-20th, 2019

Make A Wish Classic Union Station  
Liberty Gymnastics Academy  
[www.libertygymnasticsacademy.org](http://www.libertygymnasticsacademy.org)

January 25th-27th, 2019

Cosmic Invitational  
Mercury - Kansas City, MO

February 1st-3rd, 2019

Diamond Jewels Invitational  
Diamond Academy - Overland Park, KS  
[www.diamondacademy.com](http://www.diamondacademy.com)

February 1st-3rd, 2019

Akidemy Awards  
Gage – Blue Springs, MO

February 8th-10th, 2019

Cupid Classic Crown Center  
Missouri Elite (MEGA) - Belton  
<http://www.cupidclassic.com>  
Entry deadline 11/15/18

February 22nd-23rd, 2019

Sweetheart Meet  
McCracken's - Olathe  
<http://www.mcgymswim.com/>

March 8th-10th, 2019

Peace Out Invitational  
Xtreme – Lee's Summit <http://xgtkids.com/>

April 5th-7th, 2019

LEAGUE CHAMPIONSHIPS,

Xtreme – Lee's Summit

<http://xgtkids.com/>

Entry Deadline: March 6th

*Please e-mail [tobyessenpries@gmail.com](mailto:tobyessenpries@gmail.com) if you have anything to add to the schedule.*

*\*There will now be a \$30 fee for adding a league meet to the schedule. Funds will go to pay the annual fee for the website and to keep the website updated.*

*\*This is a proposal that will go into effect immediately unless there is an objection, in that case, we will have a vote.*