



RULES & POLICIES

2016 -2017

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ORGANIZATION PURPOSE

The primary purpose of The Southern California State Association of USA Gymnastics Trampoline and Tumbling shall be to promote, support, and develop the competitive sport of Trampoline & Tumbling in Southern California. The Association shall be the governing body overseeing Trampoline & Tumbling events in Southern California and shall be the official state organization representing the USA Gymnastics Trampoline & Tumbling Program.

This booklet is the Rules and Policies (R&P) set forth by the Southern California State Association of USA Gymnastics Trampoline and Tumbling Administrative Board. No deviation from the R&P is allowed without prior approval from the Administrative Board. It is each coach's responsibility to know all of the Rules and Policies of the association contained within this document, the Constitution of the association, as well as the Rules and Policies of the USA Gymnastics Trampoline & Tumbling.

MEMBERSHIP

To be eligible to participate in any association function (competitions, clinics, etc.), each club and athlete must be a member of the Association. Membership is renewable on a yearly basis.

TEAM MEMBERSHIP

Teams that designate Southern California as their competitive base must pay an annual fee to The Association to gain membership for each competition year. Each member team must have at least one USA Gymnastics Professional Member and be in good standing with USA Gymnastics in order to qualify as a member team.

ANNUAL TEAM FEE is **\$175.00**. This fee is due on or before December 1, 2016. A Early Bird Team membership price of **\$125.00** is offered if received at the General Meeting. Any team membership received after December 1 will be \$200.

ONLY REGISTERED TEAMS WILL BE ALLOWED TO COMPETE IN SOUTHERN CALIFORNIA USA GYMNASTICS SANCTIONED COMPETITIONS.

(Exception: visiting out of state teams)

ATHLETE MEMBERSHIP

All clubs must submit a current print out of their USA Gymnastics Club Roster with the athlete fees. Only USA Gymnastics rosters will be accepted with payment.

No exceptions!

ANNUAL STATE ATHLETE MEMBERSHIP FEE is \$12.00 per athlete. This fee is due by mail by Dec. 1 or postmarked no later than the entry deadline for the first meet they will compete in. *Please submit one check for all team athletes.*

ONLY REGISTERED ATHLETES WILL BE ALLOWED TO COMPETE IN SOUTHERN CALIFORNIA USA GYMNASTICS SANCTIONED COMPETITIONS. (*Exception: visiting out of state athletes*). **ALL** ATHLETES MUST BE REGISTERED WITH USA GYMNASTICS.

INDIVIDUAL MEMBERSHIP

Individual membership shall be restricted to USA Gymnastics Professional Members in good standing, except in the case of Athletic Representatives to the Board who must have a current USA Gymnastics athletic membership. All active USA Gymnastics Trampoline & Tumbling Professional Members in good standing who reside in the Southern California competitive area or designate Southern California as their competitive base will have voting privileges in state matters.

COMPETITION PROTOCOLS

TYPES of LOCAL MEETS

Participation in two (2) sanctioned meets is required for entry to the State Championships. One of these two meets MUST BE a State-sponsored Mobility Meet or Prelim.

Mobility Meet. This meet is held for the purpose of allowing athletes to achieve mobility scores to move to a level that better suits their ability. Athletes will be allowed to participate in more than one level in a particular event only if they achieve the mobility score and a mobility form is completed and turned in to a State Board Member for approval prior to competing the next level. An athlete may only receive an award for the highest level they compete in a particular event. This is a State-sponsored meet.

Prelim. A prelim meet is held for the purpose of allowing athletes to gain eligibility to compete in the State Championship, gain eligibility to qualify for Nationals, and provide a way for athletes to achieve competition readiness. These meets are the backbone of the State Trampoline and Tumbling organization and all teams are encouraged to support the host and participate in these meets. Strict and reasonable fee structures are set in place for athlete entry and spectators. This is a State-sponsored meet.

Invitational Meet. An invitational meet is a meet hosted by a club outside of the Prelim system. Many times these meets are held in an outside location and therefore require a higher priced entry fee and spectator fee.

In-House Meet. In-house meets are a private or semi-private competition (1-2 teams) that allows a few athletes to compete for mobility or eligibility purposes in one or more events. No more than one (1) in-house meet may count towards eligibility to the State Championships. All in-house meets must be sanctioned by USAG. The State Director must be notified of the in-house meet prior to competition. All judges must be pre-approved by the Technical Director. A complete judging panel with appropriate ratings for each event scheduled (3 performance judges, one of which is a Superior Judge-minimum Category 2). A copy of the completed sanction and results must be sent to the State Director or designated person. Fees are determined by the Meet Director.

COMPETITION ENTRIES & DEADLINES

Each club will mail in their own entry form and fees to all Local, State, Regional and National competitions. Complete entry rosters, all USA Gymnastics numbers, contact information and fees must be received by the meet host no later than the entry deadline. *Please submit one check for all team entries.* Individual checks per athlete may not be accepted. It will be at the discretion of the meet host to accept or decline late entries. Late fees will be applied to all late entries. Full refund will be provided if host is notified before deadline date. No refund if notification occurs within 10 days of meet. Partial refund may apply. See *Competition and Meet Directors Guidelines* for detailed information.

MOBILITY

All athletes must begin competing at level 7 or lower. Mobility forms must be **filled out and submitted to the State Board for approval before the athlete is allowed to compete at Level 8, 9 or 10**. Athletes eligible to mobilize to Jr. or Sr. Elite status must apply to the USA GYMNASTICS Program Committee.

QUALIFICATION to STATE CHAMPIONSHIPS

Athletes must compete in a required number of preliminary sanctioned competitions to qualify to the State Championships. **The required number of sanctioned meets an athlete must compete in *prior* to the State Championships is two (2)**. One of these two meets MUST BE a State-sponsored meet (Prelim). Any athlete requesting that a non-state sponsored meet be used to fulfill one of the meet requirements must also submit Official Meet results that lists the athlete's name and a valid score.

QUALIFICATION to Regional & National CHAMPIONSHIPS

Athletes must qualify to championship competitions according to the USA Gymnastics qualification scores. An athlete is eligible to qualify for Nationals by competing in two (2) sanctioned competitions during the competition year. The State and Regional Championships CANNOT count towards eligibility.

Athletes in the Jr. Olympic program can qualify to the National Championships at either the State or Regional Championships by achieving the qualifying score at either of these meets. Jr. and Sr. Elite athletes will qualify to USA Championships as per USA Gymnastics. **USA GYMNASTICS REQUIRES THAT ALL ATHLETES COMPETE IN BOTH THE STATE AND THE REGIONAL CHAMPIONSHIP IF THEY INTEND TO ENTER THE NATIONAL CHAMPIONSHIP.**

COMPETITION REQUIREMENTS for COACHES

Coaches Professional Requirements

Only USA Gymnastics Professional members in good standing with the required certifications will be allowed to coach athletes on the competition floor.

Coaches who also compete as Athletes must maintain BOTH a USA Gymnastics Athlete membership and a USA Gymnastics Professional membership to be allowed on the competition floor in a coaching capacity. NO exception!

Only registered coaches, athletes, meet officials and support staff are allowed on the competition floor. Under NO circumstance are spectators allowed in the field of play.

A part of a coach's professional requirement is the responsibility for the conduct of the team. This includes athletes' behavior before, during and after the competition at the venue. It also includes the behavior of any team parents at the venue. Failure to control the behavior of the team may result in removal from the venue of the source of the problem without refund of any fees.

Each team should have a pre-competition meeting with athletes and parents to discuss appropriate behavior at meets and athlete dress code.

Coaches Dress Code

Proper professional attire is required at all times while on the competition floor. Coaches must adhere to the USAGTT attire guidelines. Coaches not adhering to these guidelines will be asked to leave the floor.

- Gym/Tennis shoes required – NO flip-flops, sandals or bare feet allowed
- No denim pants, capri length or shorts
- No shorts**
- No revealing (too low cut or too short) tops or bottoms
- No caps or hats

** Coaches will be allowed to wear Bermuda length shorts during extreme weather conditions. The Meet Host and State Chair will decide if those conditions are met. The decision to relax the dress code and allow shorts must be announced publicly.

COMPETITION REQUIREMENTS for ATHLETES

Only athletes registered with USA Gymnastics and this Association will be allowed in the field of play. Athletes who display **any form of disrespect** for fellow athletes, coaches, judges, or other meet personnel will be removed from the competition venue immediately without refund of any entry or spectator fees.

Athletes Dress Code

Athletes must wear the appropriate competition attire as required in the Code of Points. **Proper attire is required during warm-ups, competition and awards.** Athletes not adhering to these guidelines will be asked to leave the competition area to change their attire. Long hair must be secured close to the head (no ponytails). Athletes must wear competition attire in order to receive awards.

STAFFING PERSONNEL

Staffing personnel such as trampoline spotters, data entry technicians, and other competition support persons may enter the field of play under the direction and supervision of the Meet Director and Chair of Judges Panel of the particular event.

COMPETITION AND MEET DIRECTOR GUIDELINES

The following are procedures and policies for ALL competitions held in Southern California. Meet Directors are required to stay within the Rules and Policies of USA Gymnastics as well as adhere to the policies set forth in this document. Deviations will not be allowed without prior approval from the State Director and only providing the change does not fall out of line with the USA Gymnastics R&P.

MEET SITE

Meet bids will be required to host any competition. Meet hosts must submit a bid for approval by the deadline date set for that season. Meet bids will be awarded upon criteria being met.

State Championships - MUST be held in a facility large enough to accommodate athletes, coaches, officials and spectators comfortably. This may be an outside facility or in the host club facility. The location should be clean, have ample parking and spectator accommodations.

Two trampolines meeting official USA Gymnastics requirements must be provided. Hotel and food services should be in the local vicinity.

Decorations required: judges tables with table clothes, appropriate awards stand.

Additional decorations recommended: team banners, balloons, streamers.

Coaches and judges hospitality must be provided.

Prelim. Mobility and Invitational Meets - May be held in club facility.

EQUIPMENT & STAFFING

All of the equipment must meet competition specifications and be in good condition to insure athlete safety.

F.I.G. Specifications – Apparatus must meet USA Gymnastics requirements.

The host must provide a designated Emergency Medical Person. The host must also provide appropriate staffing including Trampoline spotters (4 per trampoline) during warm-ups and competition, and data entry personnel.

SCORE SYSTEM - All Southern California meets MUST use a state-approved scoring system and have a competent computer technician who has been approved by the State Board. The state-owned score system is available free of charge for state teams in good standing.

MEET SCHEDULE & MEET INFORMATION

Specific meet information in the form of a flyer MUST be forwarded to the californiatnt.com webmaster for posting at least 1 month prior to the competition date. This same information flyer must be mailed, emailed or faxed to all registered clubs.

The meet information flyer must include the following:

- Name of competition
- Competition date
- Level of competition
- Meet host and site information
- Entry and spectator fees
- Entry deadline
- Meet Director contact name and phone number
- Equipment type

ENTRY FEES

The following meet entry fees are MAXIMUMS for hosting a meet at an inside facility:

State Designated Prelim Meets -	\$60.00 per athlete TU DM TR	\$10.00 Synchro
State Championships -	\$80.00 per athlete TU DM TR	\$15.00 Synchro

Meet entry fees in outside facilities are to be set within reason by the meet host depending upon rental cost of the venue. An additional fee of \$10 per level per event may be charged for athletes who have certified mobility and are competing another level at the same meet.

LATE ENTRIES – It will be at the discretion of the meet host to accept or decline late entries depending upon the date the entry is received, and the size and type of the competition.

LATE FEES – A MANDATORY \$10.00 per athlete late fee will be assessed to all late entries. *No exception!* The meet host cannot waive the late fee. Fifty percent of late entries fees received will be payable to the State association and be directly allocated toward the Athlete Fund.

CHECKS – Gyms should pay with one check for all their athlete entries. Do not send the meet director individual checks from athletes.

ENTRY FEE DEADLINES

Completed entry rosters and fees must be received by the meet host no later than the entry deadline. It will be at the discretion of the meet host to accept or decline late entries. Late fees must be charged to all late entries.

Entry Fee Deadlines – Must be POSTMARKED prior to the deadline date for all meets. Late fees will be assessed based on postmark dates.

Entries for State Championships - These fees will be due 30 days prior to the State Championships OR upon conclusion of competing the last session of the last Prelim meet prior to the State Championships.

REFUND POLICY

Prior to deadline date	=	Full refund
2 weeks or more prior to competition date	=	50% refund
Less than 10 days prior to competition	=	NO refund

SPECTATOR FEES

For all meets, the following are *recommended* gate fee guidelines:

Inside facility	Per Session	\$8 for adults; \$3 for children; under 5 free
Outside facility	Per Session	as determined by host

MEET HOST FEE REQUIREMENTS

USA Gymnastics requires a \$1.00 per athlete fee be submitted to USA Gymnastics for the athlete scholarship fund.

The Southern California State Association requires a \$10.00 per athlete fee from the State Championships be submitted to the Association for the State Athletes, Coaches, and Judges Travel Fund.

AGE DIVISIONS

Age Divisions for competition as per USA Gymnastics R&P. Athletes will compete by age as of December 31, 2016.

There must be separate age groups for male and female athletes.

If the number of entries in any age division is small, in order to provide athletes with a competitive experience, Southern California will allow combination of two adjacent age groups within a level at the discretion of the meet host. There shall be no combining of more than two adjacent age groups in levels 4 and above.

AWARDS

The awards ceremony is a HIGH priority. Make it an organized and REWARDING experience! If possible, give the awards out by the event, not the level or age group.

Minimum Awards Distribution at all competitions shall be as follows:

1st – 3rd Place must be awarded medals. All remaining places may be awarded either medals or ribbons at the discretion of the meet host. If an athlete competes in more than one level in a particular event, he/she will only receive an award for the highest level competed. An athlete who is not in the appropriate USAG required dress for awards will not be allowed on the awards stand and may not receive an award.

# of athletes:	<u>in division</u>	<u>Places to award</u>
	1 - 3	1st - 3 rd
	4 - 9	1st - 4th
	10 -19	1st - 6th
	20+	1st - 10th

In order to speed up the awards ceremony the host club will not be required to put labels on the back of each award.

Athletes may compete out of session or division, at the discretion of the meet host, for religious purposes. However, those athletes will be competing only for score and will not receive placement awards.

State Championships - ALL 1-3 PLACES MUST be the USA Gymnastics official State Medal from A-1 Awards as per USA Gymnastics guidelines.

Preliminary Meets - Ribbons and/or medals used for awards must meet the minimum awards distribution as required by the State Association. Awards must be consistent throughout the meet for all levels and age groups. Awards are to be purchased by the meet host. The styles used are at the discretion of the meet host HOWEVER, they must be of good quality.

TIE BREAKING PROCEDURES

All ties shall be broken as per the USA Gymnastics Trampoline & Tumbling Rules and Policies for tie breaking.

RESULTS

For ALL meets, results **MUST** be made available to any coach who requests a copy, at the end of the meet. Coaches must understand that this may take some time due to the copying capabilities at some gyms, however meet hosts **MUST** have copies for any coach who would like one. Coaches should bring a flash drive to copy the files.

Results must be submitted to the Californiatnt.com webmaster with 48 hours after the competition to be posted on the website. Send results to dhanford@cox.net

JUDGES AND MEET OFFICIALS

Assignment to Meets

The Technical Director will assign judges to all local meets and to the State Championships. The Meet Director may request certain judges for the meet, but the final assignments are at the discretion of the Technical Director.

Judge's Compensation: Southern California

Judges will report to the meet referee no later than 15 minutes before posted march-in time. Judges will be paid beginning at the posted march-in time to the end of their judging day on ½ hour intervals. If time judged is less than ten minutes over the half-hour mark, time credited will revert to the previous ½ hour interval, otherwise time will be credited forward to the next interval. Allowable non-paid break time will be a maximum of 30 minutes in between sessions. In addition, all judges will be provided with a nutritious lunch and/or dinner, snacks and beverages.

Minimum pay is 2 hours (concerns judges contracted to judge the meet)

No minimum pay for class IV judges; judges "filling in as needed"; those fulfilling judging requirements

California Judges Pay Rates 2014-2015

Rating	Performance	Chair	Capabilities for local California meets
Cat. III	\$15/hr	na	Performance judge for levels 1-7
Cat. II	\$18/hr	\$20/hr	Chair, difficulty, or performance judge up to level 10
Cat. I	\$22/hr	\$22/hr	No restrictions
FIG Brevet	\$25/hr	\$25/hr	No restrictions

1) Meet Ref will arrive 30 minutes before march-in and may be paid 0.5 hour extra to for duties occurring before meet, during lunch break, and after meet.

2) Unpaid break time will not exceed 30 min in between sessions

3) Per Diem of \$15 per 1 meal or \$25 per day will be paid to judges if nutritional meals are not provided.

Examples: No food / snack bar food such as hot dogs or cold pizza / or food lacking proper handling

Judges Mileage Compensation

No compensation is paid for less than 25 miles round trip. Traveling for 25- 500 miles round-trip, gas mileage will be compensated at the rate of *approximately* 20 miles per gallon at the current cost of a gallon of regular gas (to be determined by Technical Director). If over 500 miles roundtrip, then special negotiations may be made.

If a judge officiates for less than a full day's meet, but judges over ½ the meet (and is also competing, or has a family member competing, or must coach a team that competes), then that judge will receive ½ the rate for mileage. If a judge is officiating for less than ½ of the meet, then no mileage will be paid. Exceptions can be made for special circumstances.

Judges who are practice judging or "filling in as needed" will not be compensated for mileage. "Filling in as needed" refers to those judges who are already at the meet and are asked to judge on an emergency basis (not contracted to judge prior to meet day). Judges who need to judge to fulfill continuing education requirements will not be paid mileage.

Overnight accommodations will be provided to judges when conditions warrant it. Example: long travel, multiple days judging with early report hours next day. To be negotiated on a per case basis between Meet Director and Technical Director. Whenever possible, accommodations will be made for 2 judges per room.

Southern California USAG Competition Bid Form 2015 -2016

Meet bids are due at or before the Annual General Meeting

Bid requirements:

Meet host must provide a competition site which meets the requirements as outlined in the Southern California State Association of Tumbling and Trampoline Rules and Policies and USA Gymnastics Rules & Policies.

Host Club: _____

Site Address: _____ City: _____

Gym Phone: _____ FAX# _____ Email: _____

Meet Director: _____ Phone: _____

Competition Type

Mobility - Level(s) _____ Eligibility (*all levels*) State Championships (*all levels*)

Jump Start State Testing

Date of Meet _____ Saturday only Sunday only Both Days

Meet Capacity

Inside Facility Outside Facility Competition area square footage: _____

Separate Staging Area Yes No

of Sessions/day _____ # of Athletes/session _____

Spectator seating capacity Chairs _____ Bleachers _____

Fees

Must be charged according to Rules & Policies \$ _____ Per Athlete

For ALL meets the Sanction Report Form must be returned within 24 hours of the completion of competition to USA Gymnastics Member Services along with the applicable fee of \$1.00 per athlete for the National Scholarship Foundation.

State Championships meet host must also submit the applicable \$10.00 per athlete fee to the State Director within 24 hours of the completion of competition.

As Meet Director I understand and agree to comply with all USAG State and National Rules & Policies.

Signature of Meet Director _____ Date _____

This form may be returned prior to the deadline via email to Patty@coachpattyusa.com

Southern California USAG Team Membership Application 2016 -2017

\$175 Team Membership Fee if received by Dec. 1. 2016, afterwards \$200

If you bring your check to the General Meeting on Aug. 17, 2016, you will receive a \$50 discount off the \$175 mailed in registration!

Team Name: _____

Address: _____ City: _____

Gym Phone: _____ FAX# _____

Website: _____

Contact person: _____ Cell phone: _____

Email: _____

Coaches Information: *(T210 must be completed before coaches are allowed to participate)*

Head Coach: _____ USAG Pro #: _____ Safety _____ BkGnd: _____

Phone: _____ Email: _____

Coach: _____ USAG Pro #: _____ Safety _____ BkGnd: _____

Coach: _____ USAG Pro #: _____ Safety _____ BkGnd: _____

Coach: _____ USAG Pro #: _____ Safety _____ BkGnd: _____

Coach: _____ USAG Pro #: _____ Safety _____ BkGnd: _____

Team Athlete Information Please provide the number of club athletes expected to compete during the 2016-2017 season: *(Athlete Registration due at a later date)*

	<u>IR</u>	<u>DM</u>	<u>TU</u>	<u>SY</u>
Level 3-4	_____	_____	_____	
Level 5	_____	_____	_____	
Level 6	_____	_____	_____	
Level 7	_____	_____	_____	
Level 8	_____	_____	_____	
Level 9	_____	_____	_____	_____
Level 10	_____	_____	_____	_____
Youth Elite	_____	_____	_____	_____
JR Elite	_____	_____	_____	_____
Open Elite	_____	_____	_____	_____
SR Elite	_____	_____	_____	_____
TOTAL:	_____	_____	_____	_____

Mail to: SoCal USAGTT c/o Patty Sylvis 300 S Lewis Road Suite E, Camarillo CA 92012

Southern California Athlete Registration 2016 - 2017

\$12 Athlete Registration Team: _____ Today's date: _____

Athlete Name: _____ USAG# _____

Birth Date: _____ Gender: M/ F TR Level: DM Level: TUM Level:

Information Release:

I acknowledge that the athlete listed above will have the results of his/her competition posted on the www.californiatnt.com website. In addition, lists of accomplishments, pictures and/or video from any competition may be used on the website, a meet program, handbook or yearbook, or may be used for judges and coaches training purposes. I approve and recognize that the Southern California USA Gymnastics T&T Association may use this information. Initial: Athlete _____ Parent _____

Competition Information:

- ❖ All athletes compete in the age group determined by the age of the athlete on Dec. 31, 2017. This means that age is determined solely by Birth Year.
- ❖ USA Gymnastics has designated age groups that may differ depending upon event level (level 5 vs. level 10 vs. Elite). The host may choose to combine age groups to provide a meaningful competition.
- ❖ Athletes begin competition at level 7 or lower, determined by their coach. Once competing at a level, a mobility score must be achieved before moving to the next level. The coach must fill out forms and submit them to the State for approval BEFORE an athlete may compete at level 8, 9 and 10. Applications for moving to the Elite levels must be submitted and approved by the National Program Committee BEFORE competing as an ELITE athlete.
- ❖ Only the first 3 places in each division are guaranteed awards; the remaining awards are at the discretion of the meet director. If an athlete competes in more than one level in a particular event (for mobility purposes), he/she may only receive an award for the highest level competed.
- ❖ Athletes should arrive at a competition allowing time for stretching before open warm-up. Sessions later in the day may start 30 minutes prior to posted time. Please plan accordingly. Parents should expect to pay a gate fee for each adult and child over 5. Parking may be hard to find and not allowed in certain areas. Please observe any postings.
- ❖ Generally only 30 minutes may be allowed for open warm-up and is not intended for training on every event but rather for simply warming up the athlete for competition. The coach may take advantage of warming up on only one event. The athletes will receive the allotted specific event warm-up procedure immediately before competing that event. Initial: Athlete _____ Parent _____

Dress Code and Etiquette:

- ❖ According to USA Gymnastics, all athletes must be in appropriate competition attire during all warm-ups, march-in, competition, and awards. Long hair must be secured close to the head (no ponytails). Athletes must be in competition attire to participate in the awards ceremony: *No pullover shorts, T-shirts, partial warm-ups, or flip-flops.* For safety, athletes must wear ankle-length white foot coverings while on Trampolines and Double Mini. No jewelry allowed. No one may compete with a hard cast or any medical device that could cause possible harm to any person(s) or equipment.
- ❖ Only USA Gymnastics professional members, technical support personnel, and athletes of the current session (with USA Gym & State membership) are allowed in the field of play, in staging areas, or on award stands. Parents, siblings, children of support personnel, and athletes competing in other sessions are only allowed in designated spectator areas.
- ❖ NO flash photography. Photos or videos without lights may be taken from spectator areas only.
- ❖ All participants at any competition (including spectators) are expected to behave in a respectful manner. Athletes and siblings are not allowed to rough-house, run about, use gym equipment or play in staging areas. Persons behaving inappropriately will be asked to leave a venue without refund if the problem behavior is not resolved. Initial: Athlete _____ Parent _____

I have read and understand everything on this page, and I will support the efforts of the Southern California State T&T Association to provide a safe and enjoyable competitive experience:

Athlete signature: _____ Parent signature (& print name): _____

Team Registration and Athlete Registration is due by Dec. 1st. Please send one check for the entire team.

Make check out to: USAG - T&T SoCal

Please mail all Team Registration forms and Athlete Registration forms to:

Patty Sylvis
300 S Lewis Road Suite E
Camarillo CA 93012

Please go to USA Gymnastics Membership website and print out a list of registered team members and include with your registration forms.

Confirm Athlete Memberships at:

<http://www.usa-gymnastics.org/Story.aspx?tabid=472&prog=memberservices>