



Rules & Policies 2018-2019





Rules & Policies

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Directory

USA Gymnastics National Office

132 E. Washington, Suite 700

Indianapolis, IN 46204

Men's Program Director:

Dennis McIntyre

317-237-5050

Men's Program Manager:

Lisa Mendel

317-237-5050

JO Program Coordinator:

Dusty Ritter

702-768-1459

usagym.org

USAG Men's Region 4 Program

5555 Pioneer Creek Dr.

Maple Plain, MN 55359

Region 4 Chairman:

Dale Bullivant

763-479-3189

nsgadale@hotmail.com

USAG Men's Minnesota Program

2600 Campus Drive

Plymouth, MN 55441

Minnesota State Chairman:

Michael Morse

952-933-2452

michael.morse@mini-hops.com

MN Men's USAG Executive Board

Vice Chair/Historian

Bob Wuornos

Treasurer

Oksana Balakirev

Web Manager

Vadim Balakirev

Secretary

James Letzring



Minnesota Men's USAG Club List

Elite Gymnastics Academy

12500 Chowen Ave S
Burnsville, MN 55337
Phone: (952) 882-9012
contact@elite-gymnastics.com
www.elite-gymnastics.com

Classic Gymnastics

8185 Upland Circle
Chanhausen, MN 55317
Phone: (952) 368-1909
matt@classicgym.com
www.classicgym.com

Gleason's Gymnastics of Eagan

2015 Silverbell Rd Ste 180
Eagan, MN 55121
Phone: (651) 454-6203
gleasonsgm@aol.com
www.gleasons.com

Gleason's Gymnastics of Maple Grove

9775 85th Ave N. Suite 500
Maple Grove, MN 55369
Phone: 763-493-2526
boysteamgmg@yahoo.com
www.gleasons.com

Great Northern Gymnastics

900 3rd Street
St. Paul Park, MN 55071
Phone: (651) 768-0090
www.greatnortherngymnastics.com
info@greatnortherngymnastics.com

IGM Gymnastics

14305 Southcross Drive W #120,
Burnsville, MN 55306
Phone: (952) 898-3889
www.igmgymnastics.com
Brooke@igmgymnastics.com

Jam Hops Gymnastics Factory

14216 Lincoln St NE
Ham Lake, MN 55304
Phone: 763-413-0647
tommy.heinze@icloud.com
www.jamhops.com

JETS Gymnastics

2440 Clare Lane NE
Rochester, MN 55906
Phone: 507-285-9262
jetsgym@hotmail.com
www.jetsgym.com

KAATS Gymnastics

191 County Rd 11 NW
Pine Island, MN 55963
Phone: (507)356-8933
kaatsgym10@aol.com
www.kaatsgymnastics10.com

Kenwood Gymnastics Center

3440 Belt Line Blvd.
St. Louis Park, MN 55416
Phone: (952) 922-2774
boysteam@kenwoodgym.com
www.kenwoodgym.com



Kidsport

1213 Gilmore Ave
Winona, MN 55987
Phone: (507) 454-5850
kidsportgymnastics@gmail.com
www.kidsportwinona.com

Legacy Gymnastics

14785 Martin Dr.
Eden Prairie MN 55344
Phone: (952) 746-8183
www.gymlegacy.com
bill.gymlegacy@gmail.com

Midwest Gymnastics

3225 Country Drive Suite 100
Little Canada, MN 55117
Phone: (651)-482-9616
info@midwestgymnastics.com
www.midwestgymnastics.com

MIGS Program

4930 Lyndale Ave S
Minneapolis, MN 55419
612-270-9507
www.migsp.org
RLWuornos@msn.com

MN Valley Gym Center

8103 W. 126th St.
Savage, MN 55378
Phone: (952)-746-5222
mvgym@msn.com
www.mnvalleygymnastics.com

Minnetonka-Hopkins Gymnastics

2600 Campus Dr
Plymouth, MN 55441
Phone: 952-933-2452
boysteam@mini-hops.com
www.mini-hops.com

North Shore Gymnastics Assn

5555 Pioneer Creek Dr.
Maple Plain, MN 55359
Phone: 763-479-3189
dale@northshoregym.org
www.northshoregym.org

North Crest Gymnastics

1009 Industrial Dr. S
Sauk Rapids, MN 56379
Phone: (320) 251-3416
office@northcrestkids.com
www.northcrestkids.com

Northfield Gymnastics

601 Professional Drive
Northfield, MN 55057
Phone: 507-663-7772
zach@northfieldgymnastics.com
northfieldgymnastics.com

ROGA Gymnastics

1067 4th St NE, Suite 600
Byron, MN 55920
Phone: 507-624-0555
valifrunzac@rogagym.com

TAGS South Gymnastics

5880 149th St W.
Apple Valley, MN 55124
Phone: (952) 431-6445
tony@tagsgym.com
www.tagsgym.com

TCT Gymnastics

9001 123rd Ave N.
Champlin, MN 55316
Phone: 763-421-3046
www.twincitytwisters.com
drew.twincitytwisters@gmail.com



University of MN Men's Gymnastics

**306 Cooke Hall #23594
1900 University Ave S.E.**

Minneapolis, MN 55455

**Phone: 612-625-1585
Mike Burns**



General Competition Rules

All Minnesota competitions will use the USAG Junior Olympic Age Group Competition Program. The JOAGC book can be purchased on usa-gymnastics.org. The International F.I.G. must be used for the optional level gymnast and also can be purchased from USAG.

Coach's Professional Attire- *violators may be asked to leave the floor.*

The following attire is recommended at all competitions and required at all sessions of State and Regional Championships the Junior Olympic National Championships and all U.S. Championship events (Winter Cup, U.S. Qualifier & U.S. Championships)

1. Closed toe shoes, no sandals
2. Slacks, Warm-up pants or hemmed shorts (No Denim or "cargo style")
3. Collared shirts
4. No hats

Score Inquiries: Inquiries will be accepted at the MN State Championships only. If there is a possible scoring difference between the coach and judge, the coach must file an official inquiry with the head judge. The head judge will discuss the score with the judge and determine if a change is needed. The inquiry must be filed prior to rotation of gymnast to the next competitive event. A maximum of one inquiry per session and a total of two per team can be filed at the State Championships.

Minnesota State Championships:

Team Awards- Team scores are the total of the top three scores of all six events in the same level added together.

Level 4- All age groups will count for team score.

Level 5- A club can enter in the 7-9 age group as a team, the 10 and up age group as open team, or combine all ages for the open team.

Level 6-10- All age groups will count for team scores in each of the levels.

Individual Awards- Minnesota will use USAG guidelines as the MINIMUM standard for awarding individual awards. The meet director is strongly encouraged to award beyond the guidelines set by USAG.

Level 4- All level 4 gymnasts will be awarded a participation medal only. Level 4 gymnasts will be awarded medals in order of team and will not be ranked.

Region 4 Championships- All level 5-10 must qualify at the State Championships to compete in the Region 4 Championships. The qualifying score will be posted by the Region 4 Chairman. Any gymnast not attending State due to sickness or injury can petition to Regionals by submitting a petition form found on the USAG website and sending it to the State Chairman no later than one week after the conclusion State Championships.



State Positions

Minnesota Men's USAG is a non-profit organization which operates within the rules and policies set by the U.S.A. Gymnastics National Office and the Region 4 Chairman.

State Chairman: The State Chair position is an elected volunteer position that serves terms of two years. Election years are 2017, 2019, 2021 etc. Elections will take place at the state meeting in conjunction with the State Championships. Qualifications, responsibilities, and election rules are outlined in the USAG Rules and Policies.

Minnesota Men's USAG Executive Board: Minnesota has an executive board that works closely with the state chair. Each board member will ensure that the state grows in quantity and quality. Board members will serve two year terms. Elections will be opposite of the State Chair elections, 2018, 2020, 2022, etc.

Board Positions:

Vice Chair/ Historian- Compile and keep track of state history. Represents State Chair if the state chair is not present.

Secretary- Records what is discussed at board meetings, and both State Meetings

Web Manager- Is primary contact for information for website.

Treasurer- Keep's state checking account, and makes budget reports.

Education Coordinator: Primary contact for coaches' education.

Statistician/ Scheduler- Collect and report numbers of gymnasts in state.



Meetings

State Meetings: There are two state meetings each year. One will be held in conjunction with the State Championships. The other will be in conjunction with the State Fall Clinic. Agenda topics must be submitted to the State Chair in writing at least two weeks prior to each meeting. Any Region 4 agenda topics must be submitted to the State Chair prior to the Region 4 meetings.

Board Meetings: Board meetings will be called by the State Chair. The State Chair and State Executive Board will discuss matters that will decide the states direction. Anyone with a USAG Professional number can attend the meetings. Only the State Chair and the State Executive Board Members will have a vote on issues discussed at the meetings.

Registration Fees

Minnesota USAG Registration Fee: An annual registration fee of \$15.00 per gymnast is required to compete. The fee funds the states general fund, camps, clinics, awards, and website. The fee is due to the State Chair November 30th each competitive year. If postmarked December 1st or later, a \$5.00 late fee is required for each gymnast. New gymnasts can be registered without the \$5.00 late fee by contacting the State Chairman.

Region 4 Registration Fee: An annual registration fee of \$20.00 per gymnast is required. This fee must be collected by the State Chair and forwarded to the Region 4 Chair by January 31st. Must be paid to the State Chair no later than January 15th of each year.

National Gymnastics Foundation: The host of any Men's USAG competition is responsible to forward \$1.00 per gymnast to the USAG.

Website

www.mnmensusag.com

Minnesota Men's USAG will have the above website as the primary means of communication. All important items to the state will be posted on the website.

A board position has been dedicated to manage the website. If you have any information that you would like posted on the state website please e-mail to the State Chair at michael.mrose@mini-hops.com or the State Webmaster at contact@elite-gymnastics.com. All Meet Directors should send The State Webmaster their meet information to be put up on the website.

All Minnesota coaches and judges must learn to visit the website for important updates regularly.



State Events

State Championships: Bids will be accepted prior to the Spring State Meeting. Persons submitting the bid must be present at the Spring State Meeting. A vote (one vote per club) will be taken after the presentations. State Meet bids will only be accepted if the host site is a separate facility and is not the host club's gym. State Meets bids will be only voted on the merit of what they offer the gymnasts and the families and not what is offered for the coaches. If the chosen bid cannot host the Championships after being awarded it, a revote will be conducted by a State Boards member via email. The original meet bids will be resubmitted if they still want to host and each gym will get a vote within a one week period.

State Clinic: The annual Fall State Clinic will be for coaches' education. The clinic will consist of several aspects to better educate Minnesota Coaches. The clinic is free for all Minnesota Men's USAG coaches.

Team Minnesota Clinic: Formerly known as the Grassroots Clinic, this is a clinic to improve quality of the state's gymnasts. The top six gymnasts of each premier age group in levels 4-10 in the previous year's State Championships will be invited. All coaches are invited to work as a coach or observe at the clinic. The clinic will enforce presentation and basics. Other topics will include information from the National Coaches Workshop. The clinic will be hosted in early June or late May.

Region 4 Team Members: At Regional Championships each year the top 6 individual Level 10 (17-18 yr olds), Level 10 (15-16 yr olds), Level 9 (13-14 yr olds), Level 8 (11-12 yr olds), and Level 7 (9-10 yr olds) qualify on to the Region 4 Team. Those Region 4 Team Members from Minnesota will be rewarded for their efforts by being invited to the Region Team Camp that June/July in which the State Pays for their entry into.

Region 4 Championships: When the rotation comes to Minnesota, bids to host the meet will be taken at the Spring State Meeting a year in advance of the meet. Bids will be presented and voted on at the Spring Meeting. The State Chair will then forward the host to be approved at the Region 4 Meeting.

Invitationals: Meet bids will be accepted at the Spring Meeting. Clubs hosting annual traditional meets for two or more years will have priority of dates. The meet calendar will allow each club one meet. The meet calendar will be decided and finalized by the executive board. After calendar has been established, second meets can be added by clubs wishing to host more than one meet.



Minnesota Boys Gymnastics State Calendar 2018-2019

<u>Date</u>	<u>Event</u>	<u>Hosted By/Location</u>
September 22-23	State Clinic and Future Stars Testing	EGA
November	Minnesota Judges Course	TBD
October 12-14	Regional Clinic & Future Stars testing	Iowa City, IA - Eyas
November 8-11	National Future Stars Testing and Coaches Workshop	OTC/ Colorado Springs
November 30	State and Regional Head Tax Due	Send to Oksana Balakirev (Treasurer)
December 8	Compulsory Kick-off	North Shore Gymnastics
January 5-6	Ironman Invitational	Jam Hops Gymnastics
January 24-27	John Roethlisberger Iceberg Invitational	North Shore / Sports Pavilion
February 1	Academic All-American Award Due	Send to National Office
February 10-11	Ski-U-Mah Invitational	U of M / Sports Pavilion
February 15	Letter, Senior, and Academic Awards Due	Send to State Chair FFF
February 23-24	Twin Cities Invitational	MHG – Westonka Activity Center
March 9-10	Great Northern Invitational	Great Northern Gymnastics
March 23-24	Minnesota State Championships	MHG – Colin Powell Center
At State	State Spring Meeting	
April 5-7	Region 4 Championships	Iowa City, IA
April 30-May 5	JO National Championships	Reno, NV



MN Men's State Award Program

Each year MN Men's USAG recognizes gymnast's for their achievements inside and outside of the gym. The following is a list of awards available annually:

Letter Award- This is awarded to gymnast's who qualify in gymnastics excellence. Requirements for this award can be found on page 12 and an application for this award can be found on page 21.

Senior Award- This is awarded for competing gymnasts in their senior year of high school. Applications for this award can be found on page 22.

Applications must be filled out by the gymnast's coach. Copies of applications are in this book. Please do not use the original, but instead make copies, or download copies from the state website.

Coaches Timeline:

August-----Register gymnast with USAG/ Set competition schedule
September-----Attend State Clinic, State Meeting, State Future Stars Testing
October-----Pay State and Region 4 registration fees/ Attend Region 4 Clinic
November-----Future Star Regionals, Head Taxes due November 30th
December-----Register for January meets
January-----Attend January meets/ Register for February meets
February-----Send State Awards Applications to State Chairman
March-----Attend State Championships/ Attend State Meeting
April-----Attend Region 4 Championships/ Attend Region 4 Meeting
May-----Junior Olympic National Championships
June-----Attend Team Minnesota Clinic for qualifying athletes



State Letter Requirements

Minnesota Men's USAG recognizes exceptional gymnast's with a letter award. Letters will be awarded to those gymnast's who meet the following requirements:

- 1. A 2.5 G.P.A. "C" average or better in school work.**
- 2. A 3.0 or higher GPA will earn the athlete "Honors" added to their Letter Award**
- 3. Gymnast competing in Level 8, 9, 10 or JD**
- 4. Place in top three AA at State Championships the previous year, or**
- 5. Place in top three AA at State Championships the previous year, or**
- 6. Qualify to the National J.O. Championships the previous year, or**
- 7. Score an AA 57.0+ (level 8), 62.0+ (level 9), 67.0+ (level 10), or 58.0+ (JD, any age, any division) in at least one Minnesota meet. Gymnasts that do not compete all six events can still qualify by scoring a 13.0+ on any event.**
- 8. Gymnast in Level 8-10 or JD who have competed at any of these levels for a minimum of three years, meet requirement #1, but have not met any other requirements, will be awarded a letter.**

***Letter Applications must be turned into the State Chairman one month prior to the State Championships for recognition.**

***A Letter Award form may be submitted without the qualification score. Should the gymnast qualify by getting the score at the state meet, they still will be recognized but will not receive the patch or the chevron at the meet.**

***Gymnasts are responsible for their own jacket**



Application Forms

Please copy form needed. Do not use original in book. Forms can be downloaded from MN Men's USAG Website.

Form	Due Date	Cost
A. MN Men's Registration	Nov 30th	\$15/gymnast
Region 4 Registration	Jan 15th	\$20/gymnast
B. Meet Request Form	State Championships	X
C. State Board Application	Feb 1st of election year	X
D. State Chair Application	Feb 1st of election year	X
E. Letter Application	One Month before State Champ	X
F. Senior Award	One Month before State Champ	X
G. Academic Achievement	One Month before State Champ	X



University of Minnesota Gopher Men's Gymnastics Team

As one of only 18 NCAA Men's Gymnastics Programs in the nation, the University of Minnesota's Men's Gymnastics Program is a shining focal point for the boys in the State of Minnesota to look to for motivation and excitement as these youngsters continue to improve their skill level in the world's toughest sport. Head Coach Mike Burns and his assistants Kostya Kolesnikov and Russ Fystrom are busy preparing their team to put on great gymnastics competitions at the home of Gopher Gymnastics, the University of Minnesota Sports Pavilion. Many Junior competitions have been held in conjunction with the Gopher's home meets and the environment of excellence continues to grow around the state.

2019 MENS Gymnastics Schedule

<https://gophersports.com/schedule.aspx?path=mgym>



MIGSP

MIGS Program/CGA Activity and Call to Action

Dear Gymnasts, Coaches, Judges, Alumni and Friends of Gymnastics,

The Men's Intercollegiate Gymnastics Support Program (MIGS Program) in conjunction with the College Gymnastics Association (CGA) has been working hard to preserve, protect and expand collegiate gymnastics opportunities for our young gymnasts. It is our goal to have at least one men's varsity college gymnastics team in every State. With all of our junior gymnasts in mind, we work toward that end.

The overriding questions regarding this effort are: "What can you realistically do?" and "What have you done?"

In answer to the first question, here's what we can do and what needs to be done:

1. Call the question Nationally
2. Educate the Gymnastics Community about the situation
3. Build positive relationships with College/University AD's and Administrators
4. Marketing
5. Fundraising
6. Investing the Endowment to ensure an annual growth rate of 5%
7. Negotiate with colleges/universities to bring programs on line
8. Revenue Distribution (athlete scholarships, training of coaches, and creating self-sufficient team programs)
9. Build coalitions with other organizations and entities
10. And more and more and more...

With regard to the second Question;

The MIGS Program has engaged in an effort to inform the gymnastics community of the need to expand opportunities for young male gymnasts through the retention and expansion of collegiate programs. Bob Wuornos & Mike Burns have set out on a mission to present information at numerous Regional Congresses and major Junior Olympic gymnastics meets throughout the country. The purpose of these efforts was to inform and generate support for this effort.

Bob's effort have included a significant amount of travel to large meets around the country to make presentations and encourage the gymnastics community to get involved in this effort. He has also engaged in a dialog with the College Sports Council (www.collegesportscouncil.org) and has been appointed to the Board of Directors of this organization.



MIGSP

Distributions to date include:

- \$2,500 to the University of Minnesota "Save Gopher Sports" fund with was instrumental in keeping the University of Minnesota as a viable varsity college gymnastics program
- \$15,000 to the College Sports Council to help this organization continue the battle for equity in sports
- \$500 donation to the College Gymnastics Foundation for the Nissen-Emery Award Endowment
- \$500 to the Frances Allen Scholarship Fund at the University of Nebraska
- \$500 to the Jim Howard Scholarship Fund at the University of Nebraska

Near term goals include channeling resources to some viable college club teams that are coached but not recognized as varsity programs. The intent is to help these coaches elevate their respective programs to varsity status. The MIGS Program/CGA is also actively pursuing the re-establishment of programs at some major universities in the United States.

For more information, please contact;

Bob Wuornos
Executive Director
MIGS Program
612-270-9507
www.migsp.org

or

Mike Burns
CGA
President
612-419-7922



MN Men's USAG Meet Request Form

Use this form for all Invitational meets, State Championships bid, and Region 4 Championship bid. This form may also be used for clinics, Future Stars, and other events.

Name of Host Club: _____

Name of Contact: _____

Name of Meet: _____

Club Address: _____

City: _____ **Zip:** _____

Phone: _____

Coach: _____

Meet Site: _____

Date of Meet: _____ **Second Date Choice:** _____

Application Signature: _____



State Board Application

Minnesota State Board Members must have a USAG Men's Professional number. Indicate which board position you are applying to sit on.

Vice Chair/ Historian ____

Secretary ____

Treasurer ____

Web Manager ____

Education Coordinator ____

Statistician/ Scheduler ____

Applicant's Name _____

USAG Number _____

Phone # _____

Email Address _____

Please attach a resume along with this application and return to the State Chairman by February 1st of each election year. This information will be forwarded to all MN Men's members for review. You will be given the chance to speak at the spring meeting prior to the election. All Men's Professional members present at the spring meeting will have a vote in this election.



State Chair Application

Minnesota State Chair must have a USAG Men's Professional member.

I have read the State Chair's responsibilities outlined in the USAG Rules and Policies.

Applicant's Name _____

USAG Number _____

Phone # _____

Email Address _____

Signature _____

Please attach a resume along with this application and return to the State Vice Chairman by February 15th of each election year. This information will be forwarded to all MN Men's members for review. You will be given the chance to speak at the spring meeting prior to the election. All Men's Professional members present at the spring meeting will have a vote in this election.



MN Letter Award Application

Application for MN USAG Gymnast who competes in Level 8, 9, or 10 or JD.

Must be returned to the State Chair no later than one month prior to State Championships.

Name of Gymnast: _____

Club: _____

Coach: _____

USAG Level: _____ **G.P.A.** _____ **AGE** _____

High School attending or will be attending: _____

School Color (ex-Royal Blue & White): _____

How Qualified (must be filled out by coach):

Competed Optional Level for 3+ Years

Top 3 in State Championships AA _____

Top 3 in Regionals Championships AA _____

Qualified to Nationals _____

Qualifying Score _____

Meet achieved at _____

Has Gymnast received a letterman patch in a previous year: **Y** **N**

Coach's Signature _____



MN Senior Award Application

Application for MN USAG Senior Award is for gymnast competing at State Championships in their senior year in High School.

Must be returned to the State Chair no later than one month prior to State Championships.

Name of Gymnast: _____

Parents Name: _____

Club: _____

Coach: _____

USAG Level: _____ **G.P.A.:** _____

School: _____

Age: _____ **Years in Gymnastics:** _____

Future Plans: _____

Gymnastics Accomplishments: _____

Other Significant Accomplishments: _____

Coach's Signature _____

