



Rules & Policies

2023-2024



Directory

USA Gymnastics National Office

132 E Washington, Suite 700

Indianapolis, IN 46204

Men's Program Manager:

Lisa Mendel

317-237-5050

DP Program Coordinator:

Dusty Ritter

702-768-1459

www.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

12500 Chowen Ave S

Burnsville, MN 55337

Minnesota State Chairman:

Oksana Balakirev

651-226-2080

Oksana@egaoffice.com

MN Men's USAG Executive Board

Treasurer

Rachel Erickson

Web/Social Media Manager

Vadim Balakirev

Secretary

Karyn Brandt

Outreach/Education Coordinator

Mike Burns, Bob Wuornos, & James Letzring

Judges Liaison

Ron Hill



State Positions & Board Responsibilities

Minnesota Men's USA Gymnastics 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 POSITIONS/DESCRIPTIONS

State Chairman: The State Chair position is an elected volunteer position that serves a term of two years. Election years are 2025, 2027, 2029 etc. Elections will take place at the state meeting in conjunction with the State Championships. Qualifications, responsibilities, and election rules are outlined in the USA Gymnastics Rules and Policies.

Minnesota Men's USA Gymnastics 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 2024, 2026, 2028 etc.

BOARD POSITIONS

Secretary: Records meeting minutes at board meetings and both State Meetings, submits minutes to Web/Social Media Manager

Web/Social Media Manager: Is primary contact for information to be shared on the website and social media

Treasurer: Assists the State Chair with collecting head tax, deposit funds to the State Account, and present financial reports at the state meetings

Outreach/Education Coordinator: Primary contact for coaches' education and reaches out to new clubs to encourage opening a men's program

Judges Liaison: Communicates with judges and coaching committees, ensures meets are properly staffed

STATE BOARD RESPONSIBILITIES

The State Board works in close cooperation with the State Chairman to oversee the organization of all events and programs within the state.

1. State board members will attend meetings when called by the State Chairman
2. A member of the State Board will be present at the MN State Meet
3. State Board Members will inform the State Chairman of any competitions that do not follow USA Gymnastics Rules and Policies
4. State Board Members will serve on committees as necessary under direction of the State Chairman
5. State Board will determine fees, the calendar, and awards for MN



General Competition Rules

All Minnesota competitions will use the USA Gymnastics Development Age Group Competition Program. The Junior Development book can be purchased on www.usagym.org. The International F.I.G. must be used for the optional level gymnast can be found at https://www.gymnastics.sport/publicdir/rules/files/en_MAG%20CoP%202022-2024.pdf (copy/paste into your web browser).

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 or Club logo 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 rotating 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.

Individual Awards: Minnesota will use USA Gymnastics guidelines as the MINIMUM standard for awarding individual awards. The meet director is strongly encouraged to award beyond the guidelines set by USA Gymnastics. Level 3 should be awarded a participation and an individual award at the State Championships.

Region 4 Championships: All level 4-10 must qualify at the State Championships to compete in the Region 4 Championships. The qualifying score, provided by the Region 4 Chairman, is 42.00AA for Levels 4-6, 42.00AA or top 10 on an event for Level 7, and 30.00AA or top 10 on an event for Levels 8-10. Any gymnast not attending State due to sickness or injury can petition to Regionals by submitting a petition form found on www.usagym.org and submitting it to the State Chairman no later than one week after the conclusion of the State Championships.



Meetings

State Meetings: There are one state meeting each year. It will be held in conjunction with the State Championships. Agenda topics must be submitted to the State Chair in writing at least two weeks prior to the 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 USA Gymnastics Registration Fee: A head tax fee of \$40.00 per gymnast is required to compete (\$20 goes to the State Fund, \$20 goes to the Region 4 Fund). The fee funds the states general fund, camps, clinics, awards, and website. The fee is due to the State Treasurer November 1st each competitive year. If postmarked November 2nd 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.

Head Tax is payable to: MN Men's USA Gymnastics
Mail Payments to:

Elite Gymnastics Academy
C/O MN Men's USA Gymnastics
12500 Chown Ave S
Burnsville, MN 55337

Website

www.mnmensusag.com

Minnesota Men's USA Gymnastics 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 managing the website. If you have any information that you would like posted on the state website please e-mail the State Chair at Oksana@egaoffice.com or the State Web/Social Media Manager at contact@elite-gymnastics.com. Meet Directors should send the State Web/Social Media Manager their meet information to be posted on the website.

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



State Events

State Championships:

Bids: Bids will be accepted prior to the Spring State Meeting. Persons submitting the bid must have a venue locked in and be present at the Spring State Meeting (the bid form can be found on the state website). 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 Meet bids will be only voted on the merit of what they offer the gymnasts and the families (not what is offered for the coaches). If the chosen bid cannot host the Championships after being awarded, a revote will be conducted by the State Chairman 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.

Registration: Any club that has not paid their entry into the State Championship 2 weeks prior to the start of the meet are subject to a \$15 late fee per gymnast.

Refund Protocol: State Championship entry fees for injured/ill athletes will be refunded 100% two weeks prior to the start of the State Meet. A 50% refund will be given for less than two weeks' notice. No refund will be given if notice was less than 48 hours prior to the start of the State Meet.

Admissions: State Championship daily admissions must not exceed \$15 per day for adults, \$10 per day for seniors (age 65+) and children ages 4-18, and free for children ages 0-4.

Age Group Structure: All age groups must be broken up equally by date of birth with a maximum number of 20 athletes per age group.

Awards: Awards will go out to the top 40% of all athletes. The top 25% of each age group will be awarded Team Minnesota (see Team Minnesota Clinic).

State Future Stars Testing: Athletes who are competing in the future stars program will attend a testing event in September. The State Chairman will communicate the dates/times, and delegate State Board Members accordingly for the event.

Team Minnesota Clinic: This clinic's purpose is to improve the quality of the state's program. Each premier age group (TBD) in levels 3-10 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 annually in June.

Region 4 Championships: When the rotation comes to Minnesota, bids to host the meet will be accepted at the Spring State Meeting a year prior to the Championships. Bids will be presented and voted on at the Spring Meeting. The State Chairman will then present the selected 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 state board. After the calendar has been established, an additional meet can be added by clubs wishing to host more than one meet.



MN Men's State Award Program

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

Letter Award: This is awarded to gymnasts who qualify in gymnastics excellence. Requirements for this award can be found on the form provided online.

Senior Award: This is awarded for competing gymnasts in their senior year of high school. Applications for this award can be found on the state website.

Applications must be filled out by the gymnast's coach and submitted to the State Chairman by February 15th.