



Rules & Policies

2024-2025



Directory

USA Gymnastics National Office

132 E Washington, Suite 700
Indianapolis, IN 46204

Men's Program Manager: Lisa Mendel 317-829-5664
Vice President of Men's Program: Jason Woodnick 317-829-5634

www.usagym.org

USAG Men's Region 2 Program

Region 2 Chairman: Mark Bogoger 303-410-9857

mbogoger@yahoo.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
	Kostya Kolesnikov



State Positions & 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 2 Committee.

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 Committee: Minnesota has an executive committee that works closely with the state chair. Each committee member will ensure that the state grows in quantity and quality. Committee members will serve two year terms. Elections will be opposite of the State Chair elections 2026, 2028, 2030 etc.

COMMITTEE POSITIONS

Secretary: Records meeting minutes at committee 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 collections, 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 COMMITTEE RESPONSIBILITIES

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

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

Video 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. Inquiries can only be made regarding the D score, and individual can only inquire about their athletes in a respectful manner.

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 2 Championships:

Meetings

State Meetings: There is 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 2 agenda topics must be submitted to the State Chair prior to the Region 2 meetings.

Committee Meetings: Committee meetings will be called by the State Chair. The State Chair and State Executive Committee 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 Committee Members will have a vote on issues discussed at the meetings.

Registration Fees

Minnesota USA Gymnastics Registration Fee: The state registration fee will be added to each entry fee to the State Championship. The entry fees have been raised by \$20/athlete and the State Championship host will pay the State \$20/athlete that competes.

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 committee 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 \$20 per day for adults, \$15 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).

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 2 Championships: Please refer to the Region 2 official bid packet.

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 committee. 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 1st.