



USA GYMNASTICS®

Nevada

NEVADA WOMEN'S GYMNASTICS ASSOCIATION
www.nvwgym.com

NEVADA USAG HANDBOOK

A SUPPLEMENT TO THE USAG
RULES & POLICIES
2015 - 2016

**NEVADA STATE ADMINISTRATIVE
COMMITTEE CHAIRMAN (SACC)**

Cassandra Rice - gymcats@gymcats.com

STATE ADMINISTRATIVE COMMITTEE MEMBERS (SACM):

MEMBER - POSITION - EMAIL

CARMEN NOLAN - AT LARGE - carm80@charter.net

DENISE JENSEN - JUDGING - denise@brownslv.com

JILL PRESTON - SOUTH REP - jill@gymcats.com

SILVANA HILL- SOUTH REP - coachsilvana@aol.com

ANETA DAMIANOVA - NORTH REP - deltchevgym03@yahoo.com

ASHLEY COURTNEY - NORTH REP - ashleygymnv@yahoo.com

Revised and Updated in August 2015.
Nevada Women's Gymnastics Association Administrative Committee.

TABLE OF CONTENTS

Chapter One: Nevada Women's Gymnastics Association Organization

Section 1: Introduction, Mission, Purpose and Structure - page 3

Introduction & Mission Statement

Purpose

Nevada Women's Gymnastics Association Committee Structure

Election Procedure

State Administrative Committee Chair Responsibilities and Duties

State Administrative Committee Members Responsibilities and Duties

Section 2: NWGA Membership and Code of Ethics - page 5

NWGA Membership & Dues

NWGA Members Code of Ethics

Introduction

Elements of the Code

Communication

Professional Ethics

Athlete Relocation

Enforcement of the Code

Chapter Two: NWGA State Competitive Structure

Section 1: Nevada State Championships Hosting - page 7

Bidding Procedure

Awards

Nevada State Team Champion Point System

Entry Fee

State Championships Meet Judges

Other State Meet Issues

State Judging Director Assigning Policy

REFERENCE MATERIAL LINKS - page 10

ADDRESSES AND PHONE NUMBERS

Chapter One: Nevada Women's Gymnastics Association Organization

Section 1: Introduction, Mission, Purpose and Structure

Introduction

The Nevada Women's Gymnastics Association (NWGA) as set forward in this handbook, is the Official Administrative Committee for Women's Gymnastics in the State of Nevada.

This NWGA Handbook and its contents are a supplement to the Rules and Policies set by USA Gymnastics.

Mission Statement

The NWGA aims to encourage, promote and administer gymnastics participation in the State of Nevada.

THE NEVADA WOMEN'S GYMNASTICS ASSOCIATION IS ORGANIZED FOR NONPROFIT PURPOSES AND INDIVIDUALS WILL NOT DERIVE PROFIT THEREFROM.

Purpose

The purpose of the NWGA is to carry out the USA Gymnastics National Women's Program objectives to promote, serve, and administer the official gymnastics program for girls and women of all levels of ability throughout the State of Nevada. This shall be done by:

- A. Following USA Gymnastics Rules & Policies and The Professional Code of Ethics.
- B. Coordinate and promote non-school gymnastics in the State of Nevada.
- C. Represent the State of Nevada and its members at Regional Administrative Committees.
- D. Publish yearly reports to the membership for the fiscal year and update the State Handbook.
- E. **Conduct an annual State board members meeting.**
- F. Administer and Oversee the Junior Olympic and Xcel Nevada State Championships.
- G. Perform all necessary functions Nevada membership deems necessary.

Nevada Women's Gymnastics Association Committee

Current Members, Positions Held and email addresses

STATE ADMINISTRATIVE COMMITTEE CHAIRMAN (SACC)

CASSANDRA RICE - gymcats@gymcats.com

STATE ADMINISTRATIVE COMMITTEE MEMBERS (SACM):

CARMEN NOLAN - AT LARGE - carm80@charter.net

DENISE JENSEN - JUDGING - denise@brownslv.com

JILL PRESTON - SOUTH REP - jill@gymcats.com

SILVANA HILL - SOUTH REP - coachsilvana@aol.com

ANETA DAMIANOVA - NORTH REP - deltchevgym03@yahoo.com

ASHLEY COURTNEY - NORTH REP - ashleygymnv@yahoo.com

Election Procedure

Elections are conducted in accordance with USAG policies. USAG Operation Code can be found at usagym.org under Rules.

The State Administrative Committee Chairman (SACC) is elected every two years, in the spring on even numbered years and is done through USA Gymnastics.

State Administrative Committee Members (SACM) will be elected yearly. Eligible candidates, with current USAG professional memberships, are requested to submit their interest, including a short resume, detailing how they may contribute to the NWGA in writing to the SACC. A vote will take place by the membership if there is more than one eligible candidate. Term of service will begin July 1st.

The Judges Representative will be elected by the membership.

Positions on the SACM shall consist of:

1. Two representatives from Northern Nevada;
2. Two from Southern Nevada;
3. One representative from the Nevada Judging Association (NAWGJ);
4. One representative at-large *.

* Representative at-large shall be a USAG member, actively involved in Nevada Women's Gymnastics Programs in several ways: i.e. parent, judge, coach)

State Administrative Committee Chair Responsibilities and Duties

1. Chair annual meeting/meetings.
2. Collect dues and manage a separate NV USAG bank account, and keep membership apprized of the balance of said account.
3. Send out minutes of our annual board meeting with the Annual Financial Report on account and provide detailed information if required.
4. Keep NWGA website (<http://www.nvwgym.com>) updated with the latest information on Nevada's Gymnastics Programs and all other event dates and details.
5. Communicate with the membership with periodic e-mails.
6. Attend all Region One meetings as a representative of Nevada and vote on items as directed by the SACM.
7. Communicate with the SACM on all decisions that directly affect the NV USAG.
8. Create special committees and appoint sub-committees as he/she deems necessary.
9. Stay current on all developments and updates in the sport of Women's Gymnastics.
10. Rule on petitions.
11. Preside over all Women's Gymnastics State Championships.
12. Publish this handbook and make necessary revisions and updates as needed by the membership.
13. Organize and produce a competitive calendar for each season.
14. Maintain current member directory information up-to-date including: Nevada Club List, Professional Coaching Members, Professional Judging Members ((NAWGJ) and their contact information such as phone number, fax numbers, addresses and emails.

State Administrative Committee Members Responsibilities and Duties

1. Communicate with the general membership to determine any items that need to be brought before the committee.
2. Vote on updates and/or changes to Nevada Rules, Policies and Regulations.
3. Vote on any updates and/or changes to the Nevada Handbook.
4. Be actively involved, represent and assist the SACC in any way necessary to enhance and elevate NWGA.
5. Uphold Nevada's Rules and Policies in an unbiased, professional and positive manner.
6. Make appropriate decisions and promptly respond when contacted by the SACC.
7. Vote on Bids for Nevada State Meet Hosting and Nevada State Championships Rules and Regulations.
8. Approve a list of Judges for State Championships.
9. Vote on Nevada Judges representing **our Region at Regionals, Nationals and Westerns.**

Section 2: NWGA Membership and Code of Ethics

NWGA Membership and Dues

Membership is available to all private gymnastics clubs in the state of Nevada and other interested parties, **who are** holders of USAG Memberships.

Membership to NWGA is a \$200 fee, payable to the SACC before or at the Spring State Meet Each Year. The Membership Income will be used to better Nevada gymnasts, coaches and judges.

Other items on the yearly budget:

- State Senior Gifts (between \$150-\$200 depending on state funds)
- **State Team Leotards / T-shirts or Leggings**
- **Engraving of the Perpetual State Meet and Team Trophy**
- **Board Members Compensation of \$50**

NWGA Code of Ethics

Introduction

This is a supplement to the USAG Code of Ethics. USAG Code of Ethics can be found at usagym.org under Rules, 2014-2015 Rules & Policies.

NWGA's is committed to elevating the sport of gymnastics in Nevada and dedicated to the betterment of all Professional Members, Athletes and Club Owners.

This NWGA Code of Ethics provides the framework and values to uplift professional standards and establishes guidelines for workplace best practices.

Elements of the Code:

A. Communication

Members of the NWGA, including Club Owners, Professional Coaches, Meet Directors, Judges and Officials have a duty to:

1. Communicate honestly and openly with SACM, SACC and all other members of NWGA;

2. Show the utmost respect to all participants of the gymnastics community, including: Athletes, Club Owners, Coaches, Meet Directors, Officials, Judges, Parents, Staff Members and Volunteers.
3. Follow and enforce the Nevada and USA Gymnastics Code of Ethics and maintain a professional demeanor at all times.
4. Refrain from procuring, enlisting, soliciting, interfering **and** negotiating with athletes and parents from other member clubs.
5. Respond to competition invites and submit athlete and coaching information by the required deadlines.
6. Bring any issue needing review to the attention of a SACM or the SACC. Email is the preferred line of communication.

B. Professional Ethics

Members of the NWGA, including Club Owners, Professional Coaches, Meet Directors, Judges and Officials have a duty to:

1. Maintain their memberships to USA Gymnastics current, including Safety / Risk Management Certification, Background Checks, U100 Certification and all other necessary Certification as set forward by USA Gymnastics in their field of actuation.
2. Respect the rights of others to hold values, approaches, opinions and techniques that may differ from your own and are to the betterment of the sport of gymnastics.
3. Maintain the highest of standards to always actively and positively strive for self advancement in **the** pursuit of the sport of gymnastics, **keeping** updated on new technologies, practices, legal requirements and standards relevant to the coaching profession, new athletic developments, rules, policies and updates on this handbook.
4. Always conduct yourself in an unbiased, professional manner, presenting and maintaining the highest level of integrity, always in a positive sportsman and/or sportswoman manner.
5. Adopt positive coaching techniques and actively pursue a trustworthy, team oriented environment for your gyms.
6. Refrain from taking on professional obligations when preexisting relationships would create a risk of conflict of interest. If due to unforeseen factors, a potential conflict of interest relationship has arisen, the coach or judge will attempt to resolve it with due regard for the best interests of the affected member club, in compliance with this Code.

C. Athlete Relocation

NWGA members should always remain neutral, acting always on the athlete's best interests while adopting the following best practices:

1. Detail what your internal athlete relocation policies are, in the event one of your athletes decides to leave your gym and publish it in your Team Handbooks.
2. To accept an athlete from another member club, the athlete and parents must have:
 - a. communicated their intention of leaving their current gym club;
 - b. settled, or have made an arrangement to pay any account balances owed to previous gym;
 - c. ended training on previous club. (Training in two clubs simultaneously or receiving training from a private source without the consent of primary coach is unethical.)
3. Athletes who have moved between member clubs during season **within a 50 mile radius, on or after January 1st**, will not count for the total team score for the new Club at State Championships Competition.

Member Clubs from a recently transferred athlete are to communicate to the SACC or State Meet Director name of athlete(s) in this transition category prior to the start of competition.

E. Enforcement of the Code

NWGA procedure for formal complaints and necessary documentation to report a member on a breach of any rule, policy or conduct violation:

1. In case of a USAG / NWGA Rules & Policies or Code of Ethics violation, that cannot be resolved by the direct communication with the involved parties:
 - a. file a written complaint, **no later than 6 months of the initial communication between parties**, to the State Administrative Committee Chair (SACC) with copies to the Rules & Policies/Ethics Chairman, and the party(s) against whom there is a complaint. Include all pertinent factual information. If required, an investigation will ensue with recommendations to the State Committee and Regional Office as appropriate.

Chapter Two: NWGA State Competitive Structure

Section 1: Nevada State Championships Hosting

Nevada will hold a state meet in the spring season of each year. The weekend will be chosen based on recommendations by USAG. The location of the meet shall rotate from North to South with the odd years being in the North and even in the South. If a bid is not received by the SACC from the North on odd years or the South on even years, the state chair will open bids to the whole state

Nevada State meet will include level 2-10 and Xcel. Level 2 and Xcel will not count towards the overall team score and will have **NO team awards**. Please refer to USAG Rules and Policies for minimum requirements of classifications and Level Mobility regulations. 'Modified Capital Cup' is the recommended format for the State Championships.

Bidding Procedure

Bidding for the state meet state will follow USAG guidelines with the following considerations. (Bidding forms are available online at www.nvvgym.com)

In order to accommodate large sessions and viewing, it is strongly suggested that an out of gym venue is used.

- A. In order to have priority bidding, any team that has not yet hosted a State Meet must bid by August 1st, directly to the SACC. (see below for past meet hosts)
- B. All other bid submissions, including those from a prior host, may be received no later than August 31st. The NWGA Board voting shall be completed by September 15th (of the year preceding the event hosted). There are no restrictions, at this time, on hosting consecutive State Meets.
- C. If more than one bid is received, the SACM will vote to determine the State Meet host. Members will have access to bidding information online and are welcome to submit their preference(s) by going to www.nvvgym.com.
- D. Bids and all relevant information will be available online at **www.nvvgym.com**.

2007-2015 State Championships' Hosts:

2015 Deltchev (North) / 2014 Go for it (South) / 2013 Deltchev (North) / 2012 Academy of Gymnastics (South)
2011 High Sierra (North) / 2010 Go For It (South) / 2009 Deltchev (North) / 2008 Go For It (South) / 2007 Flips (North)

Awards

Awards shall be given at the minimum of 50% per age group, this includes team awards. State Meet Team awards must be a banner. Please refer to USAG rules and policies for requirements of awards in addition to the 50% minimum as mandated by Nevada State. An overall team trophy will be given to the Team with the most points, based on the point system attached.

NEVADA USAG OVERALL NEVADA STATE TEAM CHAMPION										
<i>Format as approved by NV USAG board of directors.</i>										
POINT SYSTEM										
Award determination for levels 2 - 6: 1. No point value for individuals or pairs. 2. A valid team score must come from (3 members/club or more) only. 3. The team score will be tallied from top 3 scores/team on each event.					Award determination for levels 7 - 10 / Open: 1. For all teams no matter size, point values are below except as follows. a. For individuals a maximum of 5 points for Level 10/Open b. Level 9 - 4 points; c. Level 8 - 3 points; d. Level 7 - 2 points					
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Level 10 / Open	10	9	8	7	6	5	4	3	2	1
level 9	9	8	7	6	5	4	3	2	1	1
level 8	8	7	6	5	4	3	2	1	1	1
level 7	7	6	5	4	3	2	1	1	1	1
level 6	6	5	4	3	2	1	1	1	1	1
level 5	5	4	3	2	1	1	1	1	1	1
level 4	4	3	2	1	1	1	1	1	1	1
level 3	3	2	1	1	1	1	1	1	1	1

Entry Fees

Entry fees determination and considerations:

- a) Entry fees shall be determined based on USAG Rules and Policies and may only exceed \$50 if approved by the Regional Chair. A budget worksheet must be provided if the entry fee exceeds \$50.
- b) There is a \$25 team entry fee for teams of 3 or more. **There will be no team fee for Xcel or Level 2.** Teams that do not wish to pay the \$25 team entry fee will not be included in the team awards, nor will their team's points be considered for the overall team count.
- c) Final entries and fees will be due 30 days prior to the state meet. A \$10 head tax can be added to our State Meet entry fee (after proper steps by the meet host are taken in order to set the entry fee based on budget worksheet). This head tax could be put in place in order to help support the meet host as well as covering the cost of high priced meet venues. See USAG policy on late entries and late fines that USAG Nevada will follow.

d) The Nevada State Administrative Committee adopts the following USAG late entry fees guidelines:

1. Entries must be postmarked a minimum of 14 days prior to the first day of competition. **A maximum fine of \$50.00 per individual entry** will be charged to individuals whose entry is received after the deadline or if entry is completed improperly. Entries must include:
 2. Competitors and accepted petitioned athletes' name(s), USA Gymnastics Athlete Member number, birth date, citizenship and age division.
 3. The name(s) and USA Gymnastics Professional number and Safety Certification expiration of all participating coaches.
 4. ALL FEES PAID IN FULL.
 5. An athlete is considered registered/entered in a competition only when her name is listed on the clubs entry form and The Meet Director has received valid payment.
 6. The Meet Director may refuse entries if they are received 10 days or less prior to the first day of competition.
 - a. Replacements (with an athlete in the same age division and same level) may be made with no extra fee up to the start of the timed warm-ups.
 7. To avoid any difficulties by adding gymnasts after the deadline, teams are required to:
 - a. Include all uncertain entries, such as injured gymnasts, on state meet entries by the deadline with a non-refundable fee of \$20.
 - b. Gymnast will be noted on the entry as pending and will be entered into the meet as soon as their balance is paid in full. If payment is not met, the \$20 deposit will be held in order to cover costs for additional medals.

State Championships Meet Judges

The judging panels for the State Championships shall consist of:

- A. 2 - 4 judges per event for Levels 6 - 10;
- B. 2 judges per event for Levels 2 - 6 and Xcel;
- C. An equal division of Judges between the North & South shall be adhered to whenever possible. The State Board and The SJD will ensure Judges ratings and experience exceed or meet the level of the gymnasts;**
- D. Judges will be assigned by the NAWGJ State Director at the direction of the SACM;
- E. A floating meet ref is required for Levels 3 -10 at State Meet sessions, if 4 judge panels are not used;
- F. New Judges recommended for Regional Championships or above, must have Judged the State Meet.

OTHER STATE MEET ISSUES

- A. Event specialists may compete in state meet. The gymnast must declare they are specializing in a/an event(s) by the state meet entry deadline and provide documentation of a score of 8.5 or higher on events they are specializing in.**
- B. Door fee may not exceed (what is) in Rules and Policies for JO Nationals.
- C. Level 8 qualifying score to state meet is a 32.00 in a sanctioned competition. Level 9 and 10 is mandated by USAG rules and polices.**

STATE JUDGING DIRECTOR ASSIGNING POLICY

If you are using the State Judges Director (SJD) to assign your meets, you will either be required to have 2 judge panels for levels 3 - 10 and Xcel, OR if requesting 1 judge panels for levels 3 - 6 and Xcel Bronze and Sliver (required 2 judge panels for Gold, Platinum and Diamond), the judges must be rated a minimum of level 9. If you are not going to do this, please assign your meet judges, without the assistance of the SJD. If your meet has one judge panels it MUST be advertised on the meet flyer.

REFERENCE MATERIAL LINKS

USAG MEMBERSHIP & EDUCATION

WWW.USAGYM.ORG

USAG RULES & POLICIES

https://usagym.org/PDFs/Women/Rules/Rules%20and%20Policies/2013_2014_w_rulespolicies.pdf

USAG BY LAWS

<https://usagym.org/PDFs/About%20USA%20Gymnastics/Governance/usag-bylaws.pdf>

USAG CODE OF ETHICS

https://usagym.org/pages/aboutus/pages/code_of_ethics.html

ADDRESSES AND PHONE NUMBERS

State Administrative Chairman

Cassandra Rice
440 Parkson
Henderson, NV 89011
702-566-1414 ext 222
Fax: 702:566-1310
gymcats@gymcats.com
<http://nvwgym.com>

NV State Judging Director

Meagan Lewis
mmlewis@interact.ccsd.net

Member services USAG

1-800-345-4719
USAG online:
www.usa-gymnastics.org

National JO Chairman

Annie Heffernon
317.829.5659
aheffernon@usagym.org

RACC

Jennifer Shipman
3 Atherton Island
Stockton, CA 95204
(209) 464-6393 (H)
(209) 464-5393 (F)
jenshipman@yahoo.com

**THANK YOU FOR MAKING NEVADA
THE BEST PLACE FOR GYMNASTICS**