

SO CAL USA GYMNASTICS



State **A**ministrative **C**ommittee Rules and Policies

Updated: Jan 2026

www.socal-gymnastics.com

Per USA Gymnastics Rules and Policies, **THE STATE ADMINISTRATIVE COMMITTEE** shall consist of:

- The State Administrative Committee Chairman (SACC) Casts a vote only in the case of a tie or acclamation
- Other elected (voting) members as necessary.
- Criteria for S.A.C. positions shall be determined by the S.A.C. and approved by the R.A.C.
- State Administrative Committees should have a minimum of Five (5) voting (elected) members.
 - All representatives must be elected by the state membership, and all competitive levels and/or geographical areas must be represented.
 - If a judges' representative is not elected to the S.A.C., the S.A.C. may appoint a judge to represent the judging community.
- Appointed representatives will not have voting privileges. Administrative aides may be appointed to serve in a liaison or advisory capacity, but VOTING members of a S.A.C. must be ELECTED.

SO CAL USA GYMNASTICS S.A.C.

- The State Administrative Committee (S.A.C.) is made up of elected representatives and members appointed to the committee by the So Cal State Chairman
- Elections are held for committee positions determined by the State every 4 years (beginning in 2022).
- The SoCal S.A.C. is responsible for the organization and rules of State competitions, selection of judges, educational opportunities, enforcement of all USAG rules and policies.

SOCAL STATE ADMINISTRATIVE COMMITTEE

- State Chairman Peter Flores SACC (SoCalSACC@gmail.com)
- Jill Spaulding -Development Program Representative
- Tina Preston - Judges Representative
- Lara McCallum - Developmental Program Representative
- Stephen Rybacki - Education & Event Representative
- Denisha Johnson - Xcel Representative

SO CAL COMPETITION CALENDAR

- Competition Season: August 1st —July 31st
- Competitions are placed on the calendar after the bid process is complete and the bids have been awarded by the SoCal S.A.C.
- Awarded competitions require
 - Acceptance form from the meet director
 - Be in good standing with SoCal S.A.C.
 - Acceptance to pay all fees for hosting.
 - Participation in the meet director meeting/Received Handbook
 - Agreement to follow the Rules and Policies stated within.

▲ **Info for Meet Directors** ▲ **Info for Coaches/Club Owners & Administrators**

▲ ▲ SO CAL STATE CHAMPIONSHIPS

So Cal S.A.C. will administer state meets for Levels 3 -10 and XCEL. The 2025 Declaration date for SoCal is March 4th, 2025.

- 2026 Developmental Program Lv 3-10 & Sapphire-Diamond State Championships hosted by: Poway Gymnastics.
- 2026 XCEL Bronze-Gold State Championships hosted by: Victory Gymnastics

Qualifying Scores:

- Level 3-10 Score to Qualify to State = 32.00 AA
- Level 6-10 Score to Qualify to Regionals= 34.00 AA
- Xcel Bronze-Xcel Silver Score to Qualify to State = 32.00 AA
- NO Regional Championships for Bronze or Silver levels.
- Xcel Gold-Xcel Sapphire score to qualify to state = 32.00 AA
- For Xcel Regional Championships:Xcel Gold=35.50 AA Xcel Platinum=33.00 AA Xcel Diamond/Sapphire=32.00 AA

Level 8-10 and Xcel Platinum and above Event specialists can compete up to 3 events. Events and designation must be done prior to the start of the competition. Qualification to Regional Championship meets as an event specialist is only offered at Levels 9 & 10 and Diamond & Sapphire.

- Event Specialist Score to Qualify to State = 8.5 on event
- DP Event Specialist Score to Qualify to Regionals = 9.0 on event
- Xcel Diamond/Sapphire specialist Score to Qualify for Regionals= 9.0 on event
- DP & Xcel Diamond/Sapphire specialist score to petition to Regionals=9.25 on the event
- No qualification to Westerns or Nationals for Event Specialists.

▲ ▲ STATE TEAM COMPETITION

- Levels Developmental program and Xcel program
 - Top 3 scores on each event regardless of AA placement. For Xcel there will be large team 10 or more and small team under 10 athletes.

▲ ▲ STATE TEAM ENTRIES – SENT TO STATE CHAIRMAN

- Team Entry fee= \$150 per level due before the competition..
- Mailed to Peter Flores – SACC, 2277 Redondo St.~ Signal Hill, CA 90755

▲ ▲ COMPETITION ENTRY FEES (recommended)

	INSIDE FACILITY	OUTSIDE FACILITY
• Local	\$85	\$110
• Level 2 Championships	\$80	\$100
• Level 3-5 State		\$115
• Level 6-10		\$125
• Xcel State		\$115
• <i>Team entry should not exceed \$60.00 except at a state competition where the State Committee sets the team entry fees.</i>		

▲ ▲ DISTRIBUTION OF AWARDS

- The minimum numbers and/or types of awards to be distributed at local meets and State meets are listed below. State meet hosts require use of USAG ordered awards.
- The So Cal Awards order form can be found on the So Cal website under forms.

Level 2 Achievement Ribbons		
Rainbow	9.0 and above	
Hot Pink	8.5 – 8.975	
Purple	8.0 – 8.475	
Teal	7.5 – 7.975	
Yellow	7.475 and below	
<i>Level 2 Awards must be purchased from SoCal SACC</i>		
Levels 3-10		
# of Gymnasts	Event Places	All-Around Places
1-3	1 st	1 st – 2 nd
4-9	1 st – 3 rd	1 st – 3 rd
10-19	1 st – 6 th	1 st – 6 th
20+	1 st – 10 th	1 st – 10 th
<i>Except for State Championships, Awards may be purchased from the vendor of the Host's choice.</i>		

- The meet director may choose to distribute more awards than shown, but they may not distribute less.

▲ ▲ AGE DETERMINATION

The gymnast's age for the competitive season is determined by the date of the final day of competition of the culminating championship meet for that level:

- **Local Meets:** Meet hosts determine age divisions. It is recommended that age divisions at local meets exceeding 30 athletes be split into additional age divisions. Meet hosts have options to split age divisions using the following:
 - Age groups created to reach desired age division totals established by specific ages (i.e., 8-10 yr. olds, 11-12, etc.).
 - Age groups established by dividing the athletes by actual birth date into approximately equal groups according to a predetermined number of age divisions or by a predetermined maximum number of athletes per age division. (i.e. Younger, Middle, Older)
- **State Meets:** State hosts create age divisions individually with SoCal S.A.C. approval. Sub-divide age groups at 35 gymnasts

▲ ▲ **ENTRY DEADLINES**

- Entry Deadlines are set by the meet director for local & invitational meets by the SAC for state meets and will be strictly enforced.
It is recommended that entry deadlines are published in all meet information.
- DP & Xcel State championship entries and fees for early qualifiers are due in hand by March 2nd, 2026 to avoid late fees.
- Entries and fees for any late qualifiers are due in hand on March 9th, 2026 for DP state and Xcel state to avoid late fees.
- All entries must be in the hands of the meet director by the deadline date with ALL fees paid. Any late entries to State meets must be approved by the State chairman and will be charged a \$25.00 per gymnast late fee.
- See the competition calendar on the So Cal website for dates, information and deadline for all State Meets.

▲ ▲ **GATE FEES**

- LOCAL In-Gym: SESSION; Adult \$12/Seniors \$10/Child \$8
- LOCAL In-Gym: ALL DAY: Adult \$20/Seniors \$15/Child \$10
- INVATIONALS; ALL DAY: Adult \$25/Senior \$20/Child \$10
- INVATIONALS SESSION FEES: Adult \$15, Seniors \$12, Child \$10

If the meet host feels that the above prices need to be exceeded for their meet, they must first submit a request to the SoCal S.A.C. for approval.

▲ ▲ **SANCTION GUIDELINES**

- All National sanction guidelines must be followed.
- Rules and Policies are available at https://usagym.org/pages/women/pages/rules_policies.html
- All sanctioned qualifying competitions must be open to all Southern California clubs.
- All qualifying competitions must have a 2 judge panel per event for all levels. If extenuating circumstances arise, the State Chairman must be contacted.
- All sanctioned competitions may be used to qualify to the State Championships.

▲ ▲ MOBILITY SCORES

D.P. AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART				
Level	Minimum age requirement	Pre-requisite scores	Previous experience	Mobility score to advance to the next level
1 – 2	L1 - Reached 4 th birthday L2 - Reached 5 th birthday	None		None
3	Reached 6 th birthday	None		None
4	Reached 7 th birthday	75% proficiency at Level 1-3 on Vault, Bars, Beam, Floor	Level 4 or 5*	34.00 AA at Level 4
5	Reached 7 th birthday	34.00 AA at Level 4	Level 5 or 6*	32.00 AA at Level 5 Mobility back and forth between Levels 5 and 6 is allowed.
6	Reached 7 th birthday	32.00 AA at Level 5	Level 6 or 7*	32.00 AA at Level 6 Level 6 may be skipped if a 32.00 AA was achieved at Level 5
7	Reached 7 th birthday	32.00 AA at Level 5 or 6	Level 7 or 8*	32.00 AA at Level 7 Ind. Event Specialist: 8.5 per event
8	Reached 8 th birthday	32.00 AA at Level 7	Level 8 or 9*	34.00 AA at Level 8 Ind. Event Specialist: 8.5 per event
9	Reached 8 th birthday	34.00 AA at Level 8	Level 9 or 10*	34.00 AA at Level 9 to move to Level 10 Ind. Event Specialist: 8.5 per event
10	Reached 9 th birthday	34.00 AA at Level 9	Level 10 or Elite*	None

MOBILITY
FROM
XCEL
INTO
D.P.



* See for specifics of dropping back in the next section

- Athletes whose competitive experience has been in any system (including USA Gymnastics' Xcel Program) must enter the Development Program at Level 4.
- Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel athletes, and who is a minimum of **12** years of age is eligible to petition by submitting a formal written request to the SAC for entry into Level 7 and below. The petition must be accompanied by a video that demonstrates her skill level.

XCEL AGE/ENTRY REQUIREMENTS AND MOBILITY SCORES OVERVIEW CHART			
Division	Minimum Age Requirement	Pre-requisite Scores	Entry Division from the Development Program [^]
Bronze	Reached 5 th birthday	None	Development Program Levels 1,2
Silver	Reached 6 th birthday	None	Development Program Levels 1,2,3
Gold	Reached 7 th birthday	None	Development Program Levels 3,4
Platinum	Reached 8 th birthday	31.00 AA at Gold Division or 8.0 IES	Development Program Levels 5,6,7
Diamond	Reached 9 th birthday	31.00 AA at Platinum Division or 8.0 IES	Development Program Levels 7,8,9,10

**HIGHLIGHTED SECTIONS
ARE NEW INFO
AS OF JAN. 2023**

* See for specifics of dropping back in the next section

[^] Must have competed all-around at a minimum of one (1) sanctioned meet at the specified Development Program level to enter in the appropriate Xcel Division.

C. Entry into Xcel Divisions

1. Gymnasts who have no previous competitive experience may enter at Bronze, Silver, or Gold Division at their coach's discretion.
2. Gymnasts currently competing in the Xcel program must follow the chart above for mobility.
3. Any athlete who has previously competed in the Xcel Program, but has been inactive for one or more years, must contact their State Administrative Committee Chairman for proper entry regulations. The options are:
 - a. Remain at the Division at which they last competed.
 - b. Move up one Division if they achieved the mobility score during their last season.
 - c. Move down one Division without petitioning.

▲ ▲ **PROFESSIONAL CODE OF CONDUCT AND DRESS CODE:**

- READ and Follow the USA Gymnastics Code of Ethical Conduct.
- Function ONLY as a coach during a competition. They may not serve in a dual capacity (i.e. Coach/Judge, Coach/Announcer, etc.).
- Be professional
- Display good sportsmanship.
- Dress in attire reflecting the best image of gymnastics. At State meets and above, the coaches' dress code is as follows:
 - Athletic shoes with rubberized soles.
 - Athletic warm-up pants or "Dockers-style" pants (No jeans). No holes or tears.
 - Athletic or tailored shorts that are of a reasonable length (5" inseam or more). No holes, tears or short-shorts.
 - Collared shirts, business casual shirts or T-shirts with gym logo. (No spaghetti straps, low-cut tops or midriff revealing shirts).
 - No hats or visors.
- Coaches will be asked by the Meet Director to correct dress code infractions before they can enter the competition area.
- Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast.
- The use of cell phones (talking, texting, etc.) or any type of wireless communication device is prohibited while on the field of play (competition area).

Coaches are permitted to record their OWN gymnasts' exercise for personal use but should not in any way interfere with the competition.

- Attend all coaches' meetings and be familiar with the meet set-up and organization.
- Be present at all warm-up and competition sessions.
- Check the time of floor exercise music on the official music playback equipment prior to competition and report any problems to the Meet Referee.
- Must provide Floor exercise music in digital format (MP3, computer, tablet, smart phone, etc.). CD playback equipment is no longer provided by the Meet Director.
- These electronic devices must have a display screen and must be in airplane mode, when applicable. If passcode is required for use, it must be clearly provided or turned off.
- Be respectful of, and responsible for, his/her athletes at all times during the competition, and at the training prior to competition, if applicable.
- Follow all guidelines for the competition as stated in the USA Gymnastics Rules and Policies, including entry regulations.
- Continually update coaching knowledge and experience on a planned regular basis, by means of study, review of films, attending workshops, and participating in clinics, etc.
- Treat all competitions the same, regardless of the skill level.
- Set an example for the athletes by displaying a positive attitude and exemplary conduct.
- Show respect for all gymnasts, coaches, judges, and meet personnel.
- Coach gymnasts from their own team only, unless another coach asks for assistance or a gymnast has no coach available. It is inappropriate to conduct a coaching clinic during the competition.
- Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director. Refrain from approaching a judge directly.
- Instruct their gymnasts and parents to discuss any concerns they may have with the coach.
- Inform the gymnasts and gymnasts' parents of all competitive requirements, as well as their rights and responsibilities.

▲ **STATE MEET HOST PROCEDURES**

In order to create a championship experience for the competitors, coaches and spectators the following checklist is to be completed by the State Meet Host.

- Competition held in a facility suitable for the # of competitors and spectators
- Submit schedule to SACC for approval prior to distribution.
- Complete Schedule & Times distributed within 2 days of entry deadline date.
- Submit awards worksheet to SACC.
- Decorate in an appropriate manner/quality for championship meet.
- Special march-in ceremony to spotlight athletes.
- Pay 50% of state leotard.

- Recognition of graduating seniors (Optional & Xcel only) (set time aside in schedule during march-in).
- Announcement of regional team members
- Submit Judges and Coaches Hospitality menus prior to meet to SACC.
- Awards for team competition will be supplied by State Chairman
- Submit results, financial report, fees and sanction to State Chairman within 48 hours.

▲ **REQUEST FOR JUDGES**

- Meet directors may request judges by name or request that a judge not be assigned to their competition. Availability and proximity to host meet will all be taken into consideration by the judges assigning committee.
- These requests must be done on the Judges' Request Form when the request is filed.
- Judges may not solicit meets.
- Invitationals may request judges and even secure out of state officials if they choose.
- Fees that are due with judges Request Form: \$3.00 per judge, per day.

▲ **SO CAL RULES FOR JUDGES SELECTION TO QUALIFYING AND STATE COMPETITIONS**

- All qualifying meets will be assigned judges by NAWGJ So Cal as per the So Cal State Administrative Committee.
- State Championship judges selections are made by the SAC based on rating, experience and availability.
- Requests for specific judges are not applicable for a state meet.
- Assigners will work together to assign competitions using director requests, location, availability, rating, and carpool as guidelines.
- Judges may not "solicit" competitions from Meet Directors or inquire to a Meet Director why they were not assigned to their competition.
- Judges that do not meet the So Cal State requirements for Judging in that competition calendar year will not be considered for a state meet.
- If a judge / judges are not judging a state competition with the philosophy of what is best for the athletes and every effort has been made to resolve the issue, then the judge may be replaced during the competition with approval of State Chairman. Changes will only be made at the completion of a level to ensure the fairest playing field for all athletes. Judges that are removed from competition will only be paid for the sessions in which they judged.

▲ STATE MEET ASSIGNMENTS

- The SoCal SACC Is responsible for selecting all judges for the So Cal State meets.
- The SoCal SACC will work with the NAWGJ assigning committee to assign judges based on availability, rating, and location.
- All paperwork required (availability form, CPE form) must have been filed on time and be current in order for a judge to be considered for a State competition.
- Final list of judges must be approved by SoCal SACC before contracts may be sent to judges.
- All State competitions will have 2 Judge event panels.

▲ SO CAL REPORTING REQUIREMENTS

- Within 48 hours of the meet completion the following needs to be sent to the State Chairman:
 - Electronic Meet results
 - Electronic Copy of the completed sanction
 - Tracking Fee for the number of athletes in the competition (\$5.00 state)
 - Financial report for State meet hosts is due 7 days post-competition to SACC.

▲ COMPETITION TRACKING FEES

- Every USAG sanctioned state competition host in So Cal is required to pay an Athlete Tracking Fee to SoCal S.A.C. with required meet forms immediately following the competition.
- \$5.00/state per athlete with a score program e-file of results (ProScore/Excel/CSV) and sanction forms.
- Email all results to SACC at socalSACC@gmail.com
- Send forms and fee, payable to "So Cal USAG"
Mail to: Peter Flores- SACC
2277 Redondo Ave.~ Signal Hill, CA 90755

Miscellaneous

- All State rules for SoCal S.A.C. are available at the state web site:
www.socal-gymnastics.org
- All Regional rules for Region 1 are available at the Region 1 website:
<http://www.region-one-gymnastics.com/>
- All National rules for USAG competitions are available at the National USAG website: www.usa-gymnastics.org
- All National Rules and Policies for USAG are available at the National USAG website: https://usagym.org/pages/women/pages/rules_policies.html

