

Regional All-Stars

1. Purpose

a. A competition between the six (6) Trampoline & Tumbling Program Regions will be conducted for Level 10 Trampoline, Tumbling and Double Mini at the J. O. National Championships.

2. Team Composition

a. The Regional All-Star Teams will be comprised of the Level 10 Regional Champions in each discipline, age group and gender.

b. Each Regional All-Star Team will have no more than 30 total members. Ties will be broken using the Tie-Breaking System. See *VI Tie Breaking System*.

c. Substitutes

1) If any Regional Team member chooses not to attend the J. O. National Championships, the next highest qualifier from the Regional Championships in that discipline, age group and gender will be selected to the Regional Team in rank order.

2) If a region has no Level 10 competitors in an age group, or if the Level 10 competitors choose not to participate, the position may be filled with the Level 9 Regional Champion. Rule 1) above will apply to the Level 9 competitors.

3) If a Regional Championship Team member withdraws from the team the day of the competition, the Regional Chair may designate an alternate, in writing, to the Meet Referee. This must be done by the conclusion of the warm-ups for the Regional Team competition. No Regional Team changes will be allowed after the conclusion of the warm-up period.

d. Coaches

1) Each gymnast will be assisted by his/her personal coach.

3. Format

a. Competition will consist of flights of six (6) athletes each, one (1) athlete per region, for each discipline, age group and gender.

b. Competition will mirror the Level 10 finals.

1) Trampoline – One optional routine

2) Tumbling – Two optional passes

3) Double Mini – Two optional passes

c. Starting order will be determined by computer draw.

d. Level 9 competitors who do not meet Level 10 pass requirements will receive any applicable deduction for not meeting pass requirements.

e. Scoring

1) Boys: For each discipline, the three (3) highest scores from each Regional All-Star Team will be added together to determine the winning total. The highest team total wins.

2) Girls: For each discipline, the three (3) highest scores from each Regional All-Star Team will be added together to determine the winning total. The highest team total wins.

3) Grand Champion (Best Overall Regional All-Star Team):

Using the top three (3) scores from each discipline, age group and gender in each Region, the scores are added to determine the Grand Champion. The Region with the highest total score wins.

4. Awards

a. All competitors will receive a participation certificate.

b. Members of each winning team will receive an award.

c. Individuals on the Grand Champion team will receive an award.

d. The National Office will determine types of awards.

5. Apparel

a. Each Regional All-Star Team member will receive a leotard and warm-up provided by Elite Sportswear, sponsor of the USA Gymnastics J. O. Program.

b. Personal coaches will receive a warm-up provided by Elite Sportswear, sponsor of the USA Gymnastics J. O. Program.