IOWA
USA
GYMNASTICS

2026 – 2027
Rules & Policies

Edited by Kelly Dornon
with special thanks to Kathy Nelson

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USA Gymnastics/Region 4 Administration

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***Indicates voting member**
****Indicates even election year**

State Administrative Committee

The Iowa State Administrative Committee consists of the State Chairperson (tie-breaking vote only), five elected voting members, and other non-voting assigned or appointed positions. The guidelines for the composition of the voting members of the committee are:

- representation from the east side of the state
- representation from the west side of the state
- representation from the central area of the state

Committee Members serve a 2-year term, beginning July 1, with elections being held each year. This equates to a two-person turnover on the even years and a

three-person turnover on odd years. This allows for experienced committee members to always be in place regardless of the election cycle.

Elections take place in June and conclude by July 1.

The State Chairperson serves a 4-year term, beginning July 1, with elections being held on even years (2022, 2026, 2030…). Nominations take place in Spring every four years with elections being conducted in May.

Appointed positions, if any, are for a period of one year.

State Administrative Committee Duties

- Members must support the USA Gymnastics program and its Rules and Policies.
- Members must represent their area and/or level
- Members must support and consider the total State program.
- Members shall carry out the specific duties of their positions as determined by their State.
- Members are expected to attend all State Administrative Committee and general membership meetings.

IOWA LEGISLATION

IOWA STATE MEETS

All State Meets are under the total jurisdiction of the SAC (State Administrative Chair). A SAC member must be present throughout the duration of the competition. This could be a judge or coach already committed to being on premises for other responsibilities, e.g., Meet Referee.

A SAC member or State Meet Coordinator will be assigned to consult with the State Meet Director for coordination and approval of adherence to USA Gymnastics and USAG-IA Rules & Policies.

State Meet Competition Format

Xcel Bronze - Sapphire State Meet Format

All Xcel levels are conducted together in the same weekend in an off-site facility. Modified Traditional or Modified Non-Traditional (Capital Cup) are acceptable formats. Formats and schedules must be approved by SAC prior to publication.

Level 2- 10 State Meet Format

Level 2-10 State Meet is to be held off-site using a Modified Traditional or Modified Non-Traditional (Capital Cup) format. Formats and schedules must be approved by SAC prior to publication.

State Meet Selection of Judges

The SAC is responsible for selecting officials for assignment to Iowa State Championships. The following guidelines are given consideration:

1. Availability for the entire duration of the meet
2. Current standing with USAG and NAWGJ
3. Resume
    a. Attend clinics, training camps, workshops
    b. Volunteer at State/Region meets or events
    c. Actively judging at the level/division of the meet
    d. Past state meet experience
    e. Professionalism, consistency and character
    f. Evidence of leadership

Information is gathered and used to vote. If an SAC member is also a judge, they must recuse themselves from the vote.

State Meet Equipment

DEV and Xcel State Meet Equipment

Level 2-10 State Meet and Xcel State Meet must use the same equipment manufacturer (AAI, Speith, etc.) that is contracted for Regionals and Nationals.

State Meet Bids

State meets are awarded to clubs whose bids meet the approval of the SAC.

Download State Meet bid forms from iowausag.com and submit the completed form to the State Chairperson by the June 1st deadline. Be sure to include your gym name in the title of your bid.

State Meet Bids are evaluated on the following criteria:

- On-time submission of complete bid form with facility and equipment contracts arranged
- Host club Meet Director is experienced in conducting off-site competitions with multiple gyms and/or multiple USAG certified meet directors.

- Meet Directors must use *ProScore* and either have someone on staff or hire someone outside to run scoring
- Adequate facility size, seating, and parking
- Ability to provide adequate volunteers
- Hotel availability
- State Meets must use a USA Gymnastics licensed vendor
- Provide a photographer if possible
- Understand hospitality for judges
- Cost of the venue and seating for spectators should be taken into consideration when setting admission prices

The State Meet will be awarded by July 1st each year.

State Meet Entry through USA Gymnastics Meet Reservation System

USA Gymnastics Meet Reservation System must be used for State Meet entries.

Third party meet payment programs are allowed but may NOT charge additional fees for State Meets.

Score Reporting ProScore State Meets

The official Region 4 meet scoring program is *ProScore*. Please update to the newest version prior to setting up your meet.

State Meet Qualifying Scores

A qualifying score may be achieved at any USAG sanctioned meet in or out of Iowa.

- Level 2 32.00 · Level 7 32.00
- Level 3 32.00
- Level 4 32.00 · Level 8 32.00
- Level 5 32.00 · Level 9 32.00
- Level 6 32.00 · Level 10 32.00

- Level 2 and 3 athletes may qualify to state using a one-judge panel.

- Xcel Bronze 34.00 Xcel Silver 34.00
- Xcel Gold 32.00 Xcel Platinum 32.00
- Xcel Diamond 32.00 Xcel Sapphire 32.00
- Bronze and Silver athletes may qualify to state with a one-judge panel.

Individual Event Specialists (IES)

- Level 6-8 IES 9.0
- Level 9 & 10 IES 8.5
- Xcel Bronze & Silver IES 8.5
- Xcel Gold-Sapphire IES 8.0
- NOTE: No provision for IES to petition for an extra 0.10 to qualify.

State Meet Entry Fees

State Meet Entry Fees

- Level 2-5 State Meet $150
- Level 6-10 State Meet $175
- Xcel Bronze - Gold $95
- Xcel Platinum - Sapphire $110
- No Team Entry Fee

Admission Fees – State Meets

Maximum spectator admission fees that may be charged per day. Prices must be on meet info.

- State Meets
  - Adults (13-64) $30
  - Children (5-12) $20
  - Seniors (65+), Military, First responders $25
  - Age 4 and under Free
- Multi-day discount passes at the meet director's discretion.

State Meet Entry Deadline

Developmental & Xcel State Meets

- Any sanctioned in-state or out-of-state meet may be used for State Meet Qualifying.
- Enter on *USA Gymnastics Meet Reservation System* minimum of 6 weeks before State Meet.
- Enter ALL gymnasts that intend to compete if qualified for State Meet.
- Payment for State Meet should be made by the deadline. The deadline is at the discretion of the meet host.

- Late qualifiers
    - Late qualifier entry fees must be received by or postmarked by that date.
    - $10 late fee per individual entry for entries received after the deadline.
    - $25 late fee per individual entry for entries received within 10 days of the first day of the competition.
- Optional and Xcel Individual Event Specialist (IES) entries must be designated at the time of State Meet Entry by emailing the Meet Director.

Entry Fee Refund Policy State Meets

The Iowa State policy for refunding State Meet entry fees is two weeks prior to the first day of a weekend competition.

- No refunds are given for any reason within two weeks of the meet.

State Meet Age Groups

- Age groups are designated by age divided equally using a sliding scale creating approximately equal groups of not more than 20 athletes.
- Age groups designated as ChA, ChB, ChC, Jr A, Jr B, Jr C, Sr A, Sr B...etc.
- Age groups must be approved by the SACC for State Meets prior to creating a schedule.

Athletes should be in age groups close to each other in age.

Random Draw

Random draw is used within squads at the DEV State Meet according to the Rules & Policies.

State Meet Coaches Registration Fee

Coaches attending all state meets must be pre-registered through the *USA Gymnastics Meet Reservation System*. Coaches that are not pre-registered by 5:00pm on the evening prior to the start of the meet will be assessed a **$100** registration fee in order to be allowed on the floor.

State Meet Non-Judging Meet Referee

All state meets will use a non-judging meet referee. Panel judges will be selected from the pool of eligible and available Iowa judges regardless of affiliation, but an affiliated judge may not act as a Chief Judge.

Awards State Meet

Bronze State Meet Awards

- Individual Events: Medals for 50% of participants in each age group
- All Around: Medals for 100% of participants in each age group.
- Team Awards top 50% not to exceed 5 places.

Levels 2-10 State Meet Awards

- Medals for 50% of places for Individual Events and AA.
- No participation awards.
- Team Awards top 50% not to exceed 5 places.

Xcel Silver, Gold, Platinum, Diamond & Sapphire State Meet Awards

- Medals for 50% of places for Individual Events and AA.
- No participation awards.
- Team Awards top 50% not to exceed 5 places.

State Meet 1st or 2nd place Ties

- Duplicate gold or silver medals are awarded for individual events and AA.
- Both athletes stand on their respective places on the awards podium.

State Meet Team Awards

Team Score at State Meets is compiled using the top 3 individual scores per event regardless of age group or number of gymnasts entered per team.

Team Awards will be selected and purchased by the meet host. Place recognition will be for 50% of teams up to 5 places.

State Meet Medals Purchasing Policy

- The State Meet Director gives the SACC the list of required medals.
- SACC orders the medals and has them delivered to the State Meet Director.
- The State Meet Director will inventory all medals at the end of the event. A breakdown of inventory given/retained will be given to the SACC.
- The State Meet Director will reimburse Iowa USAG by check for all medals used **within two weeks** following the event. The amount will be determined by a breakdown per medal as per the SACC.

- Surplus medals will NOT be bought back if event/placement labels were attached.
- The SACC will store all medals until the following year.

Graduating Seniors

Graduating seniors will be recognized at the state meet with a gift from Iowa USAG. All speeches and other accolades should be reserved for another time.

State Meet Expenses

Iowa State Meets do not guarantee Meet Directors a profit. Normal meet expenses must be budgeted for based on entry fees and meet proceeds.

State Meet Financial Reports

A ***Financial Report form*** must be sent to the State Chairperson within 60 days after the State Meet. **Failure to do so will result in loss of eligibility to host a state meet the following two years.**

State Meet and Regular Season Meet Information

Hard copies of state meet information do NOT need to be mailed to teams via USPS.

Any club is welcome to be included on the state website calendar. This information must be submitted to the SACC. Links may also be provided for easier access to meet information.

DROP BACK DATE

February 15 is the level declaration date for all Xcel and DEV athletes. Gymnasts who drop back after this date are ineligible to compete at a state meet at the lower level.

Gymnasts may not compete in both the DEV State Meet and the Xcel State meet within the same competitive season.

HEAD TAXES

Iowa Head Tax - $10 per athlete

All USAG registered athletes in both the Xcel and DEV programs are required to pay $10 to Iowa USAG each year. Any athlete that is listed on the USAG website is subject to this administrative fee which is used to fund the general operations of Iowa USAG. **One check per club should be mailed and postmarked by February 15th along with a printed roster of athletes.** Any fees not RECEIVED by March 1st will be assessed a $10/athlete late charge. Checks (made out to Iowa USAG) and rosters should be sent to Kelly Dornon, 6521 Palm Valley Drive, Sioux City, IA 51106.

Region 4 Head Tax - $6 per athlete at State Meet

Based on State Meet participation, each State Meet host pays $6 per athlete to Region 4 at the conclusion of each event. This check is made out to Region 4 and mailed to Rick Nelson, S73 W17240 Lake Drive, Muskego, WI 53150.

Judges Assigning Fee

Meet directors for all state meets are required to pay an assigning fee to Iowa NAWGJ. This $3/judge is submitted along with a Request for Judges form to the Iowa State Judging Director.

REGIONALS

Region 4 Website - region4gymnastics.com

Judges Selection to Regionals

Judges with an appropriate rating will be eligible for assignment at Xcel and DEV Regionals.

- They must have judged the qualifying State Meet and meet all Regional criteria
- Must have attended a Regional Training Camp within the past 3 years.

Regional resumes must be sent to the State Judging Director, SACC and RTCC by the designated date in May of the preceding year. Based on resumes, the SAC will make recommendations to the RTCC for judges to be assigned.

STATE AWARDS

Annual state awards will be given in the following catagories and based on this criteria:

- Team Sportsmanship – Fairness, ethics, respect, understanding of fair play and general goodwill to opponents
- Compulsory Program of the Year – Sportsmanship, leadership, teamwork, fun and accomplishments
- Optional Program of the Year - Sportsmanship, leadership, teamwork, fun and accomplishments
- Xcel Program of the Year - Sportsmanship, leadership, teamwork, fun and accomplishments
- Sportsperson of the Year - Sportsmanship, leadership, teamwork, fun and accomplishments
- Judge "Above and Beyond" – Iowa NAWGJ sets the criteria for this award