



USA GYMNASTICS®

Kentucky

2015 – 2016 Rules & Policies

Compiled and Effective

August 1st, 2015

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USA Gymnastics – Kentucky Committee Members

Committee Chair	Vicki Smith 210 Price Creek Lane New Haven, KY 40051	home (502) 549-8377 cell (502) 460-0584 vicki.smith@bardstown.kyschools.us
Central Representative	Jason Button 149 William Street Louisville, KY 40206	(502) 500-4248 jason.button@allaboutkids.cc
Eastern Representative	Jennifer Layne 119 Stratford Glenn Winchester, KY 40391	(859) 351-1534 jenniferlayne@bellsouth.net
Western Representative	Donna Ethridge 4211 Hurricane Road Cadiz, KY 42211	(270) 350-2977 mamadona37@yahoo.com
Apparel	Angela Dickey 1013 Doe Meadow Court Lexington, KY 40509	(859) 421-6795 saddlupasb@gmail.com
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NAWGJ Assigner	Michael Crowe 317 Williamsburg Drive Nicholasville, KY 40356	(502) 445-2760 mjcrowe@hotmail.com
Score Tracking	Brian Blewitt 9505 Gerardia Lane Prospect, KY 40059	(502) 419-0212 brianblewitt@blueribbonsports.net
Secretary	Linice Kaiser 110 Stable Way Nicholasville, KY 40356	(859) 351-0592 legacyallsports@gmail.com
Technical Support	Candace Alvey 520 Creekwood Court Bowling Green, KY 42101	(270) 313-0126 yopir8s@hotmail.com

USA Gymnastics – Kentucky Calendar of Events 2015 – 2016

2015

06/15/2015	Kentucky Qualifiers Bid form deadline	
08/31/2015	Kentucky State Meet Bid form deadline	
10/24/2015	Legacy Meet Lexington, KY	Levels 4 & 5 (KQ) Legacy Gymnastics
11/14 – 15/2015	Champion's Fall Challenge Louisville, KY	Level 1 (non-sanctioned), Levels 2 – 5 & Xcel (KQ) Champion Gymnastics
11/21 – 22/2015	Top Flight Thanksgiving Classic Fort Thomas, KY	Levels 2 – 5 & Xcel (KQ) Top Flight Gymnastics
12/04 – 06/2015	Kentucky Judges' Cup Richmond, KY	Levels 2 – 5 & Xcel (KQ) KY NAWGJ

2016

01/23 – 24/2016	Champion's Super Bowl Challenge Louisville, KY	Level 1 (non-sanctioned), Levels 2 – 5 & Xcel (KQ) Champion Gymnastics
01/30 – 31/2016	Becca's Beach Party Elizabethtown, KY	Levels 2 – 8 & Xcel (KQ) Becca's Place Gymnastics
02/05 – 07/2016	Winter Classic Louisville, KY	Levels 2 – 10 & Xcel (KQ) Kentucky Gymnastics Academy
02/12/2016	Declaration Date	
02/12/2016	Levels 4 – 10 State Meet entry deadline	
02/13 – 14/2016	Fit Kids Challenge Lebanon, KY	Level 1 (non-sanctioned), Levels 2 – 5 & Xcel (KQ) Fit Kids
02/19/2016	Levels 2, 3, & Xcel State Meet entry deadline	
02/20 – 21/2016	Heart Rock Classic Lexington, KY	Level 1 (non-sanctioned), Levels 2 – 5 & Xcel (KQ) Legacy Gymnastics
02/26 – 28/2016	Champion's Derby Classic Louisville, KY	Levels 2 – 10 & Xcel (KQ) Champion Gymnastics
03/12 – 13/2016	Kentucky State Meet Bardstown, KY	Levels 4 – 10 Blue Ribbon Sports
03/19 – 20/2016	Kentucky State Meet Bardstown, KY	Levels 2, 3, & Xcel Blue Ribbon Sports
04/08 – 10/2016	Regional Meet Bourbonnais, IL	Levels 9 & 10 Gymnastics X-Calibur
04/15 – 17/2016	Regional Meet Lexington, KY	Level 8 Fit Kids Gymnastics
04/29/2016 – 05/01/2016	J.O. Eastern Meet Virginia Beach, VA	Level 9
05/06 – 08/2016	J.O. National Meet Fort Worth, TX	Level 10
05/06 – 08/2016	Regional Meet Shelby Township, MI	Level 7 Olympia Gymnastics Academy
05/14 – 15/2016	Regional Meet Columbus Grove, OH	Xcel Silver – Diamond Halker's Gold Gymnastics
	Kentucky State Banquet	
06/30/2016	Kentucky Qualifiers Bid form deadline	
08/31/2016	Kentucky State Meet Bid form deadline	

USA Gymnastics – Kentucky Rules & Policies 2015 – 2016

New Material is highlighted in **yellow**

Kentucky Qualifier Meets

1. Kentucky Qualifier (KQ) system:

- a. A Kentucky Qualifier (KQ) meet is a USA Gymnastics sanctioned competition that has been designated by the USA Gymnastics – KY State Committee as a meet at which a gymnast may earn a qualifying score in order to advance to the Kentucky State Championships.
- b. Levels 2 – 5 & Xcel gymnasts **MUST** compete in at least 2 KQ meets and achieve the qualifying score in at least one KQ meet to qualify to State meet.

2. KQ meet requirements:

- a. KQ meets must submit a bid form to the State Administrative Committee.
- b. KQ meets must be open invitations to all USA Gymnastics – Kentucky member clubs. The meet may also be open to out of state USA Gymnastics competitors.
- c. KQ meets must follow the sanctioning procedures as listed in the USA Gymnastics R&P.
- d. KQ meets must follow the age group and awards requirements as described in the USA Gymnastics – Kentucky R&P.
- e. KQ meets must be hosted by a Kentucky member club or Kentucky organization (KY NAWGJ).
- f. It is suggested that non removable wristbands be used as sign-in credentials at KQ meet.

3. KQ maximum competition fees:

- a. Levels 2 – 5 \$50.00 (in gym)
- b. Levels 6 – 10 \$60.00 (in gym)
- c. Xcel Bronze, Silver, & Gold \$50.00 (in gym)
- d. Xcel Platinum & Diamond \$60.00 (in gym)
- e. KQ meets using rented facilities and rented equipment are exempt from the above fee requirements. However it is strongly encouraged to follow the fee requirements for level 2s.
- f. Entry fees are not refundable with less than a 10 day notice prior to the meet.

4. KQ minimum age required to compete as per level:

- a. Level 2 must have reached their 5th birthday.
- b. Level 3 must have reached their 6th birthday.
- c. Levels 4 – 7 must have reached their 7th birthday.
- d. Levels 8 & 9 must have reached their 8th birthday.
- e. Level 10 must have reached their 9th birthday.
- f. Xcel Bronze must have reached their 5th birthday.
- g. Xcel Silver must have reached their 6th birthday.
- h. Xcel Gold must have reached their 7th birthday.
- i. Xcel Platinum must have reached their 8th birthday.
- j. Xcel Diamond must have reached their 9th birthday.

5. KQ age determinations: Age as of the last day of the championship meet.

- a. Levels 2 & 3 **03/20/2016** (State)
- b. Levels 4, 5, & 6 **03/13/2016** (State)
- c. Level 7 **05/08/2016** (Regional)
- d. Level 8 **04/17/2016** (Regional)
- e. Level 9 **05/01/2016** (Eastern)
- f. Level 10 **05/08/2016** (J.O. National)
- g. Xcel Bronze **03/20/2016** (State)
- h. Silver – Diamond **05/15/2016** (Regional)

6. KQ age groups and sizes:

- a. Consecutive ages can be combined.
- b. No single age group can exceed 15 athletes.
- c. Sessions may be divided by teams or by age groups.
- d. Must follow guidelines in USA Gymnastics R&P.

7. KQ award requirements: Levels 2 – 10 & Xcel.

- a. Achievement ribbons are no longer required for events following the USA Gymnastics R&P.
- b. Individual events: placement medals, plaques, or trophies must be given to the top 1/3 of each age group. Additional awards may be given.
- c. All-around placements: gold, silver, and bronze by percentage must be given to each gymnast. Also special recognition is given to the top 3 in each age group with medals, plaques, or trophies.
- d. Pre-meet information must describe the awards to be given at the meet.

8. KQ team awards:

- a. A team consists of a minimum of 3 gymnasts.
- b. The top 3 scores per event will be used to calculate ALL team awards.
- c. Every team that pays a team entry fee must receive a TEAM AWARD.

9. KQ judging requirements:

- a. All levels 2 – 10 & Xcel divisions must have two judge panels for each event.
- b. Xcel divisions Bronze, Silver, & Gold judges must have a minimum rating of 4/5.
- c. In an emergency situation Xcel may be reduced to a one judge panel and follow the USA Gymnastics R & P guidelines.

10. KQ reporting procedures:

- a. The following is due within 24 hours of the meet's conclusion:
 - i. The original Sanction Report form and the Coaches' Sign-in Sheet(s) to USA Gymnastics Member Services Department, 132 East Washington Street, Suite 700, Indianapolis, IN 46204.
- b. The following is due within 48 hours of the meet's conclusion:
 - i. A copy of Sanction Report form and \$1.00 per gymnast to Regional Administrative Chair: David Stiles, Region 5 RACC, 105 Woodland Lane, Carmel, IN 46032, (317) 504-8281 cell, (317) 849-7744 gym, gymcoachdave1@gmail.com
 - ii. A copy of Sanction Report form, \$2.00 per gymnast, and results to the State Administrative Chair: Vicki Smith, 210 Price Creek Lane, New Haven, KY 40051
 - iii. A copy of the results must be in Excel format and emailed to Brian Blewitt, brianblewitt@blueribbonsports.net.
- c. Not following this rule constitutes an offence. The meet director and gym club will lose the privilege of hosting future competitions. USA Gymnastics rule!

Kentucky State Meets

1. State meet requirements:

- a. State meets must submit a bid form to the State Administrative Committee.
- b. State meets must be hosted by a Kentucky member club or Kentucky organization (KY NAWGJ).
- c. It is recommended the host site is not in-house (in gym). Other bids will be reviewed at the committee's discretion.
- d. Meet format must be Capital Cup or Modified Capital Cup (two sets of equipment)
- e. The committee will compensate the host club for the additional cost of the second set of equipment, if requested by the host.
- f. An electronic scoring system must be used to display scores to spectators.
- g. State meets must follow the sanctioning procedures as listed in the USA Gymnastics R&P.
- h. State meets must follow the age group and awards requirements as described in the USA Gymnastics R&P and the Kentucky R&P.
- i. It is required that non removable wristbands be used as sign-in credentials at Kentucky state meets.

2. State meet entry fees:

- | | |
|--------------------------|---------|
| a. Levels 2 & 3 | \$55.00 |
| b. Levels 4 & 5 | \$60.00 |
| c. Levels 6 – 10 | \$75.00 |
| d. Event specialist | \$75.00 |
| e. Xcel Bronze | \$55.00 |
| f. Xcel Silver – Diamond | \$65.00 |

3. State meet qualifying score:

- a. Levels 2 – 5 31.00 at a KQ meet.
- b. Levels 6 – 8 31.00 at any USA Gymnastics sanctioned competition.
- c. Levels 9 & 10 32.00 at any USA Gymnastics sanctioned competition.
- d. Xcel 31.00 or equal event score average at a KQ meet.
- e. Levels 2 – 5 & Xcel gymnasts **MUST** compete in at 2 least KQ meets and achieve the qualifying score in at least one KQ meet to qualify to State meet.
- f. For any optional using an out of state meet to qualify to state you must send a copy of the results to Brian Blewitt, brianblewitt@blueribbonssports.net.

4. Optional level event specialist:

- a. An optional level gymnast may enter KY State meet as an event specialist and must qualify by achieving a score of 8.5 per event at any USA Gymnastics competition, maximum of 3 events.
- b. An event score from an all-around score in any USA Gymnastics sanctioned competition can be used to qualify to the KY State meet. The State committee will not require the gymnast to designate that they are competing as an individual specialist in pre-state meet competitions. (This is to reflect new discussions by the National J.O. committee and cleared with Tom Koll and Connie Maloney).
- c. Coaches must declare on the State Meet Entry form if the athlete is an event specialist or all-around, and they **MUST** compete that way at State and above.
- d. The entry fee will be the same as the all-around fee.

5. State declaration date:

- a. According to the USA Gymnastics R&P the state committee must set a declaration date, after which a gymnast may not drop back to a lower level for state meets.
- b. USA Gymnastics – Kentucky declaration date is **02/12/2016** for all levels.

6. State meet entry deadline:

- a. The deadline for all state meets is to be 4 weeks ahead of the meet date.
- b. Levels 2 & 3 **02/19/2016**
- c. Levels 4 – 10 **02/12/2016**
- d. Xcel Bronze **02/19/2016**
- e. Silver – Diamond **02/19/2016**
- f. All entries **MUST** be in hand to the meet director before the deadline or it will be considered late.
- g. All entries received after the deadline or if the entry is completed improperly will be charged a late fee of \$25.00 per gymnast.
- h. Entries must include:
 - i. Competitors and petitioned athletes' name(s), USA Gymnastics member number, birthdate, citizenship, age division, date of qualification, and score.
 - ii. The name(s) and USA Gymnastics professional number and safety certification expiration of all participating coaches.
 - iii. **ALL FEES PAID IN FULL.**

7. Qualifying for State meets after the deadline:

- a. List athletes who are attempting to qualify at the bottom of your meet entry form and list the competition that they will attempt qualifying in.
- b. DO NOT pay their fees if they have not qualified.
- c. On the Monday following the qualifying meet, you must contact the meet director and let them know if they qualified.
- d. A check must be postmarked on the Monday following the qualifying meet or you will owe the late fee!

8. State meets age determination: Age as of the last day of the championship meet.

- a. Levels 2 & 3 **03/20/2016** (State)
- b. Levels 4, 5, & 6 **03/13/2016** (State)
- c. Level 7 **05/08/2016** (Regional)
- d. Level 8 **04/17/2016** (Regional)
- e. Level 9 **05/01/2016** (Eastern)
- f. Level 10 **05/08/2016** (J.O. National)
- g. Xcel Bronze **03/20/2016** (State)
- h. Silver – Diamond **05/15/2016** (Regional)

9. State meet age groups and sizes:

- a. Consecutive ages can be combined.
- b. No single age group can exceed 15 athletes.
- c. Sessions may be divided by teams or by age groups.
- d. Must follow guidelines in USA Gymnastics R&P.

10. State meet awards requirements: Levels 2 – 10 & Xcel.

- a. Achievement ribbons are no longer required for events following the USA Gymnastics R&P.
- b. Individual events: placement medals, plaques, or trophies must be given to the top 1/3 of each age group. Additional awards may be given.
- c. All-around placements: gold, silver, and bronze by percentage to each gymnast. Also special recognition is given to the top 3 in each age group with medals, plaques, or trophies.
- d. Pre-meet information must describe the awards to be given at the meet.

11. State meet team awards:

- a. A team consists of a minimum of 3 gymnasts.
- b. The top 3 scores per event will be used to calculate ALL team awards.
- c. Every team that pays a team entry fee must receive a TEAM AWARD.

12. State meet judging requirements:

- a. Levels 2 – 8 must use a minimum of two judges per event.
- b. Levels 9 & 10 may not be combined with any other level and are expected to use a four judge panel. This session may have a two event rotation schedule.
- c. In the case that the entry numbers for levels 9 & 10 do not allow for a four judge panel, then a two judge panel system is acceptable.
- d. Xcel divisions Bronze, Silver, & Gold judges must have a minimum rating of 4/5.

13. State meet reporting procedures:

- a. The following is due within 24 hours of the meet's conclusion:
 - i. The original Sanction Report form and the Coaches' Sign-in Sheet(s) to USA Gymnastics Member Services Department, 132 East Washington Street, Suite 700, Indianapolis, IN 46204.
- b. The following is due within 48 hours of the meet's conclusion:
 - i. A copy of Sanction Report form and \$1.00 per gymnast to Regional Administrative Chair: David Stiles, Region 5 RACC, 105 Woodland Lane, Carmel, IN 46032, (317) 504-8281 cell, (317) 849-7744 gym, gymcoachdave1@gmail.com
 - ii. A copy of Sanction Report form, \$3.00 per gymnast (with \$1.00 dedicated to the State Banquet), and results to the State Administrative Chair: Vicki Smith, 210 Price Creek Lane, New Haven, KY 40051
 - iii. A copy of the meet results (all-around and individual event scores for each level and age division) to the Regional Technical Chair, Char Christensen, 1260 Churchbell Way, Columbus, OH 43235
 - iv. A copy of the meet results (all-around and individual event scores for the appropriate level and age division) to the regional meet director.
 - v. A copy of the results must be in Excel format and emailed to Brian Blewitt, brianblewitt@blueribbonsports.net.
- c. The following is due within 45 days of the meet's conclusion:
 - i. The meet director must submit a financial report, including all income and expenses involved in the meet, to State Administrative Chair: Vicki Smith, 210 Price Creek Lane, New Haven, KY 40051
- d. Not following this rule constitutes an offence. The meet director and gym club will lose the privilege of hosting future competitions. USA Gymnastics rule!

All other rules

1. On the competition floor rules:

- a. Cell phones and texting:
 - i. All cell phones are barred from the competition area, this includes warm-up areas. This means coaches, gymnasts, judges, and meet officials.
 - ii. See the USA Gymnastics R&P for all other guidelines regarding electronic devices.
- b. Coaches credentials:
 - i. Professional and Jr. Professional members must be prepared to produce their current membership card or other event-specific credential at sign-in at all USA Gymnastics sanctioned events if requested.
 - ii. It is suggested that non removable wristbands be used as sign-in credentials at KQ meet.
 - iii. It is required that non removable wristbands be used as sign-in credentials at KY state meets.
- c. Be professional: Dress in appropriate attire that reflects the best image of gymnastics.
 - i. Dress code for all KQ and state meets as per USA Gymnastics – KY committee is as follows:
 1. Athletic shoes with rubberized soles.
 2. Athletic warm-up pants or Dockers-style pants (no jeans).
 3. Athletic or tailored shorts that are of reasonable length. No hole, tears, or short shorts.
 4. Collared shirts, casual shirts, or t-shirts with gym logo (no spaghetti straps, low cut tops, or midriff revealing shirts).
 5. No hats or visors.
 6. Be mentally and physically prepared and rested in order to provide the safest environment for the gymnast. Remember no cell phones.
 7. Show respect for all gymnasts, coaches, judges, and meet personnel.
- d. It is the responsibility of the meet director to enforce any miscellaneous rule violations. Violators will be given a warning and the violation must be corrected before the next session of attendance. Meet credentials will be revoked. **A warning letter will be sent to the club that a coach was in violation.**

2. Sanction violations:

- a. Consult USA Gymnastics R&P.
- b. Kentucky requires all meet directors to file the required reports to the state and regional chairman.
- c. Refer to KQ reporting procedures for competition tax per gymnast on pages five and eight.

3. Xcel:

- a. Kentucky will offer all divisions of Xcel as designated by USA Gymnastics National Xcel Program 2015 – 2016 season.
- b. Official rules can be found at <http://usagym.org/pages/women/pages/xcel.html>

4. TOPs Program:

- a. State Program Director, Linice Kaiser, 110 Stable Way, Nicholasville, KY 40356, legacyallsports@gmail.com, (859) 351-0592

5. Mobility reporting:

- a. If you are using a sanctioned event that is not a KQ meet to move up in level you must email a copy of the results to Brian Blewitt, brianblewitt@blueribbonssports.net.
- b. Athletes may not skip any level.
- c. Athletes must advance one level at a time by scoring the minimum mobility score, per USA Gymnastics R&P.
- d. Athletes may not use the Xcel program to skip any levels in the J.O. program, per USA Gymnastics R&P.

6. Deadline for 2016 – 2017 Calendar

- a. KQ bids must be submitted by **June 30th, 2016** for the upcoming season. A State Calendar will be published for the upcoming season by **August 1st, 2016**.
- b. State meet bids must be submitted by **August 31st, 2016** for the upcoming season. State meets will be awarded and announced for the upcoming season following our September meeting.

Kentucky USA Gymnastics competing clubs Mailing List

<p style="text-align: center;">Agility Gymnastic Academy, 176257</p> <p style="text-align: center;">374 Crossfield Drive, Versailles, KY 40383</p> <p><u>Gym</u> (859) 879-0313 fax: (859) 400-0404 agilitygym@live.com www.agilitygym.org</p> <p><u>Contact</u> Michelle Grewe (859) 948-3563 coachmgrewe@insightbb.com</p>	<p style="text-align: center;">All About Kids Sports Center, 23286</p> <p style="text-align: center;">2531 Blankenbaker Parkway, Louisville, KY 40299</p> <p><u>Gym</u> (502) 809-1386 fax: (502) 809-1382 www.allaboutkids.cc</p> <p><u>Contact</u> Angie Tyler angie.tyler@allaboutkids.cc</p>
<p style="text-align: center;">All-Stars Gymnastics, 24802</p> <p style="text-align: center;">5800 Fern Valley Road, Suite 122, Louisville, KY 40228</p> <p><u>Gym</u> (502) 969-4243 allstarsgym@aol.com www.all-starsgymnastics.com</p> <p><u>Contact</u> Amber Maraldo (502) 356-5346 amberlynnsaunders31@gmail.com</p>	<p style="text-align: center;">Amerisport Gymnastics, 23983</p> <p style="text-align: center;">2041 Creative Drive, Suite 200, Lexington, KY 40505</p> <p><u>Gym</u> (859) 255-5231 amerisport.gymnastics@gmail.com www.amerisportusa.org</p> <p><u>Contact</u> Ted Jackson (859) 536-2186 tjdelchev@hotmail.com</p>
<p style="text-align: center;">Becca's Place Gymnastics Inc, 288000</p> <p style="text-align: center;">4210 Leitchfield Road, Cecilia, KY 42724</p> <p><u>Gym</u> (270) 862-9812 fax: (270) 862-9812 info@beccasplacegym.com www.beccasplacegym.com</p> <p><u>Contact</u> Jessika Bohannon-Ferriss beccas.flipstown@yahoo.com</p>	<p style="text-align: center;">Blue Ribbon Sports, 24328</p> <p style="text-align: center;">2388 New Haven Road, Bardstown, KY 40004</p> <p><u>Gym</u> (502) 348-2164 info@blueribbonssports.net www.blueribbonssports.net</p> <p><u>Contact</u> Brian Blewitt (502) 419-0212 brianblewitt@blueribbonssports.net</p>
<p style="text-align: center;">Champion Gymnastics, 23286</p> <p style="text-align: center;">11100 Plantside Drive, Louisville, KY 40299</p> <p><u>Gym</u> (502) 266-7447 www.allaboutkids.cc</p> <p><u>Contact</u> Jennifer Greenwell jennifer.greenwell@allaboutkids.cc</p>	<p style="text-align: center;">Excel Gymnastics, 27249</p> <p style="text-align: center;">700 South Keenland Drive, Richmond, KY 40475</p> <p><u>Gym</u> (859) 626-0028 www.excelgymnasticsky.com</p> <p><u>Contact</u> Jennifer Layne (859) 351-1534 jenniferlayne@bellsouth.net</p>
<p style="text-align: center;">Extreme Gymnastics, 24623</p> <p style="text-align: center;">111 Myrtle Street, Glasgow, KY 42141</p> <p><u>Gym</u> (270) 651-2808 fax: (270) 651-2808 extremegym@glasgow-ky.com www.extremeky.com</p> <p><u>Contact</u> Latonya Gray</p>	<p style="text-align: center;">Fit Kids, 549463</p> <p style="text-align: center;">100 Warehouse Road, Lebanon, KY 40033</p> <p><u>Gym</u> (270) 699-2288 lebanonfitkids@yahoo.com www.fitkidssportscenter.com</p> <p><u>Contact</u> Joelle Smith</p>
<p style="text-align: center;">Five Star Gymnastics, 26189</p> <p style="text-align: center;">1405 Jamike Lane, Suite 11, Erlanger, KY 41018</p> <p><u>Gym</u> (859) 647-0660 fax: (859) 647-0134 jrussell603@gmail.com www.fivestar-gymnastics.com</p> <p><u>Contact</u> Kristie Hood kmhood001@fuse.net</p>	<p style="text-align: center;">Kentucky Gymnastics Academy, 25383</p> <p style="text-align: center;">1920 Stanley Gault Parkway, Louisville, KY 40223</p> <p><u>Gym</u> (502) 254-1010 kgateam@yahoo.com www.kgagym.com</p> <p><u>Contact</u> Shannon Wickel (502) 472-6490</p>
<p style="text-align: center;">Lakewood Gymnastics, 23641</p> <p style="text-align: center;">5325 Enterprise Drive, Paducah, KY 42001</p> <p><u>Gym</u> (270) 444-0862 vswickie@yahoo.com www.lakewoodgym.com</p> <p><u>Contact</u> Alex Banks (270) 687-4873 alexbgatch@msn.com</p>	<p style="text-align: center;">Legacy Gymnastics, 110124</p> <p style="text-align: center;">261 Ruccio Way, Lexington, KY 40503</p> <p><u>Gym</u> (859) 977-8862 fax: (866) 816-8989 legacyallsports@gmail.com www.legacyallsports.com</p> <p><u>Contact</u> Linice Kaiser (859) 351-0592</p>

<p align="center">Owensboro Gymnastics, 24506</p> <p align="center">3239 Alvey Park Drive, Owensboro, KY 42303</p> <p><u>Gym</u> (270) 926-3491 fax: (270) 926-4562</p> <p><u>Contact</u> Kandy Barr kanbarr@msn.com</p>	<p align="center">Premier Athletics Lexington, 479788</p> <p align="center">1850 Bryant Road, Suite 110, Lexington, KY 40509</p> <p><u>Gym</u> (859)381-1500 fax: (859) 381-1600 www.premierathletics.com</p> <p><u>Contact</u> Lauren Snowden lsnowden@premierathletics.com</p>
<p align="center">River City Turners, 25632</p> <p align="center">8009 Terry Road, Louisville, KY 40258</p> <p><u>Gym</u> (859) 935-8876 rivercityturnersgym@yahoo.com m</p> <p><u>Contact</u> Jennifer McCabe (502) 645-1467</p>	<p align="center">Todd's Gymnastics Academy, 283481</p> <p align="center">1300 South Main Street, Madisonville, KY 42441</p> <p><u>Gym</u> (270) 821-7800 tgamadisonville@gmail.com www.tgaelite.com</p> <p><u>Contact</u> Michelle Todd</p>
<p align="center">Top Flight Gymnastics, 25439</p> <p align="center">721 Centre View Boulevard, Crestview Hills, KY 41017</p> <p><u>Gym</u> (859) 344-1010 fax: (859) 578-2212 tfgart@topflightgymnastics.com www.topflightgymnastics.com</p> <p><u>Contact</u> David Cole dcole@topflightgymnastics.com</p>	<p align="center">Twin Lakes Gymnastics, 930231</p> <p align="center">90 Blair Drive, Clarkson, KY 42726</p> <p><u>Gym</u> (270) 589-1444 wkiennifer@hotmail.com www.twinlakesgymnastics.com</p> <p><u>Contact</u> Kari Ray tkray03@yahoo.com</p>
<p align="center">Universal Kentucky Gymnastics, 235915</p> <p align="center">P.O. Box 967, Murray, KY 42071</p> <p><u>Gym</u> (270) 759-4787 premierecheer@yahoo.com www.universalathletics.net</p> <p><u>Contact</u> Mary Ann Morrison gymteaminwky@gmail.com</p>	

Kentucky Gymnastics non-participating clubs Mailing List

<p align="center">Big Dog Gymnastics, 487249</p> <p align="center">302 West Main Street, Providence, KY 42450</p> <p><u>Gym</u> (270) 667-9066 fax: (270) 667-9067 tphillips@plantersbankonline.com</p> <p><u>Contact</u> Kristen Cullen kristencullen@yahoo.com</p>	<p align="center">Brooke Bailey Dance Addiction</p> <p align="center">P.O. Box 449, Cadiz, KY 42211</p> <p><u>Gym</u> (270) 839-4807</p> <p><u>Contact</u> Brooke Bailey Abner brooke_bailey86@hotmail.com</p>
<p align="center">Carousel Kidz</p> <p align="center">261 Ruccio Way, Lexington, KY 40503</p> <p><u>Gym</u> (859) 977-8862 legacyallsports@gmail.com www.legacyallsports.com</p>	<p align="center">Competitive Edge Gymnastics, 26835</p> <p align="center">58A Elk Park Drive, Taylorsville, KY 40071</p> <p><u>Gym</u> (502) 354-9108 cegymnastics@gmail.com www.competitiveedgegymnastics.com</p> <p><u>Contact</u> Ashley Stratton (502) 299-2804 ashley@competitiveedgegymnastics.com</p>
<p align="center">Cynthiana Gymnastics</p> <p align="center">311 North Poplar Street, Cynthiana, KY 41031</p> <p><u>Gym</u> (859) 234-5984</p> <p><u>Contact</u> Melissa Partin (895) 588-1488 mcparti@aol.com</p>	<p align="center">Elite Gymnastics & Cheer, 659534</p> <p align="center">117 Clark Street, Henderson, KY 42420</p> <p><u>Gym</u> (270) 827-7733</p> <p><u>Contact</u> Cathy Millhof (229) 894-5717 cmillhof@bellsouth.net</p>

<p style="text-align: center;">Fit Stop</p> <p style="text-align: center;">3405 Baker Street, Erlanger, KY 41018</p> <p><u>Gym</u> (859) 342-9393 fitstopgym@fuse.net</p> <p><u>Contact</u> Jeanine Schilling</p>	<p style="text-align: center;">Fliptastic</p> <p style="text-align: center;">3411 Bastogne Avenue, Fort Campbell, KY 42223</p> <p><u>Gym</u> (270) 412-5455</p> <p><u>Contact</u> paipe.p.commander.naf@mail.mil</p>
<p style="text-align: center;">FunNastics</p> <p style="text-align: center;">301 Kenton Lands Road, Erlanger, KY 41018</p> <p><u>Gym</u> (859) 426-777</p> <p><u>Contact</u> Hanna McGuire hmcguire@silverlakefamily.com</p>	<p style="text-align: center;">Gym Dandys Gymnastics</p> <p style="text-align: center;">568 Forest Hill Drive, Morehead, KY 40351</p> <p><u>Gym</u> (606) 784-3989</p> <p><u>Contact</u> Don Hardin hardindon@windstream.net</p>
<p style="text-align: center;">Image Gymnastics</p> <p style="text-align: center;">705 West Main, P.O. Box 205, Elkton, KY 42220</p> <p><u>Gym</u> (859) 238-7053</p> <p><u>Contact</u> Katherine Power image3483@gmail.com</p>	<p style="text-align: center;">K.C. Gymnastics</p> <p style="text-align: center;">124 Letton Drive, Danville, KY 40422</p> <p><u>Gym</u> (859) 238-7053</p> <p><u>Contact</u> Kathy Case mcase48@yahoo.com</p>
<p style="text-align: center;">Logan County Gymnastics</p> <p style="text-align: center;">200 Sportsman Club Road, Suite 100, Russellville, KY 42276</p> <p><u>Gym</u> (270) 726-1169</p> <p><u>Contact</u> Polly & Donnie Porter dptumble@bellsouth.net</p>	<p style="text-align: center;">Louisville Rhythmics, 25375</p> <p style="text-align: center;">8419 Biggin Hill Lane, Louisville, KY 40220</p> <p><u>Gym</u> (502) 419-9037 www.louisvillerhythmics.com</p> <p><u>Contact</u> Liliya Khasin liliya.khasin@gmail.com</p>
<p style="text-align: center;">Missy's Gymnastics</p> <p style="text-align: center;">203 Murrell Avenue, Somerset, KY 42503</p> <p><u>Gym</u> (606) 679-2140</p> <p><u>Contact</u> Missy & BJ Keeton missy@southernapparel.org</p>	<p style="text-align: center;">Paducah Gymnastics Academy</p> <p style="text-align: center;">3055 North Friendship Road, Paducah, KY 42001</p> <p><u>Gym</u> (270) 705-1742</p> <p><u>Contact</u> Amy Lopez amy@paducahgym.com</p>
<p style="text-align: center;">Starz Elite Gymnastics</p> <p style="text-align: center;">830 Fairview Avenue, B5, Bowling Green, KY 42103</p> <p><u>Gym</u> (270) 793-0004 starzeliteky@gmail.com www.starzeliteky.com</p> <p><u>Contact</u> Heather Cochran (270) 779-6197</p>	<p style="text-align: center;">TK Gymnastics</p> <p style="text-align: center;">112 Brandon Way, Mount Sterling, KY 40353</p> <p><u>Gym</u> (859) 497-0033 tksgymnastics@roadrunner.com</p> <p><u>Contact</u> Tammy Lockridge (859) 585-4174</p>
<p style="text-align: center;">Tumbletown Gymnastics</p> <p style="text-align: center;">358 Vanderbilt Drive, Bowling Green, KY 42103</p> <p><u>Gym</u> (270) 842-3405 tumbletownbgky@aol.com</p> <p><u>Contact</u> Lisa & Gus Vamvas</p>	

Kentucky USA Gymnastics Judges Mailing List

Candace Alvey 520 Creekwood Court Bowling Green, KY 42101 (270) 313-0126 yopir8s@hotmail.com	Tiffany Antoni 2249 Chamblee Lane Lexington, KY 40513 (859) 948-9722 tiffantoni@gmail.com
Doris Baker 3039 Cobblers Crossing road New Albany, IN 47150 (812) 290-0449 dorispn@yahoo.com	Alex Banks 402 Minerva Place Paducah, KY 42001 (240) 687-4873 alexbgatch@msn.com
Kathy Case 4016 Riverside Drive Danville, KY 40422 (859) 236-7175 mcase48@yahoo.com	Terri Cooper 130 Bailey Court Taylorsville, KY 40071 home: (502) 477-8500 cell: (419) 619-4705 tmeyergym@aol.com
Michael Crowe 317 Williamsburg Drive Nicholasville, KY 40356 (502) 445-2760 mjcrowe@hotmail.com	Angela Dickey 1013 Doe Meadow Court Lexington, KY 40509 (859) 421-6795 saddlupasb@gmail.com
Lisa Dozier 9110 Pomona Place Louisville, KY 40272 (502) 935-3198 dozierwoman@hotmail.com	Ilena Earl 6403 Miners Point Charlestown, IN 47111 (502) 550-4605 hightechhandstands@gmail.com
Donna Ethridge 4211 Hurricane Road Cadiz, KY 42211 (270) 350-2977 mamadona37@yahoo.com	Nikki Ethridge 4211 Hurricane Road Cadiz, KY 42211 (270) 350-5153 ethridge210@hotmail.com
Judy Grant 10721 Bardstown Woods Louisville, KY 40291 (502) 231-5959 jgrant@insightbb.com	Alex Hanna 158 Louie Place, Unit 2305 Lexington, KY 40511 (812) 325-9935 alexandrialhanna@gmail.com
Janet Herbener 1904 Cardinal Harbour Road Prospect, KY 40059 home: (502) 228-2874 cell: (502) 895-1353 janet.herbener@gmail.com	Cathy Hurst 1115 Greentree Court Lexington, KY 40517 home: (859) 257-8632 cell: (502) 648-2815 cjhurs2@uky.edu
Monica Kennedy 2657 Lexington Road Richmond, KY 40475 (859) 358-5444 kennedy6198@roadrunner.com	Remsing King 218 Blue Ridge Road Louisville, KY 40223 (502) 310-1389 rking02@bellarmine.edu
Debbie Klotz 13209 Creekview Road Prospect, KY 40059 (502) 228-7181 debbie.klotz@gmail.com	Barbara Koehler 3701 Hycliffe Avenue Louisville, KY 40207 (502) 727-0057 sbkoehler@att.net
Carole Liedtke 3100 Elder Park Road Louisville, KY 40031 (502) 241-1444 trav22@aol.com	Donna McGraw 4709 Huckleberry Court Louisville, KY 40216 (502) 741-1982 lilgymgurl77@yahoo.com
Marley McGraw 4709 Huckleberry Court Louisville, KY 40216 (502) 367-1757 mmcgraw02@bellarmine.edu	Mari Schroeder 650 Woodland Avenue 207 Woodland Glen #2 Lexington, KY 40526 (608) 354-9272 marischroeder3@hotmail.com
Vicki Smith 210 Price Creek Road New Haven, KY 40051 (502) 460-0584 vicki.smith@bardstown.kyschools.us	Dot Steinlage 3927 Manner Dale Drive Louisville, KY 40250 (502) 491-0620 coachdot@hotmail.com
Vicki Swick 10 Barrington Circle Paducah, KY 42003 (270) 705-0593 vswickie@yahoo.com	Wendy Yates 1320 Charleston Drive Paducah, KY 42001 (270) 226-8086 wendy.yates@att.net



BID FORM

USA Gymnastics Kentucky

KQ Meet Bids Due by June 30

State Meet Bids Due by August 31

Name of competition: _____ Level(s): _____

Host gym: _____

Meet director: _____ USAG Pro# _____

Address: _____

Phone number: _____ Work number: _____

Date of event: _____

Facility name: _____

Address: _____

Gym size: _____ Ceiling height: _____ Seating capacity: _____

Type of Equipment: vault _____ bars _____

beam _____ floor (dimensions) _____

If not in house, supplier to be used for equipment: _____

I certify that above information is accurate. I am meet director certified and agree to follow guidelines as listed in the USAG Women's Rules and Policies in the conduct of this meet.

Signature of meet director: _____ Date: _____

Please return to state chairman:

Vicki Smith

210 Price Creek Ln

New Haven, KY 40051

vicki.smith@bardstown.kyschools.us



USA GYMNASTICS.

USA GYMNASTICS COMPETITION ENTRY FORM

Name of Meet: _____

Hosted by: _____

Host Address: _____

Club: _____

Contact: _____

Address: _____

Phone: _____

City: _____ State: _____ Zip Code: _____

Fax: _____

USAG Club #: _____ Email Address: _____

	Athlete First Name	Last Name	Level	USAG #	DOB	Age	Citizen	Entry Fee
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

	Coach First Name	Last Name	USAG #	Safety Exp	Background	U100 (Y/N)
1						
2						
3						
4						

COMPETITION LEVELS	NUMBER OF ATHLETES	ENTRY FEE	TOTAL	TEAM ENTRY FEE	TOTAL DUE PER LEVEL
LEVEL 1	x	= \$	+		\$
LEVEL 2	x	= \$	+		\$
LEVEL 3	x	= \$	+		\$
LEVEL 4	x	= \$	+		\$
LEVEL 5	x	= \$	+		\$
LEVEL 6	x	= \$	+		\$
LEVEL 7	x	= \$	+		\$
LEVEL 8	x	= \$	+		\$
LEVEL 9	x	= \$	+		\$
LEVEL 10	x	= \$	+		\$
XCEL	x	= \$	+		\$
GRAND TOTALS					\$

HOW TO PETITION TO REGIONALS

ALL INFORMATION CONCERNING PETITIONING IS FOUND IN RULES & POLICIES, p. 16, 19-20.

Gymnasts may be petitioned to L. 8, 9, or 10 Regionals because of illness, injury, or a family tragedy (e.g., death, natural disaster).

A gymnast may compete in her State Meet in 1, 2, or 3 events, but not all four and still petition. (Touching out is NOT considered competing in that event.)

How to:

1. At the State Meet, the gymnast must be entered in the Regional Meet and **the fees must be paid.**
2. **Coaches must notify the Regional Administrative Committee Chair (Dave Stiles) by fax or email the Monday after the State meet of any athletes they intend to petition to Regionals.** His information (email, etc.) is in Rules and Policies on p. xi and on Region5.com.
3. The petition is due to me, Hilary Carlson, and also to the State Chair, (not postmarked, but due) by the Wednesday after the State Meet. It may be faxed, emailed, or sent Express Mail. It must include:
 - a. The petition form from the coach, found on the USAG and Region 5 websites. **THERE IS A NEW PETITION FORM THAT MUST BE USED. MAKE SURE YOU ARE USING THE ONE UPDATED IN FEB., 2014!!!**
 - b. A photocopy of one pre-state sanctioned meet from the current season or the previous year's Regional, Easterns, NIT, or National meet with a score at least 1.0 more than the qualifying score. (Levels 8, 9, and 10 need at least a 35.0.) The qualifying score for an event specialist is 9.0. Obviously the score must be at the Level to which she is petitioning. **Do not highlight scores if you are faxing it. The highlight blackens the score and name.**
 - c. **(Important!! New wording) A LICENSED MEDICAL PROFESSIONAL'S** written notice of illness or injury that kept the gymnast from competing on all four events at the State Meet.
 - d. **At least one week before the Regional meet,** we will need a licensed medical professional's release to compete. Sometimes the licensed medical professional will write the release date on the first written notice and sometimes will not. If the licensed medical professional just states that the gymnast was unable to compete, the release must be sent one week before the competition.
 - e. **If an approved petition athlete scratches from the meet, there is no refund unless it is done 10 days or more from the meet start date.** (Clarification by the Region V Committee, 7/12.)
4. If you do not get a response from me within 3 days of submission, please contact me again. I may not have received it for some reason.

Thanks and good luck!

Hilary Carlson, Petition Chair

Email: hilarycarlson@comcast.net

Fax: (224) 653-8673

Address: 328 Briarwood Lane
Bloomington, IL 60108



Injury Petition Form

Deadline - 3 days following the last qualifying meet

For State Championships: send form to your State Administrative Committee Chairman for Regional Championships: send form to your Regional Technical Committee Chairman (or other designated person!

Note: Notify the RACC by the Monday following the State Meet of any athletes who intend to petition to Regionals.

Refer to Chapter Two, Section 2, pages 18-20 & 26 in the current *Women's Rules & Policies* under the Meet Specific information

**** If this form is not completed correctly, it may not be accepted. It is the responsibility of the coach to provide all necessary information**

Meet petitioning to: _____

Gymnast's Name: _____ USAG number: _____

Birthday: _____ Age and Level: _____

Coach's name: _____ Cell Phone: _____

USAG number: _____

Club name: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

Fax: _____ E-mail address: _____

1. Photocopy Results of a minimum of 1 Sanctioned Meet:

Meet: _____ Date: _____

Scores: Vault _____ Bars _____ Beam _____ Floor _____

All Around Score: _____

2. Licensed Medical Professional's written verification of illness or injury and release to return to gymnastics activity. Please specify the DATE of return to gymnastics activity.

USA Gymnastics Kentucky past Hall of Fame Winners

- 2004 – Cap Caudill & Yvonne Hodge
- 2006 – Adele Gleaves Haswell & Carole Liedtke
- 2009 – Vicki Smith & Dot Steinlage
- 2010 – Debbie Klotz
- 2011 – Rick Adams, Kathy Case, Dave Cole, Jim Nance, & Angie Tyler
- 2012 – Ingrid Bojanowski
- 2014 – Michael Crowe

USA Gymnastics Kentucky past Lifetime Contributors

- 2013 – Michael Case

USA Gymnastics Kentucky past Coaches of the Year

- 2007
 - Optional: Tiffany Orem – Champion Gymnastics
 - Compulsory: Angela Haagen Dickey – No Limits
 - Special Recognition (Prep-Opt): Jennifer Layne – Excel
- 2008
 - Optional: Scott Austin – Champion Gymnastics
 - Compulsory: Summer Crawford – Top Flight
 - Kathy Huster & Andy Neafie – Central KY
- 2009
 - Optional: Louise Harpole – Champion Gymnastics
 - Compulsory: Bailey Adams – All-Star Gymnastics
- 2010
 - Optional: Dee Ann Miller – Premier Athletics
 - Compulsory: Jennifer Barlow & Amanda Lawrence Reed – Top Flight
- 2011
 - Optional: Karen Stonebraker & Richelle Smith – Bardstown Gymnastics
 - Compulsory: Michelle Grewe – Agility Gymnastics
 - Rookie: Cortlyn Todd – Excel
- 2012
 - Optional: Jason Hansell – Legacy Gymnastics
 - Compulsory: Angela Dickey – Legacy Gymnastics
 - Rookie: Rickia Story – Champion Gymnastics
- 2013
 - Optional: Jennifer Greenwell – Champion Gymnastics
 - Compulsory: Kristy Hood – Five Star
- 2014
 - Optional: Robin Huff – Legacy Gymnastics
 - Compulsory: Jason Button – Champion Gymnastics
- 2015
 - Optional: Jennifer Layne – Excel Gymnastics & Natalie Kaiser– Legacy Gymnastics
 - Compulsory: Cindy Merida– Legacy Gymnastics