

- b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
 - c. Any gymnast who is qualified to enter the Eastern or Western Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairmen. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic Eastern or Western Meet Director.
 - **DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!!** .
5. **FORMAT FOR LEVEL 9 EASTERN and WESTERN CHAMPIONSHIPS**
- a. Individual Event, All-Around and Regional Team competition will be conducted for the sixteen age divisions, as designated. There will be twenty-four gymnasts per age division, plus any ties for the last qualifying place.
 - b. Each session will have two age divisions, one in each flight. Each flight has four squads of six (or seven if there is a tie), with each squad representing one of the four regions.
 - c. Competition will be conducted with two gyms, one warm-up and one competition gym. **There will be three sessions per day on Friday and Saturday and two sessions on Sunday.**
 - The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym, provided that it is a minimum of 60' long and 8' wide and is identical to the competitive Floor Exercise).
 - The first four squads (Flight 1- Individuals) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2- Regional Teams) warm-up their first event. The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
 - Medical personnel must be present during ALL competition.
 - d. The Level 9 Eastern and Western Championships will be a three (3) day event, conducted on the same dates at different sites. A coaches' meeting is conducted the evening before the start of the event.
 - 1) Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. A coaches' meeting is conducted the evening before the start of the event.
 - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
 - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
 - c) Medical personnel must be present for ALL training and competition.
 - 2) Day One: First session: Competition for Junior 1 & 2; Second session: Competition for Junior 3 & 4; Third session: Competition for Junior 5 & 6
 - 3) Day Two - First session: Competition for Junior 7 & 8; Second session: Competition for Senior 1 & 2; Third session: Competition for Senior 3 & 4
 - 4) Day Three - First session: Competition for Senior 5 & 6; Second session: Competition for Senior 7 & 8.
 - 5) There is no Individual Event Finals competition.
6. **AWARDS (See Part Two, Section VI)**
- a. Top six (6) All-Around and Individual Event awards will be given for each age division.
 - b. Regional Team scores for each age group will be determined by the top four (4) scores per event.
 - **All six members of the first place Regional Team will receive team plaques.**
 - c. An overall Regional Team score will be determined by the following method:
 - 1st place team 4 pts.
 - 2nd place team 3 pts.
 - 3rd place team 2 pts.
 - 4th place team 1 pt.

The overall team champions will be announced following the last session on Sunday.

G. JR. OLYMPIC NATIONAL CHAMPIONSHIPS – LEVEL 10

1. GENERAL REGULATIONS

- a. Are under the jurisdiction of the USA Gymnastics National Office and the National Jr. Olympic Committee. The Meet Director of the Jr. Olympic National Championships shall contact the National Women's Jr. Olympic Program Director for specific information on:
 - 1) Schedule
 - 2) The Draw, Squads and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics

- b. Are conducted annually in early to mid-May.
 - c. Individual competition as well as regional team competition is conducted for the eight age divisions at the Jr. Olympic National Championships.
2. QUALIFICATION TO JR. OLYMPIC NATIONALS
- a. The top seven (7) All-Around gymnasts in each of the eight age divisions from each of the eight regions will compete as Regional Team members at the Jr. Olympic National Championships, provided that they achieve a minimum of 34.00 AA at the Regional meet.
 - Note: Any gymnasts who tie for 7th place will attend the Jr. Olympic National Championships and will be outfitted as the other competitors. The tie-breaking procedures will be used to determine which gymnast's score will count for Regional team score and which will compete as an Individual.
 - b. If any region is unable to field a team of seven gymnasts per age division, the open slots will be filled based upon the Regional Team results from the previous year.
 - 1) If one spot needs to be filled, the 8th place athlete from the region whose regional team won that division the previous year will fill the spot. All athletes from the 1st place region involved in the tie for 8th place will be used to fill the empty slots before any other region's athletes are assigned.
 - 2) If more than one spot needs to be filled in an age division and there were no ties in the 1st place region, the next individual added is the 8th place athlete from the region whose regional team placed 2nd the previous year.
 - 3) Only athletes from the regions that placed 1st through 3rd in the specific age division the previous year may fill the incomplete squads.
 - d. If a region fills at least five (5) out of the seven (7) slots, they will compete as a regional team in that age division. The added athletes from the other regions will compete as individuals.
 - e. If a region has less than five (5) qualifiers in any one age division, the squad of seven is to be filled according to the procedure stated above in c 2), but the squad will not be considered for team score; all of the gymnasts will compete as individuals only.
 - f. Non-US citizen athletes who live and train in the US are eligible to qualify and receive awards at JO Nationals.
 - g. There are NO PETITIONS to the Jr. Olympic National Championships.
 - h. The first alternate from each age division per region will receive the National competitive apparel. Apparel will be distributed at the competition for those in attendance. The remaining apparel will be sent to the athletes following the competition either by the Regional Administrative Committee Chairman or the National office.
3. ENTRY FORMS AND FEES
- a. Prior to the Regional Meets, the Meet Director of the Jr. Olympic National Championships must send meet information for all qualifiers and alternates to the eight Regional Meet Directors. In addition, a copy of the meet information must be sent to the National Jr. Olympic Program Director and Regional Administrative Committee Chairmen.
 - b. Entry forms and fees for the Jr. Olympic National Championships are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL, along with a hard copy of the meet results to the Meet Director of the Jr. Olympic National Championships.
 - Clubs must be prepared to pay the entry fee with one company check at the Regional meet.
 - Include the names of any 1st or 2nd alternates on the club entry form, but fees are not paid unless the athlete is called to replace a qualifier.
 - c. Results and the names of qualifiers must be sent by **E-mail** to the Jr. Olympic Program Director at the USA Gymnastics office.
4. INJURY REPLACEMENTS
- a. If a qualifier is injured prior to the Jr. Olympic National Championships, the alternate gymnast from her region and age division will replace her. Replacement will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
 - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
 - c. Any gymnast who is qualified to enter the Jr. Olympic National Championships, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairmen. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic National Meet Director.
 - **DO NOT CONTACT THE COACH OF THE ALTERNATE GYMNAST DIRECTLY!!**
5. FORMAT FOR JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS
- a. There will be one combined Jr. Olympic National Championships for the Junior and Senior age divisions, conducted concurrently at one site.
 - b. Competition will be conducted with two competition gyms (Junior and Senior), and one warm-up gym with two sets of apparatus (except Floor- one FX mat or two tumbling strips).
 - 1) There will be two sessions per day in each of the two gyms.

- 2) Each session will be a separate competition for one age division and includes eight (8) Regional teams, each consisting of seven (7) athletes.
 - 3) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event.
 - 4) The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
- c. The Jr. Olympic National Championships will be a three (3) day event.
- 1) Training Day - The facility must be available one day prior to the competition for training purposes and coaches' meeting. A coaches' meeting is conducted the evening before the start of the event.
 - a) Structured workout will be assigned by region, with consideration for geographic location and time change.
 - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
 - c) Medical personnel must be present for ALL training and competition.
 - 2) Day One - Optional Competition for the two younger Junior age divisions and the two younger Senior divisions.
 - 3) Day Two - Optional Competition for the two older Junior age divisions and the two older Senior age divisions.
 - 4) There is NO Individual Event Finals competition.
6. AWARDS (See Part Two, Section VI)
- a. Top 10 All-Around and Individual Event winners for each of the eight age divisions are determined by the Optional competition. No Individual Event Finals will be held.
 - b. Team Awards:
 - 1) All members of the top three (3) winning teams in each age division will receive an award. Team scores are determined by adding the top **four (4)** scores on each event.
 - 2) An overall Regional Team Champion will be determined based upon the rankings of the Regional Teams in each age division. Points will accumulate based upon the following team placement per age division:

1st place team	8 points	5th place	4 points
2nd place	7 points	6th place	3 points
3rd place	6 points	7th place	2 points
4th place	5 points	8th place	1 point
 - c. Jr. Olympic National Team: The top four AA gymnasts per age division will be designated as the Jr. Olympic National Team and will receive plaques and will be invited to attend a Jr. Olympic National Team Training Camp. In the case of a tie for fourth place, the tied athletes will qualify to the Jr. Olympic National Team.
 - If a non-citizen athlete places in the top four (4) AA, she will receive the award for her AA placement; however, she is not eligible to become a member of the US Jr. Olympic National Team.
 - In this instance, the next US citizen in rank order is placed on the JO National Team.
 - d. Jr. Olympic National Team Training Center banners will be sent to the clubs qualifying athletes to the Jr. Olympic National Team.
7. The Meet Director of the National Championships shall remain in close contact with the USA Gymnastics Women's Jr. Olympic Program Director for assistance and guidance.
- H. JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT (JO-NIT) - LEVEL 10
1. GENERAL REGULATIONS
 - a. Is under the jurisdiction of the USA Gymnastics National Office and the National Jr. Olympic Committee. The Meet Director of the Jr. Olympic National Championships & JO -NIT shall contact the National Women's Jr. Olympic Program Director for specific information on:
 - 1) Schedule
 - 2) The Draw, Squads and Rotations
 - 3) All technical matters of the meet
 - 4) Financial responsibilities of local organizing committee and USA Gymnastics
 - b. Is conducted annually in early to mid-May, the day following Jr. Olympic National Championships.
 - c. Individual competition only is conducted for the eight age divisions.
 2. QUALIFICATION TO JR. OLYMPIC NATIONAL INVITATIONAL TOURNAMENT
 - a. ***Gymnasts placing 8th and 9th in each of the eight age divisions from each of the eight regions will qualify to the Jr. Olympic National Invitational Tournament, provided that they achieve a minimum of 34.00 AA at the Regional meet.***
 - Note: Any gymnasts who tie for **9th** place will also qualify to the Jr. Olympic NIT.
 - b. Gymnasts who did not qualify to the Jr. Olympic National Championships or NIT in the AA, but have won an event(s) at Regionals, will qualify in those event(s).

- c. Non-US citizen athletes who live and train in the US are eligible to qualify and receive awards at JO National Invitational Tournament.
 - d. Remaining slots (after accepted petitioned athletes) and those slots not filled by any region will be filled by other regions based upon a percentage or percentage from Regional Championships.**
 - e. PETITIONS will be considered to the Jr. Olympic National Invitational Tournament by the National Technical Committee Chairman in consultation with the National JO Committee Chairman for any athlete who was unable to compete in the Regional Meet due to injury or illness and who had either participated at the previous years' JO Nationals, Level 9 Nationals and who have achieved a score in the current year of 36.00 AA or better .**
3. ENTRY FORMS AND FEES
- a. Prior to the Regional Meets, the Meet Director of the Jr. Olympic National Championships/NIT must send meet information for all qualifiers and alternates to the eight Regional Meet Directors. In addition, a copy of the meet information must be sent to the National Jr. Olympic Program Director and Regional Administrative Committee Chairmen.
 - b. Entry forms and fees for the Jr. Olympic NIT are collected at the Regional Championships by the Regional Administrative Committee Chairman or the USA Gymnastics designated official, who forwards them by EXPRESS MAIL, along with a hard copy of the meet results to the Meet Director of the Jr. Olympic National Championships/NIT.
 - Clubs must be prepared to pay the entry fee with one company check at the Regional meet.
 - Include the names of any 1st or 2nd alternates on the club entry form, but fees are not paid unless the athlete is called to replace a qualifier.
 - c. Results and the names of qualifiers must be sent by E-mail to the Jr. Olympic Program Director at the USA Gymnastics office.
4. INJURY REPLACEMENTS
- a. If a qualifier is injured prior to the Jr. Olympic National Invitational Tournament, the alternate gymnast from her region and age division will replace her. Replacement will be allowed up to the start of the competition on the first event for each flight; however, the alternate must take the position and squad of the injured athlete.
 - b. If the injury/illness occurs within 48 hours of the start of competition, the first alternate will be contacted. If she not present at the meet and is unable to participate, the second alternate, if in attendance at the meet, may be called upon to replace the injured/ill athlete. If the second alternate is not present at the meet site, there will be no replacement.
 - c. Any gymnast who is qualified to enter the Jr. Olympic National Invitational Tournament, but is unable to compete, is REQUIRED to IMMEDIATELY notify the USA Gymnastics Women's Jr. Olympic Program Director and their Regional Administrative or JO Committee Chairmen. The National Jr. Olympic Program Director will then notify the alternate and the Jr. Olympic National Meet Director.
5. FORMAT FOR JUNIOR OLYMPIC NATIONAL INVITATIONAL TOURNAMENT
- a. There will be Optional competition for the four Junior and four Senior age divisions, conducted the day following JO Nationals, in the same venue.
 - b. Competition will be conducted with two competition gyms (Junior and Senior), and one warm-up gym with two sets of apparatus (except Floor- one FX mat or two tumbling strips).
 - 1) There will be two sessions per day in each of the two gyms.
 - 2) Each session will be a separate competition for two age divisions, with each flight consisting of one age division with a maximum of 8 gymnasts per squad.
 - 3) The first four squads (Flight 1) warm-up their first event in the warm-up gym, then move to the competition gym, while the second four squads (Flight 2) warm-up their first event.
 - 4) The two flights continue to alternate warm-ups and competition until all eight squads have completed all four events.
 - c. The Jr. Olympic National Invitational Tournament will be a one (1) day event.
 - 1) Training Day - The training will be available on Saturday morning prior to the JO Nationals Junior and Senior C and D competition. A coaches' meeting is conducted at the start of warm-ups prior to the training session.
 - a) Structured workout will be assigned with consideration for geographic location and time change.
 - b) The warm-up and competition gyms must have identical equipment. (A tumbling strip is acceptable in the warm-up gym provided that it is a minimum of 60' and 8' wide and is identical to the competitive Floor Exercise).
 - c) Medical personnel must be present for ALL training and competition.
 - 2) Competition Day – All eight age divisions will compete for All-Around and Individual Event honors.
 - 3) There is NO Individual Event Finals competition.
6. AWARDS (See Part Two, Section VI)
- Top six (6) All-Around and Individual Event winners for each of the eight age divisions are determined by the Optional competition. No Individual Event Finals will be held. Ties are not broken; duplicate awards are presented in the case of a tie.