



MEN'S GYMNASTICS

A S S O C I A T I O N

RULES & POLICIES

Southern California Men's Gymnastics Association
Organizational Documents - November 10, 2023

This booklet is the Rules and Policies (R&P) set forth by the Southern California Men's Gymnastics Association (SCMGA). No deviation from the R&P is allowed without prior approval from the Board of the SCMGA, and any changes must be voted on by the Board. It is each Club's and coach's responsibility to know all of the Rules and Policies of the SCMGA contained within this document, the Constitution of the SCMGA, as well as the Rules and Policies of the USA Gymnastics Men's Program, Constitution of Region 1, and Rules & Policies of Region 1.



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I. GENERAL OVERVIEW

A. SCMGA FEES

In order to participate in any SCMGA function (competitions, clinics, banquet, etc.), each club, coach, and athlete must be a current standing member. Membership must be renewed annually.

Membership Type	Fee	Due Date	Extra Info
Club	\$175.00	September 1	Registration must be submitted by Sept 1 with a net 30 days payment period. Late fee will be applied. September 2 nd to October 1 st will be a \$25.00 Late Fee. October 2 nd to November 1 st will be a \$50.00 Late Fee. Any club or organization with less than 4 registered athletes wishing to obtain active membership will pay a fee of \$75.00.
Athlete	\$20.00	November 1	This is due by November 1 st each year.
Associate	\$25.00	Anytime	Open to any individual, club, or organization who desires to maintain communication with SCMGA.
Coach	Free	September 1	Must be connected to a SCMGA Club.

B. CONFERENCE BREAKDOWN

SCMGA clubs will be divided into three different conferences. The club's conference assignment will be determined by the State Chair using current registration numbers and geographical location to ensure a balanced distribution.

C. LEVEL 3 IN SOCAL

Philosophy - Level 3 gymnastics is designed to be an introductory level of gymnastics competition. It is our intention to host meets with a positive approach for the athletes. In order to focus on a positive experience and reduce the athlete to athlete score comparison, we will flash **ONLY** the color of the ribbon for the score range that the athlete has achieved (see Score Range and Ribbon Color designations below). Scores may be written on the Coach's Level 3 Score Card only if the coach requests them from the judges. The only team competition for Level 3's is the SCMGA Level 3 State Team Championships.

Competitive Uniforms - The philosophy behind this level is to keep the costs of competition to a minimum. Athletes are required to compete in a **T-Shirt (with sleeves) and shorts ONLY**. Athletes may compete barefoot or wear socks or gymnastics footwear on any or all events. No warm-up uniforms or competition long pants are permitted for competition or for march in. **Each occurrence of an out of compliance uniform will result in the athlete's ribbon being downgraded one ribbon color.**



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Results, Scoring & Awards - No scores will be flashed in this level for either division. After the judge determines the score, the appropriate ribbon based on the Ribbon Color Table below will be selected and flashed. The ribbons will be given to the athlete at the conclusion of the competition. Once the athlete's routine has been judged the point value for the appropriate score range will be flashed for the audience.

Ribbon		FX, SR, PB, HB	PH	VT
Color	Designation	Score Range	Score Range	Score Range
Green	Superior	10.00 - 11.00		9.50 - 10.00
Purple	Outstanding	9.50 - 9.90		9.00 - 9.40
Yellow	Excellent	9.00 - 9.40		8.50 - 8.90
Orange	Good	8.00 - 8.90		7.90 - 8.40
White	Fair	7.00 - 7.90		6.60 - 7.80
Pale Blue	Participant	1.00 - 7.00		1.00 - 6.50

Level 3 Team State Championship Team Size Breakdown - The sizing of the teams will be determined by the State Chair (with approval from the Board). The main focus will be to have 3-5 competing teams/groups in each team category. This will allow more opportunity for the teams to be represented on the podium.

Level 3 Team State Championship Team Awards - The top three ranking teams will receive SCMGA State Championship Banners and the remaining teams will receive trophies or plaques, all gymnasts will receive a custom Level 3 Team Champs medal or trophy. Team ties are broken by the team with the greatest number of green ribbons. If teams are still tied then a team handstand contest will be held to break the tie.

Invitational Meets - The SCMGA highly encourages member clubs to use the Level 3 scoring and philosophy at their invitational meets including the score ranges and customized ribbons. Please make sure to include the information regarding the ribbons and uniforms to non SCMGA clubs so that they are aware of the program. If you choose to use SCMGA ribbons rather than customized ribbons for your invitational meet it is recommended that Level 3's should receive additional awards (i.e.: Participation trophy, Customized medal, Ribbon holder, etc.)

D. MR. HANDSTAND

All Level 3, 4 & 5's will have the opportunity to compete in the Mr. Handstand contest at each of the Preliminary Meets and Conference Championships (per conference) in the following individual age divisions:

- Level 3 (6-8) & (9+)
- Level 4 DIV I (7-9), (10+)
- Level 4 DIV II
- Level 5 DIV I (8-11), (12+)
- Level 5 DIV II

All qualified athletes will compete at the State Championships for the "Mr. Handstand" Plaque.



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Rules are as follows -

- Athletes who have qualified previously within the current competition season may not participate.
- No walking and legs must remain together.
- Any extreme piking or arching where either foot drops below hips within handstands is considered a fall.
- All Handstand contests must be video recorded and may be reviewed by any Board Member.
- All Ties will be honored.

E. ALL STAR TEAMS

All Star Team - At the conclusion of each session at the State Championships the top all around qualifiers will be selected to represent the SoCal at the Regional Championships as All Star Team Members. The exact number in each division is determined by the Region 1 Board.

All Star T-Shirts - Each member of the All Star Team, All Star Team alternates and their designated coach will be sized for T-shirts at the conclusion of the State Championships and will receive a shirt as a gift from the SCMGA.

All Star Uniforms - Each member of the All Star Team will be sized for a uniform at the conclusion of the State Championships. The uniform will be provided for the All Star Team members to wear during the Regional Championships and to be returned to an SCMGA representative immediately following their last session of competition. The option to purchase the uniform will be available upon sizing, or prior to being returned. The uniform cost will be made available at the time of distribution. Alternates will not be provided with the team uniform unless they are called upon to represent the All Star Team in competition.

F. SENIOR AWARDS & GIFTS

Each graduating senior will be recognized at the State Championships and presented with a backpack from the SCMGA.

G. ATHLETE REPRESENTATIVES

Purpose - The purpose of the SCMGA athlete representative program is to bring athlete perspective and voice to the board and general membership. Selected athletes will work collaboratively with SCMGA leadership to ensure that all events and directives of our State are centered on the well-being of athletes and the growth of our sport.

Athlete Incentives

- Applies towards community service hours
- High School resume for college applications
- Get to know the gymnastics community at an entirely different level

Shared Athlete Duties

- Bringing athlete specific questions and concerns to the board
- Speak to athletes at local competitions
- Attend all live/virtual board meetings (voice no vote)
- Assist with annual Senior Awards
- Create Graduating Senior Video



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- Help communicate/educate athletes about USAG Academic All American Award
- Advise the board on athlete events, fundraisers, social interactions, social media, athlete surveys

Criteria for Consideration

- Grades 9-12
- Current SCMGA Athlete Member
- Complete the General Application
- Club Nomination
- Parent/Guardian Signature
- Resume/Letter of Recommendation
- Interview Process with the Board

II. SCMGA RUN EVENTS

A. COMPULSORY CLINIC

B. FUTURE STARS CLINIC

C. OPTIONAL CLINIC

D. STATE CHAMPIONSHIPS ELIGIBILITY

Level 3-4 - Required to attend a Preliminary competition to be eligible to compete at the State Championships

Level 5-6 - Required to attend the Conference Championships to be eligible to compete at the State Championships

E. QUALIFICATIONS PROCEDURES

Level 4-6 - The specific numbers to qualify to the State Championships from each Conference (North, Central & South) will be determined by the ratio of gymnasts entered in each Conference Championships the Monday prior to the Conference Championships. There is no petition for Level 4-6 gymnasts.

Petitions - Take 1 single score from current year and compare to scores of boys from previous year that DID make the All Star Team in that same age group.

Level 7-10 - There is no qualification required for Level 7 - 10 gymnasts.



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III. EVENT ADMINISTRATION

A. EVENT INFORMATION & SCHEDULE

All event information will be accessible via the SCMGA website: www.scmga.net

Tentative Event Schedule - The event information and tentative event schedule (with times) will be posted at least 8 weeks prior to all SCMGA events.

Final Event Schedule - The Meet Director MUST post a final schedule 3 weeks prior to the meet. If there are changes from the tentative schedule, those changes must be approved by the State Chair prior to distribution.

B. ENTRY FEES

	AA Gymnast	Specialists	Team Entry
Clinic	\$100.00	-	-
Preliminary Meets (Level 4 - 10)	\$70.00	\$10.00/event	\$60.00
Conference Championships (Level 4 - 10)	\$90.00	\$12.00/event	\$70.00
State Championships - In House	\$90.00 one day \$115.00 two day	\$15.00/event	\$70.00
State Championships - Outside Venue	\$135.00 one day \$160.00 two day	\$25.00/event	\$70.00

*The above are MAXIMUMS: A \$3.00 head tax has been included in the gymnast entry fee to be donated to the National Gymnastics Foundation for Men's Scholarships.



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C. SPECTATOR FEES

For all meets, the following are ONE day admission passes (not one session passes). Spectators may not be charged twice in one day, regardless of the number of sessions.

Spectator	1st & 2nd Prelim	Conference Championships	State Champs - In House	State Champs - Outside Venue
Adult (16+)	\$10.00	\$15.00	\$15.00	\$20.00
Children (5-15)	\$5.00	\$10.00	\$10.00	\$15.00
Children (0-4)	Free	FREE	FREE	FREE
Seniors (65+)	\$5.00	\$10.00	\$10.00	\$15.00
Veterans	\$5.00	\$10.00	\$10.00	\$15.00
Active Military	\$5.00	\$10.00	\$10.00	\$15.00
First Responders	\$5.00	\$10.00	\$10.00	\$15.00

D. FEE COLLECTION & DEADLINES

Registration & payments will apply to the following events: State Clinics, Preliminary Meets, Conference Champs and State Championships. See registration & payment deadlines below.

Registration Deadline - Registration for all SCMGA events must be completed at a minimum of 8 weeks prior to all events in the USAG Reservation System.

Payment Deadline - All clubs will be responsible to submit their own entry fees to the Meet Host. ALL entry fees must be postmarked at minimum 4 weeks prior to the meet date. This timeframe will allow for the fluctuation of mail and courier services. Postmark date will be used for every and all SCMGA meets and events.

SCMGA Event Late Fee Policy - There will be a \$10.00 Late Fee per athlete within the 4 weeks.

Regional Championships Entry Late Fee - Regional Registration will be collected at the State Championships. Payments not made at that time will incur a \$100.00 Late Fee. Any exceptions must be approved by the State Chair.

E. REFUND POLICY

SCMGA Clinics

- If the event is not full a full refund can be given.
- Refund Injury petitioned approved by State Chair.

SCMGA Competition

- Cancellations occurring more than 4 weeks prior to the event will receive full refund.



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IV. COMPETITION SPECIFICS

The following are procedures and policies for ALL SCMGA meets. All Meet Directors are required to stay within these R&P. NO deviations are allowed without prior approval from the State Director. Reference the appropriate SCMGA Meet Contract for specifics.

A. MEET SITE

Preliminary Meets - May be held in a club facility.

Conference Championships - Must be held at a large club or off-site at a school gymnasium. If held within a club there MUST be enough seating for ALL spectators. Once seating is gone no further gate fees should be charged (spectators standing should not have to pay admission). Decorations should be similar to the State Championships (judges tables, etc.). This is still a Championship meet and should be reflected in the facility and equipment.

State Championships Weekend #1- MUST be held in a large school gymnasium. The Location should be clean, have good parking, and if possible, hotel and food services nearby.

Level 3 State Championships - Must be held at a large club or off-site at a school gymnasium. If held within a club there MUST be enough seating for ALL spectators. Once seating is gone no further gate fees should be charged (spectators standing should not have to pay admission). Decorations should be similar to the State Championships (judges tables, etc.). This is still a Championship meet and should be reflected in the facility and equipment.

B. EVENT BIDS

All conference and state competitions and clinics may only be bid upon by a current Club Member of the association and must be approved by the SCMGA Board. Bids are submitted on the SCMGA Website, with a \$200.00 bond check that must be postmarked by the bids deadline. Bids for the SCMGA State Meet will be submitted by February 1st prior to the previous year's State Meet. Bids for all other Meets and Clinics will be submitted by July 1st. Meet Bids will be awarded following the Summer SCMGA Board Meeting with the exception of the State Meet which will be awarded following the Pre-State SCMGA Board Meeting.

C. VOTING ON BIDS

The SCMGA Board will vote for each bid submitted for each competition and record the results. If there is only one bid for a particular competition, there will be no vote needed. In the event of a tie, the State Director has the executive decision as to who receives the bid.

When voting on meet bids the board is looking for these criteria:

- A. Previous Events with SCMGA...History with SCMGA
- B. Facility proposed qualities such as: location, parking, air conditioning, etc.
- C. Equality for all gyms..spread the wealth...be fair to all gyms
- D. Need to be aware that we need new meet hosts so need to support new club requests



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D. AGE GROUPS & DIVISIONS

The State Chair is responsible for breaking up the age groups each season with approval from the board. These age groups need to be posted on the website and made available by November 1 of each season. This will apply to each SCMGA competitive event. The State Chair needs to help the Preliminary and Conference Championships with putting together the age groups. Age is determined as per the USAG R&P.

Priority When Splitting/Combing Age Groups

- Start by splitting age groups into individual age.
- Combine age groups to ensure no less than 3 and no more than 25 in each age group.
- If they have 25 or less in an individual age group then it must stand
- Maximum of 25 in each age group except for State Championships if the single age has more.
- If they do not have enough to create an individual age group then they can be combined but only to the extent of the team breakdowns.
- Keep in account the All Star teams breakdown.

E. TIES & TIE BREAKING PROCEDURES

In all cases, any ties must be recognized as ties. Both are to stand on the spot that was tied for and recognized at the same time.

State Championships – Ties are handled as per the USA Gymnastics Men's Rules and Policies for tie breaking.

Level 3 Team State Championships – Team ties are broken by the team with the greatest number of green ribbons. If teams are still tied then a team handstand contest will be held to break the tie.

Conference Championships & Preliminary Meets - ALL ties MUST receive the same award (if two gymnasts tie for 2nd, both will receive a 2nd place award).

Allotments to State & Regionals - In the event of a tie for an allotment or qualification, both athletes will be selected to advance to State Championships and or Regionals.

F. AWARDS

The awards ceremony is a HIGH priority. Make it a REWARDING experience! Distribute awards in olympic order per event, per age group. Ex. Level 4 DIV I (7-9) FX, then Level 4 DIV I (10+) FX, etc.. Refer to the table below for all Level 4-10 SCMGA event award depth. *Note: In order to speed up the awards ceremony the host club will not be required to put labels on the back of each award.*

Number of Gymnasts in Level and Age Group	All Around & Event Awards
1	1 st All Around Only
2	1 st - 2 nd All Around Only
3-5	1 st - 3 rd
6-10	1 st - 4 th
11-15	1 st - 8 th
16+	1 st - 10 th



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State Championships - ALL RANKINGS (Individual events and All-Around) MUST be the USA Gymnastics official State Medal from A-1 Awards. It is also required that all medals receive a ranking label.

Conference Championships - 1st - 3rd SCMGA medals for all levels and age groups; ribbons for all other places.

Preliminary Meets - SCMGA Ribbons for all levels and age groups. NO medals.

Medals & Ribbons - SCMGA medals & ribbons MUST be used at all SCMGA meets (except State Championships, see above).

G. TEAM SCORES & AWARDS

Team Score - For all levels, the team score is calculated by taking the top 3 scores per EVENT (not all-around). ALL boys from a team (within the same level) are automatically counted towards their team score. If they have one team they contact the club to see if they want a refund or to receive the award. *Note: It would be unfair to not allow a boy's score to count toward his team score, and it has also been the policy of the SCMGA to not allow a team to enter more than one team per category*

Level	Age Group
Level 4 DIV I	(7-10), (11+)
Level 4 DIV II	All Ages
Level 5	All Ages
Level 6	All Ages
Level 7	All Ages
Level 8	All Ages
Level 9	All Ages
Level 10	All Ages



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V. ANNUAL AWARDS

All gymnasts (compulsory and optional) must attend an SCMGA Meet or Clinic to be considered for any SCMGA Annual Awards.

A. IRON MAN - CLUB OF THE YEAR AWARD

The Club of the Year (Iron Man Award) is an award given out to the best overall team in Southern California. There are two forms of this award, a perpetual trophy and a banner. The trophy is passed on from club to club every year. It is the responsibility of the winning club to engrave their name on the front plate. The head coach of the Club of the Year – Iron Man Award is honored by being one of the lead clinicians at the SCMGA Optional Development Clinic. The trophy is given out at the State Championships and is calculated by adding up individual scores from the following categories:

Top 2 All-Around Scores		+	Top All-Around Score (Tech Sequence)	
Level 4	(7-10 years old)		Level 8 or Level 9	All Ages
Level 5	(8-11 years old)		Level 10	All Ages
Level 6	All Ages			
Level 8 or Level 9	All Ages			
Level 10	All Ages			

B. COMPULSORY - CLUB OF THE YEAR AWARD

The Compulsory Club of the Year Award is an award given out to the club with the best compulsory team in Southern California. The head coach of the Compulsory Club of the Year is honored by being one of the lead clinicians at the SCMGA Level 3-6 Compulsory Clinic. This award is calculated by adding up team scores from the following categories:

Top 3 Scores (From each event)		+	Top 2 Scores (From each event)	
Level 4	All Ages		Level 6	All Ages
Level 5	All Ages	Level 10	All Ages	

C. OPTIONAL - CLUB OF THE YEAR AWARD

The Optional Club of the Year Award is an award given out to the club with the best optional team in Southern California. The head coach of the Optional Club of the Year is honored by being one of the lead clinicians at the SCMGA Optional Development Clinic. This award is calculated by adding up individual scores from the following categories:

Top 2 Scores (From each event)	
Level 8	All Ages
Level 9	All Ages
Level 10	All Ages



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D. MICKEY SMITH - COACH OF THE YEAR AWARD

The Mickey Smith Coach of the Year Award is named after Coach Mickey Smith, a member of the SCMGA who passed away on December 23, 1995.

This award is calculated from both: results from the State Championships; and a vote. A coach is put on the ballot by placing a gymnast first in the all-around in any age group or level and by having a team place first in any age group or level. Also, the coach of the Club of the Year awards also put on the ballot. The ballot is then emailed out after the State Championships. All member Clubs of the SCMGA are allowed to vote. (One ballot per club). Each member club will vote for their 1st, 2nd and 3rd choice for Coach of the Year with a first place vote worth 3 points, a second place vote worth 2 points and a third place choice worth 1 point. Additionally, any non affiliated SCMGA board members should also receive a ballot. The Coach of the Year is honored by being one of the lead clinicians at the SCMGA Optional Development Clinic. After calculating the results, the award (a plaque) is passed out at the next SCMGA function.

E. COMPULSORY COACH OF THE YEAR AWARD

The Compulsory Coach of the Year Award is to recognize coaches that demonstrate excellence in their coaching and that are building a strong program but that don't have the numbers or levels of athletes to be voted as Coach of the Year against coaches that have a full roster of gymnasts and are vying for Club of the Year. For the Compulsory Coach of the Year, all coaches who have a gymnast finish 1st or 2nd in the All Around at the State Championships in Levels 4 – 7 (all age groups) and in the team competitions including the Level 4 Team State Championships will be placed on the ballot. Voting will be as follows: (One ballot per club) Each member club will vote for their 1st, 2nd and 3rd choice for Compulsory Coach of the Year with a first place vote worth 3 points, a second place vote worth 2 points and a third place choice worth 1 point. Additionally, any non affiliated board members should also receive a vote.