



LaUSAG 2008-2009 Club Handbook



USA
GYMNASTICS

Begin Here. Go Anywhere.

Page 3	Louisiana Club Handbook Page
Page 4	Administrative Committee Page
Page 5	Area club and judges list
Page 6	LA Club List
Page 9	Responsibilities of LA State Committee Members
Page 11	Changes and additions 2008-2009
Page 12	JO update 2008-2009
Page 16	LRG changes for 2008-2009
Page 17	08-09 USAG Forms (athlete registration, sanction, etc.)--8 forms
Page 18	State Forms
Page 19	State Registration
Page 20	Club Registration
Page 21	State Registration-Athlete
Page 22	Athlete Mobility Form
Page 23	Out of State Qualifying Form
Page 24	State Bid Form
Page 25	Seniors
Page 26	Graduating Seniors
Page 27	Booking Judges

7) LaUSAG 2008-2009 Calendar

LOUISIANA CLUB HANDBOOK 2008-2009 Season

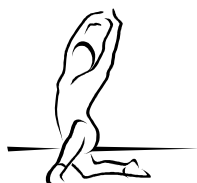
LA USAG website:
www.LaUSAG.org



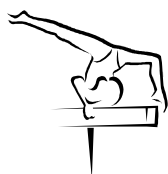
LA NAWGJ website:
www.nawgjlouisiana.org



Region 8 website:
www.Region8Gymnastics.org



USA Gymnastics website:
www.usa-gymnastics.org



LA State Chairman email: GymmStar@aol.com



LaUSAG ADMINISTRATIVE COMMITTEE

Jackie Latino / State Administrative Committee Chairman
 2073 Bonn St / Harvey, LA 70058
 Phone: 504-328-3838 (with voice message) & Fax: 504-341-3868
gymmstar@aol.com

2-yr. VOTING MEMBERS

Athlete Representative

Hillary Hebert

700 C. Elmwood Park Blvd.
 New Orleans, LA 70123
 2308 B. Privateer Blvd.
 Barataria, LA 70036
 504-733-4496 Gym
 504-731-7184 Fax
hillaryhebert@hotmail.com

Judges Advisor

Brenda Eberhardt, SJD

4008 Ellen Drive
 Marrero, LA 70072-6222
 504-347-4089 home
 504-785-0968 work
 504-400-8213 cell
BLEgym@aol.com

Clinic Coordinator

Bryan Neal

165 E Hickory Street
 Ponchatoula, LA 70454
 985-386-4966 gym
bryangymcoach@yahoo.com

1-yr. NON-VOTING MEMBERS

Administrative Assistant (Volunteer)

Marcie Boudreaux

37376 Cornerview Rd.
 Geismar, LA 70734
 225-673-8425 home
 225-202-0873 cell
MarcieB02@aol.com

Central Area Representative

Susie Moyal

8321 Bluebonnet Blvd.
 Baton Rouge, LA 70810
 225-766-0312 gym
 225-766-7070 fax
sumoyal@aol.com

Apparel Coordinator

??

North Area Representative

Candace Hall

2008 Elliott Street
 Alexandria, LA 71301
 318-445-9972
CHallGym@bellsouth.net

WEB Engineer

TG Hawkins

Thomas@meetcontrol.biz

South Area Representative

Margie Pearce

42401 Brown Rd
 Ponchatoula, LA 70454
 985-386- 9655 home
MPearce@ charter.net

Computer Tracking (by bid)

Marcie Boudreaux

37376 Cornerview Rd.
 Geismar, LA 70734-3205
 225-673-8425 home
 225-202-0873 cell
MarcieB02@aol.com

LA Club List 2008-2009 (Revised 8/25/08)

Added after the area designation is the official abbreviation for LaUSAG competitions.

Acadiana Gymnastics #024737

PO Box 60085, Lafayette LA 70596

Gary Smith

Gym 337-988-3547

Fax 337-988-3557

Email: flipguy@bellsouth.net

Area Central ACAD

AcroSports Gymnastics #025682

718 Professional Drive N, Shreveport LA 71105

Bill/Lainie Hardy

Gym 318-798-3547

Fax 318-798-3549

Email: gohardinc@aol.com

Web page <http://www.acrosports-la.com/>

Area North ACRO

All-American Gymnastics #025196

720 Blazier St, West Monroe LA 71292

Becky Gasca

Gym 318-362-9966

Email: RBGasca@aol.com

Area North ALLA

All Star Gymnastics #026098

2073 Bonn St, Harvey LA 70058

Jackie Latino

Gym 504-328-3838

Fax 504-341-3868

Email: gymmstar@aol.com

Area South ALLS

Bayou Gymnastics #022257

902 Hideaway Rd, Monroe LA 71203

Catherine Blanchard

Gym 318-343-7768

Fax 318-343-9977

Email: bayougym@aol.com

Area North BAYO

Bengal Gymnastics #024752

5261 Highland Road, Box 327 Baton Rouge LA 70808 or
c/o Kathryn Moore 447 Castle Kirk Drive, Baton Rouge, LA
70808

Kathryn Moore or Phillip Ogletree

Gym 225-578-6728

Email: enixmore@bellsouth.net or Ogletree@lsu.edu

Area Central BENG

Bossier Olympiad #027225

2385 Airline Dr, Bossier City LA 71111

Bryan Moss

Gym 318-741-3547

Fax 318-549-3646

Email: Solympiad@aol.com

Area North BOSS

C.G.'s Gymnastics #024191

14550 Florida Blvd, B R LA 70819

Caesar Garcia or Kathryn Story

Gym 225-275-5597

Fax 225-274-8718

Email: cgs gym@bellsouth.net

Web page www.cgs gym.com

Area Central CGSG

Cedar Creek Gymnastics #

800 Monterey Drive, Ruston LA 71270

Claudia Cecil

Email: ccecil@earthlink.net

Area North CEDA

Crescent City Gymnastics #

7800 Earhart Blvd, N.O., LA 70125

Rachel Lester

Gym 504-452-0557

Fax 504-887-2482

Email: rach161016@yahoo.com

Area South CRCG

Cypress Pointe Gymnastics #023841

165 E Hickory St, Ponchatoula LA 70454

Bryan Neal

Gym 985-386-4966

Home 985-351-1448

Email: bryangymcoach@yahoo.com

Web: www.CypressPointeGym.com

Area South CPGY

Elite Cheernastics "Gym Stars" #122644

400 College Ave, Natchitoches LA 71457

Sonja Palmer or Casie DeFee

Gym 318-352-0790

Fax 318-352-5062

Email: elitecheerla@bellsouth.net or

ecd53006@yahoo.com

Area North ECNG

Elite Gymnastics #025917

8321 Bluebonnet Blvd, B R LA 70810

Johnny & Susie Moyal

Gym 225-766-0312

Ph & Fax 225-766-7070

Email: iamolympian@aol.com

jmoyal@aol.com or sumoyal@aol.com

Web page www.Elitegymnastics1.com

Area Central ELIT

Elmwood Gymnastics Academy #024318

700-C Elmwood Park Blvd, Harahan LA 70123

Hillary Hebert

Gym 504-733-4496

Fax 504-731-7184

Email: hillaryhebert@hotmail.comWeb www.elmwoodgymnastics.com

Area South ELMW

Empire Gymnastics Academy #099155

4925G Jefferson Hwy, Jefferson LA 70121

John/Lisa Grillot or J.D. Hintz

Gym 504-734-0644; Fax 504-734-0117

Email: empireacademy@bellsouth.net or lgrillot@cox.netWeb www.empiregymnastics.net & www.jazzinvite.com

Area South EMPI

Guzzy's Gymnastics #067829

3402 Fifth Ave, Lake Charles LA 70607

Ralph Guzman

Gym 337-478-1771

Fax 337-478-1553

Email: guzzysgym@fulair.comWeb www.guzzysgymnastics.com

Area Central GUZZ

Gym Gems #023586

P.O. Box 1620, Prairieville LA 70769

Shelley Williams-Weil

Gym 225-673-4966

Fax 225-673-4977

Email: gymgemcoach@yahoo.comWeb www.aimgym.com

Area Central GGEM

Gymnasiana #023644

12036 Industriplex Blvd, B R LA 70809

Richard Badeaux

Gym 225-751-3517

Fax 225-751-3517

Email: richgym@aol.com

Area Central GYMN

Gymnastics ETC #024424

3615 Maplewood Dr, Sulphur LA 70663

Chuck McLallen

Gym 337-625-3547

Fax 337-626-8825

Email: chuckgym@aol.comWeb: www.gym-etc.com

Area Central GETC

605 Petro Pt. Dr., Lake Charles LA 70607

Chuck McLallen

Gym 337-494-3547

Fax 337-477-3300

Email: chuckgym@aol.com

Area Central GETC

Gymnastics Plus #025659

58445 Pearl Acres Rd, Slidell LA 70461

Eddie Reso or Rebecca Lohfink

Gym 985-643-0914

Fax 985-781-8350

Email: Gymplus@gymplus.net oreddieresoyahoo.comWeb page www.Gymplus.net

Area South GYM+

Gymnastics Unlimited #001223

507 Talbot Ave., Thibodaux, LA 70301

Kevin Anderson

Gym 985-859-7084

Email: Kevin@gym-unlimited.comWeb www.gym-unlimited.com

Area South GUNL

Hall's School of Gymnastics #025450

2008 Elliott St, Alexandria LA 71301

Candy or Allison Hall

Gym 318-445-9972

Email: cHallGym@bellsouth.net

Area North HALL

Ivanov's Gymnastics Academy #027532

3930 Barron St, Metairie LA 70002

Larisa/Anatoly Ivanov

Gym 504-889-9800

Fax 504-889-9889

Email: ilarisa@aol.comWeb www.ivanovgymnastics.com

Area South IVAN

James Academy of Gym. #179778

308 Venture Blvd, Houma LA 70360

Nicole L. James

Gym 985-851-3001

Fax 985-851-3194

Email: james_academy@bellsouth.netWeb www.jamesacademy.com

Area South JACA

Jennings Gymnastics(Cajun Kips) #024200

1214 Lee Drive, Thibodaux LA 70301

Bill & Shanna Jennings

Gym 985-446-0435

Email: cajunkips@charter.net

Area South JKIP

Jill's Gymnastics #024195

PO Box 52208, Shreveport LA 71135

Chris/Jill Hirsch

Gym 318-797-5455

Fax 318-797-5422

Email: cth@jillsgymnastics.comWeb www.jillsgymnastics.com

Area North JILL

KPRD Gymnastics #0256552508 20th St, Kenner LA 70062**Kerri McGovern, Leisure Service Mngr.**

Gym 504-468-7268 or 7284

Fax 504-471-2158

Email: kmcgovern@kenner.la.us

Area South KPRD

Lake Charles Gym #025692

3101 Ryan St, Lake Charles LA 70601

Shawna McFatter

Gym 337-497-0100

Contact 337-802-4800

Email: mcfatter292@bellsouth.net

Area Central LCDG

Leaps & Bounds #128167

11033 Laird Ln, Denham Springs LA 70726

Michelle Lavergne

Gym 225-665-7200

Fax 225-667-6620

Email: gymmlavergne@aol.com

Area Central LEAP

Mandeville Gymnastics Academy #199035

23052 Highway 1088, Mandeville LA 70448

Alena Shostak or Susan Rossi

Gym 985-727-7777

Fax 985-727-9020

Email: shostak94@bellsouth.net or smrossi@bellsouth.netWeb page www.mandevillesportscomplex.com

Area South MAND

New Heights Gymnastics #154386

PO Box 9838, New Iberia LA 70562-9838

Shane/Bridget LeLeux or Frank Tardo

Gym 337-365-3806

Fax 337-367-0652

Email: leleux@mindspring.comWeb: www.newheightsgym.org

Area Central NHGY

North Shore Gymnastics #025215

1973 Sixth St, Mandeville LA 70471

Susan Sommer

Gym 985-624-8310

Fax 985-624-8346

Email: nsgymcoach@bellsouth.netWeb www.northshoregymnastics.net

Area South NSHR

Red River Gymnastics #026738

6036 Navaho Tr, Alexandria LA 71301

Phil Fuselier

Gym 318-445-0970

Fax 432-205-1203

Email: RedRivergym@aol.comWeb www.redrivergym.com

Area North REDR

Shanda's Dance/Gym Academy #131379

109 St Peter St, Pierre Part LA 70339

Shanda A Douglas

Gym 985-252-3262

Email: purpledancer@bellsouth.net

Area South SHAN

Westbank Gymnastics #080264

Mailing: 9492 Baratavia Blvd, Marrero LA 70072

Gym: 865 Gretna Blvd, Gretna, LA 70053

Fred & Cori Tamborella

Gym 504-368-3547

Fax 504-347-9630

Email: westbankgym@cox.net

Area South WBGC

Westside Gymnastics #256700

PO Box 1782, DeRidder LA 70634

Melissa Kimball

Gym 314-259-1869

Home 337-537-2455

Cell 337-378-4159

Email: thewestsidegym@bellsouth.net

Area North WEST

LaNAWGJ #11181

4008 Ellen Drive, Marrero LA 70072-6222

Brenda Eberhardt, LaSJD

Home 504-347-4089; Work 985-785-0968

Fax 504-341-8153; Cell 504-400-8213

Email: BLEgym@aol.comWeb www.NAWGJLouisiana.org**LaUSAG Web** www.LaUSAG.com**Region 8 Web** www.Region8gymnastics.org**USAG Web** www.usa-gymnastics.org

LaUSAG State Committee Members

Jackie Latino, State Adm. Chairman
See contact info at All Star Gymnastics
Email: gymmstar@aol.com

Hillary Hebert, Athlete Rep.
See contact info at Elmwood Gym.
Email: hillaryhebert@hotmail.com

Bryan Neal, Clinic Coordinator
See contact info at M&M/Cypress Pointe Gym.
Email: bryangymcoach@yahoo.com

Susie Moyal, Central Rep.
See contact info at Elite Gym.
Email: sumoyal@aol.com

Candy Hall, North Rep.
See contact info at Hall's Gym.
Email: CHallgym@bellsouth.net

Margie Pearce, South Rep.
See contact info at LaNAWGJ Directory
Email: mpearce@charter.net

Brenda Eberhardt, NAWGJ Advisor
See contact info on LaNAWGJ Directory
Email: BLEgym@aol.com

No change until determined by Jackie Latino

Marcie Boudreaux, Adm Assistant (non-voting)
Email: MarcieB02@aol.com

??, Apparel Coordinator (non-voting)
See contact info at
Email:

TG Hawkins, Web Engineer (non-voting)
Email: Thomas@meetcontrol.biz

Marcie Boudreaux, Tracking Agent (by bid)
37376 Cornerview Rd, Geismar, LA 70734
Cell 225-202-0873
Email: MarcieB02@aol.com

Responsibilities of LA State Committee Members:

VOTING POSITIONS

Athlete Representative (Compulsory & Optional):

1. Discuss information with LA Clubs who participate in the competitive program that the committee would need opinions and input on. Your vote should reflect the desires of these clubs/coaches.
2. You will communicate with USAG and non-USAG clubs/coaches as the committee deals with all clubs. Assist with polls for the purpose of gathering information regarding numbers, levels, etc.
3. Educate all Clubs/Coaches with information on the web site. Any drills for the learning of basic and advanced skills could be given on the web. You are responsible for promoting education among the coaches & club staff members.
4. You should work with the Clinic Coordinator so that the clinics in the state can help staff, coaches, athletes, and judges.
5. You will be expected to assist with all state championships.

Area Representatives – North, Central, South:

1. You are the voice of your area – for club owners, coaches, staff, and judges. You must call, email, personally contact, etc.--use any means possible--to get a vote and opinion from the clubs and judges in your area. This is a difficult position as you must compile information gathered and represent your area by voting according to the desire of the majority.
2. You will be expected to assist with all state championships.

Clinic Coordinator:

1. You are in charge of education for our states' athletes, teachers, club owners, judges, and coaches. You will work with the Athlete Rep to provide clinics that are well-rounded and suited for all LaUSAG members. Seeking to know what is important and the needs of the LA gymnastics community is your responsibility! (Two clinics a year are recommended.)
2. You will be expected to assist with all state championships.
- 3.

Judges Advisor:

1. You will provide input to the state committee regarding judges' status and availability.
2. You will participate in discussions and offer suggestions and solutions.
3. You should work with Clinic Coordinator so that the clinics in the state address judges' education.
4. You will have to help with both Early State and Governor's Games.

NON-VOTING POSITIONS**Web Engineer (Appointed):**

1. Under the jurisdiction and direction of the state chairman, keep the LaUSAG website up and running with current information.
2. Contact clubs hosting invitationals and state championships; get information for the site – invitation information, schedule, meet results.
3. Update ASAP when you get info from Chair.

Awards/ Apparel Coordinator (Volunteer or Appointed):

1. You will be responsible for ordering all awards – medals and ribbons -- for all State Meets.
2. You will be responsible for ordering Senior Awards as well as getting all announcement information ready for state meet. This may mean contacting all clubs to determine the number and names of graduating seniors.
3. You will be in charge of purchasing and distributing Regional Apparel. The state committee will make the final choice of items from your suggested list.
4. You will be expected to assist with all state championships.

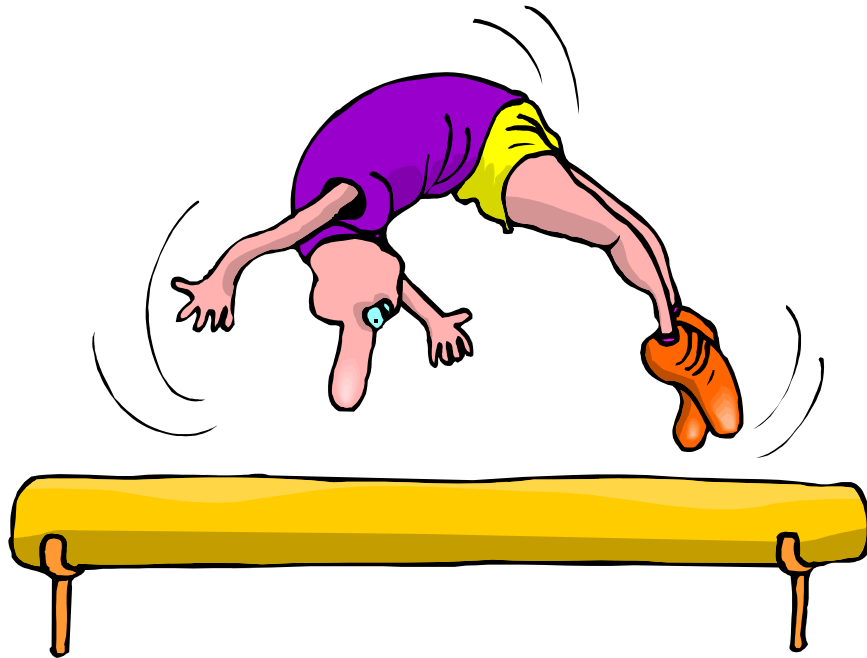
Administrative Assistant (Volunteer or Appointed):

1. You will be responsible for the minutes of the committee meetings. After taking notes, you will complete the minutes and distribute them to at least 2 committee members for proofing.
2. You will be responsible for completing the production and mailing of the state newsletters when completed by the state chairman.
3. You may be asked to contact clubs to complete surveys.
4. You may be asked to assist with the registration for state clinics, Gym Jams, etc.
5. You will be expected to assist with all state championships.

Computer Tracking Agent (by bid) :

1. Get USAG roster from each LA club that has athletes registered with USA gymnastics.
2. Enter each athlete onto computer database.
3. At the completion of each LA gym meet, the meet director will send you a print out for you to enter each score to the proper person. This way we will know who has qualified to State Meet Championships.
4. You will have to send out reports to every club on Nov. 1 and Feb. 1 letting them know which athletes that you/state has recorded as qualified to State Meet Championships. This is a reminder to the coaches to let them know about their paper work.
5. If a child has scored the correct score but has not been registered with the state, then they have not qualified in the eyes of the State and can not compete in State Meet Championships. All children are supposed to be registered by Sept. 1.
6. All registrations would be sent to you. You would have to handle contacting them if mistakes are made. You would also be in charge of handling all calls to clubs if you notice a name on a meet and you don't have that child registered.
7. You would also send to the state chairman copies of all correspondence with each club.
8. You will have to help with both Early State and Governor's Games.

Compulsory & Optional
Changes & Additions
for the 2008-2009
Season





“What’s New for the Women’s Jr. Olympic Program in 2008-2009”

Connie Maloney, USA Gymnastics Women’s Jr. Olympic Program Director

June 2008

All of the following changes/clarifications are recorded in Administrative, Technical and JO Committee minutes from May & June 2008 and are **EFFECTIVE AUGUST 1, 2008**, unless otherwise stated.

- All Agenda items relating to rule changes were tabled until the JO/WTC September meeting.
- A new JO Code will be available in June 2009 for the 2009-2013 season.

I. PROGRAM UPDATES

A. RULES & POLICIES CHANGES

1. Coaches must notify their RACC by fax or e-mail by the Monday following the State Meet of any athletes they intend to petition to Regionals.
2. Member Misconduct (add to page 12): Any falsification of official documentation (scores, athlete DOB, athlete number, etc.) will result in the removal of the athlete from competition and may result in disciplinary action against the responsible professional member.
3. Coaches/judges must produce their Membership card or credential at sign-in or in field-of-play if requested.
4. Coaches attire at State and above competitions. State Committees may also implement at meets below State Championships:
Shoes; closed toe athletic shoes
Pants: Athletic warm-ups or “Docke-style” pants (no jeans)
Shorts: Athletic or tailored shorts that are a reasonable length (example-7” inseam) No shorts with tears, holes or short-shorts.
Shirts: Collared shirts, business casual shirts, or T-shirts with gym logo. No spaghetti straps, low-cut tops or midriff revealing shirts.
Hats: no hats or visors
5. East/West & JO National spectator admission will be capped as follows:
Per session: Maximum of \$15 for adults; \$10 for Children/Seniors
Weekend pass: Maximum of \$25 for adults; \$20 for children/Seniors
6. Meet formats: The only acceptable meet formats are listed in the Rules & Policies book. Any ideas for new formats should be submitted to Tom Koll for consideration and/or approval and possible inclusion in future R & Ps.
7. For non-traditional or modified non-traditional competition formats with sessions of **Level 7 athletes only**: a maximum of 80 gymnasts per session (10 per squad). All athletes in the squad will warm-up; then all will compete (no splitting of the squad for timed or touch warm-ups).
Traditional formats remain at 56 gymnasts per session.
8. APPARATUS SPECS: The vault runway for Levels 8-10 is increased from a maximum of 80 feet to 82 feet, as per FIG specs. The minimum of 76 feet remains unchanged.
9. Page 43, G. The recommendation for coaches to stand in front or behind the vault table to “spot” Round-off entry vaults will be deleted in the 2008-09 edition.

B. NEW INITIATIVES FOR THE JO PROGRAM

1. LEVEL 9 EAST/WEST CHAMPIONSHIPS
Format change: 16 age divisions, 2 divisions per session; 6 gymnasts per region per age division to allow for a total “Regional Team” format (no individuals).JO NATIONAL
2. INVITATIONAL TOURNAMENT (JO-NIT)
As of 2009, the day following JO Nationals (Sunday) an individual competition will be conducted to include more Level 10 athletes in a “National” experience. The qualifications and format will be determined after analyzing data from 2008. The inclusion of Event specialists is being considered.
3. JO NATIONAL TRAINING CAMP
To be conducted annually (starting in 2008) in October or November at the National Training Center in Houston. Forty (40) athletes will be invited to attend at their own expense.
Qualifications will be as follows:
From JO Nationals: AA #5, 6, 7 & 8 from Junior A, B, C, & D and Senior A & B
From East/West: Top AA athlete per age division
If an athlete declines, the next ranked gymnast in that age division will be invited.

4. JO COACH OF THE YEAR: Congratulations to the Regional nominees:
 1 – Justin Howell-Airborne; 2-John & Tammy Carney-Gymnastics East; 3-Jason Baits, Jaycee Phelps, Kathy Vigil-CO Aerials; 4-Mike Hunger & Sammy Wozeny-Twin City Twisters; 5-Ruth Miller – Oakland Gymnastics; 6-Jamie Winkler, Sergie & Galina Petrouniak-Galaxy; 7-Tony Gehman-Northstars-NJ; 8-Johnny Moyal-Elite Gymnastics
 Congratulations to the 2008 JO Coach of the Year – Tony Gehman

C. COMPETITION REGULATIONS

1. Floor Exercise Music must be in the form of CD or MP3. Meet Directors of all sanctioned meets must have the necessary equipment.
2. If equipment provided at Regionals or East/West Championships is unfamiliar to the coaches, the attending USA Gymnastics representative will determine if the timed warm-up procedures need to be altered.
3. JO Nationals Regional Team Score for each age division will be determined by adding the top four (instead of five) scores on each event.

D. 2009 CALENDAR

Level 9/10 State meets	March 28/29	
Level 9/10 Regional meets	April 17-19	
Level 10 only Regionals	April 25-26	
Level 9 East/West	May 7-10	East-Tupelo, MS; West-Bartlesville, OK
JO Nationals	May 14-16	Auburn, WA
JO NIT	May 17	Auburn, WA

E. 2009 USAG-BREVET & NATIONAL JUDGES' COURSES

Scheduled for July 2009. The format for all courses will be written and practical exams to directly follow the lectures on each event.

Judges re-certifying at their current level will be required to take an open-book exam and a practical exam.

Judges taking the course for the first time will be required to take a closed-book written exam and a practical exam

F. CHIEF JUDGE FEES

Chief Judge fees will be paid only at:

1. State meets with FOUR-judge panels
 2. Level 8-10 Regionals, Level 9 East/West & JO Nationals, regardless of the number of judges per panel.
- *Meet Referee fees will continue to be paid at State meet and above.

II. COMPULSORY UPDATES

- A. BARS: Level 4 & 5 Front hip circle, cast:
Level 4: front hip circle-small cast is one major element = 0.60. If the gymnast doesn't cast immediately (or no cast at all), deduct 0.3. If front hip is not complete, deduct up to 0.6 (includes the 0.3 for no immediate cast). Do not deduct up to 0.6 for front hip plus another 0.3 for no cast.
Level 5: two elements-front hip circle=0.6; cast to horizontal = 0.8. If cast is omitted, deduct double the value = 1.60.
- B. Level 4-6 BEAM: Handstand dismount clarification: If the coach pushes the gymnast over to assist the gymnast in completing the element, the deduction is 0.50 for the spot, plus the value of the element (0.6 for Lev 4&5, 0.80 for Lev 6)

III. OPTIONAL UPDATES

A. NEW OPTIONAL ELEMENTS

The following NEW ELEMENTS WERE PERFORMED AT THE 2008 JR. OLYMPIC NATIONAL CHAMPIONSHIPS:

Event & #	Description	Value
Bars:		
2.406	Counterswing on HB, front salto between the bars to catch LB in reverse grip (Montell)	D
5.405	From reverse grip handstand on LB, $\frac{3}{4}$ front giant to release, front salto tucked (similar to tucked Jaeger) with a full twist to catch HB in regular grip (Grable)	D
8.401	Dismount: From clear front support on HB, -underswing (toe-on or clear) to salto forward stretched (Kennedy)	D
Beam		
3.306	Starting in a tuck stand on one foot, other leg extended to side, $1\frac{3}{4}$ turn in tuck position to finish in a tuck/kneeling position (Ferguson)	C
7.403	Side aerial starting from a kneeling position on one knee (Clore)	D

Additional elements evaluated:

Bars: #3.207 Clear hip circle forward (Weiler kip) that finishes above horizontal (but not in handstand phase) = B

Beam mount: #1.409 should also include the McCool mount, Jump to handstand with hip angle (pike) to handspring forward to land on two feet (flyspring). This element was already added to the Beam symbol chart from November 2007.

Floor: Tour Jeté with $\frac{1}{4}$ turn to side-straddle position with an additional $\frac{1}{2}$ turn C

B. VAULT UPDATES

For Twisting vaults #1.105 ($\frac{1}{4}$ - $\frac{1}{2}$ on – $\frac{3}{4}$ -1/1 off); 1.205 ($\frac{1}{4}$ - $\frac{1}{2}$ on – $1\frac{1}{4}$ - 1/1 off); 1.206 ($\frac{1}{4}$ - $\frac{1}{2}$ on – $1\frac{3}{4}$ - $1\frac{1}{2}$ off) and 1.305 ($\frac{1}{4}$ - $\frac{1}{2}$ on – $2\frac{1}{4}$ - 2/1 off), the following requirement is deleted: "both must turn in the same direction."

C. BAR UPDATES

- Level 7: Change the wording of Bar Special Requirement of one cast to a minimum of 21° - 45° to include "from handstand (vertical)".
- Counting of Value Parts: The casts will be considered different if they receive either a) no Value Part credit (lower than 45° from vertical), b) "A" value part credit (21° - 45° from vertical) or c) "B" value part credit (up to 20° from vertical). They are each considered different for the counting of value parts. Examples:
 - Gymnast performs a cast to 45° (A), then a clear hip circle to 45° (B) to a glide kip, then immediately performs another cast to 45° , clear hip to 45° , the gymnast has done the same exact sequence; therefore, the second clear hip will receive NO value part credit.
 - Gymnast performs a cast to 45° (A), then a clear hip to 45° (B) to a glide kip, then immediately performs another cast to horizontal (no value) to a clear hip to 45° (B), the connection WILL be considered different, so the second Clear hip will receive B credit.

D. BARS & BEAM DISMOUNTS

Refer to JO Code, pages 49 & 131:

If a gymnast makes no attempt to dismount following a fall while executing an element, OR attempts a salto dismount, but never initiates the salto action and falls without landing on the feet, then deduct:

0.50 for the fall

0.50 Dismount Special Requirement is not fulfilled

0.30 No dismount (off Start Value)

E. BEAM UPDATES

- Scales forward: In order to receive value part credit for #5.101 and 5.201 (Scale forward), the back leg must be held above horizontal for two seconds.
- Clarification of Gainer salto backward dismount:
 - Page 219 - All backward salto DISMOUNTS performed off the end of the beam, but starting facing in towards the length of the beam, may be performed with a two-foot or one-foot (swing through) take off.
 - Page 221 – All gainer saltos backward performed off the side of beam have a one foot take-off (swing through).

- c. Page 222 - To be considered a gainer salto at the end of the beam, the gymnast must be facing out and performing a salto backward toward the beam (similar to a reverse dive).
3. Level 7 Beam Clarification:
Beginning last August 1 of 2008, #302 Straddle pike jump from a cross or side position was approved for use at Level 7 with "B" value given. Since there are two elements listed in the JO Code (page 168) under #2.302, the Straddle pike jump with a ¼ turn is also allowed.
4. Level 7 & 8
Acro connections: if gymnast attempts a Back Walkover, Back Walkover series, and either breaks the connection or falls on the first Back Walkover, then performs a Handstand (with no 2-second hold; therefore, no VP) connected to a Back Walkover, the 2nd performance of the Back Walkover will not receive "A" value credit because it is not considered a different connection.
Reminder: If no value-part credit is given for an element, that element cannot be used to fulfill a Special Requirement.

F. FLOOR EXERCISE UPDATES

1. Clarifications:
JO Code of Points, Page 242, Large faults, #5 "Relaxed or incorrect foot/leg/body/posture" refers to posture faults on non-value part connections throughout the exercise. Deduct up to 0.30
2. If the gymnast lands an element and is moving toward the boundary of the floor area (or actually goes out of bounds) and is spotted (touch/pushed) by the coach to prevent them from either going out of bounds or to prevent them from falling out of bounds, then only one 0.50 deduction will be taken, regardless if it results in a fall. If the gymnast does go out of bounds, a 0.10 neutral deduction will be taken by the Chief Judge.
3. Page 5, JO Code of Points: n. Coach on floor exercise mat: Add the words, "inside the border marking"
4. New Business for Floor Exercise:
1. Matting on floor: Rules and Policies - Page 82, F. 2
Clarification: Only one skill cushion per tumbling pass may be used; however, a sting mat may be placed on top of the skill cushion.
 2. JO Code of Points, page 5. p. Excessive use of magnesia (chalk):
Clarification: a single-line arc drawn with chalk in the corner of the floor mat is acceptable. No tape or Velcro markings are allowed within the floor exercise area. It is still acceptable to place tape markings on the corner lines to indicate the boundary line.

LRG Changes for 2008-2009

Vault:

Level 1 & 2 Same (Level 1 minimum height=8"; Level 2 minimum height=16")
 Level 3 Handstand flat back on pro-pit, minimum height=32" (no maximum height)
 Level 4 Handspring over pro-pit turned sideways. Minimum height=32" (no maximum height). It is recommended that you use a 1 inch panel man on top of pit to help with repulsion.

Bars:

Level 1 & 2 Same
 Level 3 Same
 Level 4 Change to
 Glide swing Pull Over - Start value at 9.5
 Glide Kip mount – Start value 10

Meet fees: \$45

Awards:

Meet directors may use awards of their choosing.
 No achievement ribbons anymore.
 Medals for 1-3 in each event.
 Keep all-around medals for all participants and continuation of division in thirds.

These are LRG changes as revised by participating Louisiana coaches. Keep this copy for reference.

All meets hosting LRG competitions are required to abide by affirmed rules and policies.

1. Your meet must be fast, fun, simple, & safe.
2. Your recreational team must be registered in the LRG.
3. Meet fees are set at \$45 for this next season. State is \$55.
4. No other non LRG participants are to participate in the designated session.
5. Equipment:
 - Beams- 2 and mats used for boards (low settings)
 - Bars - 2 sets and mats used as boards (low settings)
 - Floor - standard spring floor
 - Vault - with runway, landing mats and pro pit and 2 spring boards set with 3 & 5 springs.
6. Your insurance provider must have knowledge of your meets and include them in your coverage.
7. Judges are secured through the LaUSAG process according to the national USAG guidelines as established on P 63 of the R&P by either
 - a) Individually contracting judges through the use of the USAG contract or
 - b) by using the recommended NAWGJ assigner. (Brenda Eberhardt). One judge panel.
8. Warm up compete, warm up compete format. Open stretch 15 min. Warm up lasts 8-10 min.
9. Submit your meet date prior to Sept. 1st to be included in our meet schedule.



Instructor Memb.
Application.pdf



Insurance Request
Form.pdf



Intro. Athlete
Application.pdf



Intro. Coach
Application.pdf



Jr. Prof. Memb.
Application.pdf



Prof. Memb.
Application.pdf

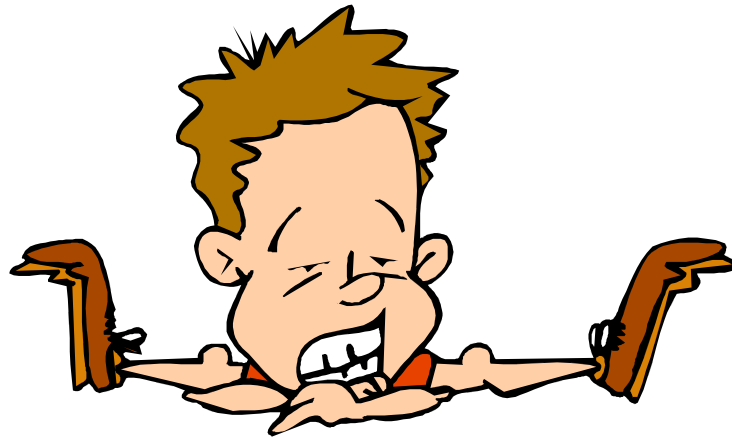


Request for Foreign
Sanction.pdf



Request for
Sanction.pdf

State Forms
2008-2009



State Registration 2008-2009

All forms go to State Chairman and to Computer Tracking Agent

Checks should be made payable to LaUSAG.

Jackie Latino

2073 Bonn St

Harvey, LA 70058

FAX 504-328-3838

Email LaUSGF@aol.com

Marcie Boudreaux

37376 Cornerview Rd.

Geismar, LA 70734-3205

FAX 225-664-6282

Email MarcieBo2@aol.com



LaUSAG CLUB Registration Form

This form must be completed each year and sent to the Computer Tracking agent along with a Club check for \$10.00 per LEVEL (max \$50.00) plus a \$50.00 club assessment fee payable to LaUSAG.

You can duplicate this form as needed throughout the season in the event you add athletes after sending your initial registration.

Form is due by **October 1** even if you do not yet have the USAG numbers. All athletes will have their scores tracked for mobility and qualification to State Meets. Scores earned before registration will not count.

Forms not postmarked by October 1 will incur a \$50.00 per club late fee.

CLUB NAME _____ USAG CLUB # _____
GYM PHONE _____ GYM FAX _____
GYM EMAIL _____

Competing Levels: (Check all that apply)

- _____ LEVEL 1
- _____ LEVEL 2
- _____ LEVEL 3
- _____ LEVEL 4
- _____ LEVEL 5
- _____ LEVEL 6
- _____ LEVEL 7
- _____ LEVEL 8
- _____ LEVEL 9
- _____ LEVEL 10

- _____ PREP

AMOUNT DUE _____ # OF LEVELS X \$10.00 PER LEVEL = _____
MAXIMUM IS \$50.00

+ \$50.00 CLUB ASSESSMENT FEE

Please indicate if you would like to receive a refund check at the end of the season (if money remains from your club assessment fee). If you choose not to receive a refund check, then the remaining credit will be applied towards next year's club assessment fee: YES _____ NO _____

TOTAL ENCLOSED _____ CHECK _____

Club Registration form with payment by club check (made out to LaUSAG) should be sent to:

**Marcie Boudreaux
37376 Cornerview Rd, Geismar, LA 70734-3205**

LaUSAG Athlete State Registration Form

This form must be completed each year and sent to the Computer Tracking agent along with a club check for \$10.00 per Level 4-10 athlete and \$5.00 per Level 1-3 and PREP athlete payable to LaUSAG. Level 1-10 athletes that have paid this State Registration fee will be tracked by our Computer Service. A Level 1-10 athlete MUST be registered prior to competition in order to earn scores for qualification to State Meets.

You can duplicate this form as needed throughout the season in the event you add athletes after sending your initial registration.

Form is due by October. 1 even if you do not yet have the USAG numbers. All athletes will have their scores tracked for mobility and qualification to State Meets. Scores earned before registration will not be considered for state qualification.

Forms not postmarked by October 1 will incur a \$50.00 per club late fee.

CLUB NAME _____ USAG CLUB # _____ GYM PHONE _____

GYM EMAIL _____ GYM FAX _____

(Indicate with a Y = yes or an N = no your intentions regarding whether the athlete will compete at either the upper level or lower level (Governor's Games) state meet. This will assist in scheduling and age group determination purposes.)

Place *** in the appropriate column if the athlete will graduate from high school in 2009.

T-shirt Size Column is for Level 1-4 & Prep athletes only. Please indicate sizes as S, M, or L (only adult sizes available).

Level 1-3: Stars = under 6 hrs/wk Stripes = 6 hrs. or more /wk

Level 4: Stars = under 7 hrs/wk Stripes = 7 hrs. or more/wk

Last Name	First Name	HS Sr.	DOB	07-08 Level	08-09 Level	USAG #	Star or Stripe	State Y/N	T-shirt Size
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									

TOTAL ENCLOSED _____ CHECK # _____

Make club check payable to LaUSAG.

Mail forms and check to: **Marcie Boudreaux, 37376 Cornerview Rd, Geismar LA 70734-3205**

LA USAG

ATHLETE Mobility Form

This form must be completed each time one of your athletes earns the right to move up a level following the enclosed guidelines. Failure to submit the form to the tracking agent prior to competition at the higher level will invalidate any scores earned at the new level.

Levels 1-4 to Level 5	Pass each level according to USAG guidelines
Level 5 to 6	31.00
Level 6 to 7	31.00
Level 7 to 8	31.00
Level 8 to 9	34.00
Level 9 to 10	34.00

Gymnast	USAG #	Registered Level	Mobility Score	Meet Score Obtained	Date Score obtained	New Level

CLUB NAME _____ USAG CLUB # _____

GYM PHONE _____

GYM EMAIL _____

GYM FAX _____

Signature of Coach _____

Mobility form should be sent to Marcie Boudreaux via one of the following:

Fax: 225-673-8425 (call first)

Email: MarcieB02@aol.com

Mail: 37376 Cornerview Rd, Geismar, LA 70734-3205

**LA USAG
OUT OF STATE Qualifying Form**

Please submit an official copy of the scores with your athlete's name highlighted.

Use this as cover sheet of fax or mailed in copy of scores!

Gymnast Name _____ USAG # _____

Level _____ Date of Birth _____ Club _____

Name of Meet _____ Sanction # _____

Date of Meet _____

Out-of-State Qualifying form should be sent to Marcie Boudreaux via one of the following:

Fax: 225-673-8425 (call first)

Email: MarcieB02@aol.com

Mail: 37376 Cornerview Rd, Geismar, LA 70734-3205

LaUSAG State Championship Bid Form (deadline August 31)

Complete this form and add any and all information that would be pertinent in detailing your bid.

Host Information

Competition Name _____ Date _____

Host Group _____ Host Club _____

Meet Director _____ Phone _____

Fax _____ Email _____

USAG Professional # _____ Safety Certification Expiration _____

Experience Information

How many competitions has you or your group hosted in the last 2 years? _____

Breakdown: Invite _____ State _____ Regional _____ National _____ Other _____

Is your support personnel from: Gym Staff _____ Booster club _____ Private _____ Other _____

Site Details

Facility Name _____

Facility Address _____ City _____

Size of Competition Area _____ Size of Warm-Up Area _____

Spectator Capacity _____ Air Conditioned ___ Yes ___ No

Please describe parking availability _____

Number of restrooms _____ Number of available meeting rooms _____

Equipment Manufacturer: Vault _____ Bars _____

Beam _____ Floor _____

Please attach a letter of intent from the providing equipment company

Please attach a scaled diagram of the intended equipment set up and facility.

Auxiliary Information

Type(s) of Emergency services to be provided _____

Nearest Airport(s) _____

Hotel Accommodations _____ Rate _____

Please attach a letter of intent from the providing hotel company.

The host organization intends to provide the following amenities to athletes, coaches, and judges:

Athletes: _____

Coaches: _____

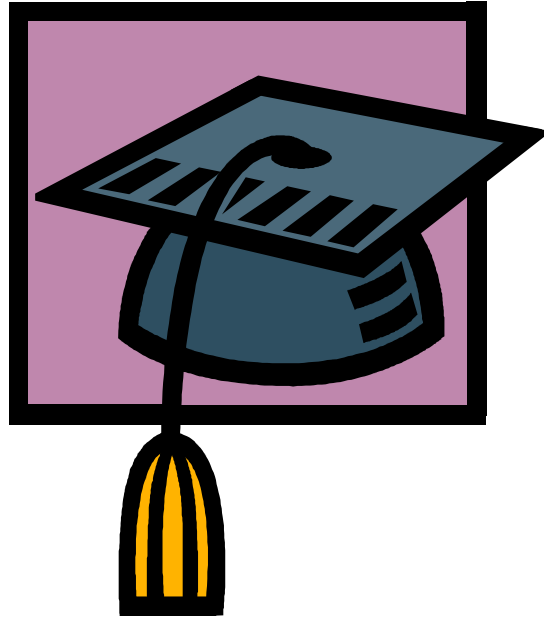
Judges: _____

LaUSAG, at any time in this bid process, may ask for more detailed or additional information from the bidding party in order to be certain it is providing an event of the quality expected by USAG Louisiana.

Seniors 2009

All forms go to State Chairman.

Jackie Latino
2073 Bonn St.
Harvey, LA 70058
GymmStar@aol.com
FAX 504-341-3868



**LA USAG
GRADUATING SENIOR FORM**

GYMNAST	LEVEL	YEARS IN GYM	EMAIL ADDRESS OF ATHLETE

CLUB NAME _____ USAG CLUB # _____

GYM PHONE _____ GYM FAX _____

GYM EMAIL _____

Graduating Sr. form should be sent to Jackie Latino via one of the following:

Email: gymmstar@aol.com

Mail: 2073 Bonn St, Harvey, LA 70058

2008-2009 GUIDELINES FOR BOOKING JUDGES



Request for
Judges.pdf