



**TTGF 2024 National Invitational Gymnastic Championships**  
**Women's Artistic Gymnastics**  
**Rules & Regulations 2024**

All Trinidad & Tobago gymnasts **MUST** be registered as TTGF competitive members to be able to take part in any TTGF sanctioned competitive event.

**EVENT DATES**

**TTGF National Invitational Championships** will take place at the Woodbrook Youth Facility, Hamilton Holder Street, Woodbrook on Saturday May 25<sup>th</sup> and Sunday May 26<sup>th</sup> 2024.

**REGISTRATION GUIDELINES**

All participants must be properly registered with TTGF no less than 4 weeks prior to a National Qualifier Meet.

All participants must be registered through a member club that is registered with the TTGF no less than 4 weeks prior to a National Qualifier Meet.

Annual Membership fees are non-refundable (Trinidad & Tobago Clubs ONLY).

A gymnast must enter the competition through registration with only one registered club/school.

A gymnast must be a registered member in good standing of a TTGF club at least 4 weeks before being entitled to represent such registered club in a National Qualifier Meet.

A gymnast must compete in one National Qualifier Meet to be eligible to compete at Nationals in the same season.

**Competition fees are \$450 per TTGF gymnast and US\$100 per foreign athlete. Team Entry Fee – TT\$150**

Entries received after May 11<sup>th</sup> and up to 22<sup>nd</sup> May will incur a penalty of TT\$75 per competitor for TTGF gymnasts and US\$10 for overseas athletes.

Individual Entry Forms must be completed and submitted via the gymnast's Club Head to the TTGF by the deadline date of Saturday 11<sup>th</sup> May. A lump sum payment reflecting the total number of registered athletes for the club should be deposited directly to the Trinidad and Tobago Gymnastics Federation account by Friday 10<sup>th</sup> May 2024. A copy of the completed transaction must be emailed to TTGF immediately: [ttgfentries@gmail.com](mailto:ttgfentries@gmail.com)



**Account Holder:** Trinidad & Tobago Gymnastics Federation

**Bank:** Republic Bank

**Account Number:** 340511574901

Competition fees are non-refundable. Special consideration may be given to medical cases.

International / Foreign-Based competing gymnasts must be authorized by their Club Head to be eligible to compete at TTGF National Invitationals.

Foreign-based Trinidad & Tobago Nationals and foreign gymnasts are eligible to compete at the National Competition without having competed at a local qualifier meet.

Mrs. Rhonda Doopan is the Meet Director her decisions will be final in all matters.

#### **EVENT FORMAT**

*Modified Traditional Format #1*

One set of equipment in the competition gym. No warm-up gym. Timed warm-ups immediately preceding competition on each event with continuous rotations. When squads consist of 13 or more Compulsory gymnasts or 9 or more Optional gymnasts, the squad MAY be divided into two sub-groups.

#### **Warm-Up Times (per gymnast) as follows:**

Levels 1 - 2: Maximum of 30 seconds

Level 3 – 45 seconds

Levels 4 & 5 - 1 minute timed warm-up. No 30 second touch.

Levels 6 & 7 - 1½ minutes. No 30 second touch.

Levels 8 - 10: 2 minutes warm-up. No 30 second touch.

L 9 & 10 - 2½ mins Bars only. No 30 second touch.

#### **Judging**

USAG-Level 10 and National-Rated, US-based judges will officiate at the event. Levels 5 – 10 will be judged using a 2-judge panel.

#### **Age Determination and Regulations**

The athlete's age is determined as at 31<sup>st</sup> December 2024. Exception: The gymnast must have reached the minimum age for her level prior to entering any qualifying competition.

Where there are more than 15 gymnasts in an age division, gymnasts will be separated by month born to maintain an optimum maximum of 15 competitors per age division.



In the event of low competitor numbers, age divisions may be combined (e.g. 10 – 12 year olds or 5 – 7 year olds)

### **Mobility**

A gymnast must compete in the same level at which she competed at the last local TTGF-sanctioned qualifier or another FIG-Federation sanctioned event. Full results from the event must be published. Gymnasts are not permitted to 'level up' or 'drop back' at the National Meet. In the case of a sanctioned overseas event being used to level up a gymnast in-between the last local qualifier event and TTGF National Championships, proof of scores must be provided by the gymnast's Club Head to the TTGF WAG Chairperson within a week of the event's completion.

### **Awards**

Competitors will be judged in categories of Apparatus, All-Around (within Age Divisions) and Team (depending on final entries).

The competition categories are as follows:

- TTGF Pre-Competitive
- USAG Development Program Levels 1 – 10

### **Individual Awards**

1. If only one gymnast is entered in an age division, she receives the 1st place All-Around medal only.
2. If 2-10 gymnasts are entered in an age division:
  - a. Award 1<sup>st</sup> and 2<sup>nd</sup> Event Placements and 100% All-Around for 2 gymnasts
  - b. Award 1<sup>st</sup> – 3<sup>rd</sup> Event Placements and 100% All-Around for 3-5 gymnasts
  - c. Award 1<sup>st</sup> – 4<sup>th</sup> Event Placements and 100% All-Around 6-10 gymnasts
3. If 11-15 gymnasts are entered in an age division:
  - 1<sup>st</sup> – 6<sup>th</sup> Event Placements & 100% All-Around

### **Team Competition**

For all Levels with 3 or more gymnasts per club. An unlimited number of gymnasts per team – top 3 scores per event to count.

Clubs will be required to enter their teams at a cost of \$150 per team. This will be payable directly to the TTGF in advance of the competition once gymnast numbers are confirmed.



## Event Finals

Event Finals for USAG Levels 1 – 10 will take place on **Sunday 26<sup>th</sup> May**. The top six (6) athletes on each apparatus (age criteria may be enforced) in each level will qualify to the Event Finals. Compulsory Level Gymnasts (1 – 5) must obtain a 9.0 minimum score on an apparatus to qualify to Event Finals during the All-Around competition on Saturday 25<sup>th</sup> May. Optional gymnasts must attain a minimum score of 8.5 on an event in order to qualify to Event Finals during the All-Around competition on Saturday 25<sup>th</sup> May. Gymnasts may qualify to more than one apparatus for Event Finals. Only TTGF Local Athlete Members are eligible to qualify to Event Finals.

## COMPETITORS

Must report on time, with sufficient time for warm-up.

Athletes are not allowed to leave the competition floor without permission from the Meet Director.

Failure to show when an athlete's name is called may result in disqualification.

Competitors must be dressed appropriately according to **USAG guidelines**, including but not limited to:

- Hair secured away from the face so as not to obscure her vision of the apparatus.
- NO underwear (including sport bras) should be exposed.
- No bare midriffs, backless leotards, leotards with "spaghetti" straps, T-shirts or Boxer shorts
- No jewelry, with the exception of one pair of stud earrings (one in each ear). All other piercing should be REMOVED, not just covered with tape or Band-Aids.
- Leotard and/or warm-up uniform should be worn for march-in and award ceremonies.
- Gymnasts are allowed to wear ankle-length tights as long as they match the color of the leotard or are flesh-colored and worn under the leotard when competing. Manufacturer gym shorts, without embellishments may be worn above the leotard.

Infractions of these guidelines may result in a deduction for 'inappropriate attire' being applied to the gymnast.

## COACHES & OFFICIALS

Coaches and Officials should be dressed appropriately.

The following attire is not allowed on the competition floor:

- Slippers; spaghetti strap tops; hats or caps; jeans; short shorts; clothing with inappropriate slogans or designs; ripped or cut clothing.
- Cell phone use is not permitted on the competition floor.



- Only athletic-style shoes with rubberized soles should be worn on the competition floor.

Coaches must function ONLY as a coach during a competition. They may not serve in a dual capacity (i.e. Coach/Judge, Coach/Announcer, Coach/Competitor etc.)

A deduction of one tenth will be applied to the gymnast if she receives technical coaching cues during her competitive performance.

Coaches must attend the coaches' meeting at the beginning of each session to ensure that they are familiar with the meet set-up and organization.

All scratches MUST be presented to the Head Judge / Meet Director at the BEGINNING of the session.

If a gymnast is not competing on a specific event, the attending coach must ensure that the gymnast presents herself to 'touch' the apparatus in her competitive order. She will receive a score of "0" on the event.

Direct any inquiries regarding apparatus, judging or meet schedules through the Meet Referee or Meet Director.

Only officials, coaches, gymnasts and other authorized persons are allowed on the competition floor at any time during the meet.

## **ONWARD MOBILITY**

A gymnast must attain the USAG-approved mobility score at a TTGF or other sanctioned event in order to move up a level. Current USAG Mobility Scores are as follows:

**Levels 1 – 3** – No mobility score required. Proficiency at the previous level must be attained.

**Level 4** – 34.00 AA for progression to Level 5. If 2 scores of 36.00AA are obtained in a season, the athlete may progress straight to Level 6.

**Level 5** – 32.00 AA for progression to Level 6 or 7

**Level 6** – Level can be skipped if 32.00 was achieved at Level 5. Mobility back and forth between Levels 5 and 6 is permitted.

**Level 7** - 32.00 AA for progression to Level 8 – Individual Event Specialist must achieve 8.5 per event

**Level 8** – 34.00 AA for progression to Level 9 - Individual Event Specialist must achieve 8.5 per event

**Level 9** – 34.00 AA for progression to Level 10- Individual Event Specialist must achieve 8.5 per event



## **FUTURE NATIONAL QUALIFICATION & REPRESENTATION**

The TTGF 2024 National Invitational Championships shall form part of the National Qualifying Procedure for competitions where National Representation is required. Results from All Around and Event Final competitions at 2024 local qualifying competitions and the National Championships can be considered for future National competitive opportunities. Age requirements may vary depending on the event's directives. Top-scoring, age-appropriate gymnasts will be invited to participate in National Developmental training camps which will be held at a time and venue to be determined. Final selection procedures and requirements for National Representation will be communicated to the TTGF membership as soon as possible after an event's official Directives are received by the TTGF.