

MASON DIXON GYMNASTICS LEAGUE

General League Information

I. **ELIGABILITY**

A. Club:

Clubs may be either privately owned, parks and recreation or YMCA's. Each club must carry their own liability insurance and provide the league with a copy of that insurance when registering and paying the \$100 annual Club Registration Fee. Once in the league all clubs are subject to ALL LEAGUE RULES outlined here. Failure to abide by these rules will result in the club and ALL its registered gymnasts being suspended for the remainder of that season forfeiting all monies paid.

B. Gymnasts:

Gymnasts must be registered through a club and meet all the requirements and/or restrictions listed below:

1. Must have reached their 5th birthday;
2. MAY NOT COMPETE IN ANY OTHER LEAGUE DURING THE MASON DIXON LEAGUE SEASON (Dec 1st - Championships weekend) with the exception of any school sponsored team or organization.

II. **REGISTRATION AND FEES**

A. The cost per club is \$100 due by August 30, 2011. This fee will hold your spots in the league and you may give individual gymnast information and fees no later than September 30, 2011.

B. The cost per gymnast is \$240 and due by September 30, 2011. The league will accept checks from the club, the parent association or individual parents (if individual checks the host club will be responsible for any and all bank fees).

C. No gymnast may be registered at a meet. ALL registrations must come through the main office and we will inform the meet directors.

D. Annual fee is not pro-rated regardless of when in the season a gymnast registers.

E. Registration fees are non-refundable. You may substitute one gymnast for another for an administrative fee of \$25 at anytime during the league.

III. **JUDGING AND LEVELS**

A. Since there are no longer any "cross-over" kids the level restrictions no longer apply

B. Gymnasts may move up to higher levels at any time during the season at the request of their coach. They may "try-out" a higher level and do one meet at the new level to see how it goes and if unhappy may move back after the one meet. However, if they do a second meet at the higher level they then must compete the higher level the rest of the season to include championships.

C. Coaches who find they have registered a gymnast at the wrong level for the first meet may move the gymnast back a level before the second meet. However, if they do a second meet at the higher level they must stay at that level for the remainder of the season.

D. Gymnasts who have been injured may be petitioned back to a lower level when they return to competition. Cases will be decided on an individual basis by league officials.

E. All levels are judged by USAG judges using Mason Dixon Gymnastics League Rules and Restrictions. The Rules and Restrictions have been reviewed by Maryland optional judges to ensure that they are clear and reasonably compatible with the USAG Code of Points.

F. If a gymnast scores a 36.00 or higher in the all around at the same level in two of the first three meets of the season that gymnast must either move up a level for the next competition or she may remain at the current level but will **NOT** be eligible for awards at that level. This will be strictly enforced.

IV. AWARDS

A. Age divisions will be decided upon by League officials and every effort will be made to keep the groups small enough to give most gymnasts the opportunity to win an award.

B. A gymnast's competitive age is the age she will be as of the date of the last day of the Championship meet.

C. Awards will be given to a minimum of 50% in every age group.

D. All ties will be broken at all meets. Ties will be broken using the USAG Tie Breaking Rules. There will be one exception: If an age group goes 6 places and there is a 8 way tie for 6th place, there will be no tie breaker. ALL 8 gymnasts will receive a 6th place award and be called up to the podium.

E. Medals and ribbons will be given out for all regular season meets and Trophies and ribbons will be given out at Championship. There will only be Team Awards presented at Championships not during the regular season.

V. COMPETITIONS

A. Member clubs are asked to host meets as dates become available. If you are interested in hosting a meet please refer to the "Meet Host" information flyer available on our website.

B. The League pays host clubs \$10 per gymnast and provides all awards.

C. Judges are obtained and paid for by the League. The league will pay for lodging for judges if required.

D. The host club is expected to provide competitor gifts/goodie bags for each gymnast.

E. Admission will be charged by the host club but may not exceed \$5 per adult (12+), \$3 per child (3-11) under 3 yrs will be free.

F. All gymnasts will be automatically registered for every competition. It is up to the individual clubs to report their scratches to the LEAGUE OFFICE and we will notify the meet directors. THIS IS MANDATORY!

G. No new registration may be taken at a competition. All new registrations must go through the League office prior to the competition.

H. Any change in level for a gymnast must first be reported to the League office.

I. Qualifying to Championships is automatically done by competing in two regularly season meets. The gymnast does not have to compete all around at these meets, just compete a minimum of one event at each one.

J. All cell phones should be turned off on the competition floor. Gymnasts should not be texting during competition.

VI. COMPETITIVE ATTIRE

A. All gymnasts must be in a leotard (short or long sleeves. There is no "uniform" rule requiring all gymnasts from one club to be in the same leotard. Bra straps and panties should not be visible.

B. Hair should be anchored back in a way that allows the judges to see the gymnasts face at all times. Long hair should be pulled back and preferably in a bun so that it does not touch the equipment or cause a distraction to the judges.

C. Gymnasts may not wear necklaces, bracelets, anklets, rings of any kind, dangling earrings or hoops (studs only). They should not have hair glitter or nail polish on during competitions.

VII. HOSTING A COMPETITION

A. Facility/Equipment: Make sure that you have sufficient landing mats and springboards. All matting used during the competition must be professionally manufactured gymnastics mats.

B. Volunteers: Remember...too many is always better than too few. If you use children as volunteers for running/flashing or other activities, make sure they are old enough to understand the requirements and responsibilities of the task and please provide adult supervision.

C. Judges: The League will arrange for judges and their payment. Host clubs will provide on-site hospitality for judges. They really appreciate being fed well! Please provide light snacks, water and/or coffee on the judges tables during competition and all required meals.

D. Scoring: The League uses Pro-Score for scoring and will provide the host club with a copy of it if necessary. The League will also provide a backup copy of all the gymnasts that can then be uploaded to the program. It is the Meet Directors responsibility then to e-mail the League a backup copy of the completed competition in Pro-Score.

E. Awards: The league will provide all the awards for the competition. It is up to the Meet Director to make sure that they are given out properly according to the league rules.

F. Goodie Bags/Competitor Gifts: These are not required but greatly appreciated.

VIII. COACHES/JUDGES CODE OF CONDUCT

Meet directors and league officials will have the authority to issue "WARNINGS" to individuals who do not follow the examples listed below. Two warnings in a season will result in a one meet suspension for that individual. A third warning during the same season will result in suspension for the remainder of the season for that individual.

A. It is the responsibility of each coach to ensure that all competition is conducted according to Mason Dixon Gymnastics League Rules & Level Guidelines. Coaches are required to act in a mature, polite, respectful and disciplined manner, with complete integrity. It is their responsibility to see that their teams also are disciplined and behave properly.

B. Judges may be greeted by a representative of the host institution before the start of competition. In addition, coaches are permitted to formally acknowledge and greet judges in a cordial manner prior to the start of competition. Conversations with a chief judge or meet referee for purposes of changing a lineup or discussing an inquiry after initiated by the judge remain permissible.

C. Coaches shall avoid even the appearance of soliciting partisanship from the judges.

D. It is the responsibility of each coach to see that every meet is conducted with full regard for the safety of and most fair competition for all gymnasts.

E. No coach or competitor shall participate in a judges' conference, or be within hearing distance of such conferences.

F. Each coach should assist actively in promoting positive relations among all participants.

G. Coaches shall ensure that competitors exhibit dignity in manner and dress when representing their club.