

**USA**



**Gymnastics**

**SOUTH CAROLINA**

# In loving memory of Jennifer Brawner



With deep sadness, I share with you that Jennifer Brawner, SC NAWGJ judge and former coach, passed away on July 19, 2024. She was a fun-loving, outgoing woman and a beloved member of our gymnastics family. She will be greatly missed by all who knew her. In lieu of flowers, please consider making a contribution to Wildlife Rehabilitation of South Carolina in Jennifer's name.

# 2024 Region 8 Hall of Fame Inductee - Jessica Hannah

Jessica was a gymnast at Aiken Gymnastics.

In her career, she was the 2000 Region 8 Uneven Bar Level 10 Champion. In 2006, she placed 2<sup>nd</sup> in AA in the ECAC individual championship and her team, Towson University placed 1<sup>st</sup> in the ECAC team competition. In 2007, her team placed first in the USAG College Championships.

Currently, Jessica lives in Charleston with her husband and their two beautiful children (Natale and Sophia), and she practices inpatient neurology for RSFH system.



# SC State Administrative Committee:

Chairman - Mendi Knisley  
Apparel - Anna Sexton  
Awards - Tricha Tapio  
Communication - Dana Browy  
Compulsory Clinic Coordinator - Pat Faulkner  
Development Member At Large - Karimah Thorne  
NAWGJ Representative - Sue Dolinar  
Optional Clinic Coordinator - Val Snow  
Secretary - David Gale  
Technical/Educational Resource - Sabina Jokulis  
TOPS - Abby Reid  
XCEL Clinic Coordinator - Amanda Sewold  
XCEL Member At Large - TBD  
Webmaster/Athlete Tracking - Joey Smith

# XCEL MEMBER AT LARGE

Tim Rule has decided to resign from his position as XCEL Member At Large due to his change in careers. Tim has been a tremendous asset to the SC SAC and will be greatly missed. Thank you, Tim to your commitment to SC Gymnastics and for your service. We wish you the best in your new career.

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To fill the XCEL Member at Large position on the SC State Administrative Committee an election will be conducted in September.

**SOUTH CAROLINA GYMNASTICS**  
**23-24 Programs of the Year**

**2024 Program of the Year - Lake Murray  
Gymnastics**

**Compulsory - Davita's Charleston  
Twisters**

**XCEL - Aiken Gymnastics**

**Optional - Rock Hill Gymnastics**

# SOUTH CAROLINA GYMNASTICS

## 23-24 Programs of the Year

### Eastern & National Qualifiers

#### **2024 Nationals**

Adasyn Tackett – Gymnastics Inc 10 – Senior B

Chesney Bennett – Gymnastics Academy of Charleston 10 – Senior D

Lanie Stone – Ocean Flippers 10 – Senior D

Mary Kate Raines – Lake Murray Gymnastics 10 – Junior D

#### **2024 Easterns**

Ella Pitsch – Gymnastics Academy of Charleston 9 - Senior 6

Ellen Kingston – Ocean Flippers 9 – Senior 7

Emily Bird – Ocean Flippers 9 – Junior 4

Halle Felder- Empire Gymnastics 9 - Junior 6

Jayonna Snipes – Davita's Charleston Twisters 9 – Senior 8

Kennedi Johnson – Rock Hill Gymnastics 9 – Senior 7

Olivia Cover – Greenville Gymnastics 9 - Junior 8

Sophia Mailloux – Ocean Flippers 9 – Senior 7

# 2024-2025 SOUTH CAROLINA GYMNASTICS

Website - SC-Gymnastics.com

Email - SCGymnastics@sc-gymnastics.com

**Club Information in Handbook** - Please review your contact information, send updates to SC email

## **Declaration Date - Monday, February 24, 2025**

- An athlete may NOT drop back to a division/lower level in a competitive season AFTER the declaration date. SAC determines prior to the beginning of the competitive year, a designated "declaration" date for each level for this purpose. The highest level / division competed at a sanctioned competition after the "declaration" date will determine the program (Dev / Xcel) for which the athlete can compete for the remainder of that season.

## **Policy for Clubs in Good Standing for SC**

The benefits and requirements of Clubs in Good Standing are as follows:

SC Clubs, including Coaches and Athletes in Good Standing:

- Are able to participate in Team Awards at State Championships
- Are able to attend Training Camps
- Are able to host SC Championships
- Are Able to attend SC Educational events, including SC Congress
- Will receive complimentary coaches' apparel (as designated by the SC SAC for coaches who have regional qualifiers), which is required to be worn at Regionals.

Currently, for a SC Club to be in "Good Standing", the following fees must be fully paid to SC:

- Tracking Fees, Invitational Competition Fees, State Championship Entry Fee, SC Congress Registration Fee, SC Awards Ceremony Ticket Fee, SC Training Camps, Regional Non-Registration Fee, Regional No Show Fee

# SC Invitationals & Calendar

► **All SC Meets listed on the calendar will be considered Qualifying Meets for state meets! If your meet is listed as a qualifier you must adhere to the following guidelines:**

- 1. Be held in the state of SC**
  - 2. Be open to any gym in SC**
  - 3. Pay \$2.00 Competition Fee per gymnast to SC USAG (cap of \$2,500 per meet)**
  - 4. Adhere to the following in regards to judges:**
    - a. For all levels, athletes must be judged by properly rated officials and an unaffiliated Chief Judge on each event**
    - b. One judge is allowed at Level 1-3, Bronze & Silver, this information must be included in the Pre-Meet information.**
    - c. Two judges are required for Levels 4-10, Gold, Platinum, Diamond & Sapphire**
- **Out-of-state meets may be placed on the SC Calendar, as long as individual(s) overseeing the meet are associated with a SC club.**

# SC STATE MEETS

- ▶ **March 14-16 Levels 1-5 -Cayce - Capital City Gymnastics**  
**March 21-23 Level 8-10, Bronze & Gold - Pendleton - Upstate Gymnastics & MGK Productions**  
**April 4-6 Level 6, 7, Silver, Platinum, Diamond & Sapphire - Florence - Carolina Gymnastics**
- ▶ **Entry Fees**  
Levels 1-5, XCEL Bronze, Silver & Gold - \$85  
XCEL Platinum, Diamond & Sapphire - \$95  
Levels 6-10 - \$105  
Event Specialist - Same entry fee as Level competing
- ▶ **Qualifying Scores for State Championships**  
-Levels 1 and 2 - Must participate in at least one USA Gymnastics qualifying competition prior to State Championship  
-All Other Levels - 32.0 All Around  
8.5 per event for Specialists for Levels 8-10, Xcel Platinum, Diamond & Sapphire
- ▶ **Number of Judges**  
Levels 6-10 - 4 judges per event  
All other Levels - 2 judges per event
- ▶ SC SAC policy states if a gymnast changes from one team to another team. This gymnast must re-qualify for that State Meet under the new team. If she does not do this or she changes teams too close to the State Meet to re-qualify, then the gymnast is allowed to compete at that State Meet but her scores will not count towards her new gym's team scores.

# 2025 REGIONAL & NATIONAL MEETS

- ▶ **Level 9/10 Regionals - April 11-13, 2025**  
**Bradenton, FL - Hosted by Tampa Bay Turners**
- ▶ **Level 6/7/8 Regionals - April 25-27, 2025**  
**Knoxville, TN - Hosted by Gymnastics Counts**
- ▶ **Xcel Regionals - May 2-4, 2025**  
**Emmerson, GA - Hosted by Gymnastics Academy of Atlanta**
- ▶ **Easterns - May 2-4, 2025**  
**Battle Creek, MI – Hosted by Branch Gymnastics**
- ▶ **Nationals May 9-11, 2025**  
**TBD**



# Tracking

2024-2025

Tracking Committee Member - Joey Smith  
Email - [tracking@sc-gymnastics.com](mailto:tracking@sc-gymnastics.com)

# Tracking Fees

## Level 1 & 2

\$5/gymnast

## Level 3-10/Xcel

\$10/gymnast

# Important Dates

- 12/15/2024 - Tracking Due - MeetMaker.com
  - Beginning on 12/16/2024 - \$100 Late Fee per Club
  - After 2/28/2025 - \$150 Late Fee per Club
  
- 12/15/2024 - Complete Club Competition Intent Form
  
  
- Designation Date - 2/24/2025
  - What level you compete on or after this date you must compete at State Championships

# Step 1 - Register @ MeetMaker.com

<http://meetmaker.com/meetreg?eid=8710>

The screenshot shows the MeetMaker website interface. At the top is a dark blue navigation bar with the MeetMaker logo and links for Home, Events, My Gym, Support, Sign Up, and Sign In. Below the navigation bar is a promotional banner for the "SC USA Gym Tracking 2025" event, featuring the USA Gymnastics South Carolina logo, the event title, dates (Friday, August 16, 2024 - Tuesday, April 1, 2025), and a "Register Now" button. Underneath the banner are tabs for Details, Schedule, Results, and Forms. The "Details" tab is selected, displaying a list of event information:

<b>Meet Date(s):</b>	Friday, August 16, 2024 - Tuesday, April 1, 2025
<b>Regular Registration Dates:</b>	Friday, August 16, 2024 - Sunday, December 15, 2024
<b>Deadline Time Zone:</b>	(UTC-05:00) Eastern Time (US & Canada)
<b>Late Registration Close Date:</b>	Tuesday, April 1, 2025
<b>Hosted By:</b>	SC USA Gymnastics
<b>Location:</b>	SC USA Gymnastics TBD, TBD, SC 29201
<b>Details:</b>	SC USA Gymnastics Tracking Registration
<b>Accommodations:</b>	
<b>Payments:</b>	Online only
<b>Refund Policy:</b>	
<b>Website:</b>	
<b>Meet Admission:</b>	
<b>Meet Director:</b>	<a href="#">Mendi Knisley</a>
<b>Phone:</b>	8032331460
<b>Fax:</b>	

# Step 2 - SC Gymnastics Club Competition Intent Form

1. Before 12/15/2024 complete the Competition Intent Form. This form can be found on the SC-Gymnastics website.
2. List the competitions and dates of your anticipated competitions your club will be attending.
3. Tracking scores will be downloaded from online scoring websites (MyMeetScores.com, USAGym.com, MeetScoresOnline.com, etc)

# Step 2 - SC Gymnastics Club Competition Intent Form

### SC Gymnastics - Club Competition Intent Form

Please list competitions (in state and out of state) your club anticipates competing for the 2022-2023 competitive season.  
The clubs gymnast's scores will be downloaded for tracking purposes based on the competitions listed.

 **joecargym@gmail.com** (not shared) [Switch account](#) 

\* Required

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**Gym Name \***

Your answer \_\_\_\_\_

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**Gym Email \***

Your answer \_\_\_\_\_

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**Competition 1**

Your answer \_\_\_\_\_

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**Competition 1 Date**

Date

mm/dd/yyyy 

# Score Out Meets Hosts

**Online Score Submitting for Host Clubs** - The form can be found at [SC-Gymnastics.com](https://www.SC-Gymnastics.com).

You can create a new login/account then submit your score out meet information.

Once you are logged in, please follow the steps below:

**Step 1 – Click “Add New Score Out Meet”**

**Step 2 – Enter the information (Host Club, Sanction Number, Date, Judge(s) Name)**

**Step 3 – Click Submit**

**Step 4 – Now your score out meet is added, and you will need to add the gymnasts scores. Click on the link “Gymnast Scores”**

**Step 5 – Click “Add Gymnast Scores”.**

**Step 6 – Enter the requested information (Name, USAG Number, Gym Name, Vt Score, Ub Score, Bm Score, Fx Score). Click Submit**

**Step 7 – Repeat for each gymnast. Once you have added all your gymnast scores you can close or logout of the website.**

# SC Invitational Meet Directors

## In State Meet Directors

Please email final meet results to [Tracking@sc-gymnastics.com](mailto:Tracking@sc-gymnastics.com) at the conclusion of your invitational. This will allow for the tracker to import the scores from your competition into the SC-Gymnastics tracking database.

The format of the file is to be in any of the formats below  
CSV, XLSX, PTF

If you have any questions please feel free to email [tracking@sc-gymnastics.com](mailto:tracking@sc-gymnastics.com).

# New for 2024/2025

## SC USA Gymnastics Mobility Tracker

This new feature is an online database of your gymnasts tracked scores for the current season and going back to the 2023 Season.

Provides coaches with real time access to the tracking data to include the following:

\*Mobility Level    \*State Meet Qualification    \*Tracking Status

This new database will be rolling out once your team has registered for tracking on [MeetMaker.com](https://www.meetmaker.com)

# 2024 Training Camps

**Hosted by SC State Administrative Committee**

**September 7<sup>th</sup> & 8<sup>th</sup> – Compulsory & XCEL Bronze, Silver & Gold Training Camp at Gymnastics Academy of Charleston – Clinic Coordinators – Pat Faulkner & Amanda Selwold**

**October 5<sup>th</sup> & 6<sup>th</sup> - Optional, Platinum, Diamond, Sapphire Training Camp at Clemson Gymnastics Practice Facility  
Clinic Coordinator – Valerie Snow**

SAVE THE DATE

2025

AWARD  
*Ceremony*

THURSDAY, MAY 22ND

We look forward to sharing this special evening with you  
and celebrating the best in SC Gymnastics!



# USA Gymnastics Resources

<https://usagym.org/>

Under the Disciplines Tab, Click the Women's Artistic Tab, Click the Rules Tab to find the following:

2024-2025 Development Program Update

2024-2025 Xcel Program Update

2024 Committee Meeting Minutes

The 24-25 Rules & Policies & Operating Code will be updated on the website once completed.

The SC SAC will touch on a few updates in this presentation, yet we strongly encourage you to review ALL the updates and minutes for the 2024-2025 season as there are many significant changes that you need to be aware beyond the updates discussed today.

# General Updates

## Applicable to both Development & XCEL Programs

- ▶ No cigarettes, e-cigarettes/vapes or any other smoking paraphernalia are allowed in the venue.
- ▶ No firearms or dangerous weapons are allowed in the venue.
- ▶ USA Gymnastics CANNOT require/mandate a gymnast to move up to a higher level/division.
- ▶ Competition schedules are set using available dates without regard to the diversity of religious and cultural practices of potential participants. USA Gymnastics acknowledges and regrets that athletes may have to choose to opt out of participation in any specific competition due to religious practices or scheduling conflicts.
- ▶ Athlete relocates residences between state and regional meets (placing them in a different region):
  - ONLY DEV Level 8 and below athletes and ALL Xcel divisions - ALLOWED to compete in new region, but MUST meet qualifying requirements of that region and qualification was by score, not rank of athletes.
  - DEV Level 9 or 10 athlete must compete in region they qualified in, regardless of new residence.

# General Updates Continued

## Applicable to both Development & XCEL Programs

- ▶ If a video review results in the awarding of a Special Requirement or Value Part: The judging panel may apply deductions related only to the reason for the video review. Additional deductions for execution are not applied.
- ▶ **ALLOWABLE ATHLETE APPAREL**
  - Shorts or tights allowed
    - Can be capri length or longer that match the leotard, are black, or match the athletes skin tone.
    - May be worn under or over the leotard.
    - A small manufacturer's branding allowed, but no embellishments.
- ▶ Unitards may have long legs to the ankle or short length and may be with or without sleeves.
- ▶ Beginning August 1, 2026: The use of human or synthesized voice in floor music to create words, sounds, chanting, etc. will no longer be allowed.
  - A 1.00 CJ deduction will be taken for any floor music with voice.
- ▶ BARS Deduction - Apply 0.20 Chief Judge (CJ) deduction if a coach sprays water or chucks the bar once the exercise has begun, no warning will be given.

# Compulsory Updates

**LEVEL 5 BEAM: Round-off added as additional acro option**

**DEDUCTIONS: Level 5 ROUND-OFF**

**Failure to pass through vertical up to 0.30**

**Failure to land on both feet simultaneously 0.10**

**Failure to show flight from hands to feet 0.30**

**(i.e., hands and feet on beam at the same time)**

**+ See general faults and penalties**

# XCEL UPDATES

## DROPPING BACK WITHIN DIVISIONS

If an athlete competed at an Xcel State Championships (or higher) and wishes to drop back through the divisions, her coach must submit a “reason for change” letter.

- For Bronze, Silver, and Gold Divisions, the letter is sent to the SACC to be considered by the SAC (State Administrative Committee).
- For Platinum, Diamond, and Sapphire Divisions, the letter is sent to the RTCC to be considered by the RAC (Regional Administrative Committee).

DEV athlete wishes to enter the Xcel Program in a division below the allowable division, her coach must submit a “reason for change” letter:

- DEV Level 8 and Below , letter to the SACC for approval.
- DEV Level 9 or 10 athlete, letter sent to RTCC for approval.

## VAULT:

Remove the 0.50 Chief Judge deduction for Starting the exercise before signal is given or Vaults without signal from Chief Judge.

Update the Short Exercise deduction to indicate Short exercise with fewer than three (3) attempted or spotted value parts. - 2.00 deduction.

## VAULT (Platinum)

# Vault NEW VALUE

4.102 RO, FF on - Repulsion off with ½ (180°) turn 9.90

1.104 Yamashita with ½ (180°) turn off 9.90

# XCEL UPDATES CONTINUED

## **BARS (After a fall)**

**CODE OF POINTS** In order to resume the routine after a fall, a coach may assist the gymnast onto the bar with no deduction, regardless if the remounting skill was a value part listed in the Xcel Code of Points. Judging resumes with the subsequent skill.

## **BARS Deductions:**

Remove the up to .40 amplitude deduction for clear hip circles at the Platinum Division. Clear hip circles are a “B” VP as long as clear of the bar. This will fulfill SR#2.

Apply a 0.10 amplitude deduction to any cast/clear support element that does not meet the Division angle requirement. Any cast/clear support element that is within 10° of the Division angle requirement will receive VP and SR.

**BARS Mount: Spotting blocks may not be used to mount the high bar.**

## **BEAM**

Dismount Variation of #9.901 - Head Spring

Dismount #9.001 - Any jump from one or two feet, also with up to 360° turn

Skill Clarification - #5.001 - From a lunge or stand, Lever to touch beam, Free leg at a minimum of horizontal.

# OPTIONAL UPDATES

## ▶ Vault:

- ▶ Level 6/7 Vault: If the first point of contact on the mat stack is the neck or head the vault will be voided.
- ▶ Level 6/7 Vault: Angle of repulsion deduction REDUCED to up to 0.50
- ▶ Level 6/7 Vault mat stack height MUST be equal to or higher than the underside of the top of the table. There is no maximum height for the mat stack. There will be a 0.30 deduction if the mat stack does not meet the minimum height.
- ▶ Up to 0.10 deduction will be applied for UNDER ROTATION to ALL Level 8-10 Vaults.
- ▶ New Vault - Level 8 Only - # 1.108 - ¼-on ¼-off to face outward 9.0 SV
- ▶ New Vault - Level 9 & 10 - # 3.301 Front handspring onto board, ¼-½ on, back tuck salto off Level 9 SV 9.7, Level 10 SV 9.5

## ▶ Uneven Bars:

- ▶ Stalder forward to handstand, also with ½ turn value raised to a D.
- ▶ Stalder forward to handstand with 1/1 turn in handstand phase value raised to an E.
- ▶ Dismount back stalder to salto forward tucked with ½ twist value raised to a D.
- ▶ Dismount from high bar underswing (toe-on or clear) or back stalder to salto forward tucked or piked, also with ½ turn value raised to a D.
- ▶ Dismount from high bar underswing (toe-on or clear) to salto forward tucked or piked with 1/1 twist value raised to an E.

# OPTIONAL UPDATES CONTINUED

- ▶ **Uneven Bars, Beam & Floor:** If 2 different restricted elements are performed in the same routine regardless of whether either element receives VP credit or not, (due to spot, failure to land on feet, not touching the hands on a release element, etc.) the gymnast will receive: 0.50 deduction for performing the 2nd restricted element.
- ▶ **Beam**
- ▶ Split or stag-split leap forward (take-off from one leg) with  $\frac{1}{4}$  turn to straddle position (side leap) value raised to a C.
- ▶ 1  $\frac{1}{4}$  turn on back in kip position (hip-leg angle closed) LiLi value raised to a D.
- ▶ For skill #8.401 (Salto forward tucked, take off from one leg) add  $\frac{1}{4}$  turn variation for D value.
- ▶ **Beam & Floor**
- ▶ All variations of root Acro skills will receive an “A” Value Part, regardless of entrance, exit, or final position.
- ▶ **Floor**
- ▶ Review updated compositional deductions for acro saltos not up to the competitive level.

## WHAT IS THE AGE BREAKDOWN FOR TOPS FOR THIS UPCOMING SEASON? FOR THIS YEAR

ATHLETES BORN IN 2016= 8-YEAR-OLDS

ATHLETES BORN IN 2015= 9-YEAR-OLDS

ATHLETES BORN IN 2014= 10-YEAR-OLDS

THE AGE DETERMINATION DATE FOR ATHLETES IS DECEMBER 31, 2024

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### • **PHYSICAL ABILITIES TESTING**

- TO TAKE PLACE FROM AUGUST TO OCTOBER FOR THE 2024 SEASON.
- STARTING IN 2025 THESE WILL BE TAKING PLACE IN JUNE AND JULY.
- EVALUATIONS WILL TAKE PLACE VIRTUALLY BY ZOOM AND CAN BE FOUND IN MEET RESERVATION AND ON THE TOPS WEBSITE PAGE.
- THE BELOW DATES ARE THE TESTING DATES FOR THE 2024 SEASON AND CAN BE FOUND IN MEET RESERVATIONS UNDER VIRTUAL SANCTIONS.
  - AUGUST 17TH
  - SEPTEMBER 28TH
  - OCTOBER 5TH
  - OCTOBER 19TH

### • **SKILLS & ROUTINE TESTING**

- WILL ONLY TAKE PLACE AT NATIONAL TESTING,
- THE NEXT NATIONAL TESTING WILL BE OCTOBER OF 2025.

**ALL PA AND SKILLS INFO IS LISTED ON THE USAG WEBSITE- I AM HAPPY TO HELP YOU UNDERSTAND THE REQUIREMENTS AND WITH EFFECTIVE TRAINING TOOLS!**



**COME JOIN US  
AT THE  
JUDGES CUP  
OCTOBERFEST SPECTACULAR!!!**

**When:** OCTOBER 18th, 19th and 20TH  
**Where:** Goose Creek Gymnastics  
519 A N. Goose Creek Blvd  
Goose Creek, SC 29445  
**Levels:** 1-10, Xcel, and AAU  
**Entry Fee:** \$75.00 per gymnast/ \$50.00 team

**This is a GREAT way to start the season!!!**

\*\*Critiques from the judges given to the coaches  
\*\*Silent Auction \*\*Raffle: Win a free week at Flip Fest!



\*\* The Team that brings the MOST gymnasts may request a judge of their choosing to visit and work with their gymnasts during a practice.

\*\*The team that brings the best decorated or carved pumpkin will win a Chick-fil-A chicken nugget party

\*\*Games, Personalized good luck grams from the judges

Deadline for Entries: October 11th  
Meet Registration: USA Gymnastics  
Make checks payable to SCNAWGJ and send to  
Sue Dolinar

16 Hickory Chip Court  
Simpsonville, SC 29681

ALL profits go to Judges Education



**WE THANK YOU FOR YOUR SUPPORT  
SEE YOU THERE!!!!**

**Thank you for  
attending the 2024  
SC Annual Meeting!**