



USA

Gymnastics

SOUTH CAROLINA

2025 Region 8 Hall of Fame

Inductee - Maureen Williamson

Maureen was a former member of the National Team in Canada, with international competitive experience. In 1979, Maureen opened Upstate Gymnastics, the third private gym in South Carolina, which is still open today. She opened the door for helping SC advance in our gymnastic knowledge. Maureen was a great resource for our community and always willing to share her knowledge. She participated and helped with many SC training camps, always providing a helpful perspective. In addition, Maureen served on the SC USA Gymnastics Committee for two terms. Her team participated in numerous regional training camps and had national, eastern, regional qualifiers and college athletes. Maureen, also, was heavily involved in the hosting of three regionals in SC. She participated with the group presenting to Clemson University on why we should have gymnastics at Clemson and was a partner in the Tiger Paw Classic, an invitational promoting the idea of a gymnastics team in Clemson. By the SC USA Gymnastics Committee and her peers, Maureen was named SC Coach of the Year, twice. Maureen Williamson was a successful coach and true leader in our community.



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 - Ashley Stewart
Technical/Educational Resource - Sabina Jokulis
TOPS - Abby Reid
XCEL Clinic Coordinator - Amanda Selwold
XCEL Member At Large - Brittany LaRoche
Webmaster/Athlete Tracking - Joey Smith

SOUTH CAROLINA GYMNASTICS

24-25 Programs of the Year

**2025 Program of the Year - Ocean
Flippers**

Compulsory - Acrosmith Gymnastics

XCEL - Aiken Gymnastics

Optional - Rock Hill Gymnastics

SOUTH CAROLINA GYMNASTICS

2025 Eastern & National Qualifiers

2025 Nationals

Whitney Torchia – Gymnastics Academy of Charleston – Lv 10 Sr B

Addie Tackett – Gymnastics Inc – Lv 10 Sr E

Mia Leverton – Gymnastics Inc – Lv 10 Sr F

2025 Easterns

Landrey James – Acrosmith – Lv 9 Sr 4

Aubrey Lewis – Ocean Flippers – Lv 9 Sr 4

Libbi Duke – Easley – Lv 9 Sr 5

Carolina Prest – Easley – Lv 9 Sr 5

Brooke Morrison – Lake Murray – Lv 9 Sr 7

Maren Polk - Ultimate - Lv 9 Jr 1

2025-2026 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 23, 2026

- 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 individuals overseeing the meet are associated with a SC club.**

SC STATE CHAMPIONSHIPS

- ▶ **March 13-15 Bronze & Silver - Columbia - Lake Murray Gymnastics**
March 20-22 Level 6-10, Platinum, Diamond & Sapphire - Pendleton - Upstate Gymnastics & MGK Productions
March 27-29 Level 1-5, Gold - North Charleston - Choice Gymnastics
- ▶ **Entry Fees**
Levels 8-10 - \$115
All other Levels - \$100
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 8-10 - 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.

2026 REGIONAL & NATIONAL MEETS

Level 9/10 Regionals - April 10-12, 2026

Bradenton, FL - Hosted by Tampa Bay Turners

Level 6/7/8 Regionals - April 17-19, 2026

Duluth, GA - Hosted by Gymnastix Training Center

Xcel Regionals - May 1-3, 2026

Savannah, GA - Hosted by USA Competitions & American Twisters

Easterns - May 1-3, 2026

Savannah, GA

Nationals May 8-10, 2026

Oklahoma City, OK

2025 Training Camps

Hosted by SC State Administrative Committee

September 13th & 14th – Compulsory & XCEL Bronze, Silver, Gold & Platinum Training Camp at two locations:

- Choice Gymnastics**
- Greenville Gymnastics – Mauldin location**

Clinic Coordinators – Pat Faulkner & Amanda Selwold

October 3rd- 5th - Level 6-10, Diamond, Sapphire & High Performance (Level 8-10) Training Camp

- Gymnastics Inc.**

Clinic Coordinator – Valerie Snow



***2026 SC AWARDS CEREMONY
SAVE THE DATE
May 17, 2026***





Tracking

2025-2026

Tracking Committee Member - Joey Smith
Email - tracking@sc-gymnastics.com

Tracking Fees

Level 1 & 2

\$5/gymnast

Level 3-10/Xcel

\$10/gymnast


Important Dates

- 09/30/2025 - Tracking Due - MeetMaker.com
 - Beginning on 10/01/2025 - \$100 Late Fee per Club
 - After 2/28/2026 - \$150 Late Fee per Club
- 9/30/2025 - Complete Club Competition Intent Form
- Designation Date - 2/23/2026
 - 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=6604>

MeetMaker [Home](#) [Events](#) [My Gym](#) [Support](#) [Alerts](#) [My Account](#) [Sign Out](#)



SC USA Gym Tracking 2023

Monday, August 1, 2022 - Wednesday, March 15, 2023

SC USA Gymnastics Tracking Registration

[Registration Closed](#)

[Details](#) [Schedule](#) [Results](#) [Forms](#)

Meet Details

Meet Date(s):	Monday, August 1, 2022 - Wednesday, March 15, 2023
Regular Registration Dates:	Monday, August 1, 2022 - Thursday, December 15, 2022
Deadline Time Zone:	(UTC-05:00) Eastern Time (US & Canada)
Late Registration Close Date:	Tuesday, February 28, 2023
Hosted By:	SC USA Gymnastics
Location:	SC USA Gymnastics



Step 2 - SC Gymnastics Club Competition Intent Form

1. Before 09/30/2025 complete the Competition Intent Form
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

Gym Name *

Your answer

Gym Email *


Your answer

Competition 1

Your answer

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.

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 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.

Posting Meet Results

- SC USA Gymnastics is requiring all invitational results be posted online @ MyUSAGym.com
- Web Address for Instructions can be found here:
 - https://usagym.org/PDFs/Member%20Services/Sanction/myusagym_instructions.pdf
- You may still publish to other online meet score websites.

USA Gymnastics Resources

<https://usagym.org/>

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

2025-2026 Rules & Policies
2025-2026 Development Program Update
2025-2026 Xcel Program Update
2025 Committee Meeting Minutes

The 2025-2026 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 2025-2026 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

- ▶ BEGINNING IN 2026, USA GYMNASTICS IS TRANSITIONING TO A DIGITAL ONLY E-BOOK FORMAT FOR ALL WAG MATERIALS.
- ▶ Any private club or contracted photographer/videographer must have an agreement with the Meet Director and is not permitted to hold a dual role (e.g., coach and photographer) while present on the field of play.
- ▶ Acceptable Athlete Attire - Sports bra, with exposed straps, may be black, match the leotard, be the athlete's skin tone, or clear in color.
- ▶ Meet Directors must notify clubs of any rotation or session splits prior to the competition start date to help prevent scheduling conflicts and to allow time for clubs to add additional coaches to RULES & POLICIES the sanction if needed.
- ▶ At all sanctioned events: if a Level 9 and/or Level 10 squad has fewer than five athletes (i.e., four or fewer) on Uneven Bars due to onsite scratches or unforeseen circumstances, an additional 2½-minute timed warmup may be provided.
This additional warm-up time must include bar settings.

General Updates Continued

Applicable to both Development & XCEL Programs

- ▶ If available on an event - An alternate skill cushion made of softer foam is allowed to be used in warm-ups at all sanctioned competitions.
- ▶ Springboard on the vaulting table is PROHIBITED AT ALL TIMES (including during open stretch and warm-up periods). The Meet Director is responsible for enforcing this rule.
- ▶ If the bar cable tension slips while an athlete is competing (after the coach has tightened the tension prior to the start of the routine), it is considered equipment failure. The 0.50 Fall deduction would not apply.
- ▶ If the Balance Beam end cap detaches WHILE AN ATHLETE IS IN THE PROCESS OF A DISMOUNT, it is considered equipment failure.
The 0.50 Fall deduction WOULD NOT APPLY.
The end cap falling off during any other point in the athlete's routine would not be considered equipment failure.
- ▶ For competitions held in outside facilities: Beam dismount matting requirements to include a minimum of 4 feet by 4 feet of padding between the end of the Beam and the under-Beam matting. This padding may consist of panel mats, carpet-bonded foam, or similar materials.

General Updates Continued

Applicable to both Development & XCEL Programs

- ▶ At all sanctioned competitions: TWO (2) 4-INCH MATS WILL BE ALLOWED (replacing the previous allowance of one (1) 4-inch mat and one (1) 8-inch mat).
The two (2) 4-inch mats may be stacked to achieve previous 8-inch allowance.
- ▶ All matting must be in place PRIOR TO THE START OF THE ROUTINE AND CANNOT BE ADDED ONCE THE ROUTINE HAS STARTED.
A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun.
- ▶ Mats may be removed during a routine only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction
- ▶ The current music approval process is in effect for the 2025-26 season.
- ▶ Absence of music or music with words or song/speech deduction is now 0.50.
- ▶ If the Level 6-10 Bars, Beam, Floor & Xcel Bars & Beam - 0.30 DEDUCTION for No Dismount is NO LONGER APPLICABLE

NEW PETITION REQUIREMENT

❖ Petition to Re-Enter the Development Program:

- ❖ Any athlete who has prior competitive experience in the Development Program and then competes in a State meet under an alternative program (e.g., Xcel or another gymnastics organization) must submit a petition to re-enter the Development Program at Level 5 or higher.

Levels 5-8: Petitions must be submitted to the SAC.

Levels 9-10: Petitions must be submitted to the RAC.

Compulsory Updates

Level 5 Bar Dismount

There is no longer a deduction of up to the value of the element of a Flyaway in tuck, pike, or layout position for the Level 5 bar dismount.

- Deduct 0.50 for the spot (in addition to any applicable execution errors).

Levels 1-5 Beam

CLARIFICATION ON ARM PLACEMENT - Place both hands shoulder-width apart on the beam (left hand can be straight or sideways) and jump to a FRONT SUPPORT to finish with arms straight and body extended.

Level 3 Back Roll on Floor

1. Performs a backward roll to handstand: Deduction 0.20
2. Remove requirement of reaching 45° above horizontal and update to: ABOVE HORIZONTAL BUT NOT REACHING VERTICAL.

XCEL UPDATES

XCEL CODE OF POINTS EXTENDED TO 2028

❖ XCEL National Competition in the works, stay tuned for more information!

❖ AT ALL XCEL COMPETITIONS:

- A two (2) judge panel is required at the Platinum, Diamond, and Sapphire Divisions for all mobility and qualifying meets.

In SC Gold athletes must be judged by 2 judges to qualify to State Championships.

- A one (1) judge panel may be used for mobility at Bronze, Silver, and Gold.

❖ Review the updated vault values for many vaults in the Platinum, Diamond & Sapphire Divisions.

❖ New Elements on Bars:

#8.008 Silver Only - "A" From LB sole circle backward (tucked, piked, or straddle), circle around the bar $\frac{3}{4}(270^\circ)$, with release dismount to stand

#8.009 Gold & Platinum Only - "A" From HB sole circle backward (piked or straddle), circle around the bar $\frac{3}{4}(270^\circ)$, with release dismount to stand

Highly recommend watching videos in the Xcel Update on the USA Gymnastics website

XCEL UPDATES CONTINUED

❖ New Elements on Bars Continued

#8.010 Gold, Platinum, Diamond, Sapphire - “A” From HB cast stoop through or swing forward back kip-up to brief rear support (touching HB with back of thighs), salto backward tucked, piked, or stretched.

❖ After a fall judging resumes with the first element/value part allowed and performed at their division.

❖ **Modify the Sapphire special requirement on Beam:** • Acro series with a minimum of one (1) flight skill (a minimum of one (1) skill must pass through or achieve vertical or be a salto or aerial).

❖ **Floor** - Variations of elements #4.101 and FLOOR #4.102 are all considered different elements.

OPTIONAL UPDATES

▶ **Vault:**

- ▶ The sting mat MAY BE INCLUDED as an allowable component in the configuration of the Level 6/7 Vault Mat Stack to meet the required height (matting must be equal to or higher than the underside of the top of the vault table).
- ▶ Levels 8-10 may use the Vault table at any manufacturer setting, with a maximum of 135 cm (+ 1 cm).

▶ **Uneven Bars:**

- ▶ Stalder forward to handstand with 1/1 turn on one arm after handstand phase (Healy technique) to L or mixed-L grip value raised to a D (6.401).
- ▶ One single bar release (minimum of D) added to the Choice of Elements composition options for Level 9/10 bar routines.

▶ **Beam:**

- ▶ Element 2.501 (E) has been added to the Code of Points. From side stand Ring Jump (rear leg at head height) with ½ turn (180°) (Pennucci).

▶ **Floor:**

- ▶ Review updated compositional deductions for acro saltos not up to the competitive level.

TOPS UPDATE 25-26



AGE CUTOFF

Athletes born in 2017= 8-year-olds
Athletes born in 2016= 9-year-olds
Athletes born in 2015= 10-year-olds
*cutoff is December 31, 2025

ZOOM TESTING

Physical abilities testing (May-July 2025)
Evaluations will take place virtually by Zoom
dates can be found on the TOPS website page

PHYSICAL ABILITIES

Handstand Leg Lifts
Cast Press HS
Rope Flexibility

NATIONALS TESTING

Physical and Skills Testing will take place at National Testing:
September 26-28th at DeVeaus School of
Gymnastics in Fishers, IN *based on Results
athletes may be invited to TOPS CAMP in December

SAVE THE DATE!!!



**SC JUDGE'S CUP
2025**

**Palmetto Gymnastics
Academy
Simpsonville, SC
November 14-16th, 2025**

Entry fee:
\$100.00 Team
\$50.00 Gymnast
Levels: USAG & AAU
1-10 & All XCEL

- *Scores & Critique sheets for coaches
- *Personal note from the judges
- *Pumpkin contests & games
- *Prize for team with the most gymnasts



**JUDGES ON THE GO
In-House Mock Meets**

Entry fee:
\$50.00 Gymnast
Levels: USAG & AAU
1-10 & All XCEL

- *Pick your date (Suggest 2 dates, weekdays or weekends starting in July)
- *No additional judges fees (or hotel rooms)
- *Scores & Face to face critique with gymnast and coach
- *If you have very few gymnasts, invite another gym to come



Both events support continuing Judges education

More Details Coming Soon!

**Thank you for
attending the 2025
SC Annual Meeting!**