



2025-2026

***Competition
Handbook***



2025-2026 Due Dates to Remember

Tracking Fees: Must complete online registration & payment at [MeetMaker.com](https://www.meetmaker.com)

Due September 30, 2025- All Levels- Email Questions to [Joey Smith](#)

SC Graduating Senior Form

Due December 31, 2025- Email Questions to [Ashley Stewart](#)

Spirit of Pam Nominations & All Scholarship Applications

Due January 31, 2026- Email Questions to [Abby Reid](#)

The SC SAC has determined that the designated **"Declaration" Date for all levels** for the 25-26 season is **February 23, 2026**

As listed in the [Women's Program Rules & Policies](#): "The highest division / level competed at a USA Gymnastics sanctioned competition AFTER the declaration date will determine the program (Xcel / DEV) for which the athlete can compete for the remainder of that season." Please review the specific Dev and Xcel chapters for drop back procedures.

Xcel Bronze & Silver State Championship Entry

Must complete registration on USAG Meet Reservations & payment on MeetMaker
Due February 18, 2026- Host Club: Lake Murray Gymnastics

Xcel & Optional State Championship Event Specialist Form

Due February 25, 2026- Send to [Mendi Knisley](#)

Level 6-10, Platinum, Diamond & Sapphire State Championship Entry

Must complete registration on USAG Meet Reservations & payment on MeetMaker
Due February 25, 2026- Host Club: Upstate Gymnastics

Level 1-5 & Gold State Championship Entry

Must complete registration on USAG Meet Reservations & payment on MeetMaker
Due March 4, 2026- Host Club: Choice Gymnastics



2025-2026 SC USA GYMNASTICS CALENDAR

For a full listing of Invitationals* hosted by SC Member Clubs, please visit [our website](#).

**All meets on the SC Calendar are expected to be qualifying meets for the SC State Championships. In addition, 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.*

Date	Meet	Host Club	Location
September 13-14, 2025	Compulsory, Xcel Bronze, Silver & Gold SC Training Camp	Greenville Gymnastics & Choice Gymnastics	
October 3-5, 2025	Optional, Xcel Platinum, Diamond, & Sapphire SC Training Camp	Gymnastics, Inc.	Myrtle Beach, SC
March 13-15, 2026	Xcel Bronze & Silver State Meet	Lake Murray Gymnastics	Columbia, SC
March 20-22, 2026	Level 6-10, Platinum, Diamond & Sapphire State Meet	Upstate Gymnastics/MGK Productions	Pendleton, SC
March 27-29, 2026	Level 1-5 & Gold State Meet	Choice Gymnastics	N. Charleston, SC
April 10-12, 2026	Level 9 & 10 Regionals	Tampa Bay Turners	Bradenton Area Convention Center in Bradenton, FL
April 17-19, 2026	Level 6, 7, & 8 Regionals	Gymnastix Training Center	Gas South Center in Duluth, GA
May 1-3, 2026	Xcel Regionals	USA Competitions & American Twisters	Savannah, GA
May 1-3, 2026	Development Program Eastern National Championships	USA Competitions & American Twisters	Savannah, GA
May 8-10, 2026	Development Program National Championships	TBA	Oklahoma City, OK

2025-2026 SC USA GYMNASTICS COMPETITION FORMAT

Level	Age Groups	Awards*	Qualification to State Meet	State Championship Info
Level 1 & 2	Actual birth dates will be used to determine equal age groups with no more than 15 in an age group and no more than a TWO year age span beginning at the youngest age.	50% + 1 Placement Medals for Events 100% Placement Medals in the AA Team Awards: 6 places for 1-15 Teams, 10 places for 15+ teams	Must participate in at least one USA Qualifying Competition prior to State Meet.	STATE CHAMPIONSHIP ENTRY FEE \$100 Two Judge Panel
Xcel Bronze, Silver & Gold	Actual birth dates will be used to determine equal age groups with no more than 15 in an age group and no more than a THREE year age span beginning at the youngest age.		32.00 AA	STATE CHAMPIONSHIP ENTRY FEE \$100 Two Judge Panel
Xcel Platinum, Diamond & Sapphire			32.00 AA 8.5/Event for Specialists	STATE CHAMPIONSHIP ENTRY FEE \$100 Two Judge Panel
Level 3-7			32.00 AA	STATE CHAMPIONSHIP ENTRY FEE \$100 Two Judge Panel
Level 8-10			32.00 AA 8.5/Event for Specialists	STATE CHAMPIONSHIP ENTRY FEE \$115 Four Judge Panel

**No ties will be broken at State Meet for any individual all-around or team awards.*

Declaration Date for All Levels
Monday, February 23rd



2025-2026

South Carolina State Meet Admissions Guidelines

SC Invitational Meets may set their own admission fees. This information must be published in the pre-meet information.

Outside Facility

Adults (18-64): \$20 per weekend
Children (6-17)/Seniors (65+): \$10 per weekend
Children 5 & Under: Free
Competing Athletes: Free

Home Gym Facility

Adults (18-64): \$10 per weekend
Children (6-17)/Seniors (65+): \$5 per weekend
Children 5 & Under: Free
Competing Athletes: Free



2025-2026 SC USA GYMNASTICS

STATE ADMINISTRATIVE COMMITTEE

<u>State Chairman</u> Mendi Knisley (C) 864-320-8602	9 Tall Tree Lane Taylors, SC 29687 meknisley10@gmail.com Elected Term 2022-2026	<u>Apparel</u> Anna Sexton (C) 864-992-1617 annacsexton@gmail.com Elected Term 2025-2027
<u>Awards</u> Tricha Tapio (C) 843-906-5745 tricha78@hotmail.com Elected Term 2025-2027	<u>Communication</u> Dana Browy (C) 803-447-2220 danamorrisbrowy@gmail.com Elected Term 2025-2027	<u>Compulsory Clinic Coordinator</u> Pat Faulkner (C) 603-748-1506 pefaulkner@comcast.net Elected Term 2025-2027
<u>Development Member at Large</u> Karimah Thorne (C) 803-466-5383 coachkam8@gmail.com Elected Term 2025-2027	<u>NAWGJ Representative</u> Sue Dolinar (C) 864-906-1388 susan.dolinar@gmail.com Elected Term 2025-2027	<u>Optional Clinic Coordinator</u> Valerie Snow (C) 843-513-0908 val@gymnasticsacademyofcharleston.com Elected Term 2025-2027
<u>Secretary</u> Ashley Stewart (C) 864-318-3876 egtccoachashley@gmail.com Elected Term 2025-2027	<u>Technical/Educational Resource</u> Sabina Jokulis (C) 803-617-9801 sabina@gforcecable.com Elected Term 2025-2027	<u>TOPS Representative</u> Abby Reid (C) 803-603-3943 abbyreid1mg@gmail.com Elected Term 2025-2027
<u>Xcel Clinic Coordinator</u> Amanda Selwold (C) 803-760-4156 mandalynn1231@yahoo.com Elected Term 2025-2027	<u>Xcel Member at Large</u> Brittany LaRoche (C) 843-697-4944 laroche.brittany5@gmail.com Elected Term 2025-2027	<u>Webmaster/Athlete Tracking</u> Joey Smith (C) 803-233-1460 joecargym@gmail.com Elected Term 2025-2027

SOUTH CAROLINA MEMBER CLUBS

Member Club	Team Contact	Team Email Address
Acrosmith Gymnastics	Katherine Clinkscales	team@acrosmith.com
Aiken Gymnastics	Sabina Jokulis	sabina@gforcecable.com
All In Academy	Ashley Nickel	kristi.cribbs@allinacademy.net
Balance Point	Beth Sexton Deloach	balancepointgym@gmail.com
Beach Team Gymnastics	Chris Mula	team@beachteamgym.com
Brussell's Gymnastics	Kristina Brunson	brussellsgymnastics@gmail.com
Capital City Gymnastics	Karimah Thorne	capitalcitygymsc@gmail.com
Carolina Gymnastics Center	Anna Sexton	Office@CarolinaGymnastics.com
Carolina Stars Gymnastics	Alisha Bussman	carolinastarsgym@yahoo.com
Cayce Gymnastics Center	Teresa Todd	caycegymnastics@yahoo.com
Champions Gymnastics	Lydia & Richard Sorrow	champions.cgrh@gmail.com
Chapin Christian Gymnastics	Millie Godines	chapinchristiangym@gmail.com
Charleston Gymnastics	Chelsie Bishop	bishopch@charleston-sc.gov
Choice Gymnastics	Cliff & Deb Wilson	choicegym@gmail.com
City of Goose Creek Gymnastics	Brittany LaRoche	blaroche@cityofgoosecreek.com
Coastal Gymnastics Center	Carrie Conway	team@coastalgymnasticscenter.com
Coastal Gymnastics of Hilton Head	Carrie Conway	coastalgymhhi@gmail.com
Davita's Charleston Twisters	Davita Ivey	iveygym@bellsouth.net
Easley Gymnastics Training Center	Ashley Hartman	egtccoachashley@gmail.com
ECG, LLC.	Casey Prady	electric.city@ecggymnastics.com
Empire Gymnastics Training Center	Veronica Jordan	teamempiregym@gmail.com
Envi Gymnastics	Ginelle Jackson	envigymnastics@gmail.com
Excel Gymnastics	Sarah Birnbaum	excelgymandtumbleacademy@gmail.com
Flex Gymnastics	Tamee Tindal	info@flexgymnast.com
Florence Gymnastics	Chasadee Buchanan	Cbuchanan@cityofflorence.com
Foothills Gymnastics & Cheer Center	Danielle Miller	FoothillsGymnastics2024@gmail.com
The Foundry	Madison Roth	info@thefoundryfitness.com
Grassroots Gymnastics	Katie Cramer	katie@grassrootsgymnastics.com
Greenville Gymnastics	Greg Force	gforce@greenvillegymnastics.com
Gymnastics Academy of Charleston	Valerie Snow	gaestaff@gymnasticsacademyofcharleston.com

Member Club	Team Contact	Team Email Address
Gymnastics Center of Hartsville	Ashleigh Richardson	gymofhartsville@aol.com
Gymnastics, Inc.	Taylor Edwards	teamgymnasticsinc@gmail.com
Gymnastics & More	Louie Ligouri	gymandmore@yahoo.com
Inspire Gymnastics	Kimberly Engle	business@inspiregymnasticssc.com
Lake Murray Gymnastics	Abby Reid	abbyreidlmg@gmail.com
Miss Libby's Elite Stars	Mary Andrews	elitestarsgymnastics@yahoo.com
Next Level Gymnastics Academy	Lauren Fowler	nextlevelgymnasticsacademy@gmail.com
Olympia Gymnastics	Trista Frazor	office@olympiagymnastics.net
Olympia Gymnastics Surfside	Val Spirov	valsspirov@yahoo.com
Palmetto Athletic Center	Erica Conklin	pac.ericac@gmail.com
Palmetto Gymnastics Academy	Horatiu & Kristina Sana	palmettogym@aol.com
Premier Force		premierforcegymnastics@gmail.com
Raw Talent	Simone Bennett	rawtalentgymnasticscheer@gmail.com
Rhythms Tumbling, Gymnastics & Cheer	Jennifer Eleazer	rtgcinfo@gmail.com
Rock Hill Gymnastics	Chris Orr	info@rockhillgymnastics.com
Rock Solid Gymnastics	Emily Schutte	rocksolidgymnastics@gmail.com
Simpsonville Gymnastics	Danny Van Acker	simpsonvillegym@gmail.com
Soda City Gymnastics	Lauren Walker	sodacitygymnastics@gmail.com
Southern Stars Academy	Melissa Vinkler	southernstarsacademy@yahoo.com
Sparkle City Gymnastics	Raven Magwood	ravenmagwood@gmail.com
Spartanburg Gymnastics	Christina Jones	southernstar.coach@gmail.com
Spirit Athletics	Cecilia Bennett	cecevonne@gmail.com
Sports Academy Gymnastics	David Kirkwood	sagymbft@gmail.com
Summerville Gymnastics	Julie Young	julie.young@summervillemca.org
Sumter YMCA	Mike Domagalski	
Tapio School of Dance & Gymnastics	Steve Breland	stevieb@tapioschool.com
Thomas Gymnastics at the Beach	Ashleyanne Murray	info@thomasgymnasticsatthebeach.com
Ultimate Gymnastics	Lauren Foxworth	ultimategymnasticsacademy@gmail.com
Upstate Gymnastics Center	Talene Amirkhanian	talenea@gmail.com
West Ashley Gymnastics	Ally Eidson	westashleygym@gmail.com



2025-2026 Tracking Information

Tracking Registration

Step 1: All gymnasts need to be registered online at
[MeetMaker.com](https://www.meetmaker.com)

MeetMaker will be used to register all gymnasts, as well as collect tracking fees.

Tracking fees are as follows:

Levels 1-2 - \$5 per athlete

Levels 3-10/Xcel - \$10 per athlete

Tracking registration must be completed by:

September 30, 2025 - All Levels

Late Fee:

October 1 to February 28th - \$100/team

March 1st & Beyond - \$150/team

*****If tracking is not completed, your club will not remain in "Good Standing" with SC USA Gymnastics.***

Step 2: Club Competition Intent Form - *Due December 15, 2024*

This form will be used to notify the SC Tracker which competitions your club will be attending this season. We will use this information to download your gymnasts' scores from online databases (i.e. MeetScoresOnline.com, MyMeetScores.com) to track scores for regional and state qualification, as well as for mobility. The form can be found at

[SC-Gymnastics.org](https://www.SC-Gymnastics.org)

Step 3: SC-Gymnastics.com Mobility Tracking Website

This competition season we will be implementing a new tracking website for coaches to better track the mobility and state meet qualification of their athletes. More information will be released as we near the registration deadline for tracking. This will be a password protected website, and you will only be able to track the mobility of athletes that are registered with your club.

Score Out Meets

Online Score Submitting for Host Clubs

For clubs that hosted a score out meet for mobility purposes, those scores will need to be submitted to SC Gymnastics Tracking.

The form can be found at [SC-Gymnastics.com](https://scgymnastics.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”

South Carolina USA Gymnastics

Your Events

Registered Athletes

2023 Tracking Scores

2024 Tracking Scores

Mobility Tracker

Score Out Meets

Logged in as Test Test - Account Settings

Your Score Out Meets

Search by keyword

Search

Add filters

Gym	Sanction Number	Score Out Meet Date	Judge 1 Name	Gymnast Scores
Test	123456	08/15/2024	Joey Smith	Gymnast Scores

Add New Score Out Meet

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.

South Carolina State Championships

Must complete registration on USAG Meet Reservations & payment on MeetMaker

Any entry received after the deadline **WILL** be fined a \$25 late fee per gymnast.

SC USA Gymnastics Xcel Bronze & Silver State Championship

March 13-15, 2026

Meet Location: Medallion Conference Center
7309 Garners Ferry Rd, Columbia, SC 29209
Host Club: Lake Murray Gymnastics
Meet Director: Joey Smith
Email: joecargym@gmail.com
Entry Fee: Xcel Bronze & Silver \$100
Team Entry \$50-per level
Entry Deadline: **February 18, 2026**

SC USA Gymnastics Level 6-10, Platinum, Diamond & Sapphire State Championship

March 20-22, 2026

Meet Location: T. Ed Garrison Expo Center
1101 W Queen St, Pendleton, SC 29670
Host Club: Upstate Gymnastics Center
Meet Director: Gary Knisley
Email: garyknisley27@gmail.com
Entry Fee: Xcel Levels \$100
Level 6 & 7 \$100
Level 8-10 \$115
Event Specialist Same as Level (No Level 6 or 7 specialists)
Team Entry \$50-per level
Entry Deadline: **February 25, 2026**

SC USA Gymnastics Level 1-5 & Gold State Championship

March 27-29, 2026

Meet Location: North Charleston Athletic Center
5794 Casper Padgett Way, North Charleston, SC 29406
Host Club: Choice Gymnastics
Meet Director: Deb Wilson
Email: choicegym@gmail.com
Entry Fee: Xcel Gold \$100
Level 1-5 \$100
Team Entry \$50-per level
Entry Deadline: **March 4, 2026**

2026 XCEL & OPTIONAL STATE CHAMPIONSHIP EVENT SPECIALIST INTENT

WHO: Any SC USA Gymnastics registered athlete:
Xcel Platinum, Diamond, Sapphire & Optional Levels 8-10

WHAT: Compete at the Optional State Championship or Xcel State Championship as a Specialist on one, two or three events

COST: \$100 for Xcel & \$115 for Levels 8-10

Complete registration on USAG Meet Reservations & payment on MeetMaker. Do not send money by mail.

QUALIFYING SCORE: 8.5 per event for the 2025-2026 Competition Season

These athletes will receive awards and may count towards team competition.

Please complete the form below with your intent to compete at the Xcel or Optional State Championship as an event specialist. If you have any questions, please email Mendi Knisley at meknisley10@gmail.com.

Click [**HERE**](#) to fill out the Specialist Intent Form
Specialist Intent Due: February 25, 2026



SC USA GYMNASTICS COMPETITION FEE

NAME OF MEET: _____

DATE OF MEET: _____

MEET DIRECTOR: _____

USA PRO #: _____

OF ATHLETES _____ **X \$2.00 COMPETITION FEE =** _____

Maximum Competition Fee- \$2,500 per meet

All Meets listed on the calendar are expected to be Qualifying Meets for SC State Championships! 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

****Failure to comply with the above will result in your meet not counting as a qualifier to SC State Championships.****

Make checks payable to SC USA Gymnastics.

Please mail checks within 2 weeks of meet date.

Mail To: Mendi Knisley meknisley10@gmail.com
9 Tall Tree Lane
Taylors, SC 29687

SC SAC PETITION INFORMATION

Mobility Petitions

Development Guidelines:

Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel program, and who is a minimum of 12 years of age is eligible to petition for entry into Level 7 and below by submitting a formal written request to the SAC. The petition must be accompanied by a video that demonstrates her skill level.

Xcel Guidelines:

Any gymnast who has had previous competitive experience in USA Gymnastics AND who is a minimum of 14 years of age (or at least a Freshman in High School) is eligible to petition for entry into Platinum, Diamond, or Sapphire by submitting a formal written request to the SAC. The petition must be accompanied by a video that demonstrates her skill level.

[2025-2026 SC Athlete Petition Form - Mobility](#)

Return to Development Program Petitions

Any athlete who has prior competitive experience in the Development Program, competes in State Meet in an alternative program (e.g. Xcel or other organization), must submit a petition to RE-ENTER the Development Program at Level 5 or above. Levels 5 – 8: Petitions must be submitted to the SAC.

[2025-2026 SC Athlete Petition Form - Return to DEV Program](#)

State & Regional Championships Injury Petition Form

Injury petitions for State Championships should be sent to the SC SAC Chairman, [Mendi Knisley](#). Injury Petitions for Regional Championships should be sent to the Regional Technical Committee Chairman, [Evelyn Chandler](#).

[State & Regional Championships Injury Petition Form](#)

***If you have any questions about petitions, please email
Mendi Knisley at meknisley10@gmail.com.***

South Carolina Gymnastics Awards

All forms and scholarship applications will be completed online for the 2025-2026 competition season. All forms are linked below. **Due Date: January 31, 2026.**

South Carolina Senior Award: All SCUSAG athletes will be honored at their State Meet.

- **SC Graduating Senior Form**

If you have any questions about the Senior Award, contact [Ashley Stewart](#).



The Spirit of Pam Award

Spirit of Pam Award Nomination Form

>all award recipients will be announced and recognized at their state meet<

****Athletes of any age from any level are eligible to be nominated for the Spirit of Pam Award.****

The SC State Administrative Committee continues to honor the memory, life, and fighting spirit of our dear friend Pam Mobley, who lost her battle with breast cancer in September 2016.

Pam was a fighter whose positivity was relentless, inspiring so many lives around her. It is our hope that the Spirit of Pam Award will honor her memory and allow her to continue to inspire youth in South Carolina gymnastics.

Nominations for this yearly award should be to an athlete that has a strong, fighting spirit, who never gives up and is a true inspiration to her teammates and coaches. Someone who has the "Spirit of Pam" in their actions and words. Pam demonstrated amazing strength while also demonstrating perseverance, humility, dignity and kindness in the face of adversity. We are looking for a gymnast who has been strong, inspiring to her teammates, kind and respectful to others through difficult moments.

If you have any questions about the Spirit of Pam Award or Forms contact [Abby Reid](#).

South Carolina Gymnastics Scholarships

All scholarship applications for the 2025–2026 competition season will be completed online. Forms are linked below and due by December 31, 2025. For questions about scholarships, contact Abby Reid.

Joanne Child Development Scholarship

Joanne Child Development Scholarship Application

The Joanne Child Development Program Scholarship honors Joanne Child's legacy as a coach, judge, volunteer, and longtime leader in South Carolina gymnastics. This award recognizes a graduating senior who has achieved success in the Women's Development Program and demonstrated accomplishments beyond the gym. Inspired by Joanne's dedication to athlete development, it celebrates gymnasts who have embraced the challenges of the sport, mastered its fundamentals, and grown through the lessons gymnastics provides.

About Joanne Child

The Joanne Child Scholarship

Louise Peck Xcel Scholarship

Louise Peck College Scholarship Application

The Louise Peck Xcel Scholarship honors Louise Peck's legacy as a coach, judge, and pioneer of South Carolina gymnastics by recognizing a graduating senior who has thrived in the Xcel program. This award celebrates athletes who embody the values of the Xcel philosophy including sportsmanship, leadership, teamwork, and fun while also demonstrating accomplishments and involvement beyond the gym. It reflects Louise's lifelong commitment to creating opportunities for athletes of all abilities to enjoy a rewarding and meaningful gymnastics experience.



About Louise Peck

The Louise Peck Scholarship was created to honor Louise Peck, a true pioneer of South Carolina gymnastics. Louise began coaching in 1967 and went on to lead Florence Gymscamps for more than two decades. In 1969, she became the first rated gymnastics judge in South Carolina, later earning her Elite rating and serving as a respected judge for over 50 years.

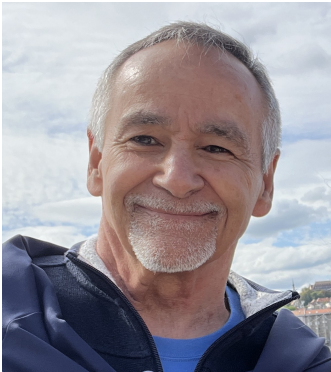
Beyond coaching and judging, Louise helped shape the sport statewide as an original member of both the SC State Administrative Committee and NAWGJ, and as AAU District Chairman for 30 years. She led the first coaching clinics in Columbia, helped establish high school gymnastics, and devoted her career to supporting athletes at

every level. Her contributions have been recognized with numerous honors, including the National AAU Volunteer of the Year Award and induction into the Region 8 Hall of Fame. Louise is widely credited with bringing gymnastics to South Carolina.

The Paul Padron Gymnastics Education & Leadership Scholarship

The Paul Padron Gymnastics Education & Leadership Scholarship Application

The Paul Padron Gymnastics Education & Leadership Scholarship honors Paul Padron's lifelong commitment to gymnastics as a coach, judge, and educator. It recognizes a graduating South Carolina senior who demonstrates a passion for giving back to the sport through leadership, coaching, judging, or education, and who embodies the values of service, technical excellence, and mentorship that Paul continues to model in his work today. This award reflects Paul's dedication to advancing the knowledge of athletes, coaches, and judges, and his belief in preparing the next generation to lead gymnastics into the future.



About Paul Padron

The Paul Padron Gymnastics Education & Leadership Award was created to honor Paul Padron, a respected coach, judge, and educator whose leadership and passion for teaching have strengthened South Carolina gymnastics for more than five decades.

A U.S. Air Force veteran, Paul has served as a club owner, head coach, meet director, and mentor to athletes, coaches, and judges. He coached numerous gymnasts who went on to compete at the collegiate level and served as Region 8 Junior Olympic Committee Chairman, co-authoring the 2005–2013 JO Compulsory Routines.

As a Brevet-rated judge, Paul continues to educate and inspire through his judging, presentations, and leadership on state and regional committees. A Region 8 Hall of Fame inductee and NAWGJ Green Flag award recipient, he remains deeply committed to advancing the knowledge and excellence of the next generation in gymnastics.

SOUTH CAROLINA PROGRAMS OF THE YEAR

The Compulsory Program of the Year, Xcel Program of the Year, & Optional Program of the Year Awards will recognize the programs in South Carolina that have been successful in each division of USA Gymnastics. These three awards will be based on a point system derived from SC State Meet results and a SC Club voting system. Clubs will earn points based on the results of the state team competition & will earn bonus points for Regional & National accomplishments. See the charts below that outline specifically the Programs of the Year point system.

Clubs will receive bonus points for the following qualifications:

1. 5 bonus points for athletes that qualify for Level 6-10 Regionals
2. 5 bonus points for athletes that qualify as Xcel Regional team members
3. 10 bonus points for athletes that qualify as Level 6-8 Regional team members
4. 12 bonus points for Level 9 gymnasts who qualify for Easterns **(carried over to next season)**
5. 15 bonus points for Level 10 gymnasts who qualify for Nationals **(carried over to next season)**
6. 15 bonus points for Level 9 & 10 gymnasts who place 1st-8th on an event at Easterns or Nationals **(carried over to next season)**
7. 20 bonus points for Level 9 & 10 gymnasts who place 1st-8th in the AA at Easterns or Nationals **(carried over to next season)**
8. 10 additional bonus points for Level 9 & 10 gymnasts who place 4th-6th on an event or in the AA at Easterns or JO Nationals **(carried over to next season)**
9. 20 additional bonus points for Level 9 & 10 gymnasts who place 1st-3rd on an event or in the AA at Easterns or JO Nationals **(carried over to next season)**

The top 5 gym clubs in each division with the highest point totals will be eligible for the 3 Program of the Year Awards. Once the top 5 teams are determined, a vote by SC USA Gymnastics professional members will take place. Each current SC Professional Member in the women's discipline will be permitted one vote. These awards will be presented in addition to the SC State Program of the year award at the beginning of the following season at the SC Annual State Meeting.

Programs of the Year Point System: For all SC State Championship Competitions

Level 1-10 Team Points

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10
1st Place Team	5	5	5	5	5	5	5	5	5	5
2nd Place Team	4	4	4	4	4	4	4	4	4	4
3rd Place Team	3	3	3	3	3	3	3	3	3	3
4th Place Team	2	2	2	2	2	2	2	2	2	2
5th Place Team	1	1	1	1	1	1	1	1	1	1

Xcel Team Points

	Bronze	Silver	Gold	Platinum	Diamond	Sapphire
1st Place Team	5	5	5	5	5	5
2nd Place Team	4	4	4	4	4	4
3rd Place Team	3	3	3	3	3	3
4th Place Team	2	2	2	2	2	2
5th Place Team	1	1	1	1	1	1



Region 8 State Program of the Year

The State Program of the Year is to be presented to the Region 8 USA Gymnastics Committee to represent South Carolina for the Region 8 Program of the Year.

In SC, the State Program of the Year award will be determined by providing a list of all clubs that had an athlete **compete** at JO Nationals or Easterns from the previous season to the SC USA Gymnastics Administrative Committee. The SC USA Gymnastics Administrative Committee will then vote to determine the SC State Program of the Year from the clubs submitted. The SC State Program of the Year will then be submitted to the Region 8 Program of the Year for consideration.



South Carolina Request for Judges

All requests for judges will be completed online at [SC Gym JAS](#).

Select the Meet Directors Menu and fill in the blanks. At the time of your request, please fill out all the information to the best of your knowledge at the time. If you have updates or additional information that you would like the assignor to know, please email the [SC NAWGJ Assignor](#).

When judges are assigned to your meet, you will receive an email listing the assigned judges. A Meet Referee will be notated and will be in touch with you to collect information about the meet and provide that information to the judges. The Meet Referee will, also, help you with logistical information regarding the judges.

If you need to revise the meet later, your USAG number will be your entry into your request.

Once you click “SUBMIT,” a copy of the form is emailed to Sally Foister, the SC NAWGJ Assignor.

Please mail the assigning fee (\$5 per judge) made out to SC NAWGJ to:

Sue Dolinar
16 Hickory Chip Court
Simpsonville, SC 29681

If you have any questions about assigning, please email [Sally Foister](#) or call her at 864-982-3340.

2026 SC USA Gymnastics Criteria for Selection of Judges for State Championship Criteria

The SC USA Gymnastics Committee reviewed and approved the criteria for judges to be eligible to judge SC State Championship at the SC USA Gymnastics Committee meeting on July 23, 2025.

The policy is as follows:

SC USA Gymnastics Criteria for Selection of Judges for State Championship

The SC USA Gymnastics State Administrative Committee (SC SAC) must approve the slate of judges for all State Championships. Regardless of the State Championship structure (for example 2 or 4 judge panels), the following is the criteria for the selection process.

1. Fulfillment of Volunteer Requirements - In an effort to further their preparation and to ensure SC Judges are adequately prepared to judge SC athletes at State Championship, judges are required to volunteer at a State Training Camp for at least one day/session (4-6 hours), every other year and are highly encouraged to attend Regional Training Camps and Regional / National Congresses. Exceptions to this requirement would be considered on an individual basis by the SC SAC from a petition sent to the SC SACC.
2. Consideration for Regional Assignments
3. Rating and Experience
4. When all the above is relatively equal, then location, affiliation and membership to the SC NAWGJ Board and SC SAC will be considered

Volunteer Opportunities to Meet Requirement for State Meet Eligibility:

- 2024 SC Optional Training Camp including the High-Performance Training Day
- 2024 SC Compulsory & XCEL Training Camp
- 2025 SC Compulsory & XCEL Training Camps (Either location)
- 2025 SC Optional Training Camp including the High-Performance Training Day

Judges Moving into South Carolina - When a judge (no matter their rating - 4/5 through Brevet) moves to the state, they will go to the bottom of the rotation for that year for State Championships. They will be considered to judge the State Meets on an as needed basis within the first year and then be included in the selection based on their availability after the first year.

Clarifications for Assigning Judges to the State Championship who have met the Selection Criteria:

1. If for any reason, a judge is unable to obtain the correct rating to judge the Level(s) at the State Meet you are contracted and assigned, the judge will be replaced.
2. All judges must have their CPE completed and turned into the SC CPE Coordinator by 12/31/25 or the judge will be replaced.
3. If for any reason, there are not four unaffiliated judges to be Chief Judges, the next unaffiliated judge in rank order will be used.
4. The SC SAC preference is to use judges that are available for entire sections of meet. When this is not possible, the SC SAC's preference is to split the meet among SC judges rather than to contract out of state. (Example of sections: Levels 8-10, Xcel components, etc.)

Judge Selection Process for State Meets:

The SC USA Gymnastics State Administrative Committee will ask the SC NAWGJ Assignor to collect availability and any petition to be considered by the SC SAC for the SC judges who would like to be considered to judge the SC State Championships to be submitted by October 8th. The slates of judges for the SC State Championships will be created based on the submitted availability. The slate should be obtained by collecting a form from each judge that includes availability, levels willing to judge and affiliations for each level for each State Championship. The criteria for selecting judges for State Meets and procedures should be included on this form to communicate clearly to the judges all the procedures & information the SC SAC follows to select judges to judge the SC State Championships. Petitions submitted should include an explanation in regard to the volunteer requirement not being met, along with any documentation needed.

The NAWGJ State Judging Director (NAWGJ SJD) and the Assignor will present a slate of available judges, who have met the selection criteria, to judge State Championships to be discussed, along with any petitions to be considered, to select the judges to judge each State Championship on October 22nd at SC SAC meeting. The slate is presented to the SC SAC including the availability, ranking, and affiliation of each judge for each State Championship. Only the NAWGJ SJD, Assignor, and SC USA Gymnastics Chairman may see the slates prior to presenting them to the SC SAC. If for any reason after the slates of judges have been presented to the SC SAC on October 22nd, all judge slots are not filled, the SC NAWGJ Assignor will send communication to all SC judges to inquire if anyone's availability has changed. If needed, availability from out of state judges in surrounding states will be collected by the SJD/Assignor of those states. The SC SAC will then meet again to consider all options to fill the judge spots for the SC State Championships.

The SC USA Gymnastics Chairman and the NAWGJ SJD will select the Meet Referees to be submitted to the Committee. The following components will be considered when selecting the Meet Referees: meet referee experience, level of gymnasts, and duration of time since last meet referee assignment at State Championships. Any Level 10, National, or Brevet rated judge will be eligible to be a Meet Referee for the State Championships. Whenever possible, options to use multiple meet referees within one State Championship will be considered to create more opportunity for judges to serve in that role. Only the NAWGJ SJD, Assignor, and SC USA Gymnastics Chairman may see the slates and the selected Meet Referees prior to presenting them to the SC SAC.

The SC USA Gymnastics Chairman and Meet Referee will work together to assign the Chief Judges and the event assignments. State Championship event assignments are sent to judges after the regional event assignments have been determined.

The SC USA Gymnastics Committee Chairman will assign a replacement judge if within one week prior to the State Championship without a SC SAC vote in the event that a judge is no longer able to judge one of the SC State Championships. The Chairman will make the replacement assignment by determining what is best for the meet and from the available judges. Other factors such as proximity, ranking, etc. may be considered; yet will not dictate the decision.

After being selected to judge a State Championship at an October Committee meeting, a judge must be sent a contract by the NAWGJ SJD or Assignor by November 1st for all State Championships. The judge must return the contract within 30 days of receipt.



USA Gymnastics Member Standards

As USA Gymnastics Professional Members, it is our responsibility to know and understand the [USA Gymnastics Rules and Policies](#) (R&P) pertaining to our athletic discipline and levels of participation. At the beginning of the Rules and Policies, you will find the USA Gymnastics Purpose & [Code of Ethical Conduct](#), Safe Sport Measures, and Responsibilities of Professional Members. The R&P presents thoughtful and detailed information regarding our professional and ethical behavior. You are encouraged to read it thoroughly and reflect on all aspects of its execution.

SC Clubs in Good Standing

All SC Clubs are expected to remain in "Good Standing." SC Member Clubs (including athletes & coaches) who maintain good standing enjoy the following benefits:

- Are able to participate in Team Awards at State Championships
- Are able to attend SC 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 Gymnastics:

- Tracking Fees
- Invitational Competition Fees
- State Championship Entry Fees
- SC Congress Registration Fees
- SC Awards Ceremony Ticket Fees
- SC Training Camp Coaches & Athlete Fees
- Regional Non-Registration Fee
- Regional No Show Fee

Gym Switching

Gym switching occurs for a variety of reasons. The following is a suggested course of action that the South Carolina State Administrative Committee recommends all club owners and head coaches consider when a parent from another gym approaches you about switching their competitive athlete to your club. The following is a guideline, not an enforceable rule. It is, however, a tried and true way of ensuring that parents respect you, your program and your professionalism, while also protecting your relationships with the other gym clubs in your area.

1. IMPORTANT: Encourage the parent to try to work out their problem(s) with their current coach. We know it sounds crazy, but explaining that you would only consider adding them to your team if you were sure they had taken this step goes a long way towards establishing respect for you and your professionalism should the athlete eventually switch to your gym. It also says to the athlete's current coach that you respect them, as well. Once this has been tried and you are sure the problems cannot be resolved, then sell your program! Be sure that the problem(s) will not be replicated in your gym. For example, is the athlete a level 10 who needs to be challenged intensely while the highest level in your gym is a level 6 who only works out 12 hours a week? Sometimes doing what is best means recommending another gym.

2. VERY IMPORTANT: Be sure to tell the parent that you will call the former coach before you allow the athlete to join your team. Prior to the call, you could allow the athlete a practice with your team. During the trial period and transition, be sure to maintain control of the process and the eventual outcome, while demonstrating respect for other club owner. You are a gymnastics professional and this is a critical step in building respect for you and your program. Inform the parent you will ask her former coach if they have completed their financial obligations to that gym. The worst mistake you can make is to accept a family into your gym that does not pay their tuition. This is a matter of fairness to the former club and sets the tone for making payments to your gym.

3. MOST IMPORTANT: Humbly call or contact the other coach! This simple phone call solidifies your professionalism with your colleagues. Remember that you will likely have a longer relationship with that coach than you will with the athlete. You can avoid future uncomfortable situations or grudges with a simple respectful phone call. Also, remember that it is likely that you will have an athlete leave your gym some day. When that day comes, you will want the other coach to call you.

4. CRITICALLY IMPORTANT: Accept the athlete on a trial basis. Establish your team rules and meet with the parent at the end of the trial period to discuss any issues the athlete is having, evaluate their progress, and make a decision regarding the athlete's status on your team. Again this is how we recommend handling a parent who approaches you about gym switching. However, we strongly suggest never approaching a parent or gymnast about switching gyms, and we hope you or no one associated with your program would (including assistant coaches, athletes or parents) either. Be careful and guard your reputation and your relationship with other clubs in the state.