

# Kansas City Girls Gymnastics League

## I. Purpose

- A. We would like to establish a Kansas City League that has consistent rules, routines, scoring, and other guidelines for non-sanctioned sessions of all of the meets hosted by participating gyms. Our goal is to keep more kids in the sport by allowing the opportunity for nearly anyone to compete and do it at a local level.
- B. We will have a webpage that will list all of the league meets. All of the league meets must conform to the guidelines.

## II. Levels:

- A. Non-sanctioned levels 1-5

## III. Awards:

- A. All participants will receive at least ribbon on every event and a medal in the all-around at all league meets.

## IV. Session Size:

- A. There are no specific session size limits for the 2009-2010 season but we would like to keep all session under 3 hours from stretch to the end of awards. USAG compulsory guidelines are a good reference.

## V. Entry Fees:

- A. \$30 for any/all non-sanctioned league competitors for league meets.
- B. \$37 for the Championship and off-site meets.

## VI. Championship Meet:

- A. There will be a stand-alone championship that includes league gymnasts only. The meet will be bid out to participating gyms and will be held in the spring. (\$37 max entry fee)
- B. The 2009-2010 will be hosted by MEGA in late March/early April depending on State schedules. The 2010-2011 will be hosted by LGA depending on State schedule.
- C. Qualifying: Everyone is encouraged to participate in at least 2 league meets (website listed).
- D. All competitors will receive a trophy instead of a medal in the all around.
- E. Events will be placed 50% + achievement ribbons with medals going to the top 3.

## VII. Organization:

- A. There will be no formal board/committee at this time. A volunteer organizer will be selected each year to keep things going.
- B. This year's organizer will be Toby Essenpries (MEGA, toby@moelitegym.net).

## VIII. Website/League Meets

- A. We will have a page with all of the league guidelines and a meet schedule.
- B. All listed meets MUST follow league guidelines in order to keep a consistent understandable standard for everyone. (*Send your meet info or link to toby@moelitegym.net*)

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(continued)

## IX. Routines/Scoring?

- A. Everyone will need to do the routines as described below. If you prefer or need to perform an alternate routine please submit it to the league coordinator and the meet director.
- B. Scoring/Spotting
  - i. *Minimum 7.0 for levels for level 1-3 and 6.0 for levels 4-5.*
  - ii. *Spotting: .5 deduction plus form breaks with no loss of element value. (no spotting deductions for bonus elements, also no bonus awarded if spotted)*

Level 1 & 2: Coming Soon (let us know if you are interested).

Level 3:

Vault: Handstand flat-back (level 4 deductions)

Bars: Option 1: Glide and return, pullover, single-leg cut forward, (.3 bonus for cast squat through), forward stride circle, single leg cut backward, cast, back hip circle, underswing dismount

Option 2: Glide and return, pullover, 2 casts, back hip circle, stop in front support, 2 cast, squat-on, straight jump, stick (shoulder safety spot ok and encouraged on the squat-on)

Beam: USAG Level 3 with a .3 bonus for adding  $\frac{1}{4}$  turn on dismount (no bonus for spot)

Floor: USAG Level 3 with

Round-off rebound stick or .3 bonus for a back hand spring

Backbend kick-over or back walk-over (no bonus)

Level 4:

Vault, Beam, Floor: USAG

Bars: Option 1: USAG Routine

Option 2: Glide and return, pullover, 1 cast, back hip circle, stop in front support, front hip circle cast squat on (connected), jump to high bar swing forward, counter-swing and swing forward, counter-swing drop, stick

Level 5: USAG Guidelines