

USA

Trampoline & Tumbling

REGION 4



Region 4 Championships

Trampoline & Tumbling

April 17-19, 2026

The RiverCenter

136 East Third Street, Davenport, IA 52801

PURPOSE:

This competition will prepare our athletes for competition at national and international events. The Regional Championships (Levels 1-SR Elite) will name Regional Champions in age groups for all disciplines (synchronized trampoline, Levels 9-Sr Elite). This will also serve as the second and final opportunity to qualify for the Stars & Stripes Championships and USA Gymnastics Championships held in the summer.

ELIGIBLE ATHLETES'

All athletes registered with USA Gymnastics as an athlete member are eligible to compete at the Regional Championships Levels 1-Elite, HUGS. Please note that all non-U.S. citizens must declare their citizenship prior to competition.

USA Gymnastics Trampoline & Tumbling Region 4

DATE: April 17-19, 2026

VENUE: The RiverCenter

HOST: USA Gymnastics Region Trampoline & Tumbling 4 Chair

ENTRY DEADLINE: **Completed online** and **payment postmarked** by **March 6, 2026**

Entry fees not postmarked by March 6 will be assessed a \$50 per athlete penalty.

Entry fees postmarked after March 9 will be double entry fee.

ENTRY INFO:	Levels 1-Sr. Elite (per competitor)	\$150.00 (check), \$155.25* (CC)
	HUGS Athletes	\$100.00 (Check), \$103.50* (CC)

All entries must be done on the USA Gymnastics Entry System.

You are required to pay for all athletes on your Online Registration as of the entry deadline. After the deadline, we will send a google form for you to supply t-shirt sizes.

All shirt sizes must be entered on this form and returned by **March 16**. All athlete/coach participants will receive a Region 4 T-Shirts

FUNDS: Payment is required for all entries on your roster at the deadline.

We prefer Entry fees be paid by business check however we will accept credit cards.

*Please note an administration fee has been added if you choose to pay by card.

CC payments use this link address or QR code:

*****Place your club name after your "name on card" the payment screen*****

<https://square.link/u/pNDZU8TJ>

Payments by check MUST BE POSTMARKED BY THE DEADLINE

NO PERSONAL CHECKS WILL BE ACCEPTED



PAYABLE TO: USA Gymnastics T&T Region 4

MAIL TO: USA Gymnastics Trampoline & Tumbling Region 4

C/O Crissy LaFollette

2024 S 75 E

Washington, IN 47501

Questions email to: usagttregioniv@gmail.com (Clubs ONLY, no parents)

LATE ENTRIES: Acceptances of late entries are subject to approval by the Meet Director. Please submit all requests through the online google form located in the forms section on the Region 4 website. www.usagttregioniv.com <https://forms.gle/UQtaNgXSpJSPQuuf9>

Entries received after the deadline will be doubled, plus CC processing fees. Payment must be made by CC through the payment link provided on the email verification. NO Exceptions. ABSOLUTELY NO entries less than two weeks prior to the competition.

Additional Events

After the Deadline: If an athlete that has already entered the competition wishes to add an event. The cost will be the same as a change. If they wish to enter synchronized trampoline the cost will be the same as a change for each athlete. See changes policy below.

CHANGES:	<p>After the entry deadline information may be changed or corrected on our google form for a charge of \$25 per correction until 2 weeks prior to the event. After 2 weeks prior to the start of the event the charge will be \$50 per change (check/cash) \$51.50 (CC), changes 2 weeks prior to the competition are subject to Region 4 chair approval. If an age or gender is listed incorrectly there will be a per event charge. Changes must be made on the google form located in the forms section on the Region 4 website.</p> <p>https://forms.gle/4yP4FLbTZE8eLKwr7</p> <p>COACHES WILL RECEIVE A COACH'S REPORT NO LATER THAN APRIL 1st, THERE WILL BE NO CHANGES ACCEPTED AFTER APRIL 11th.</p> <p>Payment link for changes will be provided on the google form.</p>
REFUNDS:	There are NO Refunds after the entry deadline. Medical scratch refund form is available on the Region 4 website.
COACHES:	<p>Only coaches who have a current USA Gymnastics membership will be issued credentials. Only coaches entered on the Meet Registration System will be eligible to receive a credential. Only 2 coaches per team will be issued credentials. Requests for additional coaches' credentials must be approved by the Meet Director. Teams with less than 40 events need not apply. No onsite coaches' registrations will be accepted.</p>
TRAMP SPOTTERS:	<p>Additional coaches that wish to volunteer as tramp spotters and stay at trampoline only may do so at this link: https://forms.gle/xXod7hrxXRRfrYv97</p> <p>Volunteer Spotters are now allowed if they have an Owner, Professional, JR Professional, or volunteer membership. They must also have adequate skill knowledge or known experience and have the approval of the meet director.</p> <p>Coaches you must be prepared to help with this task.</p> <p><i>Additional coaches welcome to help with this, please sign up on the google form on the Region 4 website. (These are coaches in addition to the allowed 2 per club)</i></p>
ATHLETE PARTY:	There will be an athlete party for all athletes on Friday evening. Time to be announced at the time the schedule is posted. The party will be at the host hotel. One parent from each club will be required to attend and be responsible for their club athletes.
STAGING:	<p>The staging area is used to line up flights for competition and pre-competition stretching. We will only allow the next flight into the staging area. Once in the staging area the athletes will be told their seat number, put their bag on the chair and go stretch. When it is time to march in, the athlete will take all their items with them in their team bag to the competition floor. After they compete, they will exit the competition floor through the floor exit and WILL NOT return to the staging area.</p> <p>NO FOOD OR DRINKS WILL BE ALLOWED IN THE STAGING AREA. Water bottles will be allowed.</p> <p>NO PARENTS IN THE STAGING AREA.</p>
RULES:	Current USA Gymnastics Trampoline and Tumbling. Please note that there will be no finals.
COMPETITION EQUIPMENT:	<p>4 – 4 X 4 Eurotramp trampolines with Eurotramp beds and springs</p> <p>2 – 6 mm Eurotramp Double-mini trampolines</p> <p>2 – Rod Tumbling floors</p> <p>Equipment managed and supplied by AAI - United Athletic</p>

- HOTEL INFO:** See attached flyer.
- VOLUNTEERS:** We need your help with volunteers for this competition. We greatly appreciate all your help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. All volunteers will be given a wristband that will allow them access into the competition for that day.
Volunteer Sign-up: please sign up through the link on the Region 4 website.
<https://forms.gle/djHCnA5ch9DezSnLA>
Please Note: Athletes that may be eligible for funding (JumpStart, EDP, WAG, National Team athletes) will be applying for funding must volunteer at least two sessions on Saturday or Sunday. Athlete's must volunteer during a session that they are NOT competing. You must sign in on the sign in forms to be considered in attendance.
- JUDGES:** Only judges who meet current USA Gymnastics requirements, will be considered for assignments. Ratings and availability will determine contracts for the Region 4 Championships.
Judging request must be submitted online through the google form on the Region 4 website no later than March 6. Google form link:
<https://forms.gle/UqVADFHVzQEnun6Q9>
- WEB SITE INFO:** You will find all the Region 4 Championships information along with many other helpful things there. www.usagttregioniv.com.
As we did last year, we will be posting to the Region 4 social media pages and sending emails to all coaches, and clubs. **FaceBook.com/USAGTTRegioniv and Instagram.**
We will also be sending emails to all club contacts, coaches, and parents of entered athletes (if emails provided by USA Gymnastics).
- AWARDS:** **Flight Awards:** Each child (Levels 1-7) with more than 10 in their flight will receive a flight award immediately following their flight competition. Athletes in small groups of less than 10 will not receive flight awards.
Overall awards: (Athletes in all levels)
The top 10 in each age group and ability will receive a special award at the end of each session of competition at a special awards ceremony.
- Athletes in Level 1-7 that did not receive flight awards will go directly to the awards ceremony area.
 - Athletes in flights of 12 or less: the top 10 will be taken directly from the competition floor to the awards area. Awards for these athletes will be done immediately following competition as there is not a second or third flight to be added to the overall rankings.
 - Athletes in groups that have more than one flight will need to wait until the end of the session for awards. Once all the flights have been completed, the results will be posted and the top 10 will need to report to the awards staging area at the end of the session.
- HUGS Athletes** will be taken directly to the awards area immediately after their competition.

GRAND MARCH	We will be having a Grand March this year. The theme of the meet is “President Lincoln” We are planning on mid-day Saturday.
ATHLETE PARTY	We are trying to add an athlete party to the schedule on either Friday or Saturday night at the host hotel. More information will be added once this has been solidified.
ADMISSIONS	Cash preferred, credit cards accepted (an administration fee will be added for all CC purchases. This will be added into the price not a separate charge) Day Pass (Cash): Children 5 & under – Free, Children 6-17 \$10, Adults \$20 Day Pass (Credit Card): Children 5 & under – Free, Children 6-17 \$10.50, Adults \$21 Weekend Pass (Cash): Children 5 & Under – Free, Children 6-17 \$20, Adults \$40 Weekend Pass (Cash): Children 5 & Under – Free, Children 6-17 \$21, Adults \$42

SAMPLE SCHEDULE: Region 4 Championships ***SAMPLE*** Schedule

Note: There will not be session warm-ups.

Thursday	5:00 pm	Set-up
Friday	1:00 pm	Check-in open
	2:30 pm	Training, Elite Only
	3:30 pm	Training, Levels 8-10 & Elite
	4:30 pm	Synchro Training
	5:15 pm	I can't make my flight, touch flight
	6:00 pm	Session 1 – Levels 8-10
	8:30 pm	Awards Session 1
	TBD	Athlete Party – tentative at the host hotel
Saturday	8:00 am	Event Staff in building
	8:30 am	Doors open for open stretch
	9:00 am	Session 2– Levels 1 – Elite
	11:30 am	Awards Session 2
	12:00 pm	Session 3 --- Levels 1-Elite
	2:30 pm	Awards Session 3
	3:00	GRAND MARCH
	3:45 pm	Session 4 – Levels 1 -- Elite
	6:00 pm	Awards Session 4
	6:30 pm	Session 5 – Levels 1-Elite
	8:30 pm	Awards Session 5
Sunday	8:00 am	Event Staff in building
	8:30 am	Doors open for open stretch
	9:00 am	Session 6 – Levels 1-9
	11:30 am	Awards Session 6
	12:00 pm	Session 7 – Levels 1-9
	2:30 pm	Session 7 Awards
	3:00 pm	Session 8 – Levels 1-9
	Last flight	I can't make my flight, touch flight
	5:30 pm	Awards Session 8

The block schedule will be used for all events and will indicate exactly what block of time your athletes will compete. A detailed block schedule and team sheets will be posted for all participating gyms no later than April 1st.