



# Trampoline & Tumbling

## REGION 4



## *Region 4 Championships*

### Trampoline & Tumbling

May 5-7, 2023

River Center

136 East Third Street, Davenport, Iowa 52801

#### PURPOSE:

The Sr. Elite and Jr. Elite competitions will name Regional Champions in all disciplines. This competition will prepare our athletes for competition at national and international events. The Jr. Olympic Regional Championships (Levels 1-10) will name Regional Champions in age groups for all disciplines (synchronized trampoline, Levels 9 & 10). 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 of 2023.

#### 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: May 5-7, 2023
- VENUE: 136 East Third Street, Davenport, Iowa 52801
- HOST: USA Gymnastics Region Trampoline & Tumbling 4 Chair
- ENTRY INFO: Levels 1-Sr. Elite (per competitor) \$140.00  
HUGS Athletes \$75.00  
**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. Once registered, please print a copy, [ADD the t-shirt sizes](#), and mail with your payment. All athlete/coach participants will receive a Region 4 T-Shirts
- ENTRY DEADLINE: **Completed online** and **payment postmarked** by **March 17, 2023**  
Entry fees not postmarked by March 17 will be assessed a \$200 penalty.  
Entry fees not postmarked by April 1 will be double entry fee.
- FUNDS: Entry fees must be in the form of a **Club business check**.  
**MUST BE POSTMARKED BY THE DEADLINE**  
**NO PERSONAL CHECKS or CREDIT CARDS WILL BE ACCEPTED**
- PAYABLE TO: USA Gymnastics T&T Region 4
- MAIL TO: USA Gymnastics Trampoline & Tumbling Region 4  
C/O of Crissy LaFollette  
2024 S 75 E  
Washington, IN 47501  
Questions email to: [usagttregioniv@gmail.com](mailto: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](http://www.usagttregioniv.com) **Entries received after the deadline will be doubled. NO Exceptions.** ABSOLUTELY NO entries less than two weeks prior to the competition.
- CHANGES: **After March 17, information may be changed or corrected for a charge of \$25 per correction. If an age or gender is listed incorrectly there will be \$25 per event charge. Changes must be made on the google form located in the forms section on the Region 4 website. COACHES WILL RECEIVE A COACH'S REPORT NO LATER THAN APRIL 1<sup>st</sup>, THERE WILL BE NO CHANGES ACCEPTED AFTER APRIL 25<sup>th</sup>.**
- REFUNDS: There are NO Refunds after the entry deadline. Medical scratch refund form is available on the Region 4 website.
- HOTEL INFO: **Book within our block early to assure you and your team have a room!**  
**Region 4** has blocked rooms. Please book through the link on the Region 4 website [www.usagttregioniv.com](http://www.usagttregioniv.com) The hotels listed are giving a special rate for USA Gymnastics participants and families. These hotels have also committed to donate per room night to the Region 4 Championships Venue Rental.

**COACHES:** 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 thirty events need not apply. No onsite coaches' registrations will be accepted.**

**STAGING:** 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.

**NO FOOD OR DRINKS WILL BE ALLOWED IN THE STAGING AREA.** Water bottles will be allowed.

**RULES:** **Current** USA Gymnastics Trampoline and Tumbling. Please note that there will be no finals.

**COMPETITION EQUIPMENT:** 4 – 4 X 4 Eurotramp trampolines with Eurotramp beds and springs  
1 – 6 mm Eurotramp Double-mini trampolines  
1 – Skakun Rod Tumbling floors  
Equipment managed and supplied by AAI - United Athletic

**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.

**Please Note:** Athletes that will be applying for funding must volunteer at least one session. Athlete's must volunteer during a session that they are NOT competing.

**TRAMP SPOTTERS:** Only professional members are allowed to spot.  
**Coaches you must be prepared to help with this task.**  
**Additional coaches welcome to help with this, please sign up on the google form on the Region 4 website.**

**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. Judges must have previously judged at a minimum of 3 sanctioned competitions prior to Regional Championships.  
Judging request must be submitted online through the google form on the Region 4 website no later than April 1.

**WEB SITE INFO:** You will find all the Region 4 Championships information along with many other helpful things there. [www.usagttregioniv.com](http://www.usagttregioniv.com).

As we did last year, we will be posting to the Region 4 social media pages and sending emails to all parents, coaches, and clubs. **FaceBook.com/USAGTTRegioniv and Instagram.**

We will also be sending emails to all club contacts, coaches, and parents of entered athletes.

**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.

**SCHEDULE:** 2023 Region 4 Championships **VERY VERY** Tentative Schedule

Thursday	5:00 pm	Set-up
Friday	10:00 am	Check-in open
	10:30 am	Training, Elite Only
	11:30 am	Training, Levels 8-10 & Elite
	1:00 pm	Training ends
	2:30 pm	General Warm-up Session 1
	3:30 pm	Session 1 – Levels 8-10
Saturday	8:00 am	Event Staff in building
	8:30 am	Doors open for open stretch
	9:00 am	General Warm-up for Session 1
	10:00 am	Session 2– Levels 8 – Elite
	1:00 pm	Awards Session 2
	1:00 pm	General Warm-up for Session 3
	1:50 pm	Session 3 --- Levels 8-Elite
	5:00 pm	Awards Session 3
	5:00 pm	General Warm-up for Session 4
	6:00 pm	Session 4 – Levels 5 -- 10
8:30 pm	Awards Session 4	
Sunday	8:00 am	Event Staff in building
	8:30 am	Doors open for open stretch
	9:00 am	General Warm-up for Session 4 – Level 8 only
	9:30 am	Session 5 – Levels 1-8
	12:00 pm	Session 6 – Levels 1-7
	3:00 pm	Session 7 – Levels 1-7

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 8<sup>th</sup>.