



Men's Development Program
2026 Championship Season
Directives v.1

1/26/2026

Table of Contents

Table of Contents	Page 2
Purpose of Directives	Page 3
State Championships Entry Deadline Policy	Page 3
Junior National (JN) Qualification Procedures	Pages 3-4
Junior Elite (JE) Qualification Procedures	Pages 5-7
Competition Rules and Format for Eastern/Westerns	Pages 7
Competition Rules and Format for Development Nationals	
Junior National Athletes	Page 8
Junior Elite Athletes	Pages 8-9
2026 US Championships Qualification & Junior Elite National Team selection from Development National Championships	Page 9
Attachments	
Attachment A – Allotment Tables	Pages 10-11
Attachment B – Bonus Tables	Pages 12-13
Attachment C – Petition Process	Pages 14-15
Attachment D - Specialists Qualification Procedures	Page 16
Attachment E – JE Level 6 Future Stars Team & Camp	Page 17
Attachment F – Technical Sequence Video Submission	Pages 18-20
Attachment G– Awards Plan	Pages 21-23

Men's Development Program

2026 Championship Season

Directives

1/26/26

This document outlines the qualification procedures, competition rules, and event formats for the 2026 Men's Development Program (DP) Championship Season. It details the pathways for Junior National (JN) and Junior Elite (JE) athletes to advance through State, Regional, and National Championships, as well as the criteria for specialist qualifications, petitions, and team selections. The directives also include competition formats, scoring systems, and bonus structures applicable to different levels. Additionally, it covers award structures, allotment tables for regional representation, and technical sequence requirements for championship participation. This document serves as the official guide for athletes, coaches, and officials, ensuring clarity in the championship season's structure and process.

Should there be conflicting statements regarding Men's State Championships, Regional Championships, Eastern/Western Championships and Development National Championships, this document shall supersede what is written in the:

[Men's Program Rules & Policies](#)

Entry Deadline: The entry deadline for entering athletes into their respective State Championships is February 1st, 2026. Level changes and division changes are not allowed after this date.

I. Junior National (JN) - Championship Season - Qualification Procedures

A. JN Levels 7, 8, 9 & 10

- i. [JN Levels 7-10] State Championships to Regional Championships:**
Athletes must compete optional routines. Qualification to Regional Championships is determined by:
 - a. Achieving the regional qualifying score or meet the qualification requirements established by their region.**

- b. Submitting a petition for injury, illness or extenuating circumstance to attend Regional Championships through the petition process outlined at the end of this document as **Attachment C**.

ii. **[JN Levels 7 – 9] Regional Championships to Eastern or Western Championships:**

Athletes must compete optional routines. Qualification to the Eastern or Western Championships is determined by:

- a. Athletes must fall within their region's total allotment for each level which can be found in the allotment tables at the end of the document as **Attachment A**. Athletes will qualify via all-around rank order within each level, regardless of age, or
- b. Qualify as a specialist following the Specialist Qualification Procedures found at the end of this document as **Attachment D**, or
- c. Athletes may submit a petition for injury, illness, or extenuating circumstance to attend the Eastern or Western National Championships through the petition process outlined at the end of this document as **Attachment C**.

iii. **[JN Level 10] Regional Championships to Development National Championships:**

Athletes must compete optional routines. Qualification to the Development National Championships is determined by:

- a. Athletes must fall within their region's total allotment which can be found in the allotment tables at the end of this document as **Attachment A**, or
- b. Qualify as a specialist following the Specialist Qualification Procedures found at the end of this document as **Attachment D** or
- c. Athletes may submit a petition for injury, illness, or extenuating circumstance to attend the Development National Championships through the petition process outlined at the end of this document as **Attachment C**.

II. Junior Elite (JE) - Championship Season - Qualification Procedures

****Note:** Any Level 8, 9 or 10 JE athlete that does not meet the qualification standards established below will automatically be placed in the JN division and will be a part of the age appropriate JN allotment pool, which could displace other JN athletes in that same allotment pool.

A. JE Levels 8, 9 & 10

i. [JE Levels 8 – 10] State Championships to Regional Championships:

Technical Sequences are required to be performed in order to qualify to Regional Championships as a JE athlete. Technical Sequences may be performed in-person or at Virtual Event following the guidelines in **Attachment F** below. Qualification to Regional Championships in the Junior Elite division is determined by:

- a. Achieving the required Technical Sequence all-around score of 42.00 AA. Athletes achieving less than the required 42.00 Technical Sequence all-around score will be placed in the JN division at their respective regional championships, and
- b. Meeting the regional standards/requirements in their respective region, or
- c. Submitting a petition for injury, illness or extenuating circumstance to attend Regional Championships through the petition process outlined at the end of this document as **Attachment C**.

ii. [JE Levels 8 – 10] Regional Championships to Develop National Championships:

Athletes must compete both the Technical Sequences and Optional Routines. Coaches and Athletes should refer to the 2025-26 Junior Elite Qualification Score Table below for minimum score requirements by level. Qualification to Development National Championships in the Junior Elite division is determined by:

- a. Achieving BOTH the minimum Technical Sequence all-around score AND,
- b. The Combined total score in their respective age and level at Regional Championships
- c. Athletes achieving less than the required minimum Technical Sequence all-around score, OR the minimum Combined total score will be placed in the JN division at their respective Regional Championships, or

- d. Athletes may submit a petition for injury, illness or extenuating circumstance to attend Development National Championships through the petition process outlined at the end of this document as **Attachment C**.

2025-26 Junior Elite Qualification Score Table			
		Minimum Score Required	
Level	Age	Technical Sequence	Combined Total
Eight	12	45	114
	13	47	116
Nine	14	45	114
	15	47	116
Ten	16	46	116
	17	47	118
Ten	18-19	48	120

B. JE Level 6 Future Stars

i. [JE Level 6 Future Stars] State Championships to Regional Championships:

Technical Sequences are required to be performed in order to qualify to Regional Championships as a JE athlete. Technical Sequences **must** be performed in person and **cannot** be submitted virtually. Qualification to Regional Championships is determined by:

- Meeting the regional standards/requirements, if any, in their respective region.
- Submitting a petition for injury, illness or extenuating circumstance to attend Regional Championships through the petition process outlined at the end of this document as **Attachment C**.

ii. [JE Level 6 Future Stars] Regional Championships to Eastern or Western Championships: Athletes must compete Technical Sequences. Qualification to Eastern/Western Championships in the Junior Elite division is determined by:

- Athletes must compete the Technical Sequences on all six (6) apparatus, and
- Athletes must qualify within their region's total allotment, or
- Athletes may submit a petition for injury, illness or extenuating circumstance to attend Eastern/Western Championships through the petition process outlined at the end of this document as **Attachment C**.

iii [JE Level 6 Future Stars] Eastern or Western Championships to Future Stars Development Team & Camp:

- a. A total of 26 athletes will be named to the Future Stars Development Team
- b. The top 5 ranking 10-year-olds, the top 5 ranking 11-year-olds, and the top 3 ranking 12-year-olds at the Eastern National Championships will be named to the Future Stars Development Team
- c. The top 5 ranking 10-years-olds, the top 5 ranking 11-year-olds and the top 3 ranking 12-year-olds at the Western National Championships will be named to the Future Stars Development Team
- d. 30 more athletes will be invited to the Future Stars Camp and Workshop. Invitations will be split in the east and west according to participation numbers by geography and age
- e. Refer to **Attachment E** for Future Stars Development Team and Future Stars Camp allotment tables (Attachment E will be available on or before March 1, 2026)

III. Competition Rules & Format for the Men's Development Eastern and Western Championships

A. JE & JN Levels - 6 JE, 7, 8 JN & 9 JN

- i. **Levels 6 JE, 7, 8JN & 9JN will utilize Men's Development Program rules**
 - a. Level 8JN will use the Development Program E Bonus Table only (Attachment B)
 - b. Level 9JN will use the Development Program D+E Bonus Table (Attachment B)
- ii. **The Men's Eastern and Western Championships will each hold eight (8) sessions across levels 6 JE, 7, 8 JN and 9 JN.**
 - a. [Eastern Championships](#) will hold one (1) session of Level 6 JE, two (2) sessions of Level 7 and 8, and three (3) sessions of Level 9
 - b. [Western Championships](#) will hold one (1) session of Level 6 JE, two (2) sessions of Level 7 and 8, and three (3) sessions of Level 9
 - c. Each athlete will compete in one session. Session format information will be provided by the meet host prior to competition.
 - d. Each session will be divided into four (4) equal age divisions after all athletes have been registered from each region.

IV. Competition Format for the Men's Development National Championships

A. Level 10 Junior National Division:

- i. All Junior National Level 10 athletes will compete Men's Development Program rules with Development Program D+E Bonus Tables in effect (Attachment B).**
- ii. JN Level 10's will compete in one of four qualification sessions utilizing an A/B format. There will be a random draw for each qualification session.**
 - a. One (1) session will be held on Thursday evening, session #3.
 - b. There will be three (3) additional sessions of Level 10 JN's on Friday. The age divisions are 16-17 (Jr) and 18-19 (Sr).
 - c. From the pool of Level 10 eligible athletes across all four qualification sessions, 48 all-around athletes will advance in rank order from each single age year to the Finals session on Sunday from both the Level 10 Jr. and Level 10 Sr. divisions. Awards for all-around and individual apparatus are based upon combined score from both days and will be given in single age years.
 - d. Level 10 athletes who place in the Top six (6) on an individual event from combined results from all four qualification sessions, who are not already in the Top 48 AA, will advance to finals on that apparatus only from each single age year.
 - e. Each Flight (A & B) will be composed of six (6) squads of approximately ten (10) athletes. Athletes from the same club will be placed in the same squad and flight whenever possible. One flight will compete while the other flight warms up. Squad assignments for finals qualifiers will be published and posted on the day following the qualification sessions for each age division.

B. Competition Rules & Format for Level 8 – 10 Junior Elite Division:

- i. Junior Elite Level 8 & 9 athletes will compete Men's Development Program rules.**
 - a. Level 8JE will use the Development Program E Bonus Table only (Attachment B)
 - b. Level 9JE will use the Development Program D+E Bonus Table (Attachment B)
 - c. Level 8 & 9 Junior Elite Division athletes will perform Optional routines on the 1st day of competition (Thursday).

- d. Level 8 & 9 Junior Elite Division athletes will perform Technical Sequences in the Finals session on their 2nd day of competition (Saturday).
- ii. **Junior Elite Level 10 athletes aged 16-19 will compete World Gymnastics (FIG) rules.**
 - a. Level 10's will utilize the Individual Event Exponential Bonus Tables (Attachment B)
 - b. Level 10 JE ages 16 & 17 will compete Junior World Gymnastics (Jr FIG) rules with [Junior Exponential Bonus Table](#) in effect.
 - c. Level 10 JE ages 18 & 19 will compete Senior World Gymnastics (Sr FIG) rules with [Senior Exponential Bonus Table](#) in effect
 - d. All Level 10 JE Division athletes will perform Optional routines on the 1st and 2nd day of competition (Thursday/Saturday).
 - e. All Level 10 JE Division athletes will advance to the Finals session on the 2nd day of competition.
- iii. **Junior Elite Division athletes will be eligible to receive awards in single age year categories in each age division.**

C. Final Rankings for Junior Elite Division and Level 10 JN Finals

- i. **Final ranking will be determined by combined scores of 1st and 2nd day for both the All-Around and Individual Events.**

V. 2025 US Championships Qualification & Junior Elite National Team selection from Development National Championships

- A. **The qualification process to the Junior session at the 2026 US Championships & National Team Selection Chart for Level 8, 9, and 10 JE athletes will be found on the USAG website here, following 2026 Winter Cup: Link TBA**
- B. **The qualification process to the Senior session at the 2026 US Championships can be found on the USAG website here: <https://usagym.org/men/elite/>**

Attachment A

Allotment Tables

General Information Regarding Allotment Tables:

Regional Allotment:

1. Regional allotment will be determined by the MDPC based on participant numbers derived from the USA Gymnastics Meet Reservation System for the respective state championships within that region. Regional percentage is based on the number of a region's participants as a percentage of the national numbers to achieve the target number of athletes qualified to the Eastern and Western Championships as well as the Development National Championships.
2. The allotment will be announced on or before March 1st, 2026.

Qualification to the Eastern or Western Championships

1. The published regional allotment numbers will determine the number of athletes in Levels 6 JE, 7, 8JN and 9JN, who will compete at Eastern or Western Championships.
2. Athletes will fill those allotment numbers for each level by final all-around ranking, regardless of age. For example, if a region's allotment number is 50 Level 7's, then the top 50 Level 7's by all-around ranking will qualify to the Championships.
3. For Level's 7, 8JN and 9JN only, qualify as a specialist following the Specialist Qualification Procedures in Attachment D below.

Qualification for the Junior National Division at Development National Championships:

1. Advancement to the Development National Championships will be determined by the published allotment numbers based upon ranking within the region using the combined optional routine and technical sequence score in each single year age.
2. Allotment tables for Eastern Championships, Western Championships and Development National Championships will be made available on or before **March 1st, 2026**.

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ALLOTMENT TABLES WILL BE PLACED HERE
(on or before March 1, 2026)**

Attachment B

Bonus Systems

1. The table below shows which bonus table is used per division and level at National Championship Events

Development Program Bonus Table Usage						
	8JN	8JE	9JN	9JE	10JN	10JE
East West	E Bonus	N/A	D+E Bonus	N/A	N/A	N/A
MDPN	N/A	E Bonus	N/A	D+E Bonus	D+E Bonus	IE Exponential
*DP Bonus tables are copied here from page 60 in the DP Manual						

2. Development Program Bonus Tables (D & E):

D Score Bonus	L 9 & 10 Only			
FX	3.8-4.0	4.1-4.3	4.4-4.6	4.7+
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
PH	3.4-3.6	3.7-4.0	4.1-4.4	4.5+
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
R	3.0-3.2	3.3-3.6	3.7-3.9	4.0+
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
V	3.6-3.9	4.0-4.3	4.4-4.7	4.8+
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
PB	3.2-3.4	3.5-3.7	3.8-4.0	4.1+
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3
HB	3.0-3.2	3.3-3.5	3.6-3.8	3.9+
L9	0.1	0.2	0.3	0.3
L10	0	0.1	0.2	0.3

E Score bonus – L 8, 9, & 10		
All Events	9.2-9.45	9.5-10.0
L8, 9, & 10	0.1	0.2

Note: Neutral Deductions do not apply to D or E Score. Stick Bonus is included in the D-score when calculating D-score bonus.

Bonus Systems (cont.)

3. Junior and Senior Individual Event Exponential Bonus Tables

a. Level 10 JE athletes ages 16 & 17 will use the Junior Exponential Bonus Table:

2026 Junior Exponential Bonus Table

FX		PH		SR		VT		PB		HB		
Difficulty	Bonus	Difficulty	Bonus	Difficulty	Bonus	Difficulty	Bonus	Difficulty	Bonus	Difficulty	Bonus	
4.3	0.102	4.1	0.102	3.5	0.102	4.4	0.102	3.9	0.102	3.9	0.102	
4.4	0.163	4.2	0.163	3.6	0.163			4.0	0.163	4.0	0.163	
4.5	0.231	4.3	0.231	3.7	0.231			4.1	0.231	4.1	0.231	
4.6	0.308	4.4	0.308	3.8	0.308			4.2	0.308	4.2	0.308	
4.7	0.393	4.5	0.393	3.9	0.393	4.8	0.531	4.3	0.393	4.3	0.393	
4.8	0.488	4.6	0.488	4.0	0.488			4.4	0.488	4.4	0.488	
4.9	0.594	4.7	0.594	4.1	0.594	5.2	1.002	4.5	0.594	4.5	0.594	
5.0	0.711	4.8	0.711	4.2	0.711			4.6	0.711	4.6	0.711	
5.1	0.841	4.9	0.841	4.3	0.841	5.6	1.516	4.7	0.841	4.7	0.841	
5.2	0.984	5.0	0.984	4.4	0.984			4.8	0.984	4.8	0.984	
5.3	1.143	5.1	1.143	4.5	1.143			4.9	1.143	4.9	1.143	
5.4	1.318	5.2	1.318	4.6	1.318			5.0	1.318	5.0	1.318	
5.5	1.511	5.3	1.511	4.7	1.511			5.1	1.511	5.1	1.511	
Athletes achieving higher D-scores than the maximum difficulty listed will receive the maximum bonus shown per apparatus, ie. (FX D-score 5.7 = 1.511 bonus)												

b. Level 10 JE athletes ages 18 & 19 will use the Senior Exponential Bonus Table:

2026 Senior Men's Exponential Bonus Table

FX		PH		SR		VT		PB		HB	
D	Bonus	D	Bonus	D	Bonus	D	Bonus	D	Bonus	D	Bonus
5.5	0.202	5.4	0.202	5.0	0.202	5.0	0.217	5.3	0.202	5.7	0.202
5.6	0.305	5.5	0.305	5.1	0.305	5.2	0.471	5.4	0.305	5.8	0.305
5.7	0.408	5.6	0.408	5.2	0.408			5.5	0.408	5.9	0.408
5.8	0.513	5.7	0.513	5.3	0.513	5.4	0.766	5.6	0.513	6.0	0.513
5.9	0.618	5.8	0.618	5.4	0.618			5.7	0.618	6.1	0.618
6.0	0.725	5.9	0.725	5.5	0.725	5.6	1.109	5.8	0.725	6.2	0.725
6.1	0.833	6.0	0.833	5.6	0.833			5.9	0.833	6.3	0.833
6.2	0.941	6.1	0.941	5.7	0.941	5.8	1.504	6.0	0.941	6.4	0.941
6.3	1.051	6.2	1.051	5.8	1.051			6.1	1.051	6.5	1.051
6.4	1.162	6.3	1.162	5.9	1.162			6.2	1.162	6.6	1.162
6.5	1.274	6.4	1.274	6.0	1.274			6.3	1.274	6.7	1.274
6.6	1.387	6.5	1.387	6.1	1.387			6.4	1.387	6.8	1.387
6.7	1.502	6.6	1.502	6.2	1.502			6.5	1.502	6.9	1.502

Attachment C

Petition Process

1. Petitions **for all around only** may **only be submitted by the athlete's coach**, and submitted petitions must meet protocol procedures and be fully documented for consideration. Petitions may only be submitted for athletes who are unable to compete at the qualifying competition due to injury, illness, or extenuating circumstance.
 - a. Coaches are responsible for submitting ALL required documentation for a petition to the appropriate Chairperson.
 - b. Proper documentation for petitions into **Sectional or State Championship** meets must be received and vetted by the State Chairperson and then approved by the State Chairperson. Proper documentation for petitions into **Regional Championships** must be received and vetted by the State Chairperson and then approved by the Regional Chairperson. Proper documentation for petitions into East/West Championships and Development National Championships must be received and vetted by the Regional Chairperson and then approved by the National Working Group. Petitions must be received before the appropriate competition begins and provide all documentation including:
 - i. In the case of injury or illness, a statement from a physician (M.D. or D.O.) which clearly states the athlete is medically cleared to participate. Statements from non-physicians, i.e. athletic trainer, physical therapist, nurse practitioner, etc. will NOT be accepted; and
 - ii. required results listed in Section 2 or 3 below
 - iii. petitioned athletes must be registered for the respective event when all other qualifiers are entered
 - iv. petition form will be delivered in the form of a **GOOGLE FORM**. Link will be provided by appropriate Chairperson. Entry fee must be paid for the event being petitioned.
 - c. Petitions that do not meet either the time or documentation requirements will not be accepted
 - d. Petitions for athletes injured during State Championships must be turned in to the State Chairperson or during a Regional Championships to the Regional Chairperson by the conclusion of the event where the injury occurs (unless an emergency situation dictates otherwise). Documentation must be received by the State Chairperson (State Championships) or the Regional Chairperson (Regional/National Championships) within 48 hours of the conclusion of the event and must include the same documentation stated in Section 1.b above.
 - e. Petitions may be approved pending medical clearance from a physician. Documentation of medical clearance must be provided prior to the first official training at any National Championship event. If medical clearance is not provided, the athlete will not be allowed to compete.

2. Junior National Division

- a. **Level 7 - 10:** In addition to the requirements stated in section 1 above, coaches must also submit results from a minimum of **two** USA Gymnastics sanctioned meets during the **current competitive season** and each score must reach the **50%** or better median score for their level from their respective Regional Championships for this year. **The petition will not be accepted if these requirements are not met.**

3. Junior Elite Division

- a. **Level 6 JE Future Stars:** In addition to the requirements stated in section 1 above, L6 JE athletes can petition into Eastern or Western National Championships in the following way;
 - i. Athletes petitioning within L6JE must have placed in the top 50% at the previous year's L6JE Eastern or Western National Championships
- b. **Level 6 JE Future Stars:** In addition to the requirements stated in section 1 above, L6 JE athletes can petition into Development Program National Championships in the following way;
 - i. Athletes petitioning from L6JE to L8JE (age 11 and 12 only) must have finished in the top 25% of their respective division at the previous year's Eastern or Western National Championships.
- c. **Level 8 – 10 Junior Elite Division:** In addition to the requirements stated in section 1 above, Level 8 – 10 JE athletes can petition into Development Program National Championships in the following ways:
 - i. **Athletes who have competed in the current season:**
 - a. Coaches must submit results from one Optional and one Technical Sequence score from USA Gymnastics sanctioned meets during the current competitive season.
 - b. The submitted scores must meet or exceed the TS requirement and the combined score requirement for the level/age being petitioned. (See Table on pg.6)
 - ii. **Athletes lacking current season scores:**
 - a. For athletes petitioning into the same level as they competed last season, athlete must have placed in the top 50% of the combined 2-day total JE score from the previous seasons Development Program National Championships in their single year age group
 - b. For athletes moving from L8JE to L9JE, or L9JE to L10JE, athlete must have placed in the top 25% of the combined 2-day total JE score from the previous seasons Development Program National Championships
- d. **For all JE Levels 6-10, the petition will not be accepted if these requirements are not met.**

Attachment D

Specialist Qualification Procedure

Men's Development Program into Eastern/Western National Championships and National Championships.

Who Is a Specialist?

A specialist is any Level 7, 8 JN, 9JN and 10 JN athlete at Regional Championships **who does not qualify in the All-Around** but does qualify for the Men's Development Program National Championships or East/West National Championships on a specific event. Specialists are determined after the competition based on individual event results—no pre-declaration is required.

How Specialists Qualify:

Level 10 JN

Top 10% Placement: An athlete must place within the top 10% of Level 10 JN athletes for their respective single year age group. (JE athletes are excluded from the results).

Top 3 Placement in Smaller Divisions: A Smaller Division is defined as fewer than 30 athletes in a single year age group. An athlete must place in the top 3 in a specific event for their respective single year age group. (JE athletes are excluded from the results).

Level 7, 8JN and 9JN

Top 10% Placement: An athletes must place within the top 10% of all athletes in their respective level (JE athletes are excluded from the results).

Top 3 Placement in Smaller Divisions: A Smaller Division is defined as fewer than 30 athletes for a particular level. An athlete must place in the top 3 in a specific event for their respective level. (JE athletes are excluded from the results).

****Note:**

Division Eligibility: All specialists and individual event qualifiers for all levels will compete exclusively on the events they qualified for, at their respective National Championships.

Attachment E

JE Level 6 Futures Stars Development Team and Future Stars Camp

Allotment Tables (TBD)

If an athlete declines an invitation to the Future Stars Camp the next athlete, in rank order for that age division, will be selected and this process will continue until all spots are filled. If there are no more athletes in a particular age division, then the athlete in the next closest age division will be selected.

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(on or before March 1, 2026)**

Attachment E

State Championship Technical Sequence Requirements

Options for Implementation of Technical Sequences:

1. **In-Person Event:**

- **Description:** Incorporate the Technical Sequence as one of the sessions during the in-person State Championships.
- **Benefits:** Streamlines events under one sanction and venue, maintaining the traditional competition format.

2. **State-Level Virtual Event:**

- **Description:** Conduct a virtual Technical Sequence event exclusive to the state. This event must be completed by the end of the regular in-person State Championships.
- **Judging:** If judged by the same panel as the State Championships and videos are submitted within one week prior to the event, it can operate under the same sanction.
- **Benefits:** Offers scheduling flexibility and reduces on-site logistical demands.

3. **Regional-Run State Virtual Event:**

- **Description:** The region hosts a separate, sanctioned virtual Technical Sequence event using the same judges from the Regional Championships. This event must occur prior to the In-Person State Championships.
- **Benefits:** Ensures consistency in judging and routine evaluations as athletes progress toward regional competitions.

Details for Virtual Events:

- **Sanctioning:**
 - A virtual sanction is required to legitimize the event.
 - If integrated with the State Championships sanction (and judged by the same panel), additional virtual sanctioning may not be necessary.
- **Entry Fee:**
 - A maximum entry fee of \$165 will be charged per athlete
- **Judges' Fee Reduction:**
 - The State/Regional Chairs will work closely with the Judges Association to negotiate a reduced fee or potentially waive fees for judging the virtual Technical Sequence event, aiming to minimize costs for athletes and organizers.
- **Judging Panel:**
 - Can consist of judges from the State Championships or from the Regional level.
 - Utilizing Regional judges helps identify and rectify routine construction errors before athletes advance.

- **Routine Requirements:**
 - Athletes must submit routines for all six events.
 - A minimum all-around score of 42.00 is required for this season.
- **Submission Method:**
 - Athletes submit video recordings of their routines via a secure platform (e.g., Google Drive) for judges to assess.
- **Equipment Standardization:**
 - All equipment used must meet the specifications outlined in the **Development Program (DP) Manual**.
- **Landing Standards:**
 - **Athletes should perform landings as realistically as possible, adhering to standard competition procedures and using proper matting.** Allowing some flexibility ensures that no athlete is disadvantaged due to facility constraints.
 - **Floor Exercise, Pommel Horse, and Parallel Bars:**
 - Landings on these events typically aren't an issue since they occur on the floor, and standard matting is usually available.
 - **Rings and High Bar:**
 - For setups over pits, gyms should place mats at the correct competition height to simulate a firm landing surface.
 - Athletes benefit from making the landing area as firm as possible because it's difficult to stick dismounts on soft surfaces.
 - **Vault:**
 - Mats should be raised to the correct competition height, even if the vault is over a pit.
 - Although vault does not have a landing deduction, maintaining proper mat height ensures consistency.
- **Recording Requirements:**
 - **Single-Day Recording:**
 - Athletes are required to film all six routines in one day at their gym, simulating the conditions of an in-person competition.
 - Athletes must wear the appropriate competition uniform and salute at the beginning and end of each routine, just as they would in an in-person competition.
 - **Hardship Exceptions:**
 - In cases of hardship (e.g., gym access issues), athletes can request approval to record over multiple days.
 - **Approval Process: Coaches must contact the appropriate Chair explaining the hardship situation:**
 - **For State-Level Virtual Events: contact the State Chair.**

- **For Regional-Run State Virtual Events: contact the Regional Chair.**
 - **Data Collection: Regional Chairs will work with State Chairs to document these exceptions to review after the season and assess if adjustments to the policy are needed.**
- **Video Requirements:**
 - **Perspective:**
 - Videos must be filmed from a judge's perspective, capturing all accurate angles of each skill performed.
 - **Equipment and Matting Verification:**
 - If the Judges feel that the equipment and/or matting is not at regulation height, you will be asked to re-submit a new video with appropriate adjustments made, or the routine will not be evaluated/counted.

Attachment F

Awards Plan

Eastern/Western Championships

- I. Individual Awards Levels 7 – 9:
 - a. The top eight (8) athletes in each of the four age divisions will be awarded in the all-around and on each individual apparatus. Ties are not broken, and duplicate awards will be given.
- II. Individual Awards Level 6JE:
 - a. The top (5) athletes in each of the three age groups (10, 11 & 12) will be awarded in the all-around and on each individual apparatus. Ties are not broken, and duplicate awards will be given.
- III. Regional Team Awards
 - a. The top three (3) Regional Teams per level will be recognized (announced ONLY). Team scores will be determined by the top three (3) scores per event (apparatus).
- IV. Club Team Awards
 - a. The top three (3) clubs will be recognized with a banner for Levels 6 JE, 7, 8 & 9 each. Club scores will be determined by the top three (3) scores per event (apparatus).

Development National Championships

Junior Elite Division

- I. Individual Awards
 - a. Junior Elite Division All-Around awards will be presented to the top ten finishers in each single age year within Level 10 (16, 17, 18, 19), Level 9 (14 & 15), and Level 8 (12 & 13). Ties will not be broken, and duplicate awards will be given. Ten all-around awards will be given except in the case of a tie for tenth place.
 - b. Individual Event awards will be presented to the top six (6) finishers in each single-age year. Ties will not be broken, and duplicate awards will be given. Six places will be awarded except in the case of a tie for sixth place.
 - c. Awards will be presented for All-Around and Individual Events following the second day of competition based upon combined score of both days by division.
- II. Team Awards
 - a. Junior Elite Level 8 & 9 Club Team Award – The top three (3) Club Teams in each level will be awarded after the first day of optional competition. The Club Team score will be calculated using the top three (3) scores on each event in each level, using the optional routines only.

Junior National Division

- I. Individual Awards
 - a. Junior National Division All-Around and Individual Event awards will be presented to the top ten finishers within Level 10 (16, 17, 18, 19) based upon single age year categories. Ties will not be broken, and duplicate awards will be given. Ten all-around awards and ten individual event awards will be given except in the case of a tie for tenth place.
 - b. Awards will be presented for All-Around and Individual Events following the second day of competition based upon combined score of both days of competition.
- II. Club Team Award
 - a. The Top six (6) Club Teams in each Level will be recognized on their first day of optional competition based on the combination of the results from Junior National and Junior Elite Divisions, where applicable. A Championship banner will be awarded to the Top three (3) teams. The Club Team score will be calculated using the top three (3) scores on each event from the respective divisions. All participants must be in competition attire to appear in the award presentation.

Special Recognition Awards

- I. Frank J. Cumiskey Service Award
 - a. The Frank J. Cumiskey Service Award is given as an honor to an individual or individuals for their thoughtful and unselfish contributions to the service of the USA Gymnastics Development Programs. Mr. Frank Cumiskey founded the USA Gymnastics Men's Development Program. He endowed the Men's Development Program with its present design, format and character. It is indeed an honor to receive the prestigious award in Frank Cumiskey's name for duty and service to the Men's Development Program in America. Potential recipients for the awards include but are not limited to coaches, judges, administrators, and club directors who have contributed to the improvement and continuance of the USA Gymnastics Development Program at a Local, Regional or National level.
- II. Dusty Ritter Visionary Award
 - a. The Dusty Ritter Visionary Award is presented to an individual who has demonstrated years of exceptional foresight, leadership and advocacy for the U.S. Men's Program. More than a service award, the Dusty Ritter Visionary Award identifies individuals who have become well respected teachers within our community. Dusty understood the evolving landscape of Men's Gymnastics and had an ability to foresee future trends. As the USAG Men's Development Program Coordinator, he motivated athletes and guided coaches through his oversight of the Men's Development and Junior National Team Programs. This

award shall pay homage to a true icon in U.S. Men's Gymnastics by being presented to leaders who stand firm in their beliefs and convictions in the pursuit of progressing the U.S. Men's Program into the future.

III. National Service Awards

- a. To be eligible for the National Service Award, an individual must be a member of the MDPC (or a subcommittee of the MDPC), on the Jr. National Coaching Staff, Competition Manual Committee, or a State Chairperson. Years of service do not have to be in consecutive years.

IV. Mas Watanabe Recognition Award

- a. The Mas Watanabe Award is given to recognize achievement through gymnastics competition at the national level. Mas Watanabe remains a leader in gymnastics in the United States. His direction gives purpose to many of his contemporaries in the sport. Mas Watanabe is closely devoted to the athlete. An athlete receiving this award is doubly honored as he has shown outstanding achievement.
- b. The Mas Watanabe Award is presented at Development National Championships to the athletes with the highest All-Around placement in the Junior Elite Level 10, 16-17 (combined) and 18-19 (combined) year-old divisions.

V. Roberto Pumpido Coaching Excellence Award

- a. Roberto Pumpido was a friend to many and was a well-known coach of coaches. Roberto Pumpido was dedicated to coaching excellence and the true artistic value of gymnastics. He gave the coaching community and the athletes he worked with a unique perspective that not only developed one technically and physically but focused on the proper respect and mental aspects of becoming a champion. This award seeks to recognize coaching excellence and to continue Roberto's legacy of communicating the alluring intricacies of gymnastics.
- b. The Roberto Pumpido Coaching Excellence Award will be presented at Development National Championships to the coach of the athlete with the highest All-Around placement in the Junior Elite Level 10, 16-17 (combined) and 18-19 (combined) year-old divisions.