



2024 Region 5 Championships

April 18th-April 21st, 2024

Mobile Alabama Civic Center

Date: April 18-21, 2024

Venue: Mobile Civic Center
401 Civic Center Dr, Mobile, AL 36602

Parking: TBD

Host: USA Gymnastics Region 5 Trampoline & Tumbling

Contact: For questions concerning the Region 5 Championships contact:
Dmitri Poliaroush
E-mail- region5tnt@gmail.com

Purpose:

1. The Region 5 Championships gives athletes an opportunity to compete against other athletes from around the region
2. The Region 5 Championships is an Elite Mobility competition
3. The Region 5 Championships is a qualifying competition to Stars & Stripes Championships, as well as the USA Gymnastics National Championships
4. The Region 5 Championships is a preparation competition for national and international competitions

Funds: Entry fees must be paid by gym checks only

Entry Fees: **\$150.00 Flat Fee**

Payable to: USA Gymnastics Region 5 T&T

Mail to: USA Gymnastics Trampoline and Tumbling Region 5
C/O of Dmitri Poliaroush
503 Green Springs Rd
Youngsville, LA 70592

Entry Deadline: March 8, 2024

**All entries should be submitted on the USA Gymnastics Reservation System
Entries received after the deadline will be doubled. NO EXCEPTIONS.**

After March 8, information may be changed or corrected for no charge until March 31 on the USA Gymnastics Reservation System. Starting on April 1, information may be changed or corrected for \$10 per change. If an age or gender is listed incorrectly there will be a \$10 charge per event starting on April 1. Changes made after April 13 or onsite will have a charge of \$25. Changes from April 1-13 should be sent to region5tnt@gmail.com or completed through the Google Form at tinyurl.com/region5changes

***Region 5 Trampoline and Tumbling Championships
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Competition Divisions:

Individual Trampoline, Synchronized Trampoline (Levels 9 & Above), Tumbling, Double-Mini Trampoline, HUGS

Rules:

USA Gymnastics Trampoline and Tumbling rules for the current Code of Points along with all errata pages and the Rules and Policies (posted on usagym.org) will be used. For events where three judges are used, the total scores will be averaged and multiplied times two to determine the execution score. **Please note that there will be no finals. All age groups are based on the age of the competitor on December 31, 2024.**

Team Competition:

Team awards will be given on each discipline (trampoline, tumbling, double-mini). The top 5 scores per gym will be added together to determine a team total (only athletes Level 8&up will count towards the team total). The team with the highest combined score will be awarded as the 2024 Region 5 Champion for that discipline.

Eligible: Currently registered USA Gymnastics T&T athletes Level 1-Elite.

Coaches: Coaches must have an active USA Gymnastics Coaches Membership.

- Coaches must meet all USA Gymnastics Coaches Membership Requirements and must register on the official entry form.

Judges

To be considered for assignment judges MUST:

1. Submit a request using the form below by the deadline
2. Have an active USA Gymnastics Judges Membership
3. Have a rating as designated by the USA Gymnastics Technical Committee
4. Have completed the T210 Annual Update.

Panels will be seated based on rating and experience, but no one will be considered without submitting the form below.

A link to the judges request must be submitted via the google doc using the link below no later than March 31, 2024.

A link to the judge's request for assignment form will be sent to each judge who is currently registered within each state and to all teams. Please make the link below available to your judges: www.tinyurl.com/judgeregion5

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Should you need further assistance with judging related questions, please contact:
Region 5 Technical Representative
Kristin Cleveland
Phone: (336)420-2242
Email: kmcchilds@gmail.com

Competition Equipment:

- 4x4 Eurotramp trampolines with Eurotramp beds and springs
- 6 mm Eurotramp Double – mini trampolines
- International Skakun Rod Tumbling Floor
- Equipment managed and supplied by United Athletic

Volunteers:

We need your help with volunteers for this competition. We greatly appreciate all of 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 hand stamp that will allow them access into the competition for that day. **All clubs must provide at least two volunteers for this competition.** A link for volunteers to register for desired shifts will be sent after the entry deadline. **Any clubs that do not provide volunteers will be fined \$50 per volunteer missing.**

Reminder: All athletes that could be possibly eligible for funding in the 2024-2025 season are required to volunteer one full session to be eligible for any and all funding. Elite athletes are also eligible to receive credit for “volunteering” for judging a full session of the Regional Championships.

Only professional members are allowed to spot.
(Coaches must be prepared to help with this task)

If you would like to bring additional coaches in order to help with this let me know.

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Tentative Schedule

Thursday April 18, 2024

10:00 AM – 2:00 PM	Equipment Set-Up
3:00PM	Competition Office/Registration/Doors Open
5:00-8:00 PM	Open Training (Level 8, 9, 10, Elites)

Friday April 19, 2024

7:30 AM	Doors Open
8:00 AM-8:00 PM	Competition

Saturday April 20, 2024

7:30 AM	Doors Open
8:00 AM-4:00 PM	Competition
6:00 PM-7:30 PM	Opening Ceremony

Sunday April 21, 2024

7:30 AM	Doors Open
8:00-until	Competition

****A more specific schedule will be sent to all registered clubs shortly after the deadline****

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