

Virtual Stars NAIGC Division



FEBRUARY 1ST - 28TH, 2018

THE NAIGC VIRTUAL CHAMPIONSHIPS

Judges: Tyler Green and Sydney Laired

ENTRY DEADLINE: January 15th, 2018 is the roster and check deadline. Video Deadline submission is February 15th, 2018. Judges Tyler Green and Sydney Laired will have until February 28th to judge the submitted videos and the results, videos, and scores will be posted to the meet website: www.virtualstarscompetiton.com Trophies or banners and t-shirts will be mailed out no later than March 15th, 2018 to each gym. **This competition will help support the NAIGC Scholarship Fund with 10 percent of the profit going to help that cause.**

www.virtualstarscompetiton.com Email: virtualstarschampionsips@gmail.com

See How It Works Below:

**COMING TO
A GYM
NEAR YOU:**

**The
World's
First
Virtual
Stars**

PRESENTS:

**The NAIGC
VIRTUAL
CHAMPIONSHIPS**

Judges: Tyler Green and
Sydney Laired

ENTRY FEE:

\$30 PER ATHLETE OR

MAX PAYMENT CAPPED

AT \$300 PER SCHOOL

TEN PERCENT OF PROFIT WILL

GO TO THE NAIGC
SCHOLARSHIP FUND

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TEAMS AND AWARDS:

A team will consist of three of the best routines video recorded on each event. Only submit their best routines in a competition uniform required. Awards will be mailed directly to gym that is entered, after judges have finished judging the meet electronically. Awards will only be given for the top 2 teams. A winner on each event will also receive a trophy/ banner/ or medal. Once each gym has received their trophy/ banner by mail it is requested that each team takes a picture with their trophy/ banner, and please email the picture to virtualstarschampionships@gmail.com to be posted to the meet website. Possible teams to sign up for include:

<ul style="list-style-type: none">• Women<ul style="list-style-type: none">○ Level 9, Open division○ Level 8, Open division○ Level 6, Open division○ Judge Sydney Laired	<ul style="list-style-type: none">• Men<ul style="list-style-type: none">○ Modified NCAA, Collegiate division○ Modified NCAA, Open division○ Developmental, Open division○ Judge Tyler Green
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List of Competition Rules and teams Procedures for the NAIGC Virtual Championships

1. **Equipment:** When submitting any video to Virtual Stars you are agreeing to these terms and equipment standards and ensuring these equipment specifications:
 - a. Ensure that all equipment specifications are correct and up to USAG/NAIGC Gymnastics standards, and ensure that all equipment is installed properly. (Pit landings must be converted to hard landings with the same measurements as any competitive USAG competition standard).
 - b. There cannot be any obstructions on the floor exercise area, if so these videos will be deleted.
 - c. Gymnasts must be in their usual competitive NAIGC attire/ Their uniform must be USAG/NAIGC appropriate and fall under USAG/NAIGC standards.
2. **Timing:** Any videos submitted to a Virtual Stars competition must be recorded during standard competition times. Athletes should not be kept in the gym over 5 hours and no routines can be recorded prior to 8:00am or after 10:00pm. Videos may not be dated from a previous season or competition. **A single date, weekend, or week** must be provided below that all videos were recorded for the Virtual Stars competition, and they cannot be from any other competition; the videos must be videoed with the sole purpose of using them for Virtual Stars, 2018. It is acceptable to use the athlete's best video.
3. **Gymnastics Body:** Any routine submitted that does not show a full gymnastics body from mount to dismount is subject to score a 0.0 from an online judge based on whether the judge feels that the video compromised the judge's professional assessment.
4. **Cheating:** A judge can give a 0.0 to any routine that looks like it was video manipulated or "cut and pasted". This is cheating and a team may be subject to disqualification.
5. **Judge Inquiry:** There will be no inquiring about start values or deductions from judges or disputing a score of 0.0.
6. **Injury:** Virtual Stars Team Championships is not responsible for any injury during performance. The club in which the gymnast trains will be responsible for any injuries.

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Name of an individual who referred you to Virtual Stars _____

Virtual Stars Disclaimer Worksheet

*Coaches **must** read this disclaimer. Any coach or team held in violation to these rules will be suspended from the Virtual Stars Competition. **Please sign and return** with the roster and check to: 1710 Windward Drive, Pingree Grove, IL 60140

- 1. NAIGC SAFETY & EQUIPMENT STANDARDS:** When submitting any video to Virtual Stars you are agreeing to these terms and equipment standards and ensuring these equipment specifications:
 - a. Ensure that all equipment specifications are correct and up to USAG/NAIGC Gymnastics standards, and ensure that all equipment is installed properly. (Pit landings must be converted to hard landings with the same measurements as any competitive USAG competition standard).
 - b. There cannot be any obstructions on the floor exercise area, if so these videos will be deleted.
 - c. Gymnasts must be in their usual competitive NAIGC attire/ Their uniform must be USAG/NAIGC appropriate and fall under USAG/NAIGC standards.
 - d. SIGNING BELOW ALSO MEANS THAT YOU HAVE AGREED TO AND READ ALL OF THE NAIGC SAFETY & EQUIPMENT STANDARDS ON THE FOLLOWING PAGES OF THIS DISCLAIMER.
- 2. Timing:** Any videos submitted to a Virtual Stars competition must be recorded during standard competition times. Athletes should not be kept in the gym over 5 hours and no routines can be recorded prior to 8:00am or after 10:00pm. Videos may not be dated from a previous season or competition. **A single date, weekend, or week** must be provided below that all videos were recorded for the Virtual Stars competition, and they cannot be from any other competition; the videos must be videoed with the sole purpose of using them for Virtual Stars, 2018. It is acceptable to use the athlete's best video.
- 3. Gymnastics Body:** Any routine submitted that does not show a full gymnastics body from mount to dismount is subject to score a 0.0 from an online judge based on whether the judge feels that the video compromised the judge's professional assessment.
- 4. Cheating:** A judge can give a 0.0 to any routine that looks like it was video manipulated or "cut and pasted". This is cheating and a team may be subject to disqualification.
- 5. Judge Inquiry:** There will be no inquiring about start values or deductions from judges or disputing a score of 0.0.
- 6. Injury:** Virtual Stars Team Championships is not responsible for any injury during performance. The club in which the gymnast trains will be responsible for any injuries.

Coach's Signature _____ Date _____

*my signature states that I have read the rules and that all recorded videos for Virtual Stars comply to these rules.

Print Name _____

Single date(s) that all videos were recorded: (Suggested) _____

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NAIGC SAFETY & EQUIPMENT STANDARDS

Last Amended 03/30/2017

Article I -- General Rules

A. Except where otherwise provided in this policy, NAIGC adopts all of USA Gymnastics Junior Olympic Women's Level 9 and Men's FIG equipment and mat specifications. Articles 2 and 3 summarize those specifications and list NAIGC variations.

B. Customary-Metric Conversions : This Policy provides both customary units and their approximate metric equivalents. Compliance with either is acceptable.

C. Readiness to Compete : NAIGC members will only participate in those events for which they are physically and mentally prepared to participate. This includes performing only those exercises that NAIGC members have practiced in advance and that they have accomplished to the degree of confidence necessary to assure that they can perform those exercises without assistance and without injury.

D. Access to the Competition Area:

(1) *Limited Access :* Only registered NAIGC members, judges, on-site medical staff required under Article 1.F, and individuals specifically authorized by NAIGC (such as volunteers) may be present in the competition area. For safety and insurance reasons, unauthorized members of the public are not allowed to enter the competition area.

(2) *Enforcement :* This requirement of limited access must be enforced by physically dividing the spectator and competition areas, such as enclosing the competition area by a rope barrier. NAIGC also highly encourages the use of badges issued to those individuals granted limited access under paragraph (1) and a requirement that these badges be visibly-worn at all times during the event.

E. Pre-Participation Inspection:

(1) Prior to any participation in the event, the Meet Director, a member of the Board of Directors, or a member of the host team must conduct a post-setup inspection of the competition areas, spectator areas, equipment, and matting.

(2) If any of these Safety and Equipment Standards is not satisfied or the facility is otherwise inadequate, no NAIGC member may participate until the inadequacy is corrected.

F. On-Site Medical Services : Unless otherwise authorized in writing by NAIGC, a club hosting an event must provide sufficient medical and first aid services on-site during the entire duration of the event. At a minimum, this must include an individual appropriately qualified to provide medical and first aid services.

G. Compliance with State and Local Codes : Unless otherwise authorized in writing by NAIGC, all facilities and competition areas in which an event occurs must be in compliance with all applicable state and local building codes, ordinances, and regulations.

H. Liability Waivers : Prior to their participation in an event, all NAIGC members must sign an NAIGC Liability Waiver. If the NAIGC member is a minor, then the member must also secure the signature of his or her parent or legal guardian in addition to signing the waiver him- or herself.

I. Any matting that is at a risk of slipping during contact should be secured in place. If other NAIGC members secure the matting in place, those members must, to the extent possible, remain outside of the apparatus area on which the gymnast is actively competing.

(1) *Example:* A male gymnast chooses to use an additional 4 in. landing mat on floor exercise pursuant to Art. 3. B. (3). Other NAIGC members agree to secure the landing mat for him. Those other NAIGC members must remain out-of-bounds at all times.

J. Under no circumstances may a trampoline or mini-trampoline be used to mount any apparatus.

A springboard may be used only as specified in Articles 2 and 3.

K. Regardless of the minimum safety standards required by this policy, event hosts should independently consider and implement all reasonable safety measures for their particular facility and equipment setup. This includes: vaulting areas; and (3) ensuring that there is at least a 5-6 ft. (1.83 m) clearance between apparatus areas.

L. Procedures for Biological Cleanup : An anti-viral spray disinfectant or a solution of 1 part bleach and

10 parts water should be available for the removal and disinfection of any blood or biological matter from the apparatus or matting. This cleanup must occur prior to any further participation by NAIGC members.

M. Manufacturer Allowances : Regardless of the safety and equipment standards in this policy, under no circumstances should equipment be used in a way that exceeds the allowances identified by the equipment's manufacturer.

N. The safety of the gymnast always comes first. Judges, other officials, and/or NAIGC officers should permit greater safety measures to be taken than those listed here, including but not limited to removal from the event, if doing so is necessary for a gymnast's safety.

Article II -- Women's Gymnastics

A. General

(1) It is recommended that there be a 5-6 ft. clearance between an apparatus and any other obstructions (other apparatus, pillars, walls, etc.).

(2) All equipment and matting must be manufactured by a recognized equipment supply company.

(3) Springboard must be unaltered manufactured vaulting boards that meet FIG specifications. A board (or panel / mount mat) used to mount bars or beam may be placed on the competition landing mats or on competition landing mats plus supplemental matting of 5-10 cm. The board (or panel / mount mat) may not be placed on an 8 in. skill cushion. The board (or panel / mount mat) must be removed as soon as possible once the gymnast has mounted.

(4) *Additional matting :* Up to 9 in. (22.9 cm) of any combination of matting is allowed on

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Vault, Uneven Bars, and Balance Beam. Additional matting allowances for Floor Exercise are indicated in Art. 2. E. (3) below.

B. Vault

- (1) Unless otherwise specified by NAIGC, a vault table must be used.
- (2) *Minimum height* : 39 in. (99 cm). The gymnast may use the vault table at any height up to the maximum height specified below.
- (3) *Maximum height* : 53.5 in. (140 cm).
- (4) *Minimum matting* : 8 ft. wide by 15.5 ft. long (2.4 m x 4.7 m) with a thickness of 4.7 in. (12 cm).
- (5) *Padding* : Padding must be used to cover the uprights and any weights placed on the vault base for stability. If the end of the vault table is within 15.5 ft. (4.7 m) of a wall or other obstacle, it is highly recommended that padding or similar matting be placed in front of the wall or other obstacle to protect gymnasts if they go beyond the landing area.
- (6) *Runway* :
 - (a) Minimum length: 76 ft. (23.2 m) (b) Maximum length: 82 ft. (25.0 m)
 - (c) Minimum width: equal to the width of the springboard
 - (d) Minimum thickness: 1.375 in. (3.5 cm)
 - (e) A tape measure must be placed and secured along the length of the runway so gymnasts can easily find the point at which to start their run.
 - (f) Athletic tape, Velcro strips or small check marks may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 5 cm and maximum length is 3 feet.
- (7) *Safety Collar* : For front handspring onto the board and round-off entry vaults (i.e. Yurchenkos), the use of a vaulting board safety collar is mandatory and must be provided by the competition organizer. The gymnast may use one official hand mat provided by the organizer.
- (8) Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface. Exception- this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to the competition.

C. Uneven Bars

- (1) *Heights of Low and High Bars* : NAIGC recommends the FIG-established heights of 98.8 in. (2.5 m) for the High Bar, 67.3 in. (1.7 m) for the Low Bar, and a maximum height difference between the Low Bar and High Bar of 32.7 in. (80 cm). Based on the best interest of the gymnast's safety, however, NAIGC members may adjust the High Bar and/or Low Bar to a height which exceeds

(or is lower than) the FIG-established specifications. Heights are measured from the floor to the top of the rail.

- (2) *Horizontal spread between Low and High Bars* : NAIGC recommends the FIG- established minimum spread of 51.2 in. (1.3 m) and FIG-established maximum spread of 70.86 in. (1.8 m) between the Low and High Bars, as measured on the diagonal from the inside of the Low Bar to the inside of the High Bar. Based on the best interest of the gymnast's safety, however, NAIGC members may adjust the horizontal spread between the Low and High Bars to the preference of the gymnast.
- (3) *Minimum matting* : The matted area under the Uneven Bars must be a minimum of 7.5 ft. wide by 36 ft. long (2.3 m x 11.0 m) with a thickness of 4.7 in. (12 cm).
- (4) No other substances besides chalk and water may be placed on the uneven bar rails.

D. Balance Beam

- (1) *Minimum height* : 39 in. (1.0 m), as measured from the floor to the top of the beam. The beam may be adjusted to any height up to the maximum height indicated below.
- (2) *Maximum height* : 49.6 in. (1.25 m).
- (3) *Minimum matting* :
 - (a) At each end of the beam: 12 ft. long x 7.5 ft. wide (3.7 m x 2.3 m) with a thickness of 4.7 in. (12 cm)
 - (b) Beneath the beam: 15 ft. wide x 15.5 ft long (4.6 m x 4.7) with a thickness of 4.7 in. (12 cm)
- (4) *Padding* : It is strongly recommended that manufactured padding for the uprights and bases be used if available.

E. Floor Exercise

- (1) *Dimensions* : 40 ft. x 40 ft. (12 m x 12 m) area with a 2 in. (5 cm) delimitation marking, the outer edges of which mark the out-of-bounds lines. The surface must be a minimum of 1/4 in. thick (3.2 cm) to a maximum of 7 in. thick (17.8 cm).
- (2) *Corner matting* : If the Floor Exercise mat sits on a non-padded surface (concrete or wood floor), the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 1 3/8 in. high) to protect the gymnast if they go beyond the dimensions of the Floor mat. The matting must extend a minimum of 5 ft. out from the edge of the boundary line and extend a minimum of 6 ft. from the corner down each side of the Floor Exercise area.
- (3) *Additional matting*: Up to two mats, each with a thickness of 8 in. (20.3 cm), plus sting mats may be placed separately on the Floor Exercise area. Only one mat per tumbling pass may be used. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the out-of-bounds lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).

Article III -- Men's Gymnastics

A. General

- (1) The use of handguards (grips) on Still Rings and Horizontal Bar is highly encouraged, but not required. The use of handguards on Parallel Bars is permitted.
- (2) *Failed Handguard* : The Head Judge may, at his discretion, permit a second attempt if a

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gymnast's handguard fails during a competition on Still Rings, Parallel Bars, or Horizontal Bar.

(3) *Spotters*:

(a) *Permitted* : A spotter is permitted to be in a position to safely spot the gymnast's routine on Still Rings, Vault, Parallel Bars, and High Bar.

(b) *Prohibited* : Spotters are never permitted on Floor Exercise or Pommel Horse.

(c) *Maximum Number* : Under no circumstances may more than two spotters be in place to spot the gymnast's performance.

B. Floor Exercise

(1) *Dimensions* : 40 ft. x 40 ft. (12 m x 12 m) area with a 2 in. (5 cm) delimitation marking, the outer edges of which mark the out-of-bounds lines.

(2) *Corner matting* : If the Floor Exercise mat sits on a non-padded surface (concrete or wood floor), the outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 1 1/4 in. high) to protect the gymnast if they go beyond the

dimensions of the Floor mat. The matting must extend a minimum of 3 ft. out from the edge of

the carpet or the foam edging and extend a minimum of 6 ft. from the corner down each side of the Floor Exercise area.

(3) *Additional matting* : Up to 4 in. (10 cm) of additional matting or a sting mat may be used for skills of any value. The mat must be put in place before the routine begins and must be left in place throughout the duration of the routine. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the out-of-bounds lines, the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s).

C. Pommel Horse

(1) *Maximum height*: 45.3 in. (1.2 m) as measured from the floor to the top of the horse body. The horse can be set at any height up to the maximum height of 45.3 in. (1.2 m). (2)

Minimum matting: 12 ft. x 12 ft. (3.65 m x 3.65 m) area with thickness of 4 in. (10 cm)

(3) *Additional matting*: One additional mat may be used to mount the horse. A sting mat may be added for dismounts.

D. Still Rings

(1) *Minimum height* : 110.25 in. (2.8 m) as measured from the floor to the inside bottom of the rings. At the discretion of the host team, the height of the rings may be raised to accommodate taller athletes only if the host team is notified in advance and the host team presents this fact to other teams before the date of the event.

(2) *Minimum matting* : 6.5 ft. wide x 15.5 ft. long (2.4 m x 4.7 m) with a thickness of 8 in. (20.3 cm).

(3) *Additional matting* : Up to 12 in. (30.5 cm) of additional matting plus a sting mat may be added.

(4) *Ceiling-mounted rings* : Although ring towers are preferred, ceiling-mounted rings with springs may be used as long as this fact is presented to other teams in the pre-meet information.

E. Vault

(1) Unless otherwise specified by NAIGC, a vault table must be used.

(2) *Minimum height* : Although the FIG height of 53.5 in. (1.35 m), as measured from the floor to the top-middle of the vault table, is highly encouraged, the vault may be set at any height up to the maximum specified below.

(3) *Maximum height* : 53.5 in. (1.35 m).

(4) *Minimum matting* : Basic landing mats measuring 8 ft. wide x 15.5 ft. long (2.4 m x 4.7 m) with a thickness of 20 cm along with a mandatory additional 10 cm soft mat.

(5) *Additional matting* : Up to 12 in. (30.5 cm) of additional matting plus a sting mat may be added.

(6) *Padding* : Padding must be used to cover the uprights and any weights placed on the vault base for stability. If the end of the vault table is within 15.5 ft. (4.7 m) of a wall or other obstacle, it is highly recommended that padding or similar matting be placed in front of the wall or other obstacle to protect gymnasts if they go beyond the landing area.

(7) *Runway* :

(a) Minimum length: 76 ft. (23.2 m)

(b) Maximum length: 82 ft. (25.0 m)

(c) Minimum width: equal to the width of the springboard

(d) Minimum thickness: 1.25 in. (3.2 cm)

(e) A tape measure must be placed and secured along the length of the runway so gymnasts can easily find the point at which to start their run.

(8) *Safety Collar* : For round-off entry vaults (i.e. Yurchenkos), the use of a vaulting board safety collar is mandatory and must be provided by the competition organizer. The gymnast may use one official hand mat provided by the organizer.

F. Parallel Bars

(1) *Height* : 78.75 in. (200 cm) as measured from the floor to the top of the rail. The P-Bars may be raised if the gymnast touches his knees on the base mat while in a long hang swing or touches his feet while in an upper arm support. Any request to raise the P-Bars must be approved by the head judge.

(2) *Minimum matting* : 14 ft. wide x 16 ft. long (4.3 m x 4.9 m) with a thickness of 4 in. (10 cm) everywhere except the landing areas, which must be at least 8 in. (20.3 cm) thick. The matting

beneath the center or at the end of the bars may not be removed.

(3) *Additional matting* : Up to 8 in. (20.3 cm) of additional matting plus a sting mat may be added.

(4) *Mounts*: Either a panel mat or a springboard, but not both, may be used to mount the P-Bars. If used, the panel mat or springboard must be promptly removed once the gymnast has mounted the bars.

G. Horizontal Bar

(1) *Minimum height* : 110.25 in. (2.8 m) as measured from the floor to the top of the bar. At the

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discretion of the host team, the height of the bar may be raised to accommodate taller athletes only if the host team is notified in advance.

(2) *Minimum matting* : Basic matting measuring 7.5 ft. wide x 30 ft. long (2.4 m x 9.1 m) with a thickness of 20 cm along with a mandatory additional 10 cm soft mat.

(3) *Additional matting* : Up to 12 in. (30.5 cm) of additional matting plus a sting mat may be added. Under no circumstances may a spotter spot the gymnast from stacked mats.

Document Revision History

Version /

Date

Author Change/Reason

1.0 Devin DeBacker

2.0

03/25/2015

Karen Heilman /

Tim Michaels

● Added this table.

● General article: Updated general section for men to align closer to FIG rules than JO rules. Removed mention of sanctioned meets.

● Women's article: Added section about women's springboard regulation. Updated women's minimum matting from 4" to 4.7" on vault, bars and beam. (USAG says 4" + a base mat or 4.7". We thought 4.7" was safer and more clear.) Updated vault runway thickness from 1.25 to 1.375". Updated that use of safety collar is required for front handspring onto the board entry vaults. Added min and max thickness for floor. Updated corner matting thickness from 1.25 to 1.375" and extended length from 3' to 5' (in alignment with USAG).

● Men's article: Changed spotters from required to permitted on Rings, High Bar, and Vault. Updated Vault specifications to match women's side, and added Yurchenko collar requirement. Changed Rings mat width to 6.5' (in alignment with FIG). Clarified language on ceiling rings. Changed High Bar mat width to 7.5'.

3/30/2017 Karen Heilman

● Changed "The safety of the gymnast always comes first. Judges and other officials should permit greater safety measures to be taken than those listed here if doing so is necessary for a gymnast's safety." to "The safety of the gymnast always comes first. Judges, other officials, and/or NAIGC officers should permit greater safety measures to be taken than those listed here, including but not limited to removal from the event, if doing so is necessary for a gymnast's safety."

● Change clearance from 5' to 5-6' in alignments with Women's USAG R&P.

● Added to women's vault "Athletic tape, Velcro strips or small check marks may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. Maximum width of Velcro strip or athletic tape is 5 cm and maximum length is 3 feet."

● Added to women's vault "Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface. Exception- this is allowable if the landing surface is deemed

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firm by the Meet Referee and Meet Director prior to the competition."

● Added to women's bars "No other substances besides chalk and water may be placed on the uneven bar rails."

● Clarified on men's vault and high bar that only landing portion of matting needed to be 30cm thick, not entire surface.