

# Virtual Stars Men's Division



**APRIL 1ST - 30TH, 2018**

## **ALS AWARENESS COMPETITION**

We will offer a \$10.00 per- gymnast rebate paid to the head coach for entries/rosters paid in full received by February 1<sup>st</sup>, 2018 and videos posted by February 1st, 2018.

ENTRY DEADLINE: February 1<sup>st</sup>, 2018 is the roster and check deadline. Video Deadline submission is March 15th, 2018. There will be no refunds; rebates will be mailed to the head coach after the competition is judged virtually and after the meet is posted visually/electronically for eternal viewing. Judge Rich Cromwell will have until April 15th to judge the submitted videos and the results, videos, and scores will be posted to the meet website: [www.virtualstarscompetiton.com](http://www.virtualstarscompetiton.com) Trophies or banners and t-shirts will be mailed out no later than April 30<sup>th</sup>, 2018 to each gym in time for ALS Awareness Month in May. **Virtual Stars will donate \$10.00 per athlete enrolled in the ALS Awareness Meet to:** <http://www.alsa.org>

Website: [www.virtualstarscompetiton.com](http://www.virtualstarscompetiton.com) Phone: 630-975-6791

Email: [virtualstarschampionships@gmail.com](mailto:virtualstarschampionships@gmail.com)

## **See How It Works Below:**

**Coming to  
a Gym  
Near You:**

**The  
World's  
First  
Virtual  
Stars**

**PRESENTS:**

**ALS AWARENESS  
COMPETITION**

Judge: Rich Cromwell

**ENTRY FEE: ALL  
LEVELS \$40.00 PER  
ENROLLED ATHLETE**

**Team Entry: Each gym  
can put up two teams (an  
optional JO team and a  
compulsory JO team)  
\$100 per team.**

[www.virtualstarscompetiton.com](http://www.virtualstarscompetiton.com)

April 1<sup>st</sup> -30<sup>th</sup>, 2018

# Virtual Stars Men's Division

## TEAMS AND AWARDS:

A compulsory team will consist of one level 4, one level 5, one level 6 and one level 7 video recorded on each event. If you do not have a gymnast that competes at a certain level, you are in luck... because only the top 3 scores will count on each event for a team score. Only submit their best routines in a competition uniform required. An optional team will consist of 3 of the gym's best routines video recorded on each event... Level 8, 9 or 10 gymnasts will combine to make one team award featuring the 3 highest scores on each event. Awards and t-shirts 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 3 teams in the compulsory division and the top 3 teams in the optional division. A winner on each event for the Optional division and a winner on each event for the Compulsory division 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](mailto:virtualstarschampionships@gmail.com) to be posted to the meet website.

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## List of Competition Rules and teams Procedures for ALS Awareness:

- Competition Floor/ Field of Play:** (This Rule will not Apply to the ALS Awareness Meet in 2018) When submitting a video to Virtual Stars the screen shot is synonymous to the competition floor and the field of play. All rules that apply to any USAG sanctioned competition apply to the Virtual Stars Competition. In any video submitted all individuals including gymnast and coach featured in the screen shot must have a USAG number. No individuals may be in the background disrupting the USAG sanctioned event, and that includes any recreational gymnasts. Classes or gym activities going on during the same time as filming would be a violation to the sanction and those videos will be removed from the competition. Only videos that contain one athlete and one coach in the field of play (screen shot) will be acceptable to submit to Virtual Stars.
- Equipment:** When submitting any video to Virtual Stars you are agreeing to these terms and equipment standards and ensuring these equipment specifications:
  - Ensure that all equipment specifications are correct and up to USAG 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).
  - Each competitive area must have its own physical space and may not overlap with any competitive area; any videos in violation will be deleted from the website.
  - There cannot be any obstructions on the floor exercise area, if so these videos will be deleted.
  - Gymnasts must be in their usual competitive USAG attire/ Their uniform must be USAG appropriate and fall under USAG standards.
- 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 must be provided below that all videos were recorded for the Virtual Stars competition.
- 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.
- 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.
- Judge Inquiry:** There will be no inquiring about start values or deductions from judges or disputing a score of 0.0.
- 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.
- Compulsory team division:** 4 athletes perform on each event. Each athlete must be from a different level. If a gym does not have any gymnasts from Level 4 (for example) or any of the other compulsory levels, they may replace that gymnast with another compulsory gymnast of a different level but with a 1.0 deduction per routine that is replaced.... or the coach has the option to only use a line-up of three rather than four gymnasts on each event since only the top 3 scores will count towards the team score.
- Optional team Division:** will consist of 3 of the gym's best routines video recorded on each event... Level 8, 9 or 10 gymnasts will combine to make one team award featuring the 3 highest scores on each event.
- HAVE FUN!**

## **Virtual Stars Men's Division**

**Virtual Stars will donate \$10.00 per athlete enrolled in the ALS Awareness Meet to: <http://www.alsa.org>**



**Just what is ALS? (Quoted from: <http://www.alsa.org>)**

“ALS was first found in 1869 by French neurologist Jean-Martin Charcot, but it wasn’t until 1939 that Lou Gehrig brought national and international attention to the disease. Ending the career of one of the most beloved baseball players of all time, the disease is still most closely associated with his name. Amyotrophic lateral sclerosis (ALS) is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually leads to their death. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed.”

### **Benefits to Online Competition:**

- 1. TRAVEL FREE - STRESS FREE FOR THE PARENTS, COACH AND THE ATHLETE - FINANCIALLY AFFORDABLE, WEEKEND FREE, ON YOUR OWN TIME**
  - 2. TEAMS CAN COMPETE AGAINST OTHER TEAMS ACROSS THE WORLD FROM FAR DISTANCES WITHOUT HAVING TO BOOK EXPENSIVE FLIGHTS OR EXPENSIVE HOTEL ROOMS.**
  - 3. A COACH CAN SUBMIT THE GYMNAST'S BEST ROUTINE AFTER MANY TRIALS AND ERRORS.**
  - 4. THE MEET LASTS FOREVER. ANYONE CAN REVISIT AND REVIEW ONLINE ROUTINES FROM THE MEET AS IF IT IS ETERNAL.**
  - 5. THERE IS NO ENTRY FEE TO PARK OR TO WATCH, IN FACT YOU CAN WATCH THE MEET FROM THE COMFORT OF YOUR OWN HOUSE WITHOUT SITTING ON AN UNCOMFORTABLE BLEACHER SEAT.**
  - 6. A GYMNAST CAN PERFORM ON THE EQUIPMENT THEY ARE USED TO IN PRACTICE PREVENTING INJURIES THAT SOMETIMES HAPPEN DURING A COMPETITION.**
  - 7. THERE IS NO NEED TO GET UP EARLY OR GO HOME LATE OR SPEND A WHOLE DAY AWAY FROM YOUR USUAL ACTIVITIES.**
  - 8. DUEL MEETS BETWEEN GYMS BECOME FINANCIALLY POSSIBLE WHEN PERFORMED ONLINE.**
  - 9. LARGE DONATIONS TO GOOD CAUSES ARE NOW AFFORDABLE AS GYM OWNERS NO LONGER HAVE EXPENSES TO RENT OUT SPACE AND EQUIPMENT**
  - 10. JUDGES DON'T HAVE TO LEAVE THE COMFORT OF THEIR OWN HOUSE.**
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# Virtual Stars Men's Division

## ALS AWARENESS ENTRY FEE FORM

### (Sample worksheet)

\$40 x number of athletes = \_\_\_\_\_

Number of teams x \$100 = \_\_\_\_\_ Total = \_\_\_\_\_

Please make Checks payable to Virtual Stars sent to:

Virtual Stars 1710 Windward Drive, Pingree Grove, IL 60140

**Name of Gym:**

**Club #:**

**Address:**

**Head Coach  
to send  
rebate to:**

\_\_\_\_\_ usag# \_\_\_\_\_

Safety Cert Exp. \_\_\_\_\_

Virtual Stars

Coach  
Email: \_\_\_\_\_

Coach  
Phone: \_\_\_\_\_

First	Last	USAG #	Level	age	Date of Birth	Citizen	T-Shirt Size

Name of an individual who referred you to Virtual Stars \_\_\_\_\_

# Virtual Stars Men's Division

## 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

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- Judge Inquiry:** There will be no inquiring about start values or deductions from judges or disputing a score of 0.0.
- 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.
- Date:** A single date should be provided below to ensure that gymnasts performed specifically for the ALS Awareness Meet and not from another competition or for any other purpose than for the ALS Awareness.

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 \_\_\_\_\_ USAG# \_\_\_\_\_

Single date that all videos were recorded: (Suggested) \_\_\_\_\_