

2024 Gymnastics Bulletin

AGE REQUIREMENTS:

- Must have been born between **9/1/05 - 9/1/15**

AGE WAIVER POLICY:

Participants must have been 8 years old by September 1, 2024 in order to participate in the youth sports gymnastics program. Parents or Guardians who believe their child should be placed in a lower or higher division may request a change by contacting their Center Director. Applicants may not participate in any league meet until after the waiver is approved.

ROSTER GUIDELINES:

- All participants must be registered in gymnastics classes at an MPRB recreation center.
- Only Minneapolis teams are eligible for this program. 80% of the team must live within Minneapolis city limits.

ROSTER DEADLINES:

March 8th: Team Declaration Due
March 29th: Final Rosters Due on Global Drive

LEVELS:

The Minneapolis Park and Recreation Board will use the USA Gymnastics: Women's Development Compulsory Program. Levels 1 through 5 will be evaluated/ judged in floor exercise and apparatus. Optional floor exercise will be exhibited. Gymnasts must demonstrate 75% proficiency at level 1 and above to advance to the next level.

EVENTS:

Female gymnasts may compete according to USA Gymnastics: Women's Development Compulsory Program (2021-2029) in four events:

- Floor Exercise
- Vault
- Beam
- Uneven Bars

Male gymnasts may compete according to USA Gymnastics: Women's Development Compulsory Program (2021-2029)

MINNEAPOLIS FACILITIES:

All Minneapolis Park and Recreation or City of Minneapolis pay lots, meters and/or any other parking fees are the sole responsibility of the user. Being a participant in an MPRB athletic league does not guarantee free parking. The MPRB athletic department is providing the service of athletic league play only.

The Minneapolis Park and Recreation Board (MPRB) is an Affirmative Action and Equal Employment Opportunity Employer. In accordance with the requirements of Title II with the Americans with Disabilities Act of 1990 (ADA), the MPRB will not discriminate against qualified individuals with disabilities on the basis of disability in its services, programs or activities.

Meet Schedule

Please see the current Covid guidelines regarding spectators.

Regular season meets will begin at 7:00pm with stretching beginning at 6:00pm.

The Citywide meet starts at 10:15am with stretching beginning at 9:00am.

LOCATION:

North Star Gym: 2410 Girard Ave N, Mpls 55411 (entrance on Girard - down the stairs – Door 10)

| Meet | Date | Site | Events | Warm Up | Meet Begins |
|-----------|----------|------------|--------------|---------|-------------|
| #1 | March 14 | North Star | Floor & Bars | 6:00pm | 7:00pm |
| #2 | March 28 | North Star | Vault & Beam | 6:00pm | 7:00pm |
| #3 | April 11 | North Star | Floor & Bars | 6:00pm | 7:00pm |
| #4 | April 25 | North Star | Vault & Beam | 6:00pm | 7:00pm |
| City Wide | May 4 | North Star | ALL | 9:00am | 10:15am |

* May be adjusted to meet current Covid guidelines depending on the number of gymnasts in the program

MEET PROCEDURES:

1. Gymnasts and Coaches may need to help with set-up/take down of equipment at meets.
2. Warm up for gymnasts takes place between 6:00 – 6:55pm.
3. No warm ups may begin until a certified team coach is present.
4. Gymnasts, coaches and spectators may not have direct interaction with judges before or during meets.
5. All regular season meets begin at 7:00pm.
6. Teams will warm-up, compete, clean equipment and then rotate to the next event
7. No flash photography during competition.

GENERAL REGULATIONS:

Gymnasts must compete in each event at a preliminary meet before participating at the citywide meet in that event. The USA Women's Development Compulsory Program (levels 1 – 5) is the basic program for teaching and competition used and adopted by the Minneapolis Park and Recreation Board.

1. Gymnasts may begin the season at the level passed in the previous season or the next level. Gymnasts entering the program with USA Women's Development Compulsory Program certification may be admitted at a level above 2 with application to the citywide gymnastics' director.
2. Gymnasts may compete on one level per event at each meet.
3. Gymnasts may advance from one level to another during the season.
4. Gymnasts may advance a maximum of 2 levels in a season (not to exceed level 5).

5. Gymnasts competing at level 5 floor exercise must pass the routine using the compulsory music twice. Then the gymnast may compete at level 6 using her/his own music selection.
6. Gymnasts must be able to complete level routines without a spotter to pass to the next level. The coach will make the decision whether the gymnast advances to the next level or stay at that level.
7. If it is determined by the league director that a gymnast has been prematurely passed to the next level, the gymnast will be moved back down 1 level until they can demonstrate the skills necessary for advancement.

APPAREL:

1. All gymnasts will perform in dance slippers, gymnastic shoes with socks or barefoot.
2. All gymnasts must show the judge their number before they perform.
3. For appearance, leotard briefs or underwear should be worn under leotards.
4. No jewelry may be worn and hair should be fixed above the shoulders and away from eyes.
5. Gymnasts must wear leotards or shorts and a tee shirt (above the knee spandex shorts are acceptable).
6. Absolutely no gum or candy in mouth during performance.

JUDGING/EVALUATING:

Levels 1 - 3

Judges will be evaluating for competence at meets.

Levels 4 - 5

Judges will apply USA general faults and penalties for each event.

OPTIONAL FLOOR EXERCISE:

1. The skills of the optional floor exercise are based on the skills within the appropriate level of the compulsory floor exercise. A gymnast must have successfully completed a skill level in compulsory with a rating of 75% or above at a Minneapolis Park and Recreation Board gymnastic meet before being allowed to exhibit in that skill level of optional floor exercise.
2. Minneapolis Park and Recreation Board would have a knowledgeable person at exhibitions to watch the optional routines and stop them if skills are exhibited above the level in which the gymnast is qualified.
3. Gymnasts must compete in compulsory floor exercise to exhibit an optional floor exercise.
4. Instrumental music is required (30 second minimum to 1 minute, 30 seconds maximum). Music is optional for boys.
5. No Minneapolis Park and Recreation Board staff will write a program/routine that would be used as a program standard for an optional floor exercise. Coaches/gymnasts/parents can help the gymnasts sequence the compulsory level skills with music to put in an exhibition format. Gymnasts may use any level dance.

NOTE: Optional floor exercise routines should not be emphasized over working on the basic compulsory skills in appropriate levels.