

# LRG Rules & Policies 2011-2012

(As established by participating Louisiana coaches.)

## VAULT

**Equipment:** 2 boards on hand 3 & 5 springs.

Level 1 & 2: Straight jump (Level 1 minimum height=8"; Level 2 minimum height=16")

Level 3: Handstand flat back on pro-pit, minimum height=32" (no maximum height)

Level 4: Handspring over pro-pit turned sideways. Minimum height=32" (no maximum height). It is recommended that you use a 1 inch panel man on top of pit to help with repulsion.

## UNEVEN BARS

**Equipment:** Mats used as boards.

Level 1-3: Same as USAG Routines

Level 4 Same as USAG except mount:

Glide swing Pull Over - Start value at 9.5

Glide Kip mount – Start value 10

## BALANCE BEAM

**Equipment:** Mats used as boards.

Level 1 -4: Same as USAG Routines

## FLOOR EXERCISE

**Equipment:** Mats used as boards

Level 1-4: Same as USAG Routines.

**Awards:** Meet directors may use awards of their choosing.

No achievement ribbons anymore.

Medals for 1-3 in each event.

Keep all-around medals for all participants and continuation of division in thirds.

**All meets hosting LRG competitions are required to abide by affirmed rules and policies.**

1. Your meet must be fast, fun, simple, & safe.
2. Your recreational team must be registered in the LRG. Registration fee is \$10 per gymnast with \$7/gymnast to be mailed to the LRG Program and \$3/gymnast to be kept by your gym to cover administrative costs.
3. Meet fees are set at \$45 for this next season. State is \$55.
4. No non-LRG registered gymnasts are to participate in the designated session.

5. *Equipment:*
  - *Bars and Beam are not adjusted. Mats used as needed for mounts.*
  - *Beams- 2 beams. Mats used for boards (low settings).*
  - *Bars - 2 sets. Mats used as boards (low settings).*
  - *Floor - standard spring floor*
  - *Vault - with runway, landing mats, pro pit and 2 spring boards set with 3 & 5 springs.*
6. *Your insurance provider must have knowledge of your meets and include them in your coverage.*
7. *Judges are secured through the LaUSAG process according to the national USAG Guidelines as established on P 63 of the R&P by either:*
  - a) *Individually contracting judges through the use of the USAG contract or*
  - b) *by using the recommended NAWGJ assigner. (Brenda Eberhardt). One judge panel.*
8. *Warm-up/compete format. Open stretch 15 min. Warm-up lasts 8-10 min.*
9. *Submit your meet date prior to Sept. 1st to be included in our meet schedule.*