



THIS IS A CO-OP TYPE PROGRAM CREATED BY INDIVIDUAL GYM OWNERS AND DIRECTORS TO AID IN THE DEVELOPMENT OF ALL LEVEL GYMNASTS

THIS PROGRAM IS DESIGNED TO HELP BRIDGE THE GAP BETWEEN HIGHLY COMPETITIVE PROGRAMS AND RECREATIONAL PROGRAMS IN YOUR GYM

PARTICIPATING GYMS WILL HOST YEAR-ROUND NON-SANCTIONED EVENTS IN WHICH ALL ATHLETES HAVE THE CHANCE TO BE SUCCESSFUL

THIS PROGRAM RECOGNIZES THE NEED TO CELEBRATE AND REWARD ATHLETICISM THROUGH GYMNASTICS ACCOMPLISHMENTS

IT ALSO RECOGNIZES THE NEED FOR SMALL BUSINESS LIKE OURS TO WORK TOGETHER AND SUPPORT EACH OTHER

PRE-COMPETITION TEAMS THAT NEED TO GET THEIR "FEET WET" AND FIND OUT WHAT A MEET IS ALL ABOUT WILL BENEFIT IN THE POSITIVE REWARDING ENVIRONMENT THAT WILL BE PROVIDED AND IS ESSENTIAL IN SETTING THE STAGE FOR SUCCESS

REC CLASS STUDENTS THAT WANT MORE THEN JUST YOUR "SHOW OFF DAY" CAN PARTICIPATE WITHOUT THE COMMITMENT THAT TEAM PROGRAMS COME WITH – THUS ENHANCING THEIR EXPERIENCE AND LONGEVITY IN YOUR PROGRAMS

ANY TEAM MEMBER THAT IS COMPETING A NEW LEVEL, TRYING A NEW ROUTINE OR SKILL FOR THE FIRST TIME, OR EVEN A GYMNAST COMING OFF OF AN INJURY CAN BENEFIT FROM BOTH THE PHYSICAL AND MENTAL READINESS THESE MEETS WILL PROVIDE

AS THIS PROGRAM GROWS, SO SHALL OUR MISSION AS IT IS DESIGNED WITH THE BETTERMENT OF THE SPORT IN MIND. THIS IS NOT A STRESS FILLED PROGRAM, NOR IS IT MEANT TO REPLACE EXISTING GYMNASTICS DIVISIONS

RESPECT FOR EACH OTHERS GYMS AND STAFF WILL BE UPHOLD AT ALL TIMES AND WILL ALLOW FOR THE OPPORTUNITY TO PRACTICE WHAT WE PREACH TO OUR ATHLETES...TEAM WORK IS THE ONLY WAY TO MAKE THINGS WORK!



HOSTING A GAP MEET:

ALL LEVELS ARE WELCOME INCLUDING BOTH USAG & USAIGC COMPETITORS AS WELL AS RECREATIONAL CLASS GYMNASTS AND FIRST TIME COMPETITORS

COST TO COMPETE

GAP Yearly Club Registration Fee: \$175.00
Event In-House Fee: \$70.00 (suggested minimum fee)
Event Outside Venue Fee: \$80.00 (suggested minimum fee)
At the door In-House Fee: \$20.00 (suggested minimum fee)
Our judges fee of \$85.00 per session
will be waived if you bring your own judge.

JUDGES SHOULD HAVE GOOD KNOWLEDGE OF GYMNASTICS BUT DOES NOT NEED TO BE A USAG OR USAIGC SANCTIONED JUDGE

SCORING SYSTEM:

EVERY PARTICIPANT RECEIVES A TROPHY OR MEDAL

GYMNASTS PLACES ARE BASED SOLEY ON THEIR ALL AROUND SCORE
THEY DO NOT RECEIVE AWARDS FOR INDIVIDUAL EVENT SCORES

PLEASE REMEMBER THEY ARE NOT COMPETEING AGAINST EACHOTHER, ONLY AGAINST THEMSELVES TO RECEIVE THE HIGHEST SCORE THEY CAN!

ANY GYMNAST EARNING A **36-40** ALL AROUND SCORE WILL RECEIVE A **FIRST PLACE** ANY GYMNAST EARNING A **34-35.9** ALL AROUND SCORE WILL RECIVE A **SECOND PLACE** ANY GYMNAST EARNING A **32-33.9** ALL AROUND SCORE WILL RECEIVE A **THIRD PLACE** ANY GYMNAST EARNING A **30-31.9** ALL AROUND SCORE WILL RECEIVE A **FOURTH PLACE** ANY GYMNAST EARNING A **28-29.9** ALL AROUND SCORE WILL RECEIVE A **FIFTH PLACE** ANY GYMNAST EARNING A **26-27.9** ALL AROUND SCORE WILL RECEIVE A **SIXTH PLACE**

ALL GYMNASTS EARNING THE SAME PLACE WILL BE CALLED UP TOGETHER

FOR EXAMPLE: IF SALLY, KATIE, AND SUZIE ALL EARNED AN ALL-AROUND SCORE BETWEEN 34 AND 35.9 YOU WOULD CALL THEM ALL UP AT THE SAME TIME SAYING:

“THE FOLLOWING GYMNASTS EARN A SECOND PLACE SCORE BETWEEN A 34 AND A 35.9, SALLY, KATIE, AND SUZIE”

AT THAT TIME THOSE GYMNASTS WOULD RECEIVE THEIR TROPHY OR MEDAL.

SKILL REQUIREMENTS

VAULT

- PRESENT BEFORE AND AFTER ROUTINE
- RUN, ARM CIRCLE, HURDLE
- CHOICE OF VAULT
- NO SCORE LOWER THAN 7.0
- HEAVY SPOTTING - SCORES IN THE 7s
- AVERAGE FORM/TECHNIQUE – SCORES IN THE 8s
- EXCELLENT FORM/TECHNIQUE – SCORES IN THE 9s

BARS

- PRESENT BEFORE AND AFTER ROUTINE
- MINIMUM OF 3 SKILLS
- .5 DEDUCTION FOR BENT ARMS
- .5 DEDUCTION FOR EXTRA SWINGS
- NO SCORE LOWER THAN 7.0
- HEAVY SPOTTING - SCORES IN THE 7s
- AVERAGE FORM/TECHNIQUE – SCORES IN THE 8s
- EXCELLENT FORM/TECHNIQUE – SCORES IN THE 9s

BEAM

- PRESENT BEFORE AND AFTER ROUTINE
- MOUNT
- JUMP
- LEAP
- TURN(S)
- BALANCE
- SKILL (CARTWHEEL, HANDSTAND, HORSEY HOP)
- DISMOUNT
- NO SCORE LOWER THAN A 6.5
- .4 DEDUCTION FOR MISSING A REQUIREMENT

FLOOR

- PRESENT BEFORE AND AFTER ROUTINE
- JUMP
- LEAP
- TURN
- HANDSTAND/SEESAW
- SKILL #1 (CARTWHEEL, FORWARD ROLL, BACKWARD ROLL)
- SKILL #2
- NO SCORE LOWER THAN A 6.5
- .4 DEDUCTION FOR MISSING A REQUIREMENT

ANY QUESTIONS REGARDING G.A.P.

PLEASE CONTACT:
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JUDGING CRITERIA

GENERAL DEDUCTIONS

LACK OF PRESENTATION – FOR START AND OR FINISH - **.1 DEDUCTION**

SPOTTING THROUGHOUT ENTIRE ROUTINE - **.5 DEDUCTION**

SPOTTING 1-3 SKILLS - **.2 DEDUCTION**

FALL(S) – 1 DEDUCTION REGARDLESS OF NUMBER OF FALLS - **.5 DEDUCTION**

EXECUTION – FAILING TO BEGIN AND COMPLETE THE SKILL - **.5 DEDUCTION**

PERFORMANCE – DEPENDING ON AMOUNT OF ASSISTANCE FROM COACH - **.2-.5 DEDUCTION**

QUALITY OF SKILL – IS THE SKILL RECOGNIZABLE - **.1 DEDUCTION**

COMPOSITION – EVENLY SPREAD-OUT SKILLS THROUGH ROUTINE - **.1 DEDUCTION**