**PENNSYLVANIA MEN’S GYMNASTICS**



**State Handbook**

**2021-2022**

***\*\*Updated 11/1/2021\*\****

**Mission Statement**

The mission of the Pennsylvania State Committee is to provide leadership, explore ways to promote current educational efforts, support a safe environment, enhance participation in Men’s gymnastics statewide, and abide by the USAG, SafeSport and Pennsylvania Rules and Policies.

**General Information:**

**USA Gymnastics Professional Membership**

To participate at any USA Gymnastics sanctioned event or meeting a coach/ official must have a men’s professional membership, a background check, SafeSport, the Fundamentals of Gymnastics Course in USAG University (U100) and a current safety certification**.** Applications for membership and instructions for taking the national safety certification course and the Fundamentals of Gymnastics Course can be found online at www.usagym.org. Additionally, all athletes must be registered with the USAG and a registered member of the Pennsylvania Men’s Gymnastics association to participate at any sanctioned event.

**National Rules and Policies**

USA Gymnastics is the governing organization for our sport and follows the National Men’s Rules and Policies document. This document can be downloaded from the USA Gymnastics website. It is the responsibility of every coach to be familiar with and abide by these policies. The National Men’s Program Rules and Policies can be downloaded from the National USAG website at: [http://usagym.org/pages/men/pages/rules\_policies.html.](http://usagym.org/pages/men/pages/rules_policies.html)

**GYMNASTICS WEBSITES**

USA Gymnastics https://usagym.org/pages/index.html

[Region 7 Men’s Gymnastics http://region7mensgymnastics.com/index.html](http://region7mensgymnastics.com/index.html)

Pennsylvania Men’s https://www.pamensgymnastics.com Gymnastics

**USA GYMNASTICS Men’s Program Directory** USAG Gymnastics

132 E. Washington St., Suite 700,

Indianapolis, IN 46204

Phone: (317) 237-5050; Fax (317) 237-5069; Member Services: (800) 345-4719 [www.usagym.org](http://www.usagym.org/)

Men’s Program Vice President Jason Woodnick

Junior Olympic Program Manager Dusty Ritter High Performance Director Brett McClure Men’s Program Manager Lisa Mendel

**Regional Board**

Region VII Director Rich Pulsfort (433) 804-8439 [**region7menschairman@yahoo.com**](mailto:region7menschairman@yahoo.com)

Maryland State Director Robert Lundy (301) 583-2580 [**chairman@mdmensgymnastics.org**](mailto:chairman@mdmensgymnastics.org)

New Jersey State Director Matt Stevenson (908) 398-1043

[**mattsteve1957@gmail.com**](mailto:mattsteve1957@gmail.com)

New York State Director Dan Molnar (716) 587-2956

[**Nyschairman@gmail.com**](mailto:Nyschairman@gmail.com)

Pennsylvania State Director Jeffrey Zack (609) 722-1082

[**pamensgymnasticschairman@gmail.com**](mailto:pamensgymnasticschairman@gmail.com)

Virginia State Director Brett Lydon (540) 872-1739

[**Blydon90@gmail.com**](mailto:Blydon90@gmail.com)

West Virginia State Director \*\*TBD\*\*

**Pennsylvania State Committee:**

**Purpose:** Sharing the workload, improving communication and accountability, and to further develop the men’s gymnastics program in Pennsylvania. The State Committee members must be actively involved in all aspects of state affairs. Presently, including the State Chairman, there are 5 member positions, 3 non-voting members, and 3 parent representatives. The State Chairman has the right to expand or limit the number of Executive Committee Members at will. Additionally, in the event of a voting tie the Chairman will cast the deciding vote.

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| --- | --- | --- | --- |
| **Pennsylvania Men’s Gymnastics State Executive Committee** | | | |
| **Name** | **Position** | **Email Address** | **Phone** |
| Jeffrey Zack | Pennsylvania State Chairman | pamensgymnasticschairman@gmail.com | 609-722-1082 |
| Zach Roeder | Central Representative | zacharyroeder@gmail.com | 814-880-1440 |
| Bill Roth | Eastern Representative | Billroth0821@gmail.com | 484-614-2526 |
| Jeff Malone | Western Representative | coachjeffmalone@gmail.com | 724-272-6698 |
| Aaron Murphy | Secretary | Murph@temple.edu | 267-788-0661 |

**Committee Members: S**erve a two-year term and will be elected every odd year. There is no limit to the number of consecutive terms any given board member may serve. To be eligible a person must be a professional member, safety certified and properly credentialed by USAG University and reside in the Commonwealth of Pennsylvania. The gyms within the Commonwealth shall nominate and elect **(1 vote/gym)** the State Chairman. The Chairman shall serve as a member of the committee for a term concurrent with his term on the executive committee.

The State Chairman will be voted on every two (2) years. Should an eligible member wish to run for State Chairman, Pennsylvania would elect their Chairman at the Level 4-10 State Championships. An electronic ballet will be sent out 2 weeks prior to State Championships, and results will be announced at the State Meeting.

**Pennsylvania State Committee Job Descriptions:**

**State Chairman**

1. Attend all State Meetings.

2. Maintain an open line of communication between their office and both the Regional and National offices. The State Chairman shall actively gather information regarding men’s gymnastics in their state throughout the year.

3. Establish and implement a State Championship bidding process.

4. Conduct the USA Gymnastics State Championship and ensure that all official rules and regulations are met. Provide meet results to the Regional Chairman and Regional meet director and financial reports to the National Office.

5. Conduct the annual State Clinic(s). The specific content of the clinic and the clinician(s) shall correspond with the gymnastics priorities in the state.

6. Decide state matters in concurrence with the Regional Director. Develop policies and procedures governing activities and events in the state.

7. Plan and conduct annual Coaches Business Meetings.

8. It is the State Chairman’s job to provide a yearly financial report of the State’s bank activity. A concise record must be kept and made available to include: bank statements, copies of sanctioned meet forms, receipts for purchased goods, travel vouchers, and check ledger. Financial reports will be made at the State meetings and made available to Pennsylvania Men’s Gymnastics professionals upon written request.

9. Attend the Regional Championships, Regional Meeting and National Meeting.

10. Relay Regional and National Information to PA USAG professional members.

11. Approve and submit petitions to the Regional Championships.

12. Open and maintain a State bank account as well as maintain the USAG bank account

13. Maintain an updated list of all gymnasts in Pennsylvania. This document will be used in the planning of State Clinics and State meets.

**State Representatives**

1. Attend all State Meetings.

2. Assist the State Chairman in coordinating the State Clinic(s).

3. Assist the State Chairman in coordinating the State Championship

4. Assist the State Chairman in fulfilling his duties as deemed necessary and gain a general understanding of how the State operates.

5. Assist the State Chairman by fielding any questions from coaches in their region and relaying them to the State Chairman if unable to answer.

**Secretary**

1. Attend all State Meetings and write a clear summary of each meeting.

2. Oversee the updating and maintenance of the Pennsylvania Men’s Gymnastics Handbook

3. Send State Meeting Minutes to State Chairman to be published on state website and distributed via email to the Pennsylvania Men’s Gymnastics professional members.

4. Obtain all Men’s professional members and men’s gymnastics club information and compile. Provide a contact list for the Pennsylvania Men’s Gymnastics professional members and the Webmaster for the Pennsylvania Men’s gymnastics website: usagpa.com

**Pennsylvania Men’s Gymnastics Fees:**

Assessments and Head Tax Fees provide Pennsylvania’s Men’s Gymnastics the funds for ongoing operating expenses for the State. This includes Clinics/Workshop stipends, State Board member Travel expenses, Board Meeting expenses, Website maintenance, Legal and Accounting fees, and all State Meeting expenses.

1. The Athlete State Assessment Fee for 2021-2022.

▪ Fee: $7.50 per USAG registered Athlete

▪ **Fees and a complete roster of athletes and levels are due no later than**

**October 1**. **A late fee of $100 will be assessed for late registrations paid after January 1.** If not paid by the time the State Entry fees are due, no athletes from that gym will be entered into the State Championships.

▪ Rosters will be managed through Meetmaker.com

▪ Any athlete joining the club after the payment of the assessment should pay the fee to the State. If an athlete has already paid his fee and transfers to another club within Pennsylvania they are not required to pay an additional fee.

▪ Boys may move up or down a level or division throughout the year determined by the coach. Please communicate any change in Level or Division to the State Chairman so the Pennsylvania Athlete list can remain up to date.

▪ Each gym must appoint a contact person or responsible party to organize and register the athletes and teams for meets. There should only be one point of contact between the State Director and your gym.

**Pennsylvania Men’s Gymnastics Membership Responsibilities:**

**Coaches:** Should always be professionally dressed. It is our obligation as professionals to look, act and dress the part. The following dress code will be enforced at State, Regional, and Nationals and is highly recommended for all sanctioned and non-sanctioned Invitationals. Please help our sport look professional.

▪ Closed toe shoes (no sandals)

▪ Slacks, warm-up pants, hemmed shorts, capris (no denim or cargo shorts)

▪ Collared shirts

▪ No hats

Violators will be asked to leave the competition floor.

**Enact the “Chain of Command” within the Gymnastics Community**

USA Gymnastics, like any professional organization, has a chain of command that should be followed. The chain starts with the gymnast and his parents and ends with the USAG Men’s Program Director. It is important that coaches remember that they are a liaison for their team parents and athletes. Parents should never be allowed to take their concerns and problems directly to the top. Further, at no time should parents be allowed to approach judges in a competition.

The proper chain of command is as follows: Gymnast/Parent» Personal Coach »Meet

Director/Judge/State Chairman »Regional Director »Men’s JD National Program Director

»Men’s National Program Director.

It is imperative that this process is followed and the chain of command be respected.

**Approaching Judges During Competition**

It is highly recommended that Compulsory coaches take the JD Judging course and Optional Coaches take both the JD Judging Course and the National Judging Course. However, any coach wishing to approach a judge during competitions may do so. The Judge is to be approached in a non-confrontational way and at an appropriate time. To keep meets moving along please take concerns to the meet referee or ask questions to the judge after the competition (if possible).

**Confrontation with Judges During Competition**

Argumentative confrontation with judges will not be tolerated during or after a competition. Judges will give one warning to the coach, if the coach continues in any way, the judge will deduct .2 from the coaches team or gymnasts all-around score. If a coach persists confronting a judge after being given the .2 deductions, the Meet or State Director will remove the coach from the competition floor for the remainder of the competition.

**Athlete:**

**Age determination:**

* **Athlete Age Based on Birth Year**:
  + Championship held in 2022 regardless of what month it is held in, the athlete’s competitive as of December 31st of that year.
    - EX: An athlete born in **2010** then **his age for the 2022 season is 12 years old**.
    - If the season’s competitions begin in December of the previous year (i.e., 2021) but the championship for that season is held in 2022, **the athlete’s age is his age as of the year 2022.**
    - **There is a minimum age of FIVE (5) YEARS OLD on the day of the competition to be eligible to compete.**

▪ **For the 2021-2022 season, all athletes registered will be automatically   
 qualified for the 2021 Pennsylvania Men’s State Championships.**

▪ Future Stars Age Determination is determined as of December 31st of the current future Stars season. For example, if your athlete is 11 as of December 31st he will compete as an 11-year-old FS (but he would be considered 12 for the JD competition season).

**Attire:**

▪ All athletes must compete in a Team jersey.

▪ Long solid colored gymnastics pants, socks and/or gymnastics shoes, and gymnastics competition jersey on Pommel Horse, Rings, P-Bars and High Bar. The FIG “dark pants” rule is NOT in effect.

▪ On Floor Exercise and Vault the gymnast may compete in shorts with or without footwear or as he would for the other events. However, if he wears long pants he must wear footwear.

▪ Gymnasts may not compete with body piercings or tongue studs.

▪ Gymnasts may not compete with jewelry to include rings, chains, anklets, decorative wristbands, or watches.

▪ Gymnasts are required to wear a shirt at all times during warm ups and competition.

▪ Gymnasts are required to be in full uniform for awards.

Failure to comply with the above rules will result in a .3 deduction taken from the gymnasts score one time during competition.

**Pennsylvania State Championships**

The Pennsylvania State Championships are the primary showcase of our State Program. It is the last State function of the year and a highlight for parents and athletes.

▪ **Bids for** State Championships for the following season may start at the State Meeting during the level 4-10 State Championships.

▪ **Preliminary meet information** will include site location, hotel accommodations, meet dates ***(ideally first weekend in March),*** equipment, and contact information as soon as the bid process is finalized. Meet information will be posted on the State website as well as emailed to the gyms in the state

▪ **Meet registration** will be opened 6 weeks prior to the State Championships due date. All registrations will occur through USAG Meet reservations with a hard copy and payment sent to the State Chairman.

▪ **The final competition schedule will** not be available until after all entries have been received

▪ **Fees:** Fees will be paid through the MeetMaker website. The State is permitted to   
 charge up to **$135 per athlete and up to $160 per athlete for Junior Elite** (Tech   
 Sequences).

▪ **Qualifying Procedure to State Meet: For the 2021-2022 season, all athletes   
 registered will be automatically qualified for the 2021 Pennsylvania Men’s  
 State Championships.**

▪ **Refunds for scratched entries:** Entered athletes may be scratched from the meet with no penalty up until the entry deadline. Scratches due to injury which are

received in writing or by email from the entry deadline ***until two weeks prior*** to the meet will be refunded but charged a $10.00 administrative fee. ***There will be no refunds for any scratches after two weeks prior to the meet.***

▪ **Injury Petition to State Championships:** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from https://usagym.org/PDFs/Men/Rules/Rules%20and%20Policies/injury-petition.pdf and must be submitted to the State Chair with a physician’s statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the state entry fee and coaches should include these athletes on their State entry form with the words “Petition Pending” by their name. The State Chairman will contact the individual coaches with the decision.

▪ **Team Awards:** Team Banners are to be given for each level where there are two full teams. At least 50% of the teams in each group will receive awards and ties will receive awards. Team awards are based on the top 3 scores from each event.

▪ **Super** **Team Award:** The Super Team Award will be given out at the State Championship. The Super Team Award will be determined from a running total at the State Championships.

▪ **Individual/All-around Awards** will be the standard USAG state medal and will be presented to the top finishers in each event and All-Around.

▪ **Senior Recognition:** Special recognition awards will be presented at the conclusion of the Optional Competition, to all graduating high school seniors in the men’s program. All coaches must submit senior information forms by January 1st.

▪ **Regional Qualifiers:** Regional qualifying scores and procedures will be posted on www.pamensgymnastics.com. All coaches that have athletes who qualify to the Regional Meet must enter their gymnasts through the USAG meet reservation system. Additionally, they are to turn in their entry fees with a hard copy of the entries to the State Chairman at the conclusion of the State Championships.

▪ **State Team Competition:** Information will be available on the Region 7 men’s gymnastics website.

▪ **Injury Petition to Regionals:** The coach of a petitioning gymnast should first contact their State Chairman. The petition can be downloaded from https://usagym.org/PDFs/Men/Rules/Rules%20and%20Policies/injury-petition.pdf and must be submitted to the State Chair with a physician’s statement and past meet results. The petition is due prior to or at the State Meet. Petitioning athletes are required to pay the regional entry fee and coaches should include these athletes on their Regional entry form with the words “Petition Pending” by their name. The State Chairman will contact the Regional Chairman for final approval. Once approved, the State Chairman will contact the individual coaches with the decision.

▪ **National Championships:** National Fees will be paid for by the state of Pennsylvania **if** the funds are determined to be available.

▪ **Petitions**: (See above)

**Hosting Meets in the State of Pennsylvania**

Pre-Meet

▪ Determine date

▪ Secure sanction

▪ Secure judging from EGJA judging association

▪ Contact State Director to add to the State Calendar

Post Meet (see meet director’s check list- last page of document)

***▪ Complete sanction and return within 72 hours***

***▪ Send $3.00 per athlete to the National Gymnastics Foundation (information included with sanction packet).***

***▪ Send head tax per athlete to the State Chairman within 72 hours   
 (document attached)***

***▪ Email final results to the State Chairman within 72 hours***

**Hosting State Championships**

▪ **Fees covered by the State**

* Outside facility equipment rental is secured by the State.
* Facility Rental to be negotiated between the State Committee and Host Gym. **“In House” $2000 a day (Friday night single session $500), Full day $2000 (max $4500),** Outside Facility Max $10,000 or as negotiated by the board and venue.
* Awards (Individual events, All-Around and Team Banners) provided by the State.
* Judges paid for by the State.
* Athletic Trainer covered by the State
* Hospitality for the State Meeting held on the State Championships weekend is covered by the State.
* Senior awards covered by the State.
* Host gym can be reimbursed by the State for reasonable expenses such as: chalk, decorations and hospitality up to $1500. ***\*\*Please discuss and get approval from State regarding unplanned or expensive items. All expense reports, with receipts included, must be submitted within 30 days of the concluded event.\*\****

▪ **Level 4-10 State Championship Host**

* Competition area should be large enough to accommodate 2 sets of competition equipment with the exception of FX, spectator viewing and awards (Roughly 18,000sq ft. +)

**Coaches Contact Information**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Gym | Coach | Cell | Email | Region |
|  |  |  |  |  |
| Ace | Mike Acevedo | 610-393-6309 | [acegymnastics2014@gmail.com](mailto:acegymnastics2014@gmail.com) | East |
| Allison Biondi | Bill Judge | 724-261-0188 | Pjudge22@comcast.net | West |
| ASAP | Zach Roeder | 814-880-1440 | [zacharyroeder@gmail.com](mailto:zacharyroeder@gmail.com) | Central |
| Centre Elite | Ryan Terrill | 325-450-3637 | [ryan@centreelitegym.com](mailto:ryan@centreelitegym.com) | Central |
| Centre Elite | Tony Beck | 610-216-8391 | tony.beck21@gmail.com | Central |
|  |  |  |  |  |
| CPG | Bill Roth | 484-614-2526 | [Billroth0821@gmail.com](mailto:Billroth0821@gmail.com) | East |
| CPG | Mike Zack | 609-929-4698 | [zack-michael@comcast.net](mailto:zack-michael@comcast.net) | East |
| CPG | Kenny Hudson | 215-617-2410 | [kennethhudson38@yahoo.com](mailto:kennethhudson38@yahoo.com) | East |
| Donachy Gymnastics | Toni Donachy | 814-335-4122 | [coachtonisgym@gmail.com](mailto:coachtonisgym@gmail.com) | West |
| Falcon | Charity Ruhl | 724-544-1721 | [falcongymnasticsteam@gmail.com](mailto:falcongymnasticsteam@gmail.com) | West |
| Falcon | Mary Wilson | 412-260-4462 | [mdefrancesco@eastman.com](mailto:mdefrancesco@eastman.com) | West |
|  |  |  |  |  |
| Gravity Forged | Josh Halberstadt | 215-817-9999 | [Gymring@gmail.com](mailto:Gymring@gmail.com) | East |
| Gravity Forged | Dan Galiczynski | 215-275-7526 | [gravityforged@gmail.com](mailto:gravityforged@gmail.com) | East |
| Gravity Forged | Eric Soble | 814-771-0265 | Eric.kearneysoble@gmail.com | East |
| Gravity Forged | Barbara Kopenhaver | 609-634-3001 | [babskoppy@aol.com](mailto:babskoppy@aol.com) | East |
| Gymsport | Lauren Bradford | 412-965-8232 | [lauren@gymsport.com](mailto:lauren@gymsport.com) | West |
| Gymsport | Brandon Dean |  | [Brandondean099@gmaill.com](mailto:Brandondean099@gmaill.com) | West |
| Hanover | Yuri Romatowski | 724-504-2513 | [romatowski.7@gmail.com](mailto:romatowski.7@gmail.com) | Central |
| Hanover | MinYoung Kwon | 717-451-5131 | [gymnastickmy@yahoo.co.kr](mailto:gymnastickmy@yahoo.co.kr) | Central |
| Butler | Jerry Fix | 414-839-1829 | [Jerry@portercamp.com](mailto:Jerry@portercamp.com) | West |
|  | Jacob Marks | 814-397-2938 | [squibflip17@yahoo.com](mailto:squibflip17@yahoo.com) | West |
| Liberty Bell Athletics | Brad Davis | 215-896-9629 | [brad@montcogym.com](mailto:brad@montcogym.com) | East |
| Liberty Bell Athletics | Arden Landes | 610-731-8959 | [Arden.landes@viskase.com](mailto:Arden.landes@viskase.com) | East |
| Northstars | Jeff Malone | 724-272-6698 | [coachjeffmalone@gmail.com](mailto:coachjeffmalone@gmail.com) | West |
| Pancott | Eric Kienz | 484-614-8327 | [ErK3742@gmail.com](mailto:ErK3742@gmail.com) | East |
| Paramount | Alex Hover | 717-810-7967 | [ahover307@gmail.com](mailto:ahover307@gmail.com) | Central |
| Parkettes | Gheorghe Petcu | 484-225-8855 | [ogpetcu08@verizon.net](mailto:ogpetcu08@verizon.net) | East |
| Parkettes | Vasili Vinogradov | 484-926-9788 | [vasiliv1963@gmail.com](mailto:vasiliv1963@gmail.com) | East |
| Temple Gymnastics | Jesse Kitzen-Ableson | 610-888-5227 | [jkitzenabelson@verizon.net](mailto:jkitzenabelson@verizon.net) | East |
| PBG | Fred Turoff | 215-880-6632 | [Fturoff@temple.edu](mailto:Fturoff@temple.edu) | East |
| PBG | Walt Kenney | 610-733-5869 | [Wtkenney1@gmail.com](mailto:Wtkenney1@gmail.com) | East |
| Precision | Aaron Murphy | 267-788-0661 | [murph@temple.edu](mailto:murph@temple.edu) | East |
| Prestige | Michael White | 717-354-9329 | [MAWii@att.net](mailto:MAWii@att.net) | Central |
| Prestige | Matthew Moeller | 717-224-0638 |  | Central |
| Team Lightening | Joe Wroblewski | 814-823-4656 | [Wrobo26@gmail.com](mailto:Wrobo26@gmail.com) | West |
| Willow Grove Twisters | Mubarak Simmons | 610-772-3685 | [Mubarak.Simmons@philaymca.org](mailto:Blydon90@gmail.com) | East |
| Uzelac | Chris Swartz | 814-525-1495 | [cswrtzy82@aol.com](mailto:cswrtzy82@aol.com) | West |
| Western PA Gymnastics | Scott Knechtel | 724-630-9485 | [scottk74@yahoo.com](mailto:scottk74@yahoo.com) | West |

**Meet Directors Checklist**

**AFTER COMPETITION:**

1) Make sure the judges and the Meet Director sign the Sanction Form.

2) After a meet has concluded, USAG will need you to send in $3 per gymnasts that has competed for the National Head Tax. A copy of the sanction report and this fund should be sent within 72 hours to USAG Headquarters in Indianapolis (Fax number and payment directions can be found on sanction form).

3) Send a check payable to PA Men’s Gymnastics for the State Head Tax:  
 -There will be **NO** head tax for meets with less than 30 gymnasts  
 -There will be a head tax of $2.50 per gymnast for any meet with   
 between 31-250 gymnasts  
 -There will be a head tax of $2.25 per gymnast for meets with 251 or   
 more gymnasts

4) There is also a check for the **EGJA** (Eastern Gymnastics Judges Association). A pay form will be given with the judges pay sheet. The check should be made out to **EGJA** and sent to:  
***Lenny Lucarello  
341 Cypress Dr  
Mastic Beach NY 11951***