

# PARTICIPANT 2024-25 MANUAL

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Congratulations on your advancement to the 2025 National Collegiate Women's Gymnastics Championships! This annual championship event occurs April 17 to 19 at Dickies Arena (Dickies) in Fort Worth, Texas, hosted by Texas Woman's University (TWU), Fort Worth Sports Commission (FWSC), and Knight Eady.

As your team or individual competitors prepare for the championships in Fort Worth, this manual will be a helpful guide to the policies and procedures governing the administration and conduct of this championship. Further, this manual will provide specific information on hotel arrangements, practice sessions, travel, tickets, schedule of events, etc.

This outstanding championship opportunity is made possible because of the amazing talents and accomplishments of each of the student-athletes who have qualified. We understand that thorough preparation is the key to success, and we are excited about the upcoming championships. Good luck and we will see you soon in Fort Worth!

# SECTION 2 – NCAA STAFF/COMMITTEE

#### NCAA WOMEN'S GYMNASTICS COMMITTEE

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# **SECTION 3 – CHAMPIONSHIP HOST CONTACTS**

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Championship Selection & Information		
Monday, April 7	<b>REVIEW NCAA PARTICIPANT MEMORANDUM</b> The NCAA National Office will provide the final participating teams, all-arounder and individual event specialists with the final championship site memorandum including hotel assignments, travel information, competitive rotation, etc.	
Deadline	Item	Completed
Tuesday, April 8	<ol> <li>Participant teleconference (MANDATORY PARTICIPATION) – Noon Eastern time. Microsoft Teams link via-email prior to call.</li> </ol>	
Wednesday, April 9 Noon Eastern	2. Team contact information, official entry form/corral/march-in form due to Sami Bogenschutz (sbogenschutz@ncaa.org).	
Thursday, April 10 Noon Central	3. Ticket Information Form ( <b>link enclosed</b> ) due to Daniel Smith at daniel@knighteady.com and Allie Silcox: asilcox@ncaa.org	
Thursday, April 10 5 p.m. Eastern	4. Rooming lists due to the assigned hotel	
Monday, April 14 5 p.m. Eastern	5. Elite 90 submission	

# SECTION 5 – TELECONFERENCE

A mandatory teleconference will be held at 11 a.m. Central time Tuesday, April 8 to discuss items relevant to the championships. This call will include the tournament director, NCAA staff, participating head coaches and administrators (teams, AA and IES), NCAA Women's Gymnastics Committee chair and meet referee. The committee chair will lead this call along with the tournament director and NCAA staff. The purpose of the teleconference is to discuss pertinent information about the championships.

# **SECTION 6 – SCHEDULE OF EVENTS**

# \* All times are Fort Worth, TX local (Central) unless otherwise noted.

<u>TUESDAY, APRIL 8</u> 11 a.m.	Participant call	Virtual
MONDAY, APRIL 14 11 a.m. 1:30 p.m. 3 p.m.	Administrative meeting Athletic training meeting SID meeting	Virtual Virtual Virtual
<u>TUESDAY, APRIL 15</u> All Day 5:30 p.m. Immediately after banquet	Teams/individuals arrive Banquet Coaches Meeting and Equipment check.	Fort Worth Zoo Dickies

#### WEDNESDAY, APRIL 16

Assigned Times 9:30 a.m. 11:30 a.m. – 1:18 p.m. 2:30 – 4:18 p.m. 4:30 p.m.

#### THURSDAY, APRIL 17

 11:00 a.m.

 1:17 p.m.

 1:39 - 2:53 p.m.

 2:30 p.m.

 3:36 p.m.

 After competition

 5:47 p.m.

 6:09 - 7:23 p.m.

 7 p.m.

 8:06 p.m.

 After competition

 After competition

 After competition

 After competition

 After competition

 After competition

 After press conferences

#### FRIDAY, APRIL 18

9:30 a.m. - 1 p.m. 10 – 10:45 a.m. 11 – 11:45 a.m.

#### SATURDAY, APRIL 19

11:00 a.m. 12:30 p.m. 12:55 p.m. 1:17 – 2:23 p.m. 2 p.m. 3:06 p.m. After competition After awards

ESPN Team Media Day Athletic training rooms open Practice session I Practice session II Photographer meeting	Dickies Dickies Dickies Dickies Dickies
Athletic training rooms open Open stretch begins - Semifinal 1 Warm-up – Semifinal 1 Doors open to public Team semifinal and IES/AA Final 1 (ESPN2) Press conferences Open stretch begins - Semifinal 2 Warm up – Semifinal 2 Doors open to public Team semifinal and IES/AA Final 2 (ESPN2) All-Around and Ind. event awards ceremony Press conferences Confirm advancing teams	Dickies Dickies Dickies Dickies Dickies Dickies Dickies Dickies Dickies Dickies Dickies Dickies
Athletic training rooms available Open stretch Teams #1 and #2 Session 1 Open stretch Teams #1 and #2 Session 2	Dickies Dickies Dickies
Athletic training rooms open Coaches meeting Open stretch – team finals Warm up – team finals Team finals – doors open Team final begins (ABC) Team awards ceremony	Dickies Dickies Dickies Dickies Dickies Dickies Dickies

Dickies

Press conferences

# \*All times are Fort Worth, TX local (Central) unless otherwise noted.

Olympic order will be followed: Vault — Bars — Beam — Floor

# THURSDAY, APRIL 17 - SEMIFINALS AND AA/IES FINALS

	4 47 4 07	F 47 0 07
Open stretch	1:17 – 1:37 p.m.	5:47 – 6:07 p.m.
Transition	1:37 – 1:39 p.m.	6:07 - 6:09 p.m.
Warm-up Rotation 1	1:39 – 1:56 p.m.	6:09 – 6:26 p.m.
Transition	1:56 - 1:58 p.m.	6:26 – 6:28 p.m.
Warm-up Rotation 2	1:58 – 2:15 p.m.	6:28 – 6:45 p.m.
Transition	2:15 – 2:17 p.m.	6:45 – 6:47 p.m.
Warm-up Rotation 3	2:17 – 2:34 p.m.	6:47 – 7:04 p.m.
Transition	2:34 – 2:36 p.m.	7:04 – 7:06 p.m.
Warm-up Rotation 4	2:36 – 2:53 p.m.	7:06 – 7:23 p.m.
Clear floor	2:53 p.m.	7:23 p.m.
Lineup	3:08 p.m.	7:38 p.m.
March-in/Intros/National Anthem	3:17 p.m.	7:47 p.m.
Transition to first event	3:29 p.m.	7:59 p.m.
Touch warm-up	3:31:30 p.m.	8:01:30 p.m.
Competition begins	3:36 p.m.	8:06 p.m.

# FRIDAY, APRIL 18 - CHAMPIONSHIP REST DAY FINALS

- Open stretch and visualization are optional, but if your team is not attending, you are required to let the host know prior to your scheduled visualization time.
- Twenty-minute open stretch on the floor exercise (as stated in the NCAA manual) and 25 minutes of visualization (as stated in the NCAA rules modifications).
- Visualization may be done on the competition area or in the stands by any gymnast. Matting surrounding each event (including FX itself and VT runway only) may be used for visualization, provided the equipment itself is not mounted or used for gymnastics-specific or inverted skills.
- After the 20-minute open stretch, make the following announcement: "Open stretch is complete. All athletes, please remove yourselves from the floor exercise and provide room for visualization."

Teams #1 and #2 from Session 1	
Open stretch on floor exercise	10 – 10:20 a.m.
Visualization open to all events	10:20 – 10:45 a.m.
Athletic training available for teams #1 and #2 from Session 1	10:45 – 11:30 a.m.

# Teams #1 and #2 from Session 2

Open stretch on floor exercise	11 – 11:20 a.m.
Visualization open to all events	11:20 – 11:45 a.m.
Athletic training available for teams #1 and #2 from Session 2	11:45 – 12:30 p.m.

# SATURDAY, APRIL 19 - CHAMPIONSHIP FINAL

12:55 – 1:15 p.m.
1:15 – 1:17 p.m.
1:17 – 1:32 p.m.
1:32 – 1:34 p.m.
1:34 – 1:49 p.m.
1:49 – 1:51 p.m.
1:51 – 2:06 p.m.
2:06 – 2:08 p.m.
2:08 – 2:23 p.m.
2:23 p.m.
2:38 p.m.
2:47 p.m.
2:59 p.m.
3:02 p.m.
3:06 p.m.

# **SECTION 8 – CHAMPIONSHIP OPERATIONS**

# ADMINISTRATIVE MEETINGS

#### Monday, April 14 at 11 a.m. (Central time)

A mandatory meeting of the head coaches and institutional administrators of the competing teams, all head coaches of individual competitors, the championship administrator, gymnastics committee and meet referee will be held at 11 a.m. virtually.

At this meeting the women's gymnastics committee chair, championship director, meet referee and ESPN representatives will review meet format, march-ins, meet procedures, etc. Also, at this time, each team will be required to submit tentative lineups (**Appendix B**). Teams competing at the national championships must be represented at meetings, practices and throughout the competition by a designated administrator, other than a coach or sports information director. Institutions of all-around or individual-event qualifiers are not required to have an administrator present.

#### **CHAMPIONSHIP BANQUET**

A championship banquet will be held for the 2025 National Collegiate Women's Gymnastics Championships on the evening of Tuesday, April 15. See **Appendix R** for more information.

#### LOCKER ROOMS

Four team locker rooms will be available in the arena for teams, and separate spaces will be designated for all-around and individual event specialists. The locker room area is detailed in **Appendix F**, but signs with team/individual competitor's names will also be posted on the assigned locker room door.

Team 1/Team 2 Team 3/Team 4 Locker room 1 (Home locker room) Locker room 2 (Visiting locker room) Team 5/Team 6 Team 7/Team 8 IES/All-Around Competitors/AA Locker room 3 (Auxiliary locker room #3 and #4) Locker room 4 (Auxiliary locker room #1 and #2) Locker room (Performer's locker rooms #1- #2)

Additionally, locker rooms will be provided for coaches with male coaching staff members in Performer's locker room #4 and female coaches can use Performer's locker room #3.

For Wednesday's practice sessions, the schedule is as follows:

9:30 a.m.	Athletic Training room opens
10:00 a.m.	Assigned locker rooms available for those competing in Practice Session I
11:30 a.m.	Practice Session I begins. Teams must clear locker rooms and carry bags to the arena floor or designated drop rooms.
1:18 p.m.	Practice Session I ends and all post-practice activities in available arena space and main training room.
1:00 p.m.	Assigned locker rooms available for those competing in Practice Session II
2:30 p.m.	Practice Session II begins.
4:18 p.m.	Practice Session II ends and all post-practice activities in available arena space and main training room.

For Thursday's semifinals, the schedule is as follows:

12:00 p.m.	Assigned locker rooms available for those competing in Semifinal I
1:17 p.m.	Open Stretch begins (Semifinal I participants)
3:17 p.m.	March-in
3:36 p.m.	Competition begins
4:30 p.m.*	Assigned locker rooms available for those competing in Semifinal II
5:47 p.m.	Open Stretch begins (Semifinal II participants)
7:47 p.m.	March-in
8:06 p.m.	Competition begins

\*Locker rooms will be available for Session 2 teams during Session 1. All Session 1 teams will need to coordinate and move bags to designated drop rooms prior to or after march-in. On Saturday, locker rooms will be available for all four participating teams at 11 a.m.

#### COMPETITION DRAW AND ROTATION (PROVIDED SEPARATELY BY NCAA)

Each semifinal will include four teams, two all-arounders and eight individual event specialists. The last competitor will be the all-arounder unless an individual event specialist is also competing. If injuries or scratches result in a team having fewer than five gymnasts in an event, it still shall compete as a team with a zero being included for each missing score.

<u>Competition Draw</u>. A random draw for placement into each semifinal as well as the competition rotation will be conducted at the NCAA national office.

**<u>Team</u>**. The top two teams from each of the four regionals advance to the semifinal competition. A random draw will be conducted to determine event rotation.

<u>All-Around</u>. The all-arounder with the highest score from regionals will rotate with the team with the highest score from regionals. The second-highest all-around qualifier will be paired with the team with the second-highest score, and so forth.

**Individual Event Specialists**. Event specialists will compete after the all-around qualifier and be placed into a semifinal and rotation based on committee discretion to maintain a balanced number of routines in each semifinal.

The women's gymnastics committee conducted the following random draw for placement into **semifinal** competition.

EVENT	TEAM
Vault	NQS 4
Bars	NQS 1
Beam	NQS 2
Floor	NQS 3

The women's gymnastics committee conducted the following random draw for **championship final** competition:

EVENT	TEAM
Vault	NQS 4
Bars	NQS 2
Beam	NQS 1
Floor	NQS 3

For both semifinals and finals, the four teams competing (quad) will follow an event pairing and alternating format known as the double dual. Vault and uneven bars will begin each rotation while beam and floor wait. When the vault competitor lands, 20 seconds later the beam judge will raise the green flag. When the uneven bars competitor dismounts, 20 seconds later the floor judge will raise the green flag. Vault and beam alternate while uneven bars and floor alternate, with a minimum of 20 seconds between each routine as long as judges and athletes are ready. Throughout the competition, no more than two competitors will be competing at the same time. **Appendix P outlines the format in greater detail.** 

#### CORRAL AND PODIUM PROTOCOL

All gymnasts, coaches and team personnel shall be in the designated corral, warm-up area or coaching position from the end of the timed warm-up to the completion of the competitive rotation.

During the rotation, up to eight competing team athletes in the current rotation line-up may use the designated warm-up area, plus IES or AA competitors. After the rotation concludes, all athletes competing in the next event may use the designated warm-up area at that event to prepare for the next rotation.

Competing teams can designate up to 30 individuals to be in the corral. Teams may designate up to 15 competing student-athletes on the Corral/March-in Form. Only these 15 competing student-athletes will

be permitted to participate in practice day, open stretch, warm-ups, touch warm-ups and competition. Additionally, teams may only warm-up a maximum of 8 student-athletes during event rotations and one-touches on both practice and competition days. There is no limit to the number of additional non-competing student-athletes a team may include on their Corral/March-In Form *if the number fits within the corral limitation*. All other non-competing student-athletes may be in uniform and may participate in march-in but they may not participate in warm-ups or competition.

Teams and individual competitors must take their personal belongings with them as they move from corral to corral.

Athletes will not be permitted to mount the podiums prior to the start of their designated open stretch warm-up on practice and competition days.

The intent of the podium is to showcase the competing student-athletes. The intent of the corrals is to not distract from competing student-athletes. Non-participating team members and personnel need to cheer from the corral, not to distract from the competing student-athletes. When coaching at events, please be conscious of camera locations and judge's line of sight.

All participants must always conduct themselves in a fair and sportsmanlike manner during the competition as outlined in the Podium Protocol in **Appendix C**.

#### PRACTICES

All practices will be held at Dickies Arena. Two practice sessions, lasting one hour and 48 minutes each, will be held (20 minutes for stretching and 20 minutes per event). A team's practice session will be determined by its competition session and starting event as follows. All-around **and** individual event competitors will practice with their assigned team.

Competition Draw	Practice Session	Practice Starting Event
(Semifinal and starting event)		
Semifinal 1 Vault	Session 1	Vault
Semifinal 1 Bars	Session 1	Bars
Semifinal 1 Beam	Session 1	Beam
Semifinal 1 Floor	Session 1	Floor
Semifinal 2 Vault	Session 2	Vault
Semifinal 2 Bars	Session 2	Bars
Semifinal 2 Beam	Session 2	Beam
Semifinal 2 Floor	Session 2	Floor

Practice times for each session are indicated below.

Rotation	Practice Session I	Practice Session II
Timeframe	11:30 a.m. – 1:18 p.m.	2:30 – 4:18 p.m.
Open Stretch	11:30 – 11:50 a.m.	2:30 – 2:50 p.m.
Transition	11:50 – 11:52 a.m.	2:50 - 2:52 p.m.
One	11:52 a.m. – 12:12 p.m.	2:52 – 3:12 p.m.
Transition	12:12 - 12:14 p.m.	3:12 – 3:14 p.m.
Two	12:14 p.m 12:34 p.m.	3:14 – 3:34 p.m.
Transition	12:34 - 12:36 p.m.	3:34 – 3:36 p.m.
Three	12:36 - 12:56 p.m.	3:36 – 3:56 p.m.
Transition	12:56 - 12:58 p.m.	3:56 – 3:58 p.m.
Four	12:58 – 1:18 p.m.	3:58 – 4:18 p.m.

Teams and individuals must stay within their respective rotation orders and time periods. Teams/individuals should rotate to different corrals on practice day and take their belongings with them. Judges assigned to the competition may not attend practices.

#### **OPEN STRETCH**

Teams/individual competitors will use the matting surrounding the first event for open stretch. On competition day, the floor exercise mat will be used by the team/competitors that begin on floor. For semifinals, all-arounders or event specialists may also use the floor for open stretch. There are no restrictions on flight or inverted skills for the duration of the open stretch. Gymnasts warming up on vault, bars and beam may use the apparatus for stretching purposes without mounting the equipment. On bars, the low bar may be raised or removed; the high bar may not be used. For the final, the team starting on vault can warm up on half of the floor exercise. Only the 15 designated competing student-athletes can participate in open stretch.

Further Clarification:

Practice Day: IES/AA individuals will stretch on half of the floor, shared with the team starting on the floor. Vault team will stretch on vault, bars team will stretch on bars and beam team will stretch on the beam areas.

Semifinals Day: IES/AA individuals will stretch on half of the floor, shared with the team starting on the floor. Vault team will stretch on vault, bars team will stretch on bars and beam team will stretch on the beam areas.

Rest/Visualization Day: Both teams can share the floor.

Finals Day: Vault team can share half of the floor with the team starting on floor. Bars team will stretch on bars. Beam team will stretch on the beam.

The stretch period lasts 20 minutes. During the entirety of that stretch period, each team is confined to their designated starting event listed above and may not go to any other events until the 20 minute stretch concludes and the 2 min transition begins to your next event in Olympic order.

Teams and individuals are not permitted to do any visualizations outside of their scheduled Practice/Visualization times. The podiums are not available for visualization on practice or competition days prior to open stretch.

#### **TWO-MINUTE TRANSITIONS**

Teams will have two minutes to transition to each event. The first transition will begin after the marchin ceremony & National Anthem, and teams have arrived at their corrals. Teams will not rotate until every event has concluded, the final competitor's score is flashed, TV coach interviews have concluded (if applicable) and the PA announcer says "gymnasts, please march to your next event". The two-minute transition will be announced and begin when all teams reach their respective corrals. Please follow your line leader and rotate in an orderly manner. Please do not rotate early as you will not be permitted to make equipment settings on the next event until the 2-minute transition begins. Once the 2-min transition begins, athletes may invert on the mats surrounding the apparatus (bars, beam, & vault runway) but not on the FX mat. On floor, athletes are permitted to bounce, run, or stretch on the mat (no gymnastics skills). Athletes may not touch or mount the equipment during the two-minute transition.

#### TIMED WARM-UPS

After a 20-minute stretch and two-minute transition, each rotation will be 17 minutes for the semifinals to accommodate individual event specialists and all-around competitors and 15 minutes for the final. For all events, individual event specialists and all-around competitors must be interwoven in the team's

warm-up rotation starting after the first turn. For example, team rotation is followed by individual event specialist, then repeat.

There will be no pausing of the time on bars to make adjustments; bar changes must be made within the time allotted. Each team and individual event specialist will begin the warm-up session on the same event on which they begin the competitive rotation and will follow Olympic order. Teams are not permitted to warm-up more than eight individuals.

Teams with one individual may use the entire 17 minutes for warm-up. If a team does not have an individual on any event, they may not begin warmups until the clock reaches the 15-minute mark. Teams will not rotate until 17 minutes expires, regardless of early finishes.

#### MARCH-IN

Teams will be introduced in competitive order (vault, bars, beam, floor exercise). An intro video will be played for the first team, and then they will be led onto the floor mat & be introduced shortest to tallest (followed by the name of the head coach), followed by the all-around competitor, and then any event specialists assigned to rotate with the team. After introduced, that team will then be led to their first event corral where they can move around to stay warm. The same format will be followed for each team until all teams are introduced. All teams will then be led up onto their starting event podium to stand in a straight line while the National Anthem is played. After lights on, teams will then have a 2-minutes to prepare for touch warm-ups.

Any student listed as "competing athlete" or "non-competing athlete" on the Corral/March-in Form will be included in march-in. Athletes should be listed in height order (shortest to tallest) and will be announced in this order for march-in. Regular season uniform rules apply, all team members must be in identical warm-up apparel.

Small wearable props during march-in are allowed. A small wearable prop would be considered a necklace, crown or sunglasses, something small that could be worn on top of the uniform requirements, without breaking the uniform requirement rule. Any large, handheld props or large items are strictly forbidden, for example; no boomboxes or flags or anything that is handheld.

#### TOUCH WARM-UP

As competitors arrive at each event for competition there will be a 4:00 touch warm-up on each event, with 0:30 added for each all-around and individual competitor at the semifinals. All participants at each event may use the entire touch warm-up time and all warm-ups will begin at the same time, regardless of duration. Teams are not permitted to warm-up more than eight individuals.

[Note: During the competition, all participants and coaches must remain in uniform and on the competition floor (or in team seating) until the completion of the awards ceremony.]

# LINEUPS, LINEUP CHANGES & SUBSTITUTIONS

A written official team lineup must be submitted to the scoring coordinator (Alex Pintchouk ap@virti.us) via email prior to the start of the mandatory administrative meeting and again 90 minutes before the start of the competition. The lineup may be changed before the competition but is requested in advance for media and administrative purposes. Once the lineup is received 90 minutes prior to competition, the lineups will be entered into the Virtius scoring system and will be made public on the live scoring links.

During the open stretch on competition day, the official scorer shall print the lineup that was entered into the scoring system. The head coach shall review the official lineup for accuracy. Once verified or corrected, the head coach shall initial the official lineup. Members of the women's gymnastics committee will assist with the verification process.

<u>Before the start of the meet</u>, changes to the lineup may be made by notifying the NCAA scoring coordinator at the head table, who will notify the scoring table personnel, meet referee and chief judge at the event (via the chief judge's headset person).

<u>After the competition starts, at the start of each 4-minute touch warm-up period</u>, the head coach must notify the chief judge on the event. The chief judge's headset person will notify the scoring table.

<u>Once a team begins an event (chief judge raises the flag for the first student-athlete)</u>, a substitute may replace a gymnast in that same position in the lineup; the order of competition may not be changed. A gymnast who is removed from one event lineup may compete in other events.

#### **EQUIPMENT AND MUSIC**

American Athletic, Inc. (AAI) will furnish all equipment for the national championships. Teams, allaround and individual competitors may bring one vaulting board and one small beam pad (not a sting or suede mat). The small beam pad may not be left on the floor during the competition. Plywood to be used beneath springboard boards and spotting blocks will be supplied. See **Appendix D** for a complete equipment list.

Teams, all-around competitors and those individual event qualifiers on floor exercise are asked to ensure their floor exercise music is available on more than one device if the primary device malfunctions on-site. A house audio technician will be available during practice and competition to support teams playing floor exercise music.

#### FOREIGN SUBSTANCE

Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g., honey and sugar, tuff skin, etc.).

#### HOSPITALITY FOR PARTICIPANTS/COACHES

Staying consistent with protocols in place for all NCAA championships during the 2024-25 academic year, hospitality areas for participants or coaches will be provided for the 2025 championships. Powerade and DASANI water will be provided for student-athletes and coaches in locker rooms. Teams are permitted to bring their own food on site, but all food **MUST** remain in the locker room area.

#### JUDGES

Judges will be selected by the women's gymnastics committee. The meet referee will be present at all practice and competition sessions.

#### NATIONAL ANTHEM

The National Anthem will be performed LIVE before each semifinal Thursday and the championship Saturday, as part of the march-in ceremony.

#### UNIFORMS

An institution's official uniform and all other items of apparel (i.e., tights, T-shirts, warm-ups, tennis shoes) must be identical if worn on competition day. During the march-in and awards ceremony, team members must be in identical warm-up apparel. Please refer to the USA Gymnastics rules manual, the NCAA Rules Modification, and reach out to the Rules Interpreter for additional rules information (see Rules Modification Document for contact information).

Generally, gymnasts must wear one-piece leotards that include briefs and a sports bra that are the same color of the leotard or are skin tone in color. A gymnast who does not conform to the uniform policies will be considered "out of uniform," may be notified by the meet referee and will be required to conform to the uniform rules prior to competing.

#### **VIDEO REVIEW**

For nationals, the video review process will mimic the review process used in the regular season. Please refer to Section 7 of the <u>2024-25 NCAA Women's Gymnastics Rules Modifications</u> for more details.

#### LOGO POLICY

[Reference: Bylaw 12.5.4 in the NCAA Division I Manual.]

Bylaw 12.5.4 indicates that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, swim caps and towels) that are worn by studentathletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 ¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, and parallelogram). This also applies to any member of the coaching and support staff.

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restrictions.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2 1/4-square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and all credentialed personnel in the bench area during the conduct of competition, which includes any practices and pregame or postgame activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff. Non-compliance with this legislation could result in loss of eligibility, forfeiture of points earned by those ineligible student-athletes and adjustment of team standings.

# SECTION 9 – COMPETITION SITE

The NCAA is dedicated to fair and equitable competition throughout each session of the championships and strongly supports an environment to safeguard the health and safety of the participating student-athletes, coaches, officials and spectators.

#### **BAND/SPIRIT SQUADS/MASCOT**

Band members, not to exceed 25, who are in uniform and performing at the championships will not be charged admission to the competition. The host institution must designate seating off the competition floor. The NCAA meet producer will direct the band on when to play via headset, but generally bands may play only after teams clear the floor after warmups, the 4-minute touches and 15 minutes after the awards ceremony. A run-of-show will be provided detailing an initial plan regarding when the band can play.

In the event there is more than one band, the meet producer will divide the time when the floor is cleared prior to warmups and the 4-minute touches equally among the bands. Bands <u>MAY NOT</u> interfere with the announcer.

FIGHT SONGS MAY NOT BE PLAYED DURING THE 4-MINUTE AND 30-SECOND TOUCHES. A participating institution must notify Daniel Smith, championship director, and Michael Gett, NCAA invenue lead, if it intends to bring a pep band, mascot and/or spirit squad.

#### BANNERS, ARTIFICIAL NOISEMAKERS AND FLASHING LIGHTS

Any banners other than the approved NCAA and television and radio banners may not be posted on arena walls. Hand-held team banners are allowed if they do not interfere with the competition or view of spectators and do not contain any commercial identification. Banners advertising equipment or manufacturing are prohibited.

Artificial noisemakers, laser lights, air horns, electronic amplifiers and other similar devices are not permitted in the venue and should be removed on discovery.

Buttons or other spirit items with flashing lights are not permitted in any seating areas except during the march-in ceremony. Items used outside of the march-in ceremony will be confiscated.

#### COMPETITION AND LOCAL AREA MAPS

Appendix E - Dickies Arena Event Map (Team Entrance, Venue Map, Locker Rooms, etc.)

**Appendix F** – Arena Floor Diagram/Equipment Layout

**Appendix H** – Dickies Arena Seating Diagram

Appendix J – Fort Worth Local Area Maps and Information/Links

#### EMERGENCY AND EVACUATION PLAN

- In an emergency, a chain of command was established between the Dickies Arena event management staff. Radio is the primary form of communication between staff members in an emergency, phones are the backup. Police are available via a radio channel.
- An emergency plan is in place to escort fans out of the arena in a swift, but orderly fashion. Ushers and police are trained to move people out of the arena through the exits on the main concourse, plus the exits on the lower level that will be opened in the event of an emergency.
- Participants and judges will be escorted to their respective locker rooms, if full facility evacuation is needed, they will be escorted from the locker room hallway.
- The arena PA system will be used to inform and direct fans with media and public-address announcements for anticipated incidences.

#### STUDENT-ATHLETE/TEAM ENTRANCES AND PARKING

All participants will enter Dickies Arena via the loading dock off Trail Drive on the arena's South end (SEE EVENT MAP - **Appendix F**).

Team buses will drop off at the loading dock and then will be stacked on the loading dock by Dickies Arena staff as space permits or re-routed to another parking area on site if necessary. Non-advancing teams will have a window of time during which they can drop off and pick up at the loading dock.

Credentials must be worn as specified to gain entry to the arena and for access to designated areas (competition floor, press conferences, locker rooms, etc.). The respective credential (bag tag or lapel pin) must be always worn to gain access to the competition floor (this also pertains to any student-athlete NOT competing but traveling with the team). Coaches and staff will be required to wear the lapel pin in a visible location, while the laminated bag tag will be secured to the competing student-athletes' equipment/apparel bag.

#### ADMINISTRATOR ENTRANCE

Administrators not traveling with their team/all-around/individual event specialists should park in the Dickies Arena parking garage (entrance at 3464 Trail Drive, Fort Worth, TX 76107) and enter the arena at the Media Will Call/Player Pass Entrance via the box office on the Southwest corner of Dickies Arena (SEE EVENT MAP (lower right corner) - **Appendix F**) to collect credentials at Media Will Call. Administrators with credentials will be able to enter the venue at the participant entrance if they travel with the team/all-around/individual event specialists.

Media Will Call - Box Office Hours

Wednesday, April 17	10:30 a.m. to 2:30 p.m.
Thursday, April 18	10 a.m. to 5 p.m.
Friday, April 19	Closed
Saturday, April 20	11:30 a.m. to 2 p.m.

Each participating institution will be provided two complimentary spaces in the Dickies Arena parking garage during the championship and must transmit **a name and an email address for each pass via email to Sami Bogenschutz at the NCAA (**<u>sbogenschutz@ncaa.org</u>) by Noon Eastern time, Wednesday, April 9.

#### **SECTION 10 – DRUG TESTING**

The following statement will be read at the mandatory administrative meeting:

The NCAA championships committees, following a recommendation from the NCAA drug testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championship events.

Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championship event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug testing site. Student-athletes will be reminded by the courier to contact their team representative.

#### STUDENT-ATHLETE NOTIFICATION

For individual championships, drug testing could occur at any time after the first event and may conclude many hours after the last event of the championship. The individual championship drugtesting program provides for a courier system to facilitate the notification of student-athletes selected for drug testing at individual championships. The courier will hand the student-athlete the *Individual Championship Student-Athlete Notification Form*. The notification form will instruct the student-athlete to accompany the courier to the testing room within <u>60 minutes</u> unless otherwise directed by the crew chief or designee. Student-athletes who are scheduled to compete in additional events will be instructed to defer testing until completion of her final event of that session of that day, or to defer until completion

of her final event of the championships. The student-athlete and courier must obtain a signature from an institutional representative.

The approximate number tested is usually nine randomly chosen student-athletes.

#### **TESTING PROCESS**

Student-athletes are drug tested through urinalysis and must provide a specimen in view of a drug testing collector of the same gender. The length of the collection process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately on arriving in the drug testing area, the entire process can be completed within 20 minutes. If the student-athlete is unable to provide an adequate specimen, she must remain in the drug testing area until one is provided. There is no maximum allotted time for a student-athlete to provide an adequate specimen. The courier must remain in visual contact with the student-athlete.

# **SECTION 11 – LODGING**

The eight teams, all-around, and individual event specialists will be assigned to one of two area hotels. Assignments will be made based on teams' assigned competition sessions. Enough rooms at each property are being held for teams and the individual competitors. **Specific hotel assignments will be provided no later than 5 p.m. Eastern time, Monday, April 7.** Each institution is responsible for contacting the hotel directly to confirm space and making its own special arrangements for meeting rooms, catering and other functions.

# Rooming lists are due to the respective event manager at the assigned hotel by 5 p.m. local (Central) time, Thursday, April 10 and Tuesday, April 15.

If a competing institution prefers to stay in another hotel, it must (1) obtain a written release for the entire block of rooms from the hotel manager (which the hotel is not obligated to do); or (2) use the room block for persons accompanying the official travel party. The competing institution is responsible for the first night's total room charges (including tax and any incidental fees) for all rooms in the block even if the competing institution fails to use the room block. It is <u>highly</u> encouraged that teams use the hotel/room block as contracted and assigned.

If a competing institution fails to make satisfactory arrangements for the room block's use with the hotel, total charges for the entire length will be billed to the institution. The tournament manager and the NCAA championship liaison are to be advised via email of each institution's plans before the competition. The team hotel has agreed that the non-advancing teams from semifinal competition may adjust its check out to an earlier date without penalty.

# **SECTION 12 – MEDIA SERVICES**

#### CREDENTIALS

All media credential requests must be submitted online at www.ncaa.com/media-credentials by 5 p.m. Eastern time, Monday, April 14. Please contact Trae Straziscar (tstraziscar@ncaa.org) with any questions.

Directional signage will be posted, identifying the media workroom, media hospitality, and press conference/media interview areas.

Credentials must be always worn to gain entry to the designated media areas which will be located on the plaza level at sections 104, 110, 120, and 126. Credentials are nontransferable; misuse will result

in revocation of credential(s) and removal from the arena and could impact access at future NCAA championships.

#### MEALS

The NCAA and host partners will work with Dickies Arena staff to provide complimentary meals or vouchers for those working members of the media assigned space to cover multiple competition sessions during the championships. Please contact Trae Straziscar (tstraziscar@ncaa.org) with any questions and to request this service.

#### **MEDIA OBLIGATIONS**

Within the allotted 60 minutes, the student-athlete must complete all NCAA required responsibilities (e.g., media obligations, awards ceremonies, etc.).

#### SPORTS INFORMATION

The host sports information director is Katie Evers, Strategist, Knight Eady. Katie may be reached at evers@knighteady.com or 512-699-9921.

All teams are asked to upload their team media guides, notes, rosters, etc. to the NCAA's digital media workroom. Trae Straziscar will provide specific information to each team's SID.

#### TEAM AND INDIVIDUAL COMPETITOR SPECIFIC INFORMATION

The following information should have already been uploaded to the NCAA FTP site.

- 1. Color team photo.
- 2. Color head shot of any individual qualifier (AA or IES).
- 3. Roster with name, event(s), year, hometown, coaching staff.
- 4. Season results in the following format: Date, Meet, Results, Score.
- 5. EPS version of school logo.
- 6. Quick Facts: Location, nickname, colors, NCAA title(s), and NCAA regional title(s).

Please place all requested information in the appropriate team folder under your school folder. If you have issues attempting to upload, please reach out to Michael Gett at mgett@ncaa.org. Site: https://ncaaenterprise.box.com/s/0qt5p2t1igv280iztwskp29kdrah0vlr

In addition to the above information, please provide a three to four-sentence quote from your head coach about the team's or individual(s)' advancement to the national championship. Quotes will be distributed to all credentialed media and links will be posted on ncaa.com Friday, April 4. Quotes should be sent to Trae Straziscar (tstraziscar@ncaa.org) no later than noon Eastern time, Thursday, April 10.

#### PRESS CONFERENCES

The interview area will be open to all certified members of the news media. Press conferences will be held immediately after the awards presentation. One-on-one interviews for coaches and non-award-winning individuals, not selected for the post-event press conference, may begin after a 10-minute cooling off period following competition. After each semifinal, each head coach and one requested student-athlete of an advancing team are required to attend the press conferences. For the championship final, the head coach and requested student-athletes of the winning team will be interviewed. The head coach will be escorted to the Media Interview Area by an athletics administrator from his or her institution. The schools' communications (sports information) department will be responsible for escorting the student-athletes to the Media Interview Area.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period. Press conferences will be held at the following times:

Thursday, April 17	After Semifinal I After Semifinal II
Saturday, April 19	After Team Finals

#### VIDEOTAPING, FILMING AND STILL PHOTOGRAPHS

Institutions can videotape championship competitions of their teams or their individual student-athletes for archival, coaching or instructional purposes only and not commercial purposes. Each institution is permitted two individuals for team content. Those individuals MUST wear their designated vests at all times and are only allowed to film/shoot portions their teams participate in. Each team SID will be provided with the vests by Trae Straziscar. Team content may film/shoot from areas provided to all photographers or from their respective corral with the following provisions: to shoot video from the corral, the team videographer must have been included as one of the 30 permitted in the corral. Tripods are NOT allowed on the arena floor, so all cameras must be hand-held or stationary and cannot obstruct fan viewing.

Still photography will be permitted but the use of flash is not. Locations for still photographers will be stipulated by the NCAA media coordinator, with every effort being made to allow photographers to take good shots without interfering with the competition. Katie Evers will serve as the photo marshal and will oversee the photo locations.

#### RADIO COVERAGE

Space in the designated media areas, which will be located on the plaza level will be reserved for a participating institution's radio station only on request. All other stations in the institution's area will be reserved on a space-available basis. Broadcasts of any championship competition must conform to the general broadcasting policies established by the NCAA. All stations broadcasting a game will be required to sign a radio agreement and secure media credentials available at www.ncaa.com/media. Phone and internet lines must be ordered no later than April 8. Contact Trae Straziscar (tstraziscar@ncaa.org) for questions.

#### **RESULTS AND TIES**

The team championship will be awarded to the team with the highest cumulative team score, with five scores counting per event. The all-around and individual event specialist champions will be awarded to the individuals with the highest cumulative scores determined during semifinal competition Thursday.

Ties — Nationals

- Day 1 Semifinals (team competition): Ties for second place in each semifinal will be broken by counting six scores per event. If a tie still exists, the team score will be determined by using six scores per event, dropping the high and low scores, and adding the four middle scores.
  - Ties for all-around and individual event specialists will not be broken for those finishing in the top eight.
- Day 2 Team Finals: Ties will not be broken.

The results of the meet will be verified by the NCAA scoring director and meet referee immediately after each event.

Live stats for the event are located at the following link: https://www.ncaa.com/championships/gymnastics-women/nc.

NOTE: The direct link to live stats will be sent to SIDs prior to competition.

#### TELEVISION

As the NCAA broadcast partner for this event, ESPN has exclusive rights to televise this championship. All other television entities shall have access to the facility up to 30 minutes before the start of each event to establish presence at the site. Immediately after, the facility shall remain off limits to all television entities until ESPN has signed off after the event. ESPN will provide a mult-box if any other entities desire broadcast footage.

The 2025 championships will air live on ESPN2 and ABC.

- April 17, 3:30 and 8 p.m. Central time Team Semifinals and All-Around/Individual Event Specialist Finals. (ESPN2)
- April 19, 3 p.m. Central time Championship Final. (ABC)

ESPN will be using the double dual competition format to help with the viewing experience both invenue and on television and to efficiently time out the meet duration. More information related to the double dual format is available for reference in **Appendix P.** 

On Wednesday of the championship week, ESPN will be conducting live interviews, an ESPN tease shoot as well as an ESPN social media station that is called "content day". This is for ESPN to gather soundbites and to create pieces for integration within the broadcast. This time commitment is 60 minutes per team and is mandatory.

ESPN may interview coaches and/or student-athletes between rotations on competition days next. In addition, post-meet interviews may be conducted by ESPN on the floor immediately following competition.

#### FOOTAGE ON THE INTERNET

Under no circumstances may any highlights be broadcast or otherwise distributed on the Internet or via any other online service, mobile application, digital medium or computer network, without the prior written permission from the NCAA or its designee.

# **SECTION 13 – MEDICAL**

#### AMBULANCE

An ambulance will be on site for all practice and competition sessions.

#### ATHLETIC TRAINING

During practices and competitions, the athletic training room will be in the Dickies Arena main training room. The athletic training room will be open during the following hours:

Wednesday, April 16	9:30 a.m. – 4 p.m.	Arena training room
Thursday, April 17	11:00 a.m. – one hour post competition	Arena training room
Friday, April 18	9:30 a.m. – 1 p.m.	Arena training room
Saturday, April 19	11:00 a.m. – end of competition	Arena training room

The following health care providers will be available should you need their services:

- **Certified Athletic Trainers.** Stationed in the main athletic training room during hours of operation and on the competition floor during all practices and competitions.
- **Emergency Medical Services**. On-site for all competitions and practices.
- Physicians (primary care and/or orthopedic). On-site for all competitions and practice sessions.

There will be designated seating for medical personnel during the competition for those teams who travel with their own physician, physician assistant, chiropractor, etc. with easy access to the athletic training room and competition floor.

#### CHAMPIONSHIP MEDICAL CONTACTS

<u>Tournament Athletic Trainers</u>: Sarah Gill Cell: 940-367-3761 Athletic Training Outreach Manager Texas Health Resources Email: sarahgill@texashealth.org

Jess Newman Cell: 720-646-0950 Assistant Director of Athletics/Sports Medicine Texas Woman's University Email: jnewman4@twu.edu

<u>On-call Physician</u>: Physicians or PAs will be onsite for all practice and competition sessions. Dr. Travis Frantz, MD, will serve as the on-call physician for the entire event. For more information regarding team doctors on site/on call, please contact Sarah Gill.

#### EQUIPMENT AND SUPPLIES

The following services will be available in the athletic training room:

- Ice bags
- Hydrocollator (towels to be used for covers)
- Hot/cold tubs
- E-Stim and ultrasound

The following items will be available on the competition floor:

- Emergency equipment (biohazard kit, AED, splint bag)
- Ice bags
- Water and electrolyte replacement drink
- Stationary bikes

The NCAA will provide Powerade products, including water, Powerade, jugs, carriers, and bottles.

If you have a special request for the use of the athletic training room and its equipment, please inform Sarah Gill or Jess Newman in advance, and they will do their best to accommodate you. If a certified athletic trainer will not be traveling with your team/individual competitor, sufficient materials for their needs and written permission for use must accompany the student-athlete(s).

#### **CONCUSSION MANAGEMENT**

The NCAA has adopted legislation that requires all active member institutions to have a concussionmanagement plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team

physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance.

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having longterm problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" online at www. NCAA.org/health-safety.

#### HOSPITAL AND EMERGENCY SERVICES

#### Texas Health Harris Methodist Hospital Fort Worth

800 5<sup>th</sup> Avenue Fort Worth, Texas 76104 817-250-2000

# **SECTION 14 – PARTICIPANT EXPECTATIONS and GUIDELINES**

#### ETHICAL BEHAVIOR BY COACHES

Members of the coaching profession have certain inherent obligations and responsibilities to the profession, to the student-athletes and to all those with whom they come into contact. Coaches are expected to be role models who always conduct themselves with integrity and high ethical standards.

The words and actions of a coach carry tremendous influence, particularly on the young people under his or her direction. It is, thus, imperative that he or she demonstrate and demand high principles of sportsmanship and ethical behavior.

#### FINANCIAL PENALTIES

The women's gymnastics committee may assess a financial penalty against an institution for the failure of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes failure to comply with the procedures and deadlines for submitting score sheets, lineups, schedules and entry forms for qualification, and other materials necessary for the efficient administration of the competition.

#### MISCONDUCT

[Reference: Meetings (see pages in sports-specific handbooks) and Bylaws 31.1.10 and 31.1.11 in the NCAA Manual.]

**31.02.4 Misconduct**. Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics. (*Revised: 8/15/89, 8/13/92, 1/14/08 effective 8/1/08*)

Criticism of Officials. Members of the coaching staff or other representatives of participating institutions or conferences shall not make public statements critical of officiating in any NCAA

championship event. Failure to comply with this policy may subject the individual, institution or conference to the misconduct provisions of Bylaw 31.1.10.

**Hearing Opportunity**. An act of misconduct may be found upon an administrative hearing granted to the student-athlete or the institutional representative involved by the governing sports committee, or the games committee authorized to act for it.

**Misconduct Incident to Competition**. If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (e.g., between rounds of a basketball tournament) when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing after this action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

**Penalty for Misconduct**. In accordance with Bylaw 31.1.10.3, the governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the competition or practice:

- 1. Public or private reprimand of the individual;
- 2. Disqualification of the individual from further participation in the NCAA championship involved;
- 3. Banishment of the individual from participating in one or more subsequent championships of the sport involved;
- 4. Cancellation of all or a portion of payment to the institution of the Association's transportation and/or per diem allowance for the individuals involved;
- 5. Withholding of all or a portion of the institution's share of revenue distribution;
- 6. Banishment of the institution from participation in one or more subsequent championships in which its team in that sport otherwise would be eligible to participate;
- 7. Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
- 8. Cancellation of all or a portion of the honorarium for hosting an NCAA championship; and
- 9. Financial or other penalties different from Nos. 1 through 8, but only if they have prior approval of the NCAA Division I Championships/Sports Management Cabinet.

Ban from Subsequent Championship. When a student-athlete or institutional representative is banned from participation in a subsequent championship, such penalty shall be applied to the next tournament(s) in which the individual's team is involved and the individual otherwise is eligible to participate. In the case of an individual event, the penalty shall be applied to the next meet(s) or tournament(s) for which the individual qualifies and otherwise is eligible to participate.

<u>Review of Action</u>. Any action related to misconduct may be reviewed by the governing sports committee on request of any institution participating in the championship.

#### SPORTSMANSHIP

The primary goal of the rules is to maximize the safety and enjoyment of the student-athlete. Sportsmanship is a key part of that goal. Sportsmanship should be a core value in the behavior of student-athletes and team personnel, in crowd control by game management and in the judges' proper enforcement of the rules governing related actions.

#### **SPORTS WAGERING**

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

#### **TOBACCO POLICY**

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

# SECTION 15 – SAFETY AND SECURITY

#### JUDGES AREA

Provided by Dickies Arena, security staff will check credentials as individuals enter/leave the competition floor; and from the competition floor to the judge's hospitality and meeting areas. Judges are asked to use the vomitory on the northwest corner of the floor near sections 111 and 113 for access on and off the competition floor.

#### **TEAM LOCKER ROOMS**

Throughout all practice and competition sessions, there will be security officers located at either end of the locker room hallway to monitor the locker rooms. To avoid judge's areas, student-athletes and coaches are asked to use the vomitory on the southwest corner of the floor near sections 101 for access on and off the competition floor.

#### POST MEET CELEBRATION

Gymnasts, coaches, and team staff are prohibited from entering the stands after the competition. Any member of the travel party or institution handing credentials to people in the stands will be removed from the venue. The committee reserves the right to cite a misconduct for that institution.

Teams advancing to the final day of competition will receive 20 additional color-assigned wristbands that will be distributed to an institutional administrator (not coaches or directors of operations) to distribute to 20 individuals of their choice that will be allowed onto the arena floor should they win the

national championship. The 20 additional individuals from the nonwinning teams are prohibited from accessing the floor after the completion of the championship.

# SECTION 16 – TEAM TRAVEL AND TRANSPORTATION

Participating institutions shall be responsible for making their own reservations in accordance with NCAA travel policies.

<u>**Travel Exceptions and Questions**</u>. Be advised that if extraordinary circumstances may warrant an exception to the travel policies, please contact the NCAA travel department for approval PRIOR TO making any travel arrangements. The travel group can be reached at 317-917-6757, or by email at travel@ncaa.org.

#### DIRECTIONS

**Dickies Arena** is located at the following address: 1911 Montgomery Street Fort Worth, Texas 76107

• The best option for **spectator vehicles** is the 2,210-space main parking deck on the campus of Dickies Arena with its entrance at 3464 Trail Drive, Fort Worth, Texas 76107.

# **SECTION 17 – TICKETS**

Each institution must complete and return the digital ticket form (https://docs.google.com/forms/d/e/1FAlpQLSfYHiiXWL9yzsRLudWjGtCuh6udNR-PBsE0Ul39naSrsw80Xw/viewform?usp=dialog) no later than Noon Central time Thursday, April 10. If you have issues with the form and need assistance, please email Allie Silcox (asilcox@ncaa.org) and Daniel Smith (daniel@knighteady.com). Completed forms will communicate all necessary details regarding purchase of your allotment, billing information, and managing your player-guest digital ticket distribution. If a participating school does not submit their Ticket Information Form by the above deadline, their allotment may be subject to being released for public sale.

Institutions are only purchasing tickets for the session(s) in which they are competing. Tickets are not all-session.

Ticket orders for institutions who advance to the championship round Saturday, April 19 will be due no later than Noon Central time on Friday, April 18.

#### ALLOCATIONS

Participating teams, individual event qualifiers, and all-around competitor ticket blocks will be held before regional qualification. Requests beyond the allocations below will be fulfilled if available. Specific locations for each respective team will be provided no later than 5 p.m. Eastern time Friday, April 11.

Ticket allocations are as follows:

Team Allocations

- Team 1/5 150 tickets in Section 106 + 50 tickets in Section 206
- Team 2/6 150 tickets in Section 108 + 50 tickets in Section 208
- Team 3/7 150 tickets in Section 124 + 50 tickets in Section 224
- Team 4/8 150 tickets in Section 122 + 50 tickets in Section 222

Individual Event Specialists and All-Around Competitors:

• Eight reserved tickets per qualifying gymnast for the session in which they are competing. These tickets will be located in sections 107 or 123

#### PARTICIPANT TICKET PRICES

2025 participating team tickets prices are as follows:

Plaza/100 Level: \$45 per ticket per session

Gallery/200 Level: \$40 per ticket per session

Fans may purchase tickets online at NCAA.com/WGymnastics or at the Dickies Arena Box Office. General public tickets may be subject to additional taxes and fees.

#### **GENERAL WILL CALL WINDOW**

All delivery methods (digital, traditional mail, will call) are available through the Dickies Arena box office and their ticketing partner, Ticketmaster. The main box office at Dickies Arena is on the Southwest corner of the arena near the crosswalk from the main parking garage.

#### PLAYER GUEST ENTRANCE

There are no complimentary tickets for the NCAA championship events. However, an institution may purchase tickets that can be used as complimentary tickets for student-athletes' guests.

All Dickies Arena seating, both Plaza Level (100s) and Gallery Level (200s), will be reserved seating during the championship. Each participating institution will be guaranteed a minimum of 200 seats for the sessions in which they compete. Additional ticket requests above the 200 seats will be filled in the best possible locations if available. See **Appendix H** for Dickies Arena seating map.

The Player Guest Entrance will be at the main box office on the Southeast Corner of Dickies Arena (SEE EVENT MAP - **Appendix E**). Tickets must be distributed digitally by each institution's team ticket contact to the player-guest recipients in advance of the session/event. Host personnel will not be responsible for seat assignments or digital distribution outside of the initial transfer into the team ticket contact's account. For digital ticket issues, the Dickies Arena box office is on the Southwest corner of the arena near the crosswalk from the main parking garage.

#### NON-COMPETING PARTICIPANT SEATING

Seating will be held in section 115, rows 10-19 for those participants not competing in a particular session. A participant credential will be needed for access to the venue. All participants will enter the arena at the Loading Dock Team Entrance and be directed to the available seating in section 115 for that session.

# SECTION 18 – TRAVEL PARTY, CREDENTIALS and ALTERNATES

#### TRAVEL PARTY

The NCAA Travel Party are individuals reimbursable by the NCAA. The numbers for reimbursable individuals are as follows:

Teams – 15 student-athletes and 5 non-athletes

Individuals:

For 1-3 individuals and 2 non-athletes

For 4-6 individuals and 3 non-athletes

For 7-9 individuals and 4 non-athletes

Additional details on NCAA Championship Travel can be found HERE.

Any individuals traveling above and beyond the designated numbers listed on the travel party will not be reimbursed by the NCAA.

#### CREDENTIALS

The official championships entry form is the Corral/March-in form that will be included in the congratulatory email for advancing teams and individuals. **This Corral/March-in form information must be completed by noon Eastern time, Wednesday, April 9.** Changes to the 15 competing student-athletes designated on the corral/march-in form must be made in writing to the NCAA championship manager John Baldwin (jbaldwin@ncaa.org) AND tournament director Daniel Smith (daniel@knighteady.com) one-hour prior to the start of open-stretch on competition day.

<u>General Policies</u>: The entry form shall serve as the official credential request form and march-in form. Credentials must be worn as specified below to gain entry to the arena and for access to designated areas (competition floor, press conferences, locker rooms, etc.). At the national championships, participating gymnasts will receive bag tags as their credentials (these shall be affixed to the gym/apparel bag), and non-participants (coaches, athletic trainers, managers, non-competing studentathletes, etc.) will be provided an official NCAA lapel pin as their credential. The magnetic lapel pin must be affixed somewhere easily visible to NCAA and security staffing at all times.

An issued credential may not be given to another team member or individual. If a participant or staff member loses a credential, a fine will be imposed (the price of an all-session ticket to the event - \$100) to replace the credential.

# NEW for 2025:

<u>Teams:</u> The NCAA WGYM Championship committee has increased the corral limit at the National Championship to 30 people. Teams may designate up to 15 *competing* student-athletes on the Corral/March-in Form. Only these 15 competing student-athletes will be permitted to participate in practice day, open stretch, warm-ups, touch warm-ups and competition. There is no limit to the number of additional *non-competing student-athletes* a team may include on their Corral/March-In Form **if the number fits within the corral limitation**. *Only the 15 designated student-athletes will be permitted to compete. All other non-competing student-athletes* may be in uniform and may participate in march-in. Teams may change their designated 15 competitors between rounds as long as the updated Corral/March-in Form is submitted to the NCAA Champs manager & Tournament Host one-hour prior to the start of open-stretch on competition day.

The athletic trainer must be designated as one of the 30 people in the corral.

Teams advancing to the <u>final day</u> of competition will receive 20 additional color-assigned wristbands that will be distributed to an institutional administrator (not coaches or directors of operations) to distribute to 20 individuals of their choice that will be allowed onto the arena floor should they win the national championship. The 20 additional individuals from the nonwinning teams are prohibited from accessing the floor after the completion of the championship. Any member of the travel party or institution handing credentials to people in the stands will be removed from the venue. The committee reserves the right to cite a misconduct for that institution. <u>All-Around and Individual Event Qualifiers</u>: The number of credentials issued will match the official NCAA travel party number, plus up to <u>three</u> additional credentials.

For 2025, the official <u>NCAA Travel Party</u> for individuals is as follows:

1-3 individuals = a credential for each athlete and 2 non-athletes (coaches, AT's, managers, etc.) <u>PLUS</u> the 3 additional credentials listed above equaling a total of up to 5 non-athletes (coaches, AT's, managers, etc.).

4-6 individuals = a credential for each athlete and 3 non-athletes (coaches, AT's, managers, etc.) <u>PLUS</u> the 3 additional credentials listed above equaling a total of up to 6 non-athletes (coaches, AT's, managers, etc.).

7-9 individuals = a credential for each athlete and 4 non-athletes (coaches, AT's, managers, etc.) <u>PLUS</u> the 3 additional credentials listed above equaling a total of up to 7 non-athletes (coaches, AT's, managers, etc.).

In addition to the credentials listed above, a team and individual will receive credentials for the following individuals. These individuals may not be in the corral.

<u>Team Physician</u>: A medical credential may be issued to a team physician on request. Team physicians will be seated in an area that is easily accessible to the competition floor in the event of an injury or in designated areas approved by the NCAA. This individual is not permitted to be in the corral unless they are included as one of the 30 on the corral/march-in form.

<u>Team Administrator</u>: A credential providing access to the venue, competition floor, and team areas may be issued to one administrator. This individual is not permitted to be in the corral unless they are also included as one of the 30 on the corral/march-in form. A designated seating area on the floor will be provided for team administrators.

<u>Sports Information Director</u>. One floor-access credential (non-transferable) for purposes of fulfilling media responsibilities and access to the competition floor and locker rooms as needed. This will be requested through and issued by the *media coordinator*.

<u>Photographers/Videographers from Participating Institutions</u>: Two credentials may be provided for photographers/videographers. The photographer(s) must cover the event from areas designated by the host institution and may not be in the corral. For the photographer/videographer to record from the team corral, he or she <u>must</u> be included as one of the 30 on the corral/march-in form.

Athletic Trainer: must be designated as one of the people in the corral.

As a reminder, if the credentialed individuals listed above exceed the NCAA official travel party numbers, those extra individuals will not be eligible for reimbursement.

#### ALTERNATES

At the announcement of national qualifiers, the next highest individual competitor in each event and the all-around will be named as an alternate. If a qualifier declines the invitation within the 24-hour period following the announcement of qualifiers, the alternate will be informed and given the opportunity to accept. The alternate must then accept within 24 hours of notification.

# AWARDS

Official NCAA awards will be presented at the site of the national championships. The following number of awards will be given: team trophies for the top four teams; a maximum of 20 individual awards (the official squad list of up to 15 student-athletes, plus five institutional personnel) for each of the four teams; championship watches to the winning team (the official squad list of up to 15 student-athletes; an additional five watches will be ordered by the NCAA after the event); and awards to the top eight place-finishers on each of the four individual events, plus all-around. These official NCAA awards are the only awards presented at the championships site.

1. On Thursday, the first place all-around and individual event specialist from each event will be recognized in one ceremony at the conclusion of the second semifinal. Each gymnast should report to the staging area immediately after the end of competition and be dressed in her team warm-ups. The top-eight will be determined from scores achieved in **both** semifinals—the top eight scores will receive awards (not the top four in each semifinal). Any of the top all-around and IES award winners should be prepared to participate in the Thursday awards ceremony after completion of the second semifinal regardless of which semifinal they competed in.

Team awards will be presented immediately after the team competition on Saturday afternoon.

2. All individual awards (top eight for AA/IES) will receive a trophy which will be returned after the ceremony. The actual awards will be ordered by the NCAA and sent to the respective institution's athletics administrative office from the NCAA awards vendor (MTM Recognition) after the championships.

Participants from semifinal I should return to the arena by 9:30 p.m. Central time to be a part of the mandatory awards ceremony. There will be a holding area near the loading dock entrance where teams can gather, off the floor, until the meet concludes. There is also nonparticipant seating held in the stands in section 115, rows 10-19 for those returning participants.

3. Participation medallions will be provided to the teams who place 5-8 and all participating AA/IES student-athletes based on the official squad size.

#### ADJUSTED PLACE STANDINGS

If a student-athlete is found to be ineligible, that individual's performance shall be stricken from the championships record, the points the student-athlete has contributed to the team's total shall be deleted, the team standings shall be adjusted accordingly, and any awards shall be returned to the Association. Further, the placement of other competitors shall be altered, and awards presented accordingly. *[Reference: Bylaw 31.2.2.3 in the NCAA Manual.]* 

#### ELITE 90

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. All ties are broken by the number of credits completed.

For more information regarding this program, please contact Olivia Baumhoer (elite90@ncaa.org). All documents, including deadlines and nomination forms, can be obtained at <u>Elite 90 forms</u>.

The deadline for submitting nominations for the National Collegiate Women's Gymnastics Championships is 5 p.m. Eastern time, Monday, April 14. The award will be presented at the banquet Tuesday evening.

# PARTICIPATION AWARDS

Mementos will be distributed onsite at the final's location for all members of the official travel party. If you would like to order additional mementos, please see the attachment in **Appendix K** for ordering instructions.

#### 2025 NCAA Women's Gymnastics Championships Student-Athlete Guest List (duplicate as needed) I received a complimentary admission from the student-athlete named below. By signing this form. I certify

Г

Participant's Name	Name of Guest(s)	Signature
(Last, First)		5
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	2.	
	3.	
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# 2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS

LINEUP FORM Institution Coach VAULT 1. BARS 1. 2. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 3. \_\_\_\_\_ 4. 4.\_\_\_\_\_ 5. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_ 6. \_\_\_\_\_ 1. \_\_\_\_\_ FLOOR 1. \_\_\_\_\_ BEAM 2. 2. 3. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_ 5. \_\_\_\_\_ 6. 6. Return to

> Alex Pintchouk Ap@virti.us Prior to the start of the mandatory administrative meeting and AGAIN 90 minutes before the start of the competition

# NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS PODIUM/POST-SEASON PROTOCOL

# PODIUM CONDUCT

The intent of the podium is to showcase the competing student-athletes. All participants must always conduct themselves in a fair and sportsmanlike manner during the competition, in particular:

- at the apparatus and in the corral.
- during the march in.
- during the march to and from the apparatus.
- during the mandatory participation in the applicable award ceremony.

## COMPETITION – GENERAL GUIDELINES

- Only NCAA-approved equipment is allowed on the podium.
- Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g., honey and sugar, tuff skin, etc.).
- No trash on the podium.
- To maintain a clean and professional appearance, items necessary to participants (water bottles, slides, etc.) are allowed on the podium during warm-up and touch only, taking care to avoid excess and clutter. All items must be removed once touch warm-up is over.
- After the touch warm-up, the first competitor should remain on the podium to begin competition immediately. Remaining competitors and individuals without duties must exit the podium and return to the designated team corral.

# DURING A STUDENT ATHLETE'S PERFORMANCE

- Individuals may be on the podium to remove a springboard, move mats, or stabilize mats. These individuals should leave the podium if able, when their duties are complete, being careful not to block the view of a judge or line judge.
- Cheering and celebrating with the competitor on the podium by countable coaches is allowed after the routine is complete; however, other individuals and teams <u>may not enter</u> the podium to celebrate or congratulate anyone. Individuals not on the podium are allowed to cheer during routines and celebrations from the corral.
- On uneven bars, the chalk station on the podium is for the current competitor to use. Next up competitors shall use the chalk station on the floor.

# CORRAL PROTOCOL

All gymnasts, coaches and team personnel shall be in the designated corral, warm-up area, or coaching position from the end of the timed warm-up to the completion of the competitive rotation. During the rotation, up to eight competing team athletes in the current rotation lineup may use the designated warm-up area, plus IES or AA competitors. After the rotation concludes, all athletes competing in the next event may use the designated warm-up area at that event to prepare for the next rotation.

Competing teams can designate up to 30 individuals to be in the corral at Nationals and 25 at Regionals. Teams may designate up to 15 competing student-athletes on the entry form. Only 15 athletes will be permitted for practice, open stretch, event warm-ups, one-touch and competition. Additional non-competing student-athletes may not participate in warm-ups or competitions.

### Exhibit A

# Women's Gymnastics Equipment List:

VAULT

Items provided by Equipment Supplier

1	TAC/10 Vault Table (with hanging safety pad)
1	TAC/10 Round-off-Pad, 36" x 54" x 13/8
1	Padded Vaulting Runway (1 3/8" x 3' x 84') – Demo Preferred
2	TAC/10 Board
1	Contoured Vault Safety Zone
1	Monopod Anchor Mat 20 cm or Vaulting Anchor Mat
1	FIG 8 ' x 15.5' x 20 cm V2 - Firm
1	FIG 4' x 8' x 20 cm V2 - Slab
1	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam) – demo preferred
1	Throw Mat 8' x 15' x 4" folding – demo preferred (NCAA lines required)
1	8" Skill Cushion 5' x 10' non-slip
1	8" Skill Cushion 5' x 10' "Softy" or AAI Skill Pillow 4'x6'x8"
2	Sting Mat 6'.6" x 8" x 2"
1	TAC 10/Towel (minimum 12 towels)
2	Spray Bottle – Labeled Cleaner
2	Step-in Chalk Holder w/ chalk
1	Score Flasher - 5 digit (chief judge) (4 digit for regionals)
1	100 ft. US Metal Tape Measure
1-Reg	12' Panel Mat for stretching/warm-up
2-Ntl	

	DARS
	Floor Plates or Free standing (Elite Uneven Bars Adapters if floor plates are not available)
1	UTB 844 Elite Uneven (with assist step; assist step optional at regionals)
2	Extra Graphite X Bar
2	FIG 8' X 15.5' x 20 cm V2 - Firm
2	FIG 8' x 12' x 20 cm V2 - Firm
1	FIG 5' x 7.5' x 20 cm V2 - Slab
1	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam) – demo preferred
1	Sting Mat 6'.6" x 8" x 2"
1	8" Skill Cushion 5' x 10' "Softy" or AAI Skill Pillow 4'x6'x8"
1	Throw Mat 8' x 15' x 4" folding – demo preferred
1	TAC/10 Board
3	High Chalk Holder
Case	Block Chalk
1	Score Flasher – 5-digit (chief judge) (4 digit for regionals)
1	Scotch bright pad for scraping bars
2	Wire brushes
3	Spray water bottles – Label UTB Only
1-Reg 2-Ntl	12' Panel Mat for stretching/warm-up
1	Spotting Block 30"x30"x30"

### BARS

### BEAM

1	Elite Reflex Nonadj Beam
1 set	Elite Beam Leg Pads
1 set	Elite Beam Leg Filler Mat System
4	FIG 8' x 15.5' x 20 cm V4 – Firm (2 under and 1 on each end)
1	FIG 8' x 12' x 20 cm V2 - Firm
1	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam or standard foam mesh

	bottom) – demo preferred					
1	8" Skill Cushion 5' x 10' nonslip (nonslip backing optional at regionals)					
1	Sting Mat 6'.6" x 8" x 2"	Sting Mat 6'.6" x 8" x 2"				
2	Throw Mat 8' x 15' x 4" folding – demo preferred					
1	TAC/10 Board					
1	Suede Beam Pad					
1	Score Flasher – 5-digit (for finals) Extra Flasher Inserts					
2	Step-in Chalk Holder w/ chalk with carpet					
1-Reg	12' panel mat for stretching/warm-up					
2-Ntl						

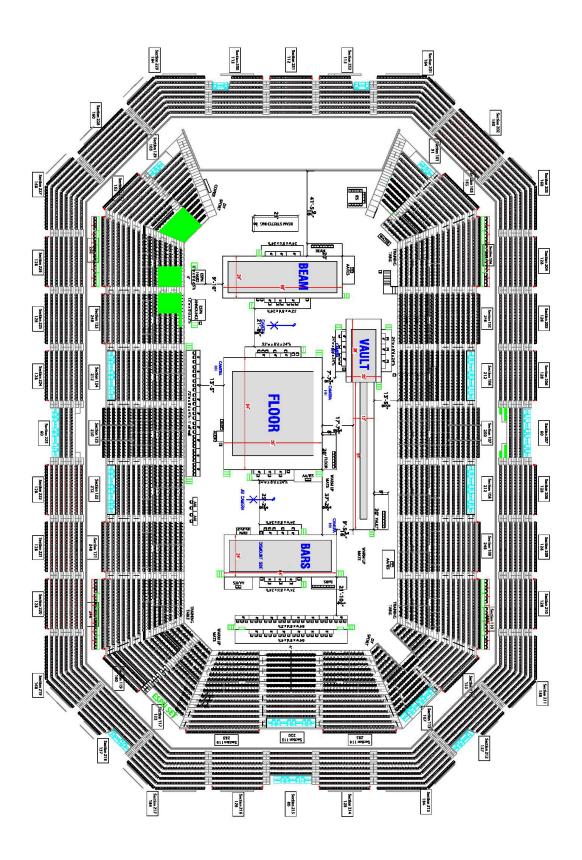
# FLOOR

1	46'x46' Power Elite Floor System						
	Includes: 46x46 Power Elite Deck						
	All Blue Carpet with White lines 12M x 12M						
	2 ¼" Puzzle Cut Foam						
	18" Wide Corner Mat System						
2	Sting Mat 6'.6" x 8" x 2"						
2	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam or standard foam mesh						
	bottom) – demo preferred						
2	Step-in Chalk Holder w/ chalk						
1	Score Flasher - 5 digit (chief judge) (4 digit at regionals)						
Case	Block Chalk						
1	Score Flasher – 5-digit (for finals) Extra Flasher Inserts						
	60" x 60" Vinyl Floor Sheets (for gymnasts to apply chalk to their feet - versus crushing						
	chalk on competitive mats) or carpet squares for chalk trays						
1-Reg	12' Panel Mat for stretching/warm-up						
2-Ntl							

# **APPENDIX E**



**APPENDIX F** 



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Arena



# 2025 SEATING MAP



# 5,416 TOTAL PLAZA LEVEL SEATS

101 - 89	117 - 220	109 - 248	125 - 248
103 - 164	119 - 159	110 - 288	126 - 288
104 - 288	120- 288	111 - 145	127 - 166
105 - 248	121 - 248	113 - 104	129 - 101
106 - 212	122 - 212	114 - 285	
107 - 244	123 - 244	115 - 220	
108 - 212	124 - 212	116 - 283	

# 4,141 TOTAL GALLERY LEVEL SEATS

201 - 184	217 - 184	209 - 128	225 - 128
202 - 160	218 - 137	210 - 128	226 - 128
203 - 168	219 - 168	211 - 168	227 - 168
204 - 128	220 - 128	212 - 137	228 - 160
205 - 128	221 - 128	213 - 184	229 - 184
206 - 128	222 - 128	214 - 128	230 - 115
207 - 76	223 - 76	215 - 80	
208 - 128	224 - 128	216 - 128	





On behalf of Texas Woman's University and Texas Health Sports Medicine, we would like to welcome you to the National Gymnastics Championships. We want you to know that there are athletic trainers here to facilitate any medical needs you might have during your stay. Please do not hesitate to contact us or your on site Athletic Trainer at Dickies Arena should you have any needs or questions. Our goal is to help you reach your goals! Good luck!



# HOSPITAL

Texas Health Harris Fort Worth - 800 5th Avenue, Fort Worth, TX 76104 (3.1 Miles from Arena)

# **RECOMMENDED URGENT CARE**

Texas Health Breeze Urgent Care - 5937 Donnelly Avenue, Fort Worth, TX 76107 - Phone: 682-212-9140 (3.1 Miles from Arena)

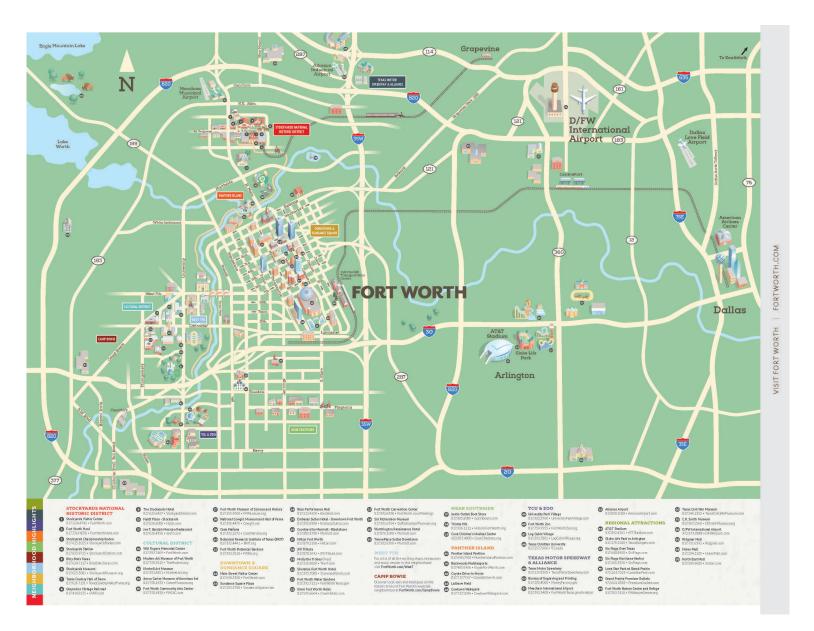
# LOCAL PHARMACIES

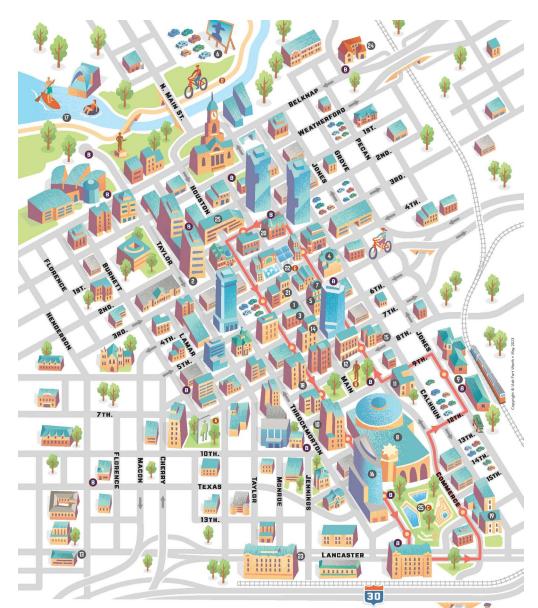
CVS Pharmacy (24 Hours) - 3614 Camp Bowie Blvd. Fort Worth, TX 76107 (0.7 Miles from Arena) CVS Pharmacy (7AM-10PM) -515 Houston Street, Fort Worth, TX 76102 (3.2 Miles from Arena - Near Hotels) CVS Pharmacy Specialty Services (8AM-6PM M-F) - 426 S. Henderson St.. FW, TX 76104 (2.9 Miles from Arena)

# TEXAS HEALTH SPORTS MEDICINE LOCAL MASSAGE THERAPIST

Kristen Tallal - (214) 450-0110

# **APPENDIX I**





# DOWNTOWN & SUNDANCE SQUARE

- AC Hotel Fort Worth Downtown
   682.291.0700 Marriott.com
- Aloft Fort Worth Downtown 817.885.7999 Marriott.com
- The Ashton Hotel
   817.332.0100 TheAshtonHotel.com
- Bass Performance Hall 817.212.4280 BassHall.com
- S Courtyard by Marriott Blackstone 817.885.8700 Marriott.com
- 6 Coyote Drive-In 817.717.7767 CoyoteDrive-In.com
- Embassy Suites Hotel 817.332.6900 Hilton.com
- Fort Worth Convention Center
   817.392.6338
   FortWorthConventionCenter.com
- Fort Worth Central Station Greyhound/TRE/TEXRail/Amtrak 817.215.8600 RideTrinityMetro.org
- Fairfield Inn & Suites Fort Worth Downtown 817.529.9200 Marriott.com

- Hampton Inn & Suites Downtown Fort Worth 817.332.5300 Hilton.com
- Bilton Fort Worth 817.870.2100 Hilton.com
- Bowntown Fort Worth 817.698.9595 IHG.com
- Kimpton Harper Hotel 817.332.7200 The Harper FortWorth.com
- Le Méridien Fort Worth Downtown (Opening Early 2024) 817.725.9100 Marriott.com
- B Omni Fort Worth Hotel 817.535.6664 OmniHotels.com
- Panther Island Pavilion 817.698.0700 PantherIsland Pavillion.com
- B Sandman Signature Fort Worth Downtown Hotel 682.842.9350 SandmanHotels.com
- Bheraton Fort Worth Hotel 817.335.7000 Marriott.com

- Bid Richardson Museum 817.332.6554 SidRichard onMuseum or
- The Sinclair, Autograph Collection
   682.231.8214 Marriott.com
- 817.222.1111 SundanceSquare.com
- B T&P Station 817.215.8600 RideTrinityMetro.org
- TownePlace Suites by Marriott Fort Worth Downtown 817.332.6300 Marriott.com
- The Worthington Renaissance Hotel
   817.870.1000 Marriott.com
- B Fort Worth Bike Sharing 817.348.0084 FortWorthBikeSharing.com Molly The Trolley 0 free downtown circulator 817.215.8600 • RideTrinityMetro.org
  - FORT WORTH

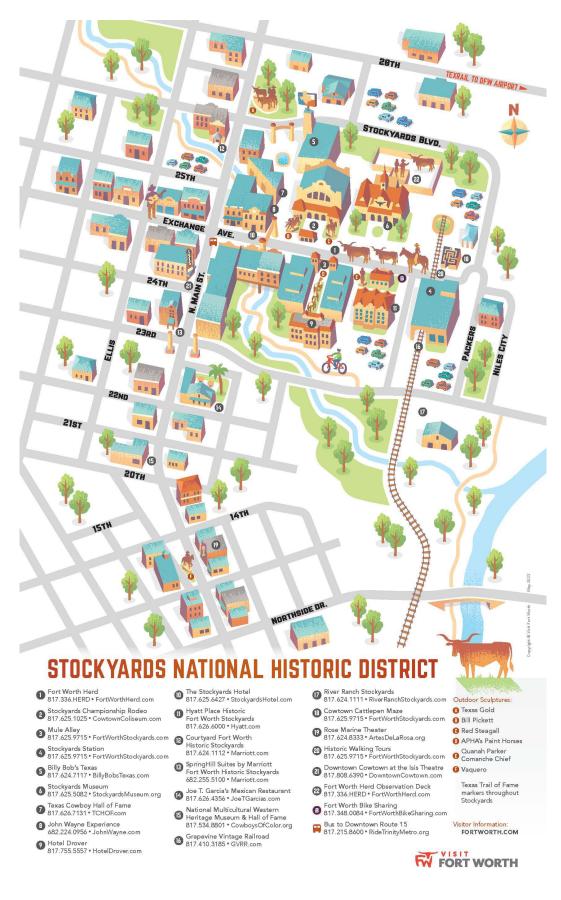


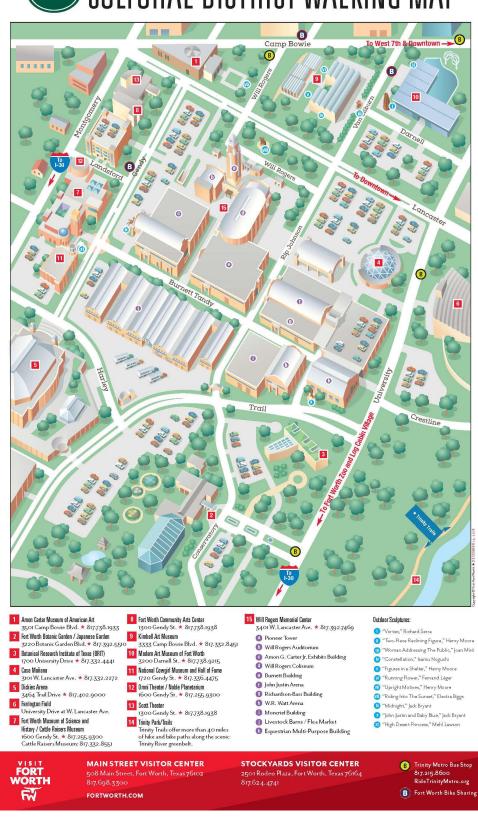
Points of Interests: 🔕 Burnett Park

- JFK Tribute/ General Worth Square
- Fort Worth Water Gardens
- Trinity Trails
- Sundance Square Plaza
- Heritage Trails markers located throughout Down
- Parking Information: FortWorthParking.com

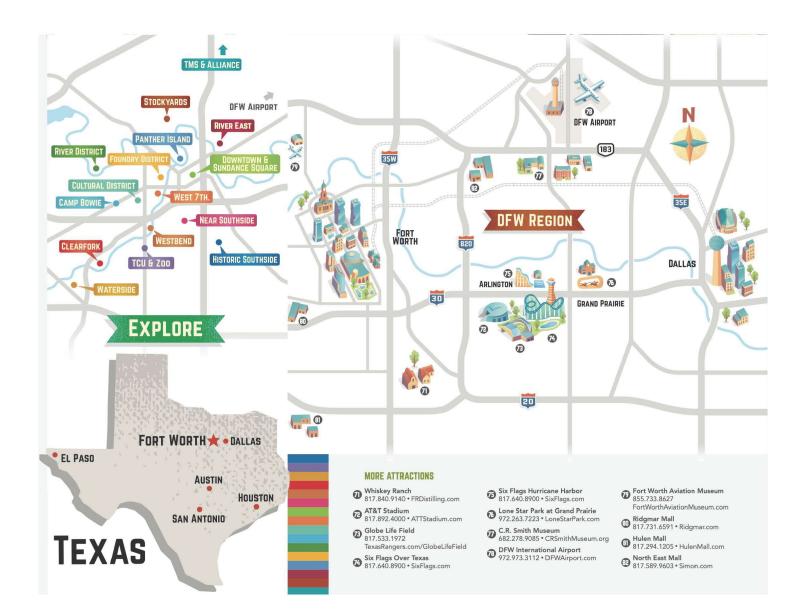
Visitor Information:

#### FORTWORTH.COM





CULTURAL DISTRICT WALKING MAP



## **APPENDIX N**



08.23.2023 ESPN / NCAA

### NCAA NATIONAL COLLEGIATE WOMEN'S GYMNASTICS

### 2025 CHAMPIONSHIP COMPETITION FORMAT

#### ESPN DESCRIPTION OF FORMAT

The competition format for four teams competing simultaneously (quad meet) applies alternation that is similar to a dual meet to create structure and ensure that no more than two events compete at the same time. In this format, **vault** and **beam** routines alternate and **uneven bars** and **floor** routines alternate, irrespectively. The four teams will still rotate in **Olympic order** – vault, uneven bars, beam and floor exercise.

After one-touch, and at the beginning of every rotation, the first athletes on vault and uneven bars receive the green flag from the judges and compete their routines while the first athletes on beam and floor exercise wait. Once the vault has finished competing, the first beam routine will wait approximately 20 seconds and then receive the green flag to begin the routine. When the beam routine is finished, the next vaulter waits approximately 20 seconds before receiving the green flag to compete. Vault and beam alternate through the remainder of the rotation until the last beam competitor has competed. Separately, once the first bar routine has finished, the first floor routine will wait approximately 20 seconds and then receive the green flag to compete while the bar routine is being judged. Uneven bars and floor exercise alternate, with approximately 20 seconds between routines, through the remainder of the rotation, with floor ending last.

Pre-competition warm-ups and one-touches remain unchanged in this format.

#### **EXPLANATION OF CHANGE**

It proved to be difficult to follow simultaneous competition on four events in-venue and on the broadcast from a viewing and scoring perspective. Competitions are also running slightly faster. Recently, broadcasters have had to add time outside of TV holds just to fill a 2hr TV window. This new format will add a predictive timing structure to a quad meet while respecting integrity and natural flow of competition by applying a format that athletes and coaches are already familiar with.

### 2025 NCAA NC WOMEN'S GYMNASTIC CHAMPIONSHIP FORMAT DETAILS

- A maximum of two events to compete at the same time.
- Maintain possibility of only one routine competing or routines starting while another is in progress
- Similar to a dual meet, 20 seconds between alternating routines unless waiting on score.
- Events end closer together, rather than vault and bars ending significantly earlier than beam and floor.
- Vault will be impacted the most, with longer time between vaults from traditional quad meet format. This is more similar to a dual meet.



08.23.2023 ESPN / NCAA

### EXAMPLE ROTATION TIMING BREAKDOWN

- Vault and Bars start the rotation while beam and floor wait.
- Beam competes 20 seconds after the gymnast completes her vault.
- Floor competes 20 seconds after the gymnast lands her uneven bar dismount.
- The remaining vaults and bar routines compete while beam and floor routines are being judged.
- Each row represents :30 seconds.

LEGEND	Each ro	w represents 30 seconds								
Vault/Beam Ath										
Bars/Floor Athle	te									
Judging time										
Wait time after s	core									
	1			Avg. Routine Time: 13 s	ec	Avg. Routine Time: 35 s	ec	Avg. Routine Time: 1:10		Avg. Routine Time: 1:30
PROJECTED TIME		ROTATION 1		VAULT (1:30)		BARS (2:00)		BEAM (3:00)		FLOOR (3:00)
	DURATION			Warm-up		Warm-up - :50		Warm-up - :30		Warm-up - :30
	0:23:30			TEAM 1		TEAM 2		TEAM 3		TEAM 4
3:02:00 PM	0:04:00	Warm-up begins								
		Intro Judges								
3:06:00 PM	0:00:00	Warm-up ends								
3:06:00 PM	0:00:30	Competition - All Events Begin	609	Athlete 1	508	Athlete 1		20 seconds after VT		
3:06:30 PM	0:00:30			TEAM 1		TEAM 2	302	Athlete 1		20 seconds after UB
3:07:00 PM	0:00:30							TEAM 3	801	Athlete 1
3:07:30 PM	0:00:30									TEAM 4
3:08:00 PM	0:00:30			20 seconds after BB						
3:08:30 PM	0:00:30		611	Athlete 2		20 seconds after FX				
3:09:00 PM	0:00:30			TEAM 1	505	Athlete 2				
3:09:30 PM	0:00:30					TEAM 2	309	Athlete 2		
3:10:00 PM	0:00:30							TEAM 3	803	Athlete 2
3:10:30 PM	0:00:30									TEAM 4
3:11:00 PM	0:00:30									
3:11:30 PM	0:00:30		606	Athlete 3						
3:12:00 PM	0:00:30			TEAM 1	514	Athlete 3				
3:12:30 PM	0:00:30					TEAM 2	306	Athlete 3		
3:13:00 PM	0:00:30							TEAM 3	810	Athlete 3
3:13:30 PM	0:00:30									TEAM 4
3:14:00 PM	0:00:30		_			•				
3:14:30 PM	0:00:30		601	Athlete 4						
3:15:00 PM	0:00:30			TEAM 1	507	Athlete 4				
3:15:30 PM	0:00:30					TEAM 2	315	Athlete 4		
3:16:00 PM	0:00:30							TEAM 3	813	Athlete 4
3:16:30 PM	0:00:30									TEAM 4
3:17:00 PM	0:00:30		_							
3:17:30 PM	0:00:30		602	Athlete 5						
3:18:00 PM	0:00:30			TEAM 1	513	Athlete 5				
3:18:30 PM	0:00:30				1	TEAM 2	310	Athlete 5		
3:19:00 PM	0:00:30				1		0.5	TEAM 3	811	Athlete 5
3:19:30 PM	0:00:30									TEAM 4
3:20:00 PM	0:00:30		_							
3:20:30 PM	0:00:30		614	Athlete 6						
3:21:00 PM	0:00:30		014	TEAM 1	504	Athlete 6				
3:21:30 PM	0:00:30			1 - 1 - 1 - 1	00-4	TEAM 2	312	Athlete 6	-	
3:22:00 PM	0:00:30				+		012	TEAM 3	800	Athlete 6
3:22:30 PM	0:00:30		_		+				009	TEAM 4
3:23:00 PM	0:00:30				+					1
3:23:30 PM	0:00:30		_		+		+			
3:24:00 PM	0:00:30				+		+			
3:24:30 PM	0:00:30				-				1	
3:25:00 PM	0:00:30				+		+			
3:25:30 PM	0:00:30	End Rotation			1					
3:26:00 PM	0:02:00	Countdown Clock/March								

## **BANQUET FORM**

When: Tuesday, April 15, 2025; 5:30 - 7:45 PM local

Where: Fort Worth Zoo; 1989 Colonial Pkwy, Fort Worth, TX 76110

<u>What:</u> The event will include a giraffe feeding for athletes, coaches, and staff. This will be followed by a seated meal and a brief awards presentation.

Plated meal:

- Bruschetta
- Salad and Bread Course
- Grilled Chicken and Grilled Salmon with broccolini and angel hair pasta (Gluten Free) or

Polenta Cake with roasted vegetables, broccolini, and angel hair pasta (Vegan)

• Fruit Salad with whipped cream

<u>Who:</u> The cost of attendance is covered in accordance with the NCAA Championships Travel Policy.

- Teams will receive 20 tickets
- For 1-3 individuals from a school, 1 ticket will be provided for each athlete plus 2 tickets for non-athletes. For 4-6 individuals from a school, 1 ticket will be provided for each athlete plus 3 tickets for non-athletes. For 7-9 individuals from a school, 1 ticket will be provided for each athlete plus 4 tickets for non-athletes.
- NCAA Champions Travel Policies and Quick Reference Guides: <u>Championships Travel</u> Information - NCAA.org

What to where: Attire for this event is cute casual.

- Please note you will be walking on uneven surfaces, flat and comfortable shoes are encouraged.
- Please note the event will be outdoors under a covered area, please plan attire accordingly.

## Additional Tickets

**ADDITIONAL** tickets are available for purchase at the cost of \$50/person. This is for any persons over your allotted number of tickets indicated above.

Deadline to return this form is Wednesday, April 9th at Noon Eastern time to the following: Sami Bogenschutz at sbogenschutz@ncaa.org

How many ADDITIONAL tickets would your like to purchase \_\_\_\_\_ x \$50 - \$\_\_\_\_\_

How many total attendees will be in your party?

# Allergies / Dietary Restrictions

Please list any dietary restrictions / allergies for any applicable banquet guests below.

Name	Title	<b>Dietary Need</b> *all meals are gluten free and nut free

\* Only the individuals in your travel party (20 for teams) plus any persons listed above will be permitted to enter. Your SID will be asked to verify your pass list upon arrival.