



***PARTICIPANT
2024-25 MANUAL
Regionals***

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SECTION 1 – INTRODUCTION

Congratulations on your qualification to the 2025 National Collegiate Women's Gymnastics Championships! Regional competition will be held Thursday to Sunday, April 3 - April 6, at the Alaska Airlines Arena hosted by the University of Washington.

As your team/individual competitors prepare for the championships in Seattle, this manual will be a helpful guide to the policies and procedures governing the administration and conduct of this championship event. Further, this manual will provide specific information on hotel arrangements, tickets, as well as a schedule of events at the championships.

This outstanding championship opportunity is only superseded by the amazing talents and accomplishments of each of the student-athletes who have qualified. Similar to your coaching approach, we understand that thorough preparation is the key to success – that is why we are excited about the upcoming championships. Good luck and we will see you soon in Seattle, Washington!

SECTION 2 – NCAA STAFF/COMMITTEE

NCAA WOMEN'S GYMNASTICS COMMITTEE

<u>Central Region</u> Shaun Richard, chair Executive Associate Athletics Director for Sport Administration The Ohio State University Phone: 315-941-3134 Email: Richard.149@osu.edu	<u>Southeast Region</u> Danna Durante Head Women's Gymnastics Coach University of North Carolina, Chapel Hill Phone: 706-202-3289 Email: ddurante@unc.edu
<u>North Central Region</u> Melissa Kutcher-Rinehart Head Women's Gymnastics Coach Brown University Phone: 303-246-5290 Email: melissa.kutcher@du.edu	<u>North Central Region</u> George Nelson Senior Associate Athletics Director United States Air Force Academy Phone: 309-438-2677 Email: George.nelson@afacademy.af.edu
<u>South Central Region</u> Lisa Bowerman Head Women's Gymnastics Coach Texas Woman's University Phone: 940-898-2378 Email: lbowerman@twu.edu	<u>South Central Region</u> Cindy Harris Executive Associate Athletics Director Illinois State University Phone: 309-438-2677 Email: caharri@ilstu.edu
<u>Northeast Region</u> Colleen Kelly Senior Associate Director of Athletics, Recruiting and Retentions/SWA Brown University Phone: 401-441-2282 Email: colleen_kelly@brown.edu	

NCAA STAFF

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Matt White Director, Inclusion, Education and Community Engagement Phone: 317- 917- 6097 Cell: 317- 907- 4342 Email: mwhite@ncaa.org	

SECTION 3 – CHAMPIONSHIPS HOST CONTACTS

Tournament Director:	Lily King Program Coordinator, Events & Operations Lking11@uw.edu	Phone: 206-221-8696 Cell: 206-574-8501
Media Services/Sports Info:	Shannon Gormally Communications Assistant Sgorm006@uw.edu	Phone: Cell: 859-462-1277
Tournament Athletic Trainer:	Jared Flattum Athletic Trainer Jflattum@uw.edu	Phone: Cell: 253-683-1868

Ticket Manager:	Josh Botelho Assistant Director, Ticket Operations jbotelho@uw.edu	Phone: 206-543-6205 Cell: 808-398-7914
Facility Manager:	Megan Larson Assistant AD, Operations and Events mwelsch@uw.edu	Phone: 206-685-1093 Cell: 509-592-7292

SECTION 4 – IMPORTANT DATES

SATURDAY, MARCH 22

Deadline for scores that will be used for qualifying purposes.

SUNDAY, MARCH 23

Deadline for institutions to login to Road to Nationals and complete electronic signoff process for confirming national qualifying scores for selections. Signoff must be completed by noon Eastern time.

MONDAY, MARCH 24 (Noon Eastern time on ESPNU)

Team, all-around and individual event specialist selections to the NCAA regionals.

TUESDAY, MARCH 25 (Noon Eastern time)

Tournament directors to set up and conduct teleconferences with participating head coaches and administrators (teams, all-arounders and individual event specialists) and site representatives. (Four different calls will be conducted.) The assigned site representative along with the tournament director will lead this call. The meet referee also will participate on the teleconference. Teams to submit travel and contact information sheet to regional tournament directors after the call.

WEDNESDAY, MARCH 26 (Noon Eastern time)

Deadline for institutions/individuals that have qualified for regionals to accept or decline the invitation to participate. Accept by submitting the official corral/march-in form to the NCAA. All declines must be in writing to the NCAA.

THURSDAY- SUNDAY, APRIL 3 – APRIL 6

NCAA regional competition. First round Thursday, second round Friday, and regional final Sunday.

MONDAY, APRIL 7 (Noon Eastern time on ncaa.com)

National championship selections are announced.

TUESDAY, APRIL 8 (Noon Eastern time)

A mandatory administrative meeting of all head coaches will be held. Call-in information will be provided. At this meeting the NCAA site representative, tournament director and meet referee will review meet format, march in, meet procedures, etc. **Please email tentative lineups to tournament director, site rep and NCAA championships manager prior to meeting (Appendix B).**

ALTERNATES

For regionals, if a team declines, then the team with the next highest NQS meeting the selection criteria will be selected.

At selections for regionals and 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.

SECTION 5 – VIDEOCONFERENCE

A videoconference will be held March 25 at Noon, Eastern time, to discuss items relevant to regional competition. This call shall include the tournament director, NCAA site representative, participating head coaches/administrators and meet referee. The site representative will lead this call along with the tournament director.

The purpose of the teleconference will be to discuss pertinent information about the regionals. Please be prepared to have the following information available (where applicable):

- ☐ Congratulations and introductions.
- ☐ Name and contact information for administrator traveling with team.
- ☐ Squad size (15), travel party (20 for teams) and corral (25).
- ☐ Review schedule of events noting lookthroughs and competitive rotation.
- ☐ Travel arrangements; estimated arrivals.
- ☐ Parking (hotel and venue).
- ☐ Hotel rooming lists.
- ☐ Uniform and logo specifications.
- ☐ Athletic training/medical staff.
- ☐ Ticket orders.
- ☐ Reminder of forms to bring to administrative meeting.

Please refer to the pre-championships manual for additional information.

SECTION 6 – SCHEDULE OF EVENTS

TUESDAY, APRIL 1 (Noon Eastern time)

Administrative meeting for all participating teams and individuals (Virtual).

WEDNESDAY, APRIL 2 (Upon arrival of meet referee and site representative)

Evening	Equipment check with meet referee, tournament director and site representative.
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THURSDAY, APRIL 3 (ALL TIMES LOCAL)

10 – 11 a.m.	Look-through for teams
10:55 a.m.	Training room opens
12 – 12:20 p.m.	Open stretch
12:20 – 12:22 p.m.	Transition
12:22 – 12:37 p.m.	Warmup rotation 1
12:37 – 12:39 p.m.	Transition
12:39 – 12:54 p.m.	Warmup rotation 2
12:54 – 12:56 p.m.	Transition

12:56 – 1:11 p.m.	Warmup rotation 3
1:11 – 1:13 p.m.	Transition
1:13 – 1:28 p.m.	Warmup rotation 4
1:49 p.m.	March ins/national anthem
1:55 p.m.	Prepare for first event
1:58 p.m.	Touch warmup start
2:02 p.m.	Competition starts
5:00 p.m.	Assigned 20min Look Throughs (based on NQS) for teams & individuals participating in second round

FRIDAY, APRIL 4

9 a.m.	Equipment check with meet referee, tournament director.
9:48 a.m.	Training room opens
10:47 – 11:07 p.m.	Open stretch
11:07 – 11:09 p.m.	Transition
11:09 – 11:26 p.m.	Warmup rotation 1
11:26 – 11:28 p.m.	Transition
11:28 – 11:45 p.m.	Warmup rotation 2
11:45 – 11:47 p.m.	Transition
11:47 – 12:04 p.m.	Warmup rotation 3
12:04 – 12:06 p.m.	Transition
12:06 – 12:23 p.m.	Warmup rotation 4
12:44 p.m.	March ins/national anthem
12:55 p.m.	Prepare for first event
12:57:30 p.m.	Touch warmup start
1:02 p.m.	Competition starts for Session 1
4:47 – 5:07 p.m.	Open stretch
5:07 – 5:09 p.m.	Transition
5:09 – 5:26 p.m.	Warmup rotation 1
5:26 – 5:28 p.m.	Transition
5:28 – 5:45 p.m.	Warmup rotation 2
5:45 – 5:47 p.m.	Transition
5:47 – 6:04 p.m.	Warmup rotation 3
6:04 – 6:06 p.m.	Transition
6:06 – 6:23 p.m.	Warmup rotation 4
6:44 p.m.	March ins/national anthem
6:55 p.m.	Prepare for first event
6:57:30 p.m.	Touch warmup start
7:02 p.m.	Competition Starts for Session 2

**Time on clock may not reflect actual time on each warmup rotation due to individuals competing with teams.*

SATURDAY APRIL 5

Teams #1 and #2 from Session 1

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

Teams #1 and #2 from Session 2

11:00 – 11:20 a.m.	Open stretch on floor exercise
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11:20 – 11:45 a.m.	Visualization open to all events
11:45 – 12:30 p.m.	Athletic training available for teams #1 and #2 from session 2

SUNDAY, APRIL 6

1:55 p.m.	Equipment check with meet referee, tournament director.
1:55 p.m.	Training room opens
2:55 – 3:15 p.m.	Open stretch
3:15 – 3:17 p.m.	Transition
3:17 – 3:32 p.m.	Warmup rotation 1
3:32 – 3:34 p.m.	Transition
3:34 – 3:49 p.m.	Warmup rotation 2
3:49 – 3:51 p.m.	Transition
3:51 – 4:06 p.m.	Warmup rotation 3
4:06 – 4:08 p.m.	Transition
4:08 – 4:23 p.m.	Warmup rotation 4
4:44 p.m.	March ins/national anthem
4:55 p.m.	Prepare for first event
4:58 p.m.	Touch warmup start
5:02 p.m.	Competition starts for regional final

SECTION 7 – CHAMPIONSHIP OPERATIONS

The top 36 teams based on NQS will be selected for regional competition. NQS is determined by taking the top six scores, three of which must be away, dropping the highest and averaging the remaining five. Nine teams, three all-around competitors and four individual specialists per event (all of whom are not on a qualifying team) will be assigned to one of four regions. The number of all-arounders and event specialists assigned to each region may vary depending on the number of individuals qualifying from a given school. Overall, 12 all-arounders and 16 event specialists for each event will be selected nationwide. Meet officials must be assigned using the Judges Assigning System.

In case of ties for the last berth into the regional competition and for seeding purposes, the team, all-around competitor or event specialist with the highest score, not including the six used for the regional qualifying score, will qualify. If a tie still exists, the process is continued until the tie is broken.

The top 12 all-arounders and top 16 event specialists based on national qualifying score and not on a qualifying team will be selected. The list of top 12 all-arounders and top 16 individual event specialists will include individual qualifying scores from the teams competing in the first round to ensure those individuals compete in the individual competition, regardless of whether their teams advance from the first round.

The first round will consist of two teams, the second round will consist of eight teams and individuals, and the regional final will consist of four teams. At each regional, the top team in round one qualifies to round two; the top two teams in each session in round two qualify to the final round; and the top two teams in the final round qualify to the national championship. The top all-arounder and event specialist at each regional (who is not on an advancing team) qualifies to the national championship in their respective event(s).

Individuals will compete in the second round at regionals. Scores achieved in the second round will be used to determine advancing individuals once the regional final is finished (to account for individuals on teams that are eliminated in the regional final) and then the top all-arounder (not on an advancing team) and top specialist for each event (not on an advancing team) will advance to the national championship, in that event only. This method ensures four all-arounders and 16 specialists advance to the championship.

Competition Rotation (provided by NCAA)

First Round. No draw for dual meet. The higher NQS team receives Olympic order. The lower NQS team follows bars, vault, floor, beam.

Second Round.

Event	Team
Vault	Team NQS 2
Bars	Team NQS 3
Beam	Team NQS 4
Floor	Team NQS 1

Regional Final.

Event	Team
Vault	Team NQS 3
Bars	Team NQS 1
Beam	Team NQS 4
Floor	Team NQS 2

The first round dual competition with two teams will follow the classic regular season dual meet format.

The second and final regional rounds with 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 C outlines the format in greater detail.

All Regional sites and sessions will be broadcast live on ESPN+. ESPN will provide two broadcast coordinators for each regional site, who will need to be seated at the head production table near scoring/PA. They will manage the format and TOC. A school-provided TOC is not necessary for any regional rounds. An ESPN spotter will also be seated at the head judges table at every event.

LOCKER ROOMS

Four locker rooms are available in the Alaska Airlines Arena for teams, all-around and individual event specialists for use during all warm-up and competition sessions (**Appendix F**). Signs with team/individual competitors' names will be posted on the assigned locker room door. Additionally, separate locker rooms will be provided for male and female coaching staff members. Security personnel will be posted outside each locker room.

The host team shall remain in its regular-season locker room with the next best locker room assigned

to the remaining highest seeded team, etc. A copy of the assigned team's march-in order shall be affixed in the locker room along with a timing sheet.

In the second round, teams in the first session will have 20 minutes post-meet to vacate their locker rooms. This will be strictly enforced. Second-session teams should plan to arrive a maximum of one hour prior to the start of their open stretch.

PARTICIPANT HOSPITALITY

Hospitality [oranges, bananas, apples, trail mix, yogurt, bagels (cream cheese/peanut butter), power bars, etc. as well as PowerAde and DASANI water] will be provided in Northwest corner of the Alaska Airlines Arena (**Appendix F**) during all competition sessions.

LOOK THROUGHS

All participating teams and individuals will be permitted to look through the competition venue prior to the meet. Visualizations are allowed but no touching or mounting of equipment. Teams may only attend during schedule times and will not be permitted in venue outside of this time. Times for teams and individuals participating in the second round will be scheduled in 20-minute increments based on NQS. The Tournament Host shall reach out to each Institution in order of NQS ranking for that team to select their preferred Look Through time slot.

OPEN STRETCH

Teams/individual competitors will use the matting surrounding the first event 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 only when proper facility staff are present to ensure the bar is replaced safely and correctly; the high bar may not be used.

In the first round, both teams may open stretch on the floor. In the second round, IES/AA competitors may use the floor for open stretch or the matting surrounding their first event.

TIMED WARM UPS

After a 20-minute stretch and two-minute transition, each rotation will be 15 minutes for round one and the final round. For regionals round two and nationals semifinals, an additional two minutes will be added to the 15-minute warm-up (total 17 minutes) to accommodate individual event specialists and all-around competitors. 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 warmup 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 warmup. If a team does not have an individual on any particular 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, line leaders will lead the team as they march onto the floor mat & will 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 be led to their first event corral where they can move around to stay warm. However, athletes must remain in their warm-ups and inverted skills are not permitted. The same format will be followed for each team until all teams are introduced. Teams will then stand in a straight line near their first event while the National Anthem is played. Teams will then have time to prepare for touch warm-ups. (**Appendix G**).

Any athlete 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.

NATIONAL ANTHEM

The national anthem will be performed before each regional competition, which will occur after the march-in ceremony.

TOUCH WARM-UP

During NCAA postseason competition, as competitors arrive at each event for competition there will be a four-minute touch warm-up on each event for regionals round one and the final round, as well as national finals. For Regionals round two and nationals semifinals, thirty seconds will be added for each all-around and individual competitor. All participants on each event may use the entire touch warm-up time and all warm-ups will begin at the same time, regardless of duration.

The two-minute transition between events will begin at the conclusion of the march-in ceremony, when all teams reach their respective corrals. After each rotation and the initial score is flashed, the PA announcer will announce the beginning of the two-minute transition period. This protocol is also recommended for regular season.

The two-minute transition will be announced and any adjustments may be made to extend the time, as necessary, for an orderly processional between events.

(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.)

(Note: For all competition, if an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch warm-up per student-athlete will be allowed.)

CORRAL PROTOCOL

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

The next two gymnasts scheduled to compete in any event are the only gymnasts permitted outside of the corral and may warm-up in the designated area.

Teams should remain in the apparatus warm-up area of the current event until announced. They may use the designated warm-up area at that event to prepare for the next rotation.

All support staff must remain in the corral. The athletic trainer may leave the corral only on vault or to address an injury.

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

The Corral limit at Regionals is 25 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 visualization, 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. 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 and Regional Tournament Director one-hour prior to the start of open-stretch on competition day.

EQUIPMENT AND MUSIC

Equipment and matting as listed in **Appendix D** will be provided. Teams, all-around 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 vault boards and spotting blocks will be supplied by the host.

Teams, all-around competitors and those individual event qualifiers on floor exercise are asked to bring their floor exercise music in two different forms. If your primary method is via iPod, please bring a secondary backup.

REGIONAL MAT COLOR

Regional hosts may use any solid-color floor exercise carpet, provided any corporate logos are covered. If the host institution rents or borrows a mat for the regional competition, then a blue AAI mat shall be used.

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.).

LINEUP/SCRATCHES

A written official team lineup must be submitted to the NCAA scoring coordinator upon arrival to the facility and again 1½ hours before the start of the competition. The lineup may be changed before the competition but is requested in advance for media and administrative purposes.

During open stretch on competition day, the official scorer shall print the lineup entered into the scoring system. The head coach shall review the official lineup against the one submitted at the administrative meeting for accuracy. Once verified or corrected, the head coach shall initial the official lineup. The site representative will assist with the verification process.

SUBSTITUTIONS

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

After the event starts, the head coach must notify the chief judge on the event. The chief judge's headset person will notify the scoring table.

Once a team begins an event (chief judge raises the flag for the first student-athlete), 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.

RESULTS

The top two teams and the top all-around competitor (who is not on an advancing team) from each regional will receive an automatic berth to the national championships. In addition, the top event specialist not on an advancing team at each regional will advance to the national championships (in that event only). Please refer to the [2024-25 NCAA Women's Gymnastics Pre-Championship Manual](#) for the rotation order for semifinals at the national championship.

TIES

In regional team competition, ties for second place 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 the advancing all-arounder will be broken by evaluating the highest event score, then the next highest, and will continue until the tie is broken. If not broken, all four judges' scores will be counted for all four events. Ties for advancing event specialists will be broken by counting all four scores on the event. If not broken, the head judge score will be the tiebreaker. If a tie still exists, the advancing individual will be the one with the higher NQS.

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

AWARD CEREMONIES

There will be no formal award ceremonies. The top all-arounder and all event winners from the second round will be announced at the end of the second round competition. The advancing teams will be announced after regional final competition. A large 10'x10' Tournament Bracket will be provided so advancing teams can move their name to the next round.

VIDEO REVIEW

For regionals, the video review process will mimic the review process used in the regular season. Please refer to Section 7 of the [2024-25 NCAA Women's Gymnastics Rules Modifications](#) for more details.

JUDGES

Judges will be selected by the NCAA Women's Gymnastics Committee. The meet referee will be present at all competition sessions.

SECTION 8 – LOGOS, UNIFORMS AND COMPETITOR NAMES

LOGO POLICY

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

The provisions of Bylaw 12.5.4 indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4-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, parallelogram).

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 any and all credentialed personnel in the bench area during the conduct of competition, which includes any 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.

UNIFORMS AND COMPETITOR NAMES

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 and the NCAA Rules Modifications [here](#). Direct all rules-related questions to the NCAA rules interpreter. Contact information is in the Rules Modification document at the link above.

Gymnasts must wear a one-piece leotard (long sleeve or a sleeveless tank leotard) that includes undergarments that are the same color of the leotard or are skin-tone in color. No bathing suits are permitted. Gymnasts are permitted to wear spandex shorts or long leggings/tights during competition. If more than one athlete is wearing spandex shorts or tights, they must match. 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

The host will display the competitor names digitally at every event. Coaches will need to reverify line-ups during the four-minute touches of every rotation.

SECTION 9 – COMPETITION SITE

The NCAA is dedicated to fair and equitable competition throughout each round/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/SPIRIT TEAMS/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. Bands, or any component thereof, may play only before the competition when the floor is cleared and during the 4-minute and 30-second touches.

In the event there is more than one band, the tournament director will divide the time before competition and the four-minute and 30-second touches equally among the bands. The host will play last with all others performing in alphabetical order. Bands MAY NOT interfere with the announcer.

FIGHT SONGS MAY NOT BE PLAYED DURING THE FOUR-MINUTE TOUCHES. A participating institution must notify Lily King, tournament director, lking11@uw.edu no later than March 31, if it intends to bring a pep band, mascot and/or spirit squad.

BANNERS AND ARTIFICIAL NOISE MAKERS

Any banners other than the approved NCAA and television and radio banners may not be posted on arena walls without the permission of the NCAA Women's Gymnastics Committee or its representatives. Hand-held team banners are permissible as long as they do not interfere with the competition or view of spectators and they do not contain any commercial identification. Banners advertising equipment or manufacturing are prohibited.

Artificial noise makers, laser lights, buttons with flashing lights, air horns, electronic amplifiers and the like are not permitted and shall be removed upon discovery.

COMPETITION SITE MAPS

See **Appendixes E, F, G and H** – includes floor layout, locker rooms maps, seating chart.

STUDENT-ATHLETE/TEAM ENTRANCES AND PARKING

All participants will enter through the Northeast lower bowl entrance of the Alaska Airlines Arena. 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.). Wristbands will be provided at the venue on arrival each competition day and are needed to access the competition floor. The respective credential or wristband must be worn at all times in order to gain access to the competition floor (this also pertains to any student-athlete NOT competing but traveling with team

and included as part of the official travel party). The athletic trainer traveling with the team must be included as one of the 25 individuals permitted to be in the corral.

Coaches and staff will be required to wear the wristband (visible location, i.e., can be affixed to belt loop, etc.), while the laminated bag tag will be secured to the competing student-athletes' equipment/apparel bags.

Team buses will be able to unload between the outdoor tennis courts and the north side of the Alaska Airlines Arena and then will be directed to parking by security personnel. Parking for buses is in the E18 parking lot. Buses do not need a parking permit. See **Appendix I**.

Parking for vans or cars will be available in a surface parking lot located just northeast of the arena in the E8 parking lot. Coaches will be able to drop off student-athletes between the outdoor tennis courts and the north side of the Alaska Airlines Arena in the prior to parking if they so desire. Parking passes will be provided. Please notify Lily King, tournament director, lking11@uw.edu, if you are bringing any vehicles as permits will need to be distributed ahead of time.

ADMINISTRATORS' ENTRANCE

Each participating institution will be provided up to three additional parking passes to be used by team administrators not traveling with the teams or all around/individual event qualifiers. The parking passes will allow the administrators to park in the E8 parking lot of Alaska Airlines Arena. Entrance into Alaska Airlines Arena is located at the loading dock which is at the Southeast corner of the arena. See **Appendix I**.

EMERGENCY AND EVACUATION PLAN

Please refer to **Appendix L** for the Emergency and Evacuation plan.

SECTION 10 – DRUG TESTING

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

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, testing could occur at any time after the first event and may conclude many hours after the last event of the championships. The individual championship drug-testing 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 **60 minutes** 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.

Typically, nine randomly chosen student-athletes are tested.

MEDIA OBLIGATIONS

Within the allotted 60 minutes, the student-athlete must complete all NCAA required responsibilities (e.g., media obligations, awards ceremonies, etc.). The courier must remain in visual contact with the student-athlete always.

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.

SECTION 11 – LODGING

Twenty non-smoking rooms (mostly doubles) have been reserved for each team. In addition, rooms are being held for all-around and individual event qualifiers and their coaches. The gymnastics committee will conduct a blind draw to assign each team to a hotel and will send to each host. The host will then inform each team as to which hotel they have been assigned. Each institution is responsible for contacting the hotel directly and making its own special arrangements for meeting rooms, meals and other functions. Ideally, head coaches shall be provided with a suite and/or team meeting room.

Rooming lists are due to your assigned hotel contact at the by 5 p.m. local time, Thursday, March 28.

THE HOTEL LIST FOR YOUR REGIONAL WILL BE SHARED WITH SELECTED INDIVIDUALS/TEAMS MONDAY, MARCH 24.

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 **highly** encouraged that teams use the hotel/room block as contracted and assigned.

If a competing institution fails to make satisfactory arrangements for the use of the room block with the hotel, total charges for the entire length of the room block will be billed to the institution. The tournament manager and the NCAA championship liaison are to be advised via email of the plans of each institution sufficiently 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

Media credential requests may be obtained by contacting Shannon Gormally, sgorm006@uw.edu. Credentials must be worn at all times to gain entry to the floor and designated areas. The media workroom on the lower level of the Alaska Airline Arena will serve as the media work area and location for post-meet interviews. Credentials are nontransferable; misuse will result in revocation of credential(s) and removal from the arena. Credentials may be claimed at arena loading dock entrance upon arrival to the venue.

Selected media outlets will be granted access to the championships in order to shoot video highlights of the championships for use on their news program under the news access rules. To gain credentials for shooting any video, an ENG Authorization Form available at www.ncaa.com/media must be completed and submitted to the championship's media coordinator. Media cameras must shoot from a designated area determined by the championship's media coordinator.

MEALS

Media meals will be provided as follows:

Thursday – Snacks and drinks provided

Friday – Catered meal with snacks and drinks provided

Sunday - Catered meal with snacks and drinks provided

Dry snacks and Coca-Cola products will be provided throughout each competition session.

PRESS CONFERENCES

Post Meet – Head coach (and requested student-athletes) of the first-place team will meet with the media, followed by the head coach (and requested student-athletes) of the second-place team. All others will be as requested by the media.

News media may attend virtually, more details will be provided closer to the meet. Each head coach of a team/individual that has competed in a session and has been requested by the media is required to attend the press conference. Press conferences will be held 10 minutes after the conclusion of the competition. The coach will be escorted to the press conference by an athletics

administrator from his or her institution. Student-athletes requested by the media are required to attend. The schools' communications (sports information) department will be responsible for escorting the student-athletes to the press conference location in the media workroom.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period.

VIDEOTAPING, FILMING AND STILL PHOTOGRAPHS

Institutions are permitted to videotape championship competition of their teams or their individual student-athletes for archival, coaching or instructional purposes only and not for any commercial purpose. Each institution is permitted to use **one** camera and may videotape only that portion of the competition in which it participates from either the designated area provided by the host institution, 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 25 permitted in the corral and must use a hand-held or stationary-tripod camera that does not obstruct fan viewing. A team or individual may have one person video a routine for video review purposes only and that person may be separate from the team videographer. That person must be included in the 25 allowed in the corral.

Still photography is permitted but use of flashes 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.

RADIO COVERAGE

Space automatically will be reserved for each participating institution's radio station as designated by that institution. All other stations in the institution's area will be served 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 available at www.ncaa.com/media.

TELEVISION/VIDEO

Shooting video for news coverage of event(s) is allowed from designated photo areas. All television media entities observing NCAA championship competition recognize that any representations may be used only in connection with news/sports coverage within a 72-hour period following the competition, and the representations portion of each such showing will not exceed three (3) minutes in length. All internet media entities observing NCAA championship competition recognize that representations may be used only in connection with news/sports coverage within a 24-hour period following the competition, and the representations portion of each such showing will not exceed three (3) minutes in length.

At NONTELEVISED events a television station may be allowed to broadcast a live report and/or competition highlights from the site of the competition, not to exceed three minutes in its regularly scheduled sports-news segment in a 72-hour window, starting with when the event begins. A television station may not sell, loan, or give away tournament footage to any individual or agency, or use it for any non-sports news program produced or aired by the station. A television station may broadcast any news conference live, regardless of whether they hold the broadcast rights. The rights to these news conferences remain with the NCAA and are under the same guidelines as the news footage usage. (For more information, go to www.NCAA.com/media).

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 SERVICES

AMBULANCE

An ambulance will be on site for all competition sessions.

ATHLETIC TRAINING

The athletic training rooms in the south hallway of the Alaska Airlines Arena. Access will to services will be during the following hours:

Thursday, April 3	11:00am-6:00pm
Friday, April 4	10:00am-10:00pm
Saturday, April 5	9:30am-1:00pm
Sunday, April 6	1:00pm-8:00pm

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

- **Athletic Training Students:** one assigned to each team during competitions.
- **Certified Athletic Trainers:** stationed in the main athletic training rooms during hours of operation and on the competition floor during all competitions.
- **Emergency Medical Services:** onsite for all competitions.
- **Team physicians (primary care & orthopedic):** onsite for all competitions.

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 rooms and competition floor.

CHAMPIONSHIP MEDICAL CONTACTS

Tournament Athletic Trainer: Jared Flattum
Athletic Trainer
Jflattum@uw.edu
253-685-1868

On-call Physicians:

Dr. John O'Kane – Team Doctor – Jokane@uw.edu

CONCUSSION MANAGEMENT

The NCAA has adopted legislation that requires all active member institutions to have a concussion-management 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 long-term 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.

EQUIPMENT AND SUPPLIES

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

The following modalities are available in the athletic training rooms:

- Ice bags and cups
- Warm whirlpool before and cold whirlpool after (Only available in training room)
- Hydrocollator
- Ultrasound
- Electrical stimulation

The following items will be available at the competition floor entry-ways closest to the two locker room groupings (SE & SW corners of the arena floor):

- Emergency equipment (biohazard kit, AED, spine board, splint bag)
- Hydrocollator
- Ice bags
- Water and electrolyte replacement drink
- Electrical stimulation
- Ultrasound
- Taping table

If you have a special request for use of the athletic training room and its equipment, please inform Jared Flattum in advance, and he will do his 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 of modalities must accompany the student-athlete(s).

HOSPITALS AND EMERGENCY SERVICES

The University of Washington Medical Center is located across the street.

University of Washington Medical Center
1969 NE Pacific St, 98195
206-598-3300

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 conduct themselves with integrity and high ethical standards at all times.

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 NCAA Women's Gymnastics Committee may assess a financial penalty (up to a maximum of \$1,500) against an institution for 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, entry forms for qualification, line-ups, failing to attend media obligations and other materials necessary for the efficient administration of the competition.

MISCONDUCT

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

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 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.

Review of Action. Any action related to misconduct may be reviewed by the governing sports committee upon 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 behavior of players and bench personnel, in crowd control by game management and in the officials' 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 – SECURITY

MEDIA/INTERVIEW AREA

There will be one security officer in the Press Box media interview room in the lower level of the Alaska Airlines Arena. Please contact Lily King, king11@uw.edu, if additional security is preferred.

TEAM LOCKER ROOMS

There will be one security officer outside the team locker rooms, throughout all competition sessions that will monitor the locker rooms. Locker rooms will be locked and an access code will be given to each team.

SECTION 16 – TICKETS

1. The location of all team allocations must be approved by the NCAA national office prior to tickets going on sale.

2. The number of tickets allocated to each institution will vary depending on the seating capacity restrictions at each venue. NCAA will work with each host to determine ticket allotments for each participating institution and individuals selected.
3. The host institution is responsible for contacting each participating institution's ticket manager by telephone to determine how many tickets the institution wishes to purchase; those tickets should then be held at the will-call window to be picked up by the visiting institutions on their arrival. The visiting institutions must notify the host no later than noon the day prior to the competition as to whether all the tickets held at will call will be used or whether additional tickets are requested. If the host institution is not notified, the visiting institution must purchase those tickets.
4. All participating teams' unsold tickets will be pooled for equal distribution among the institutions that wish to purchase additional tickets.
5. Medical personnel not included in a team's official party should be permitted to purchase a ticket that provides seating near the competition floor or easy access from the seat to the competition floor.
6. The host institution is responsible for the administration of the competitors' pass gate. Player-Guest Tickets. Participating institutions may purchase tickets for their student-athletes in accordance with the regulations specified in Bylaw 16.2. A pass gate should be established at the arena to administer the student-athletes' tickets. A designated individual from each participating institution will be responsible for submitting the names of the individuals who will use those tickets to the tournament director (or his or her designee). Individuals using those tickets will proceed through the pass, where they will be identified by the appropriate institution's designee and given a ticket to their seats.

ALLOCATIONS

Participant ticket blocks will be held in the following sections: 7, 8, 9 (**Appendix H**). Each team ticket manager may request to trade in seats from their team ticket allotment for ADA seats as needed. The host ticketing manager will work to accommodate ADA and additional tickets based on availability.

TICKET PRICES

Ticket pricing is as follows:

Ticket Type/Session	Single Session Prices			All-Session Price
	Session 1	Session 2	Session 3	All-Session
Reserved	\$10	\$15	\$15	\$35
Adult GA	\$5	\$10	\$10	\$20
Youth/Sr. GA	\$5	\$7	\$7	\$15
Group (10+)	\$3	\$5	\$5	-

Tickets for fans may be purchased at the Husky Ticket Office at 3910 Montlake Blvd, over the phone at 206-543-2200, tickets@uw.edu or at NCAA.com/WGymnastics. Tickets are also available at GoHuskies.com and by clicking on the "Tickets" tab.

BANDS/SPIRIT SQUADS/MASCOT ENTRANCE

Uniformed band members, spirit squad and mascots may be admitted without a ticket. Band, spirit squad and mascots should enter through the Northeast lower entrance and be seated in section 5. Please contact Lily King at lking11@uw.edu by Friday, March 28 if you have plans to bring band and/or cheer.

PLAYER PASS ENTRANCE

The University of Washington Ticket Office, along with the event management staff, will be available to administer participating teams and individuals' player-pass lists. All player-pass lists and tickets MUST be delivered to the tournament director, Lily King, during the administrative meeting Tuesday, April 1.

Player pass gate will be located at the Northwest Porch of the Alaska Airlines Arena (signage will be posted). Guests entering the arena via the player pass gate must show photo identification and sign for his/her tickets. Player pass gate will remain open until for one hour after the scheduled start of competition.

SECTION 17 – TRAVEL PARTY

CREDENTIALS

The NCAA sent you the championships entry/march-in form via email with the selection materials. **This form must be submitted by noon Eastern time, March 26.** Changes to the 15 student-athletes designated on the entry form must be made in writing to the NCAA championship manager and the tournament director and may occur up until one hour prior to open stretch warm-ups on competition day.

General Policies. The entry/march-in form shall serve as the official credential request form. 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) to replace the credential. Wrist bands will be provided to the coaching staff and support personnel as identified on the official entry/march-in form; student-athletes will receive plastic "bag tags" to affix to their gym bags. These credentials will be provided in the Welcome Packet

Teams. The Corral limit at Regionals is 25 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 visualization, 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. 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 and Regional Tournament Director one-hour prior to the start of open-stretch on competition day.

The athletic trainer shall be included as part of the 25.

All-Around and Individual Event Qualifiers. The number of credentials issued will match the travel party number, plus two additional credentials.

Team Physician. A medical credential may be issued to a team physician on request via the official entry/march-in form. Hosts shall seat team physicians 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.

Sports Information Director. 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*.

Photographers/Videographers from Participating Institutions. Up to two credentials for an institution's photographer and/or videographer may be requested via the media coordinator and removed from the team list. The photographer must cover the event from areas designated by the host institution. *For the videographer to film from the team corral, he or she must be included as part of the 25 permitted in the team corral and listed on the official entry/march-in form.* Photographers are not permitted in the corrals and their credentials will be handled by the *media coordinator*.

SECTION 18 – LOCAL TRANSPORTATION

Ample ground transportation is available at the Seattle-Tacoma International airport.

**2025 NCAA Women's Gymnastics Championships
Student-Athlete Guest List (duplicate as needed)**

APPENDIX A

I received a complimentary admission from the student-athlete named below. By signing this form, I certify that I did not, nor do I plan to, pay or give anything of value to the student-athlete in exchange for the complimentary admission.		
Participant's Name (Last, First)	Name of Guest(s)	Signature
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	1.	
	2.	
	3.	
	4.	
	5.	
	6.	

2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS

LINEUP FORM

Institution _____

Coach _____

VAULT 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

BARS 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

BEAM 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

FLOOR 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Please return to
Lily King (lking11@uw.edu)
By
Tuesday, April 8



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 row represents 30 seconds									
Vault/Beam Athlete											
Bars/Floor Athlete											
Judging time											
Wait time after score											
PROJECTED TIME	PROJECTED DURATION	ROTATION 1	Avg. Routine Time: 13 sec		Avg. Routine Time: 35 sec		Avg. Routine Time: 1:10		Avg. Routine Time: 1:30		
			VAULT (1:30)		BARS (2:00)		BEAM (3:00)		FLOOR (3:00)		
			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	9:04:58	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		20 seconds after FX						
3:08:30 PM	0:00:30		611	Athlete 2							
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				TEAM 2		310	Athlete 5			
3:19:00 PM	0:00:30						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		TEAM 1		504	Athlete 6					
3:21:30 PM	0:00:30				TEAM 2		312	Athlete 6			
3:22:00 PM	0:00:30						TEAM 3		809	Athlete 6	
3:22:30 PM	0:00:30								TEAM 4		
3:23:00 PM	0:00:30										
3:23:30 PM	0:00:30										
3:24:00 PM	0:00:30										
3:24:30 PM	0:00:30										
3:25:00 PM	0:00:30										
3:25:30 PM	0:00:30	End Rotation									
3:26:00 PM	0:02:00	Countdown Clock/March									

**2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS
EQUIPMENT LIST**

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 2-Ntl	12' Panel Mat for stretching/warm-up

APPENDIX D

BARS

	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"

BEAM

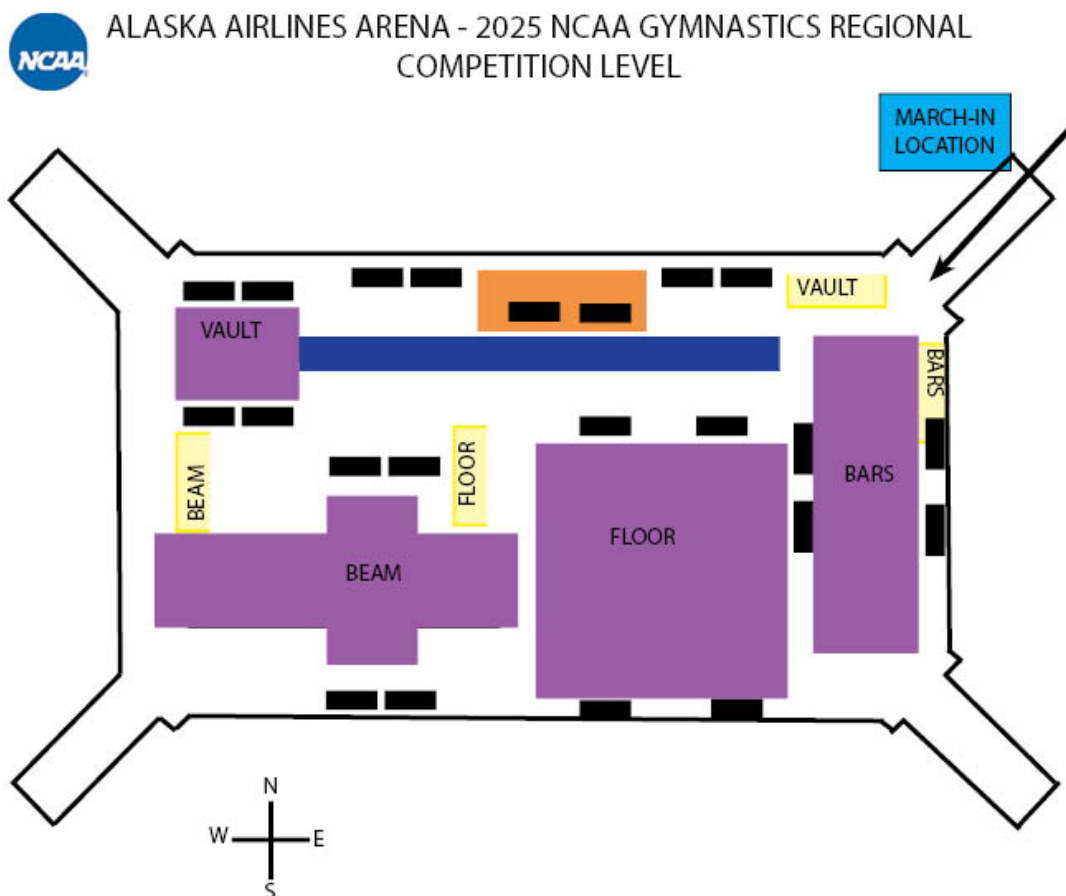
1	Elite Reflex Nonadj Beam
1 set	Elite Beam Leg Pads
1 set	Elite Beam Leg Filler Mat System
4	FIG 8' x 15.5' x 20 cm V4 – Firm (2 under and 1 on each end)
1	FIG 8' x 12' x 20 cm V2 - Firm
1	Throw Mat 7' x 10' x 10 cm (anti-slip with Dual Density Foam or standard foam mesh)

	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"
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 2-Ntl	12' panel mat for stretching/warm-up

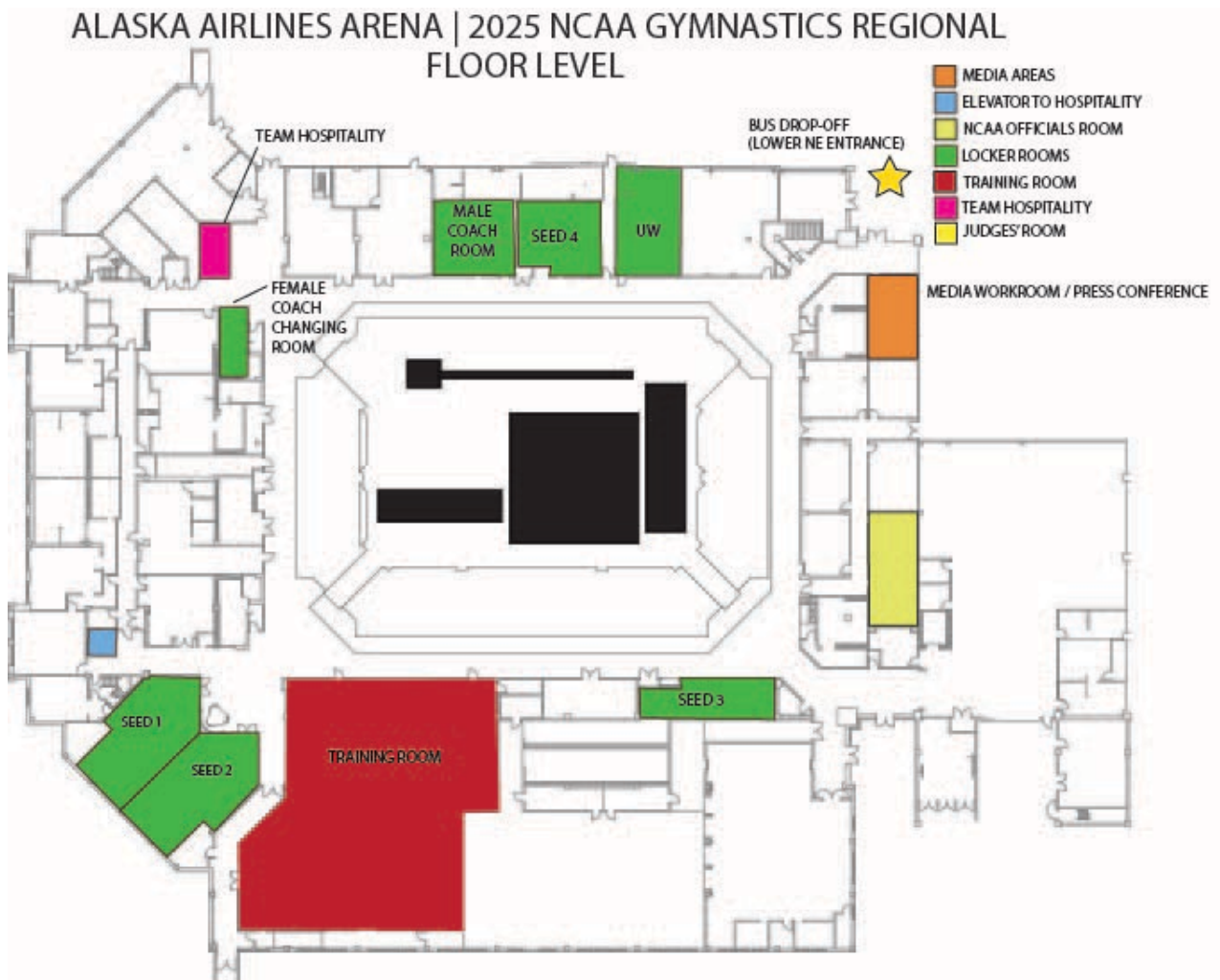
FLOOR

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 2-Ntl	12' Panel Mat for stretching/warm-up

**2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS
ALASKA AIRLINES ARENA COMPETITION FLOOR**



**2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS
ALASKA AIRLINES ARENA GROUND LEVEL MAP AND LOCKER ROOMS**

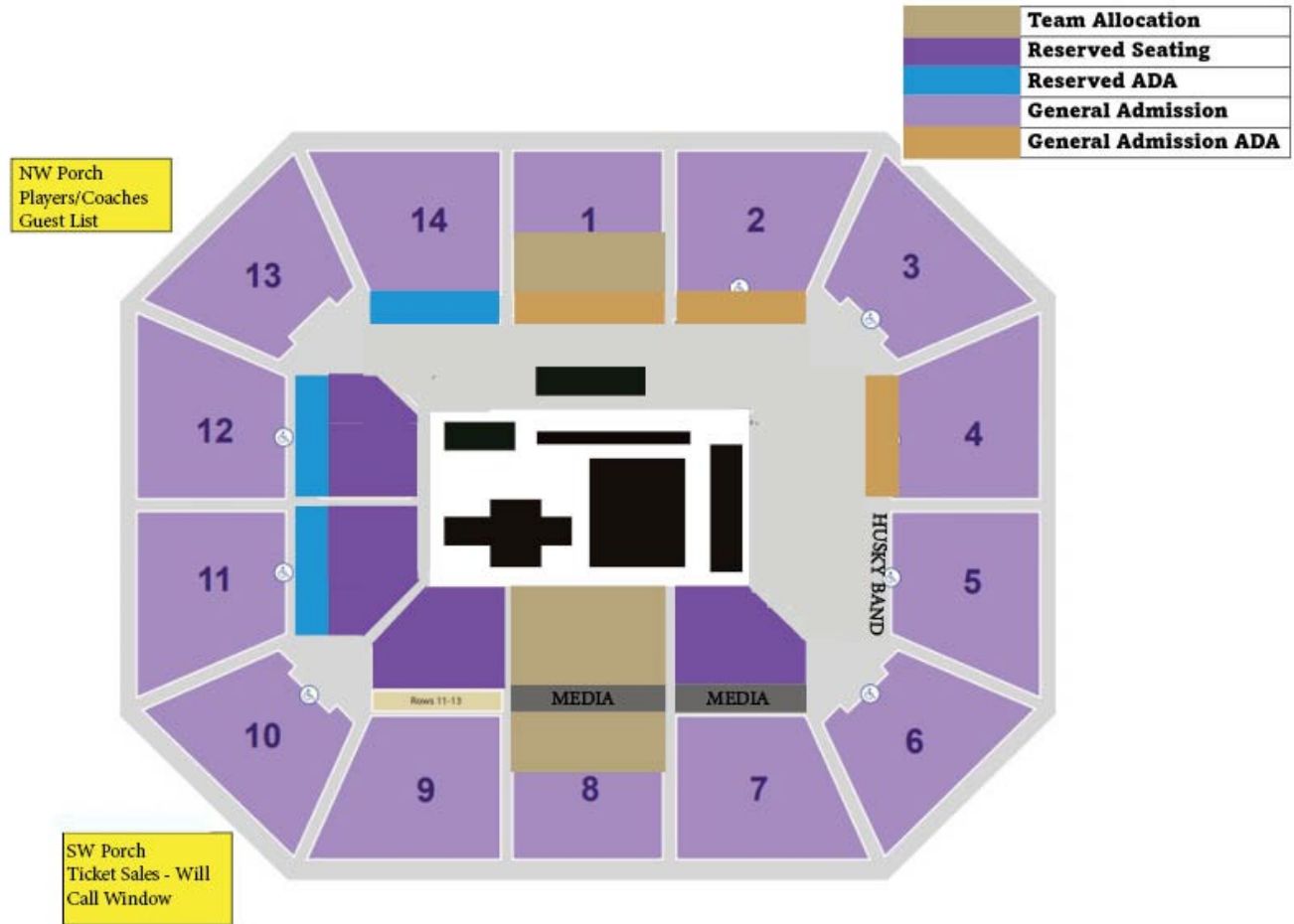


**2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS
ALASKA AIRLINES ARENA MARCH-IN DIRECTIONS**

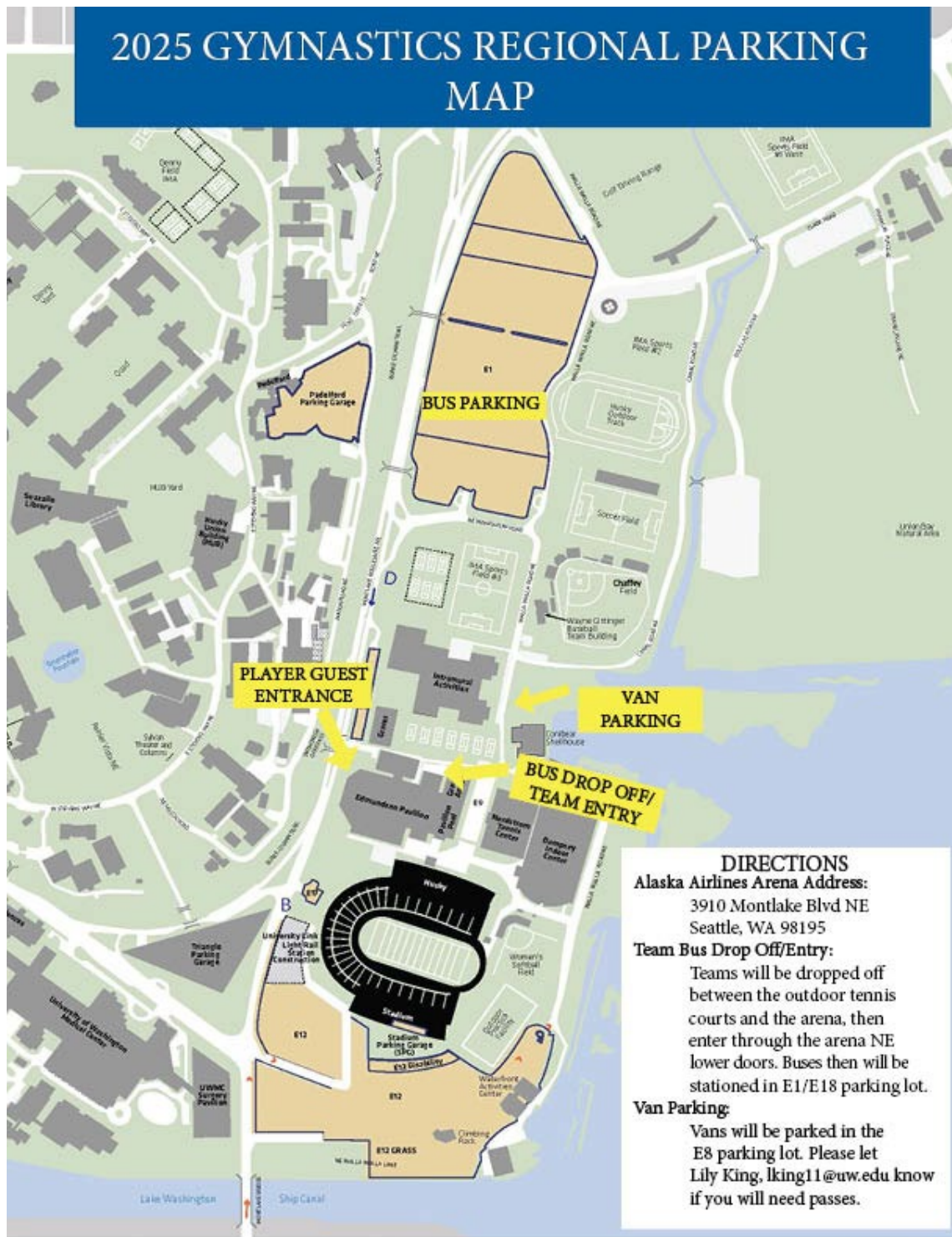
Teams should go to the Northeast corner of the lower level to begin march-in. A University of Washington staff member will cue each team on when to enter the floor.



2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS SEATING MAP



2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS PARKING MAP



2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS CAMPUS MAP



TOURIST INFORMATION

PIKE PLACE MARKET

Pike Place Market is one of the most recognizable and visited Seattle landmarks. Home to many novelty shops, boutiques and the world-famous fish throwing market, Pike Place is a Seattle must-see. Whether purchasing souvenirs or simply watching flying fish, checking out the Market is highly recommended.

ATTRACTIONS

Fish Market

Original Starbucks

Novelty Shops

ADDRESS

Pike Place Market, 86 Pike Pl, Seattle, WA 98101

HOURS

6:00am - 6:00pm - Daily



SPACE NEEDLE

Seattle's most famous landmark, the Space Needle, is a big local and tourist attraction. Featuring excellent views of downtown from the observation deck, and Chihuly, a beautiful art walk and garden, the Space Needle is a destination that will create memories one will certainly never forget.

ATTRACTIONS

Gift Shop

Observation Deck

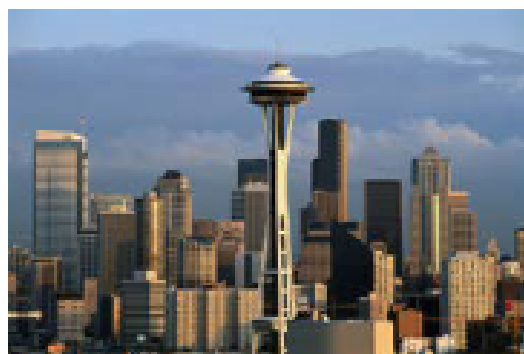
Chihuly Garden and Glass

ADDRESS

400 Broad St, Seattle, WA 98109

HOURS

10:00am - 9:30pm - Daily



TOURIST INFORMATION

SEATTLE UNDERGROUND TOUR

The Seattle Underground Tour takes tourists below the existing streets of Seattle to the buried city underneath. Exploring the old streets and storefronts provides a totally unique way to experience Seattle from a perspective that is rarely seen.

ATTRACTIONS

Tour

Underground Cafe

ADDRESS

102 Cherry St, Seattle, WA 98104

HOURS

9:00am - 7:00pm - Daily



ALKI BEACH

Located in West Seattle, Alki offers free and beautiful views of Seattle as well as a great place to relax. Accommodating many restaurants, coffee shops, and a gorgeous park, Alki is a great place to spend time in Seattle.

ATTRACTIONS

Restaurants

Coffee Shops

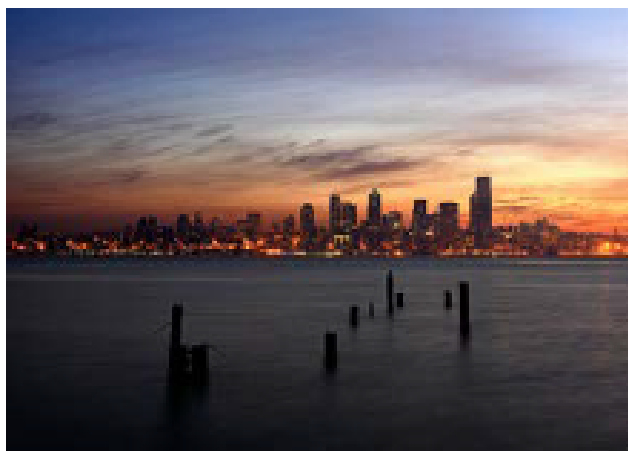
Park

ADDRESS

Alki Beach, Seattle, WA 98116

HOURS

4:00am - 11:30pm - Daily



A view from Alki Beach

TOURIST INFORMATION

UNIVERSITY VILLAGE

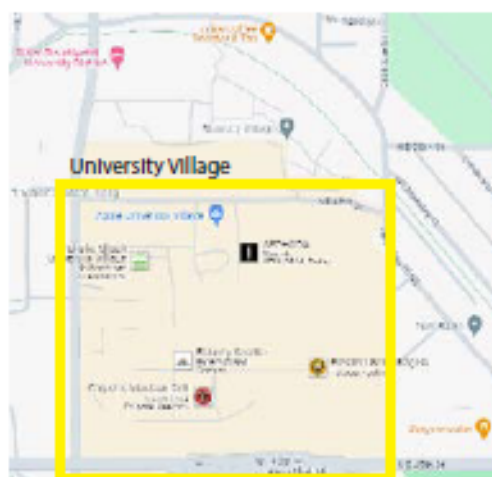
Conveniently located about a mile north of the UW campus, University Village is an open-air shopping complex that features a variety of shops and restaurants. For more information go to www.uvillage.com or by calling management at (206) 523-0622. Complex address is: 2623 NE University Village St #7, Seattle, WA 98105.

Sit-Down Restaurants

<u>Name</u>	<u>Style</u>	<u>Phone # (206)</u>
Ba Bar	Vietnamese	328-1112
Delfino's	Pizza	522-3466
Din Tai Fung	Taiwanese/Dumpling	525-0958
Elemental	Pizza	524-4930
Eureka!	Burgers	812-9655
Homegrown	Sandwiches	620-1764
JOEY Kitchen	American	527-6188
Platti Ristorante	Italian	524-9088
Veggie Grill	Vegetarian	962-5566

Cafes & Quick Eats

<u>Name</u>	<u>Style</u>	<u>Phone # (206)</u>
Evergreens	Salads	524-0741
Jamba Juice	Juice/Smoothies	947-0095
Molly Moon's	Ice Cream	525-5140
Pasta & Co.	Ready-to-Eat	523-8594
Shake Shack	Burgers	487-1283
Chipotle	Burritos	525-2147
Juice Press	Juices/Smoothies	646-901-1436
Starbucks	Coffee/snacks	522-5228



OTHER UNIVERSITY DISTRICT FOOD AND RESTAURANTS

Delivery Restaurants

<u>Name</u>	<u>Style</u>	<u>Address</u>	<u>Phone # (206)</u>
Papa John's	Pizza	5401 25th Ave NE	985-0000
Thal Tom	Thai	4543 University Way NE	548-9548
Aladdin	Greek	4139 University Way NE	632-5253
Sizzle&CrunchBowls		1313 NE 42nd St	547-2723

Grocery Stores

<u>Name</u>	<u>Style</u>	<u>Address</u>	<u>Phone # (206)</u>
Trader Joe's	Store	4555 Roosevelt Way NE	547-6299
QFC	Store	2746 NE 45th St	523-5160
Safeway	Store	4732 Brooklyn Ave NE	926-2620

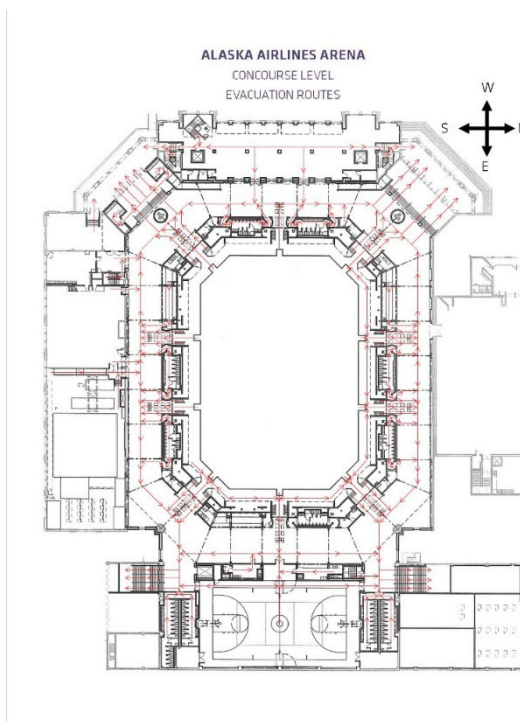
2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS ALASKA AIRLINES ARENA EMERGENCY AND EVACUATION PLAN

1. Assess situation, establish level of consciousness, and extent of injuries
2. CALL 911 from cellular phone or campus phone located in Main Training Room.
The Dispatcher will need the following information:
 - a. NAME & TELEPHONE NUMBER OF CALLER
 - b. CONDITION OF INJURED PERSON
 - c. TREATMENT INITIATED BY FIRST RESPONDER
 - d. SPECIFIC LOCATION OF INJURED PERSON (SEE DIRECTIONS)

DIRECTIONS: Instruct EMS to come to **3910 Montlake Blvd NE/Graves Building**. EMS will be met in parking lot by staff member. **An ambulance will be on-site for all competitions during the NCAA Regional.

3. AED LOCATIONS

- a. Northwest hallway next to volleyball team room on wall
 - b. Main Athletic Training room 120A (Physician Exam Room)
 - c. Outside East Gym
4. Send someone to meet EMS at Graves Building parking lot



2025 NATIONAL COLLEGIATE WOMEN'S GYMNASTICS CHAMPIONSHIPS CLEAR BAG POLICY AND APPROVED ITEMS

Alaska Airlines Arena has a Clear Bag Policy and approved items list. Any item not on the list is not permitted in the Arena.

Alaska Airlines Arena also has a no re-entry policy. Guests are not permitted to leave and re-enter the facility. An exception will be made for Thursday for guests with a ticket to both sessions. Guests will need to receive a hand stamp to allow re-entry to the facility.

