

## **LRG Changes for 2007-2008**

### **Vault:**

Level 1 & 2 Same (Level 1 minimum height=8"; Level 2 minimum height=16")  
Level 3 Handstand flat back on pro-pit, minimum height=32" (no maximum height)  
Level 4 Handspring over pro-pit turned sideways. Minimum height=32" (no maximum height). It is recommended that you use a 1 inch panel man on top of pit to help with repulsion.

### **Bars:**

Level 1 & 2 Same  
Level 3 Same  
Level 4 Change to  
    Glide swing Pull Over - Start value at 9.5  
    Glide Kip mount – Start value 10

**Meet fees:** raised to \$45

### **Awards:**

Meet directors may use awards of their choosing.  
No achievement ribbons anymore.  
Medals for 1-3 in each event.  
Keep all-around medals for all participants and continuation of division in thirds.

These are LRG changes as revised by participating Louisiana coaches. Keep this copy for reference.

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

1. Your meet must be fast, fun, simple, & safe.
2. Your recreational team must be registered in the LRG.
3. Meet fees are set at \$45 for this next season. State is \$55.
4. No other non LRG participants are to participate in the designated session.
5. Equipment:
  - Beams- 2 and mats used for boards (low settings)
  - Bars - 2 sets and mats used as boards (low settings)
  - Floor - standard spring floor
  - Vault - with runway, landing mats and pro pit and 2 spring boards set with 3 & 5 springs.
6. Your insurance provider must have knowledge of your meets and include them in your coverage.
7. Judges are secured through the LaUSAG process according to the national USAG guidelines as established on P 63 of the R&P by either
  - a) Individually contracting judges through the use of the USAG contract or
  - b) by using the recommended NAWGJ assigner. (Brenda Eberhardt). One judge panel.
8. Warm up compete, warm up compete format. Open stretch 15 min. Warm up lasts 8-10 min.
9. Submit your meet date prior to Sept. 1st to be included in our meet schedule.