

2023 Region 1 Elite Team Cup

January Video Submission & Team Selection Procedures

Routine Video Submission Process

- January sanctioned competition video submission
 - o Upload routines from one sanctioned competition held in January
 - All routines must be from same competition.
 - o All landings must be performed on/over hard ground with FIG landing mat requirements in place
 - Resi landings and/or pit landings will not be evaluated for the USAG sanctioned competition submission videos
 - o Submission window closes Sunday, January 22nd
- In-House routine video submission
 - o Upload one video per event
 - o Videos may be filmed on different days
 - o All Videos Must be time stamped January 2-January 22, 2023
 - o Athlete/s must be in full competition uniform
 - o Athlete/s must salute as if they are competing
 - o All routines must be on FIG height regulated landings
 - If a resi mat is used, a visibly firm landing mat must be placed on top.
 - If R1 ETC Staff feels the equipment and/or matting is not at regulated height, you will be asked to re-submit a new video with appropriate adjustments made or routine will not be evaluated/counted.
 - o *A routine that is performed in uniform and under all FIG apparatus and landing regulations (resi landing is described in the procedures). Routines can be performed and uploaded from in your home gym, a non-affiliated gym, or even from a meet. Routines can be used from different events to create your 6 events (or however many events you choose to upload). You cannot use any routines from the full sanctioned meet you have already uploaded under the competition videos.*
- Videos from both submission events must be filmed from a judges perspective and must capture all accurate angles of each skill performed

Judging/Evaluation Procedures

- All routines from both January competition submissions and in-house submissions will be reviewed and evaluated by FIG rated Region 1 judges using Junior FIG rules.
 - o The USA Gymnastics bonus system that will be used at WinterCup, ETC and US Championships, will be implemented
 - o Average score from a 2-judge panel per routine.
 - o Judging panels will remain consistent from ETSC

Team Selection Process

- The top 2 athletes using the total points accumulated from ETSC #2, sanctioned competition routine submission, and in-house routine submission will be automatically selected to the 2023 Elite Team Cup
 - o Weighted percentage from each submission will be as follows
 - ETSC #2 – 24%
 - January Sanction Competition Submission – 38%
 - In-House routine submission– 38%
 - o Total points per event will be based on placement after scores are entered
- Next 6 athletes (4 competing + 2 traveling alternates) will be selected using the January sanctioned competition submission & in-house routine submission average score.
 - o All averaged scores will be entered into our 'Team Optimization Chart' to determine the best possible team score.
 - o The 6 athletes that create the best optimal team score will be selected to the 2023 Elite Team Cup.
 - o The 4 additional competing athletes and the 2 traveling alternates will be named based on the deadline date given of final team submission to USAG.