

2010 National Collegiate Women's Gymnastics Championships



**2010 GYMNASTICS
CHAMPIONSHIPS**
NATIONAL COLLEGIATE • LOS ANGELES

**April 10 – 6 p.m.
PAULEY PAVILION
University of California, Los Angeles**

To the Coaches and Student-Athletes competing in the
2010 NCAA Women's Gymnastics Championships

WELCOME TO LOS ANGELES AND UCLA!

The UCLA Athletics Department and Gymnastics Coaching Staff would like to welcome all of the participants to the Los Angeles Regional of the 2010 National Collegiate Women's Gymnastics Championships. We look forward to hosting a truly special event for all teams, individual event qualifiers and all-around competitors. Good luck to everyone!

Sincerely,

Petrina Long
Senior Woman's Administrator



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ADMINISTRATIVE TEAM

DIRECTOR OF ATHLETICS	DAN GUERRERO PHONE: 310/206-6382 E-MAIL: dguerrero@athletics.ucla.edu
ASSOCIATE ATHLETICS DIRECTOR/SWA	PETRINA LONG PHONE: 310/206-6149 E-MAIL: plong@athletics.ucla.edu
TOURNAMENT DIRECTOR	GAVIN CREW, Director of Championships PHONE: 310/206-0696 CELL: 310/ 963-3970 FAX: 310/206-7527 E-MAIL: gcrew@athletics.ucla.edu
GYMNASTICS HEAD COACH	VALORIE KONDOS FIELD PHONE: 310/206-6420 E-MAIL: vkondos@athletics.ucla.edu
FACILITIES OPERATIONS, VENUE	PAUL BROWN, Game Management Director PHONE: 310/206-6713 E-MAIL: pbrown@athletics.ucla.edu
COMMUNICATIONS / MEDIA RELATIONS	LIZA DAVID, Asst. Sports Information Director PHONE: 310/206-8140 CELL: 310/621-8398 E-MAIL: ldavid@athletics.ucla.edu
MARKETING & PROMOTIONS	JANA SUKO, Asst. Marketing Director PHONE: 310/206-1313 E-MAIL: jsuko@athletics.ucla.edu
CHAMPIONSHIPS ATHLETIC TRAINER	JEREMY VAIL PHONE: 310/825-1342 CELL: 310/882-8416 FAX: 310/206-1985 E-MAIL: jvail@athletics.ucla.edu
TICKET OFFICE	NEREO DIAZ PHONE: 310/825-2101 FAX: 310/206-7540 E-MAIL: ndiaz@be.ucla.edu
NCAA SITE REPRESENTATIVE	HEATHER PERRY, Pac-10 Conference, Asst. Commissioner of Championships CELL: 317/459-5262 E-MAIL: hperry@pac-10.org
Chair, NCAA Women's Gymnastics Committee: 262/472-1543 Fax: 262/472-2791	Paul Plinske, Director of Athletics University of Wisconsin, Whitewater plinskep@uww.edu
ASSOCIATE DIRECTOR, NCAA CHAMPIONSHIPS 317/917-6494 Fax: 317/917-6237 Cell: 317/966-6442	D'Ann Keller dkeller@ncaa.org PO Box 6222, Indianapolis IN 46206
ASSISTANT DIRECTOR, MEDIA COORDINATION for CHAMPIONSHIPS 317/917-6547 Fax: 317/ 917-6826 Cell: 317/ 966-5249	Laurie Cannon lcannon@ncaa.org PO Box 6222, Indianapolis IN 46206

QUALIFICATION DEADLINES

MONDAY, MARCH 8

Deadline for institutions to submit their regional qualifying score sheets to the appropriate Regional Scoring Verification Coordinator.

FRIDAY, MARCH 5

Regional and National participant manuals posted on the NCAA Web site.

SATURDAY, MARCH 27

Deadline for scores that will be used for qualifying purposes.

SUNDAY, MARCH 28

Deadline for institutions to submit final RQS form to Regional Scoring Verification Coordinator noon Eastern time.

MONDAY, MARCH 29

Team selection to regional championships announced by 2 p.m. Eastern time. All-arounder and individual event specialist selections will be published later that day.

WEDNESDAY, MARCH 31

Deadline for institutions that have qualified for the regional championships to accept or decline the invitation to participate [Note: Not later than noon (local time of host institution)]. Accept by submitting the official entry form/march-inform to the appropriate regional tournament director and D'Ann Keller. All declines must be in writing to Ms. Keller (dkeller@ncaa.org).

MONDAY, APRIL 5

Tournament directors to conduct teleconferences with participating head coaches and administrators [teams, all-arounders (AA) and individual event specialists (IES)], site representatives and meet referees. (Six different calls shall be conducted.) The assigned site representative along with the tournament director will lead this call.

SATURDAY, APRIL 10

NCAA Regional Championships – 6:00 pm Local Time

MONDAY, APRIL 12

National Championship selections are announced by noon on the NCAA website.

WEDNESDAY, APRIL 14

◆ Deadline for institutions that have qualified for the National Championships to accept or decline the invitation to participate. (NOTE: No later than noon Eastern time.) If declining, the institution must submit a written notice to the NCAA associate director of championships, D'Ann Keller (dkeller@ncaa.org).

◆ Deadline for submission of the official entry form/march-in form to both Ms. Keller at the NCAA national office and Bryan Flood, University of Florida Meet Director, at bryanf@gators.ufl.edu or fax, 352/376-9132.

THURSDAY-SATURDAY, APRIL 22-24

National Championships - University of Florida.

2010 NCAA GYMNASTICS CHAMPIONSHIP SCHEDULE

Friday, April 9

9:00-10:00 a.m.	Championship Organizational Meeting *subject to change	JDM Room 215
Noon	Training Room Opens	Acosta Center
1 p.m.	Hospitality Opens - <i>Coaches</i> - <i>Media</i> - <i>Teams</i>	Lower Gate 15 Chancellor's Room Lower Gate 10
2 - 3:40 p.m.	Practice Session #1 <i>Vault, Bars, Bye Before Floor</i>	Pauley Pavilion
4 - 5:40 p.m.	Practice Session #2 <i>Bye Before Bars, Beam, Floor</i>	Pauley Pavilion
6 p.m.	Coaches Meeting	JDM Press Room
8 - 11:00 p.m.	Coaches Hospitality <i>Marina del Rey Room (2nd Floor)</i>	Courtyard Marriott

Saturday, April 10

10 a.m.	NACGC/W Coaches' Sounding Board <i>Santa Monica Room (1st Floor)</i>	Courtyard Marriott
1:45 p.m.	Athletic Training Room Opens	Acosta Center
2:30 p.m.	Judges Meeting	Acosta 111
3:45 - 5:40 p.m.	Stretching and Warm-ups	Pauley Pavilion
4 p.m.	Hospitality Opens - <i>Coaches</i> - <i>Media</i> - <i>Teams</i> - <i>Judges</i>	Lower Gate 15 Chancellor's Room Lower Gate 10 Acosta 111
5:50 p.m.	Begin Lining up for March-in	Lower Gate 10
6 p.m.	March in Begins	
Post-Meet	Awards Ceremony	
Post-Meet	Press Conference	
8 p.m. - Midnight	Coaches Hospitality <i>Marina del Rey Room (2nd Floor)</i>	Courtyard Marriott

PRACTICE SCHEDULE

A team's practice session will be determined by the competition session and starting event as follows. All-around and individual event qualifiers will practice with her assigned team.

Practice Session

#1 (2-3:40 p.m.)

#2 (4-5:40 p.m.)

Competitive Starting Event

Vault (Iowa St.), Bars (Arizona St.), Bye Before Floor (UCLA)

Bye Before Bars (Arizona), Beam (BYU), Floor (Arkansas)

Two practice sessions will be conducted, and each will be one hour and 40 minutes in length

(20 minutes for stretching and 20 minutes per event). Announce five minutes, two minutes, etc., left in each rotation. The schedule is as follows:

Practice Session I

2-2:20 p.m.	Stretching
2:20-2:40 p.m.	Rotation I
2:40-3 p.m.	Rotation II
3-3:20 p.m.	Rotation III
3:20-3:40 p.m.	Rotation IV

Practice Session II

4-4:20 p.m.
4:20-4:40 p.m.
4:40-5 p.m.
5-5:20 p.m.
5:20-5:40 p.m.

COMPETITION WARM-UPS – TIME ALLOTMENTS

Bars	Beam
Team = 3:15 AA/Event Specialist = :30	Team = 6:25 AA/Event Specialist = 1:05
Team = 3:15 AA/Event Specialist = :30	Team = 6:25 AA/Event Specialist = 1:05
Team = 3:15 AA/Event Specialist = :30	
Team = 3:15 AA/Event Specialist = :30	

Timing at beam and bars will begin once the first student-athlete touches the apparatus. Any team not using its allotted time segment (3:15 on bars; 6:25 on beam) may carry over a maximum of 15 seconds (calculated in five-second increments) to the next warm-up time segment (maximum 4 segments for bars and two for beam). Likewise, any overtime will be deducted from the next warm-up segment in five-second increments. This will be followed on the official practice day, as well as practice on the day of competition. If team(s) has completed its warm-up(s) before the 3:15 segment on bars or the 6:25 segment on beam expires, then the AA or IES may begin her allotted warm-up time.

Time required to adjust the bars between team and individual event specialist/all-around competitor as well as the time required to prepare the balance beam area is not included in the timed warm-up.

As competitors arrive at each event for competition, each team will be allotted a three-minute touch warm-up with a minimum of two vaults per gymnast (including an alternate); the all-around competitor will take her own 30-second touch warm-up after the team. On the vault and floor only, the all-around competitor may add her own 30-second touch to the team's three minutes and warm up with the team. In addition, any event specialist may take her 30-second touch warm-up after the all-around competitor.

Open Stretch: Teams will use the matting surrounding their first event for open stretch. The floor exercise mat will be used by the team that begins on floor as well as the two teams that begin on byes. Non-flight inverted skills (handstands, walkovers) are permissible on the floor exercise mat as well as matting surrounding the vault, bars and beam.

Apparatus may not be used for stretching (except the floor exercise mat) or moved during the general/open stretch. Group dances are not allowed. (Example: Acceptable movement would be jumping up and down to warm up ankles; unacceptable movement would be a straddle jump.)

During the final two minutes of the competition-day stretch period, gymnasts may perform flight skills (without touching the apparatus) on the matting surrounding their first event only. The team that starts on floor as well as the two teams on a bye will be able to flip on the floor exercise mat. Each team will have 1/3 of the floor exercise mat.

Time required to adjust the bars between team and individual event specialist/all-around competitor as well as the time required to prepare the balance beam area is not included in the timed warm-up.

As competitors arrive at each event for competition, each team will be allotted a three-minute touch warm-up with a minimum of two vaults per gymnast (including an alternate); the all-around competitor will take her own 30-second touch warm-up after the team's. On the vault and floor only, the all-around competitor may add her own 30-second touch to the team's three minutes and warm-up with the team. In addition, any event specialist may take her 30-second touch warm-up after the all-around competitor.

3:45-4 p.m.	Stretching
4-4:15 p.m.	Rotation I
4:15-4:17 p.m.	Transition
4:17-4:32 p.m.	Rotation II
4:32-4:34 p.m.	Transition
4:34-4:49 p.m.	Rotation III
4:49-4:51 p.m.	Transition
4:51-5:06 p.m.	Rotation IV
5:06-5:08 p.m.	Transition
5:08-5:23 p.m.	Rotation V
5:23-5:25 p.m.	Transition
5:25-5:40 p.m.	Rotation VI
6 p.m.	MARCH IN

MARCH-IN

Teams will be introduced in competitive order (vault, bye before bars, bars, beam, bye before floor, floor exercise). During march-in (by each team's shortest to tallest athlete) the name of the institution, the head coach, and names of the gymnasts will be announced expediently, followed by any all-around competitors, then any event specialists assigned to rotate with the team.

COMPETITION ROTATION – provided by the NCAA

Rotation	Vault	Bye	Bars	Beam	Bye	Floor
1	Iowa St. T. Ho, UC Davis	Arizona E. Stubblefied, Sacramento State	Arizona St. L. Gehlen, UC Davis	BYU K. Yamamura, UC Davis	UCLA A. Baker, CS Fullerton	Arkansas L. Swann, San Jose State
2	Arkansas L. Swann, San Jose State	Iowa St. T. Ho, UC Davis	Arizona E. Stubblefied, Sacramento State	Arizona St. C. Boyce, Sacramento State	BYU K. Yamamura, UC Davis	UCLA A. Baker, CS Fullerton
3	UCLA A. Baker, CS Fullerton	Arkansas L. Swann, San Jose State	Iowa St. T. Ho, UC Davis	Arizona E. Stubblefied, Sacramento State	Arizona St.	BYU K. Yamamura, UC Davis
4	BYU K. Yamamura, UC Davis	UCLA A. Baker, CS Fullerton	Arkansas L. Swann, San Jose State	Iowa St. T. Ho, UC Davis	Arizona E. Stubblefied, Sacramento State	Arizona St. G. Targosz, San Jose State
5	Arizona St. N. Meiller, Sacramento State	BYU K. Yamamura, UC Davis	UCLA A. Baker, CS Fullerton	Arkansas L. Swann, San Jose State	Iowa St. T. Ho, UC Davis	Arizona E. Stubblefied, Sacramento State
6	Arizona E. Stubblefied, Sacramento State	Arizona St.	BYU K. Yamamura, UC Davis	UCLA A. Baker, CS Fullerton	Arkansas L. Swann, San Jose State	Iowa St. T. Ho, UC Davis

EQUIPMENT

Teams, all-around competitors and individual-event specialists may bring one vaulting board, and one small beam pad (not a sting or suede mat) to be used at the regional and national championships. The small beam pad may not be left on the floor during the competition (both regionals and nationals). All equipment and matting (e.g., sting mats, vault entry pads, plywood, etc.) will be provided by the host institution and/or equipment manufacturer.

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.).

HOTELS

Fifteen non-smoking double rooms have been reserved for each team. In addition, rooms are being held for all-around and individual event qualifiers and their coaches at the hotel listed below at a rate of \$109.00. Each institution is responsible for contacting the hotel directly and making its own special arrangements for meeting rooms, meals and other functions:

Courtyard by Marriott, Los Angeles Westside

6333 Bristol Parkway
Culver City, CA 90230
Phone: 310/484-7000
Fax: 310/590-2593

Joyce Mak, Sales Manager
Phone: 310/590-2512
Email: jmak@rimhospitality.com

An institution is not obligated to stay at the assigned team hotel property; however, it is responsible for canceling its reservations and then securing its own accommodations. If an institution prefers to stay in another hotel, it must:

1. Obtain a release for the rooms from the hotel manager; or
2. Use the rooms for persons accompanying the official traveling party.

Based on hotel policy, the competing institution still may be held responsible for the first night's room charges. If an institution fails to make satisfactory arrangements for use of rooms with the hotel, full charges for the rooms may be billed to the institution. If an institution chooses not to stay at the designated hotel, it must notify the tournament director of the property in which it is staying, in case it is necessary to reach the institution during the competition.

MEETINGS

MONDAY, April 5 (10:00 AM PDT)

Tournament directors to conduct teleconferences with participating head coaches and administrators [teams, all-arounders (AA) and individual event specialists (IES)], site representatives and meet referees. (Six different calls shall be conducted.) The assigned site representative along with the tournament director will lead this call.

FRIDAY, April 9 at 6 p.m.

A MANDATORY coaches/administrators meeting will be held in the JD Morgan Center (Athletics Dept) Press Room. At this meeting the NCAA site representative, Tournament Director and Meet Referee will review meet format, opening ceremonies, meet procedures, etc. Teams competing at the regional championships are required to be represented at information 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. The Meet Referee will also collect tentative line-ups (See **APPENDIX C**).

SATURDAY, April 10 at 10 a.m.

A Sounding Board will be conducted by the NACGC/W Saturday morning. The meeting will be held at the Courtyard Marriott, *Santa Monica Room* (2nd Floor).

PRESS CONFERENCES

Policies are outlined in the 2010 NCAA Women's Gymnastics Championships Handbook online at www.ncaa.org.

Friday Press Conferences – head coaches and student-athletes by request.

Saturday 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.

TOURNAMENT WEB SITE

A Championship Web page dedicated to the 2010 National Collegiate Women's Gymnastics Championships has been created. This page includes information about tickets, directions, television coverage and much more. Results will be updated throughout the championships. This Web page can also be accessed at www.NCAA.com.

CHAMPIONSHIPS ENTRY FORM AND CREDENTIALS

The championships entry form is available on the NCAA Web site and in Appendix A. **This form must be returned by noon Eastern time, March 31, to D'Ann Keller at the NCAA national office (dkeller@ncaa.org) and to Gavin Crew, Tournament Director (gcrew@athletics.ucla.edu).** Changes to the 15 student-athletes designated on the entry form must be made in writing to Gavin Crew by no later than the institution's departure from campus.

General Policies: 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.). Participation credentials will be provided to all competitors, as well as their coaches, athletic trainers, team managers and other necessary officials/personnel.

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. At the national championships, wrist bands will be provided at the venue on a daily basis and needed along with the credential for access to the competition floor. The entry/march-in form shall serve as the official credential request form.

Teams: Teams shall receive a total of 21 individual credentials, with a maximum 15 for competing student-athletes. If a team does not have 15 student-athletes, the remaining credentials may be allocated to other necessary institutional staff members. For videographer to film from the corral, see policy below.

All-Around and Individual Event Qualifiers: In addition to credentials issued to the individual qualifier(s), institutions will receive four (4) non-participant credentials for coaches, athletic trainers and other necessary institutional staff members.

Temporary Passes: A maximum of three (3) temporary credentials may be issued (not good for admittance) to each institution for use by its administrators for access to pre- and post-competition responsibilities, press conferences and awards ceremonies. The administrator(s) will be permitted on the competition floor up until the floor is cleared to prepare for march-in. These three individuals shall be listed on the official entry/march-in form.

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.

Sports Information Director: One (1) 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: Two (2) 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 21 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.*

PARTICIPANT ENTRANCE AND PARKING

Parking

Bus: If your team is traveling via bus, please notify Paul Brown at 310/206-6713 and follow the directions below for pick-up and drop-off locations.

Bus Drop-Off: From Interstate 405 (North & South), exit on Wilshire Blvd. heading east (towards Westwood). Turn left on Gayley Avenue and then right onto Strathmore. Make your first left onto Charles E. Young Drive and make an immediate right. Follow the roadway down into the bus tunnel. All buses drop-off at this bus tunnel. The bus tunnel entrance is at the corner of Strathmore Drive and Charles E. Young Drive. At drop-off, a game management official will meet your team and direct the bus to the its parking location.

Bus Pick-up: Same as the drop-off. REMINDER: you will need to contact the bus driver after your practice/game to notify him/her that you are ready for pick-up. Please be sure someone on your staff obtains the bus driver's cell phone number!

If you have any questions regarding parking, please contact Paul Brown at 310/206-6713.

Vans/Cars: If you are traveling by car or van please note the information on the front and back of a Courtesy Parking Card. You will need to validate your Courtesy Parking Card at the South Kiosk Parking & Information Booth on Westwood Blvd ("i" on map, E5). You have the option of parking in Lot #6 (P6) or Lot #7 (P7), please advise the parking attendant, they will direct you. Attendants will not issue parking passes without the courtesy parking card that we've provided to you.

Please note the information on the front and back of the Courtesy Parking Card. **A courtesy card is NEVER valid at a parking meter or in a space marked for "Blue" or "X" permits "at all times". In addition, a courtesy card is not valid in a space marked for "Blue" or "X" permits "only", before 4:30 p.m. on Monday – Friday.** Attendants will not issue courtesy parking based

on verbal identification. UCLA Athletics Department assumes no responsibility for parking citations obtained by visiting teams.

LOCKER ROOMS

Four locker rooms are available in Pauley Pavilion for teams, all-around and individual event specialists for use during all practice, warm-up and competition sessions (See Appendix E). Signs with team/individual competitors' names will be posted on the assigned locker room door. Security personnel will be posted outside each locker room, and towels and a cooler of bottled water and electrolyte replacement drinks will be provided.

ATHLETIC TRAINING AND MEDICAL ARRANGEMENTS

The UCLA Training Room is located inside the Acosta Training Center, adjacent to the west side of Pauley Pavilion. Please contact UCLA Athletic Trainer, Jeremy Vail **310/825-1342**, to make special arrangements.

A doctor will either be in attendance or on call throughout the championship. In the event of an emergency, the Ronald Reagan Medical Center is located on campus and is easily accessible from all athletic facilities. UCLA medical staff will coordinate emergency procedures. A team physician may sit on the bench as long as he/she counts as one of the 30-team bench positions and has a credential.

The closest hospital is the Ronald Reagan Medical Center Emergency Room.

UCLA's Ronald Reagan Medical Center

757 Westwood Blvd, Los Angeles, CA 90095
310/825-9111

Directions from Pauley Pavilion: If exiting via the SW Tunnel entrance, simply turn LEFT on Charles E. Young Drive, and the Emergency Room is straight ahead. If exiting from the bus cut-out along Charles E. Young Drive North, continue westbound until you reach De Neve Drive North, turn RIGHT. Continue westbound until you reach Bellagio, turn RIGHT. Turn LEFT onto Sunset Blvd and an immediate LEFT onto Veteran Ave. Turn LEFT onto Gayley Ave. Turn LEFT onto Strathmore Drive. Turn RIGHT onto Charles E. Young Drive, the Emergency Room is ahead on the left.

Directions from the hotel: Exit the Courtyard by Marriott and take a right onto Bristol. Turn right onto West Centinela Ave and a right on Sepulveda Blvd. Turn left onto West Slauson Ave. and left onto Jefferson Blvd. Merge onto Interstate 405 North. Exit on Wilshire Blvd. East (Westwood). Turn LEFT on Westwood Blvd. (heading north) and turn LEFT on Charles E Young Drive South. The entrance of the emergency room is ahead on the left-hand side.

TICKET INFORMATION

Each participating institution will be guaranteed a minimum of 50 reserved seats and an additional 40 general admission seats elsewhere in the facility. Individual participants shall be

guaranteed a minimum of six tickets. *There shall be no complimentary admission to NCAA championship events.*

Adult Reserved - \$14.00

Adult General Admission - \$10.00

Student/Youth Reserved - \$12.00

Student/Youth General Admission - \$8.00

For more ticket information, please contact Nereo Diaz with the UCLA Central Ticket Office.

Player Pass Procedures – The UCLA 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, Gavin Crew, during practice on Friday, April 9.

Player Pass will be administered at Lower Gate 2 of Pauley Pavilion (Signage will be posted). Guests entering the arena via the player pass gate must show photo identification and sign for his/her ticket.

UNIFORMS AND COMPETITOR NUMBERS

All competitors are required to be in identical team-issued uniforms for practice, warm-up, and competition, including the awards ceremony.

- a. Gymnasts must wear one-piece leotards that include briefs that are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color worn by all team members.
- b. Leotard straps must be a minimum of 2 cm (7/8") in width.
- c. Swimsuit apparel is permitted during practice and warm-up only, provided the apparel meets all other requirements.
- d. Deduction of .10 for leotard above the hipbone. A warning will be given by the judge on the competition floor.
- e. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform." The gymnast must comply with the uniform rules or a .30 team deduction will be taken.

Competitor Numbers. Each gymnast will receive two competitor numbers at regional and national competition. The competitor numbers are part of the official uniform and shall be worn as follows:

- a. Practice day - practice leotard only.
- b. Competition day - practice leotard and the competition leotard.
- c. Competitor numbers no longer need to be worn on any other team apparel.

- d. The official championship credential (badge) shall be visible at all other times (worn or displayed).

Teams that alter their competitor number shall be subject to a warning. In the event a gymnast is found to wear an incorrect number, she will be considered out-of-uniform and the applicable deduction will be taken. The gymnast must wear her competition number during the competition, ***unless she is performing a back spin on beam or floor, in which case the coach must show the number to the judges.***

Logos. 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 2¼ square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. Existing uniform numbers are permitted. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

CHEERLEADERS, MASCOTS, BANDS, AND BANNERS

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 during the 15 minutes before the competition when the floor is cleared, the 3-minute touches and 15 minutes after the awards ceremony.

In the event there is more than one band, the Meet Director will divide the 15 minutes and the 3-minute 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 3-MINUTE TOUCHES

A participating institution must notify Gavin Crew (gcrew@athletics.ucla.edu) no later than **Monday, April 5**, *if it intends to* bring a pep band and/or cheerleaders.

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 site representative. 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.

MEDIA CREDENTIALS / VIDEOTAPING & STILL PHOTOGRAPHS

All requests must be submitted by email or in writing to Liza David, Assistant Sports Information Director (ldavid@athletics.ucla.edu). Credentials must be worn at all times to gain entry to the floor and designated areas. The Chancellor's Room will serve as media work area and location for post-meet interviews. Credentials are nontransferable; misuse will result in revocation of credential(s) and removal from the media area. Credentials may be claimed at Pauley Pavilion Gate 16.

Videotaping, Filming, Still Photographs

Institutions are permitted to videotape championships competition of their teams or their individual student-athletes for archival, coaching or instructional purposes. The videotapes may not be used for any commercial purposes. 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 during regional and national competition. Institutions may videotape from inside their corral provided the camera is hand-held or on a stationary tripod and does not obstruct fan viewing. For the videographer to film from the team corral, he or she will need to be included as part of the 21 permitted in the team corral.

In most cases, photographers will be restricted to the seating area and will not be allowed on the competition floor. Exceptions may be made for facilities in which the presence of photographers would not in any way interfere with a competitor's performance.

Flashes or strobes are not permitted because of the proximity of the photographers to the competitors. The host institution's sports information director is responsible for this area.

MEDIA RELATIONS / VIDEOTAPING & STILL PHOTOGRAPHS (continued)

TV/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 game, 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 game, 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 game 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/broadcast).

FINANCIAL PENALTIES

The NCAA Women's Gymnastics Committee may assess a financial penalty (up to a maximum of \$300) 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, schedules and entry forms for qualification and other materials necessary for the efficient administration of the competition.

DRUG TESTING

No official announcement regarding whether or not drug testing will occur at the event will be made. Please note the following:

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.

MISCONDUCT

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring incident to, en route to, from or at the locale of the competition or practice that discredits the event or intercollegiate athletics.

OFFICIALS

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

RESULTS

The results of the meet will be verified by the Meet Referee and Scoring Coordinator immediately after each event. The results will be declared official 12 hours after the start of the competition. Coaches' signatures are not required on the score sheets.

TRANSPORTATION - BUSES, RENTAL CARS

The following bus companies or representatives serve athletic teams in Los Angeles and surrounding area:

<u>Ryan's Express</u> 310/219-2960 800/999-7191 Fax: 310/676-2352 ryansexpress.com	<u>Coach USA</u> 562/634-7969 800/642-3287 Fax: 562/634-5818 coachusa.com	<u>Gold Coast Tours</u> 714/449-6888 800/638-6427 Fax: 714/879-4525 goldcoasttours.com
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DIRECTIONS

Directions to hotel: Exit Los Angeles International Airport and take the ramp onto SR-1 (Sepulveda Blvd) heading North. Keep right onto Sepulveda Blvd (you will travel approximately 2.1 miles) and take a right onto West Centinela Ave. Turn left onto Bristol Parkway. The hotel is on the left.

Directions to UCLA from the hotel: Exit the Courtyard by Marriott and take a right onto Bristol. Turn right onto West Centinela Ave and a right on Sepulveda Blvd. Turn left onto West Slauson Ave. and left onto Jefferson Blvd. Merge onto Interstate 405 North. Exit on Wilshire Blvd. East (Westwood). Turn LEFT on Westwood Blvd. Continue on Westwood Blvd. for approximately 0.7 miles until you reach the Parking & Information Kiosk on your left, located between Charles E. Young Drive South and Strathmore Drive. Here you will redeem your courtesy parking card and notify the attendant that would like to park in either Lot 6 or Lot 7, they will direct you.

****PLEASE BE SURE TO ALLOW PLENTY OF TIME TO GET FROM THE HOTEL TO UCLA DURING RUSH-HOUR TRAFFIC. THE 10+ MILE DRIVE CAN TAKE AT LEAST AN HOUR ON THE 405 FWY.**

NCAA WOMEN'S GYMNASTICS CHAMPIONSHIPS

2010 Official Entry and March-in Form



NCAA
2010 GYMNASTICS
CHAMPIONSHIPS

1. Regionals _____

2. Nationals _____



NCAA
2010 GYMNASTICS
CHAMPIONSHIPS

Institution: _____

Please list each individual from your institution's travel party (limit of 21). **Please denote eligible student-athletes who will be participating with an asterisk. Student-athletes should be listed in alphabetical order using lines 1-15.** If a team does not have 15 student-athletes, the remaining credentials may be allocated to other necessary institutional staff members.

1. _____	15. _____
2. _____	16. _____
3. _____	17. _____
4. _____	18. _____
5. _____	19. _____
6. _____	20. _____
7. _____	21. _____
8. _____	<i>Use Lines 22 – 24 to list the three on-site administrators*; and line 25 to list the team physician. *Tickets must be purchased for administrators.</i>
9. _____	
10. _____	
11. _____	22. _____
12. _____	23. _____
13. _____	24. _____
14. _____	25. _____

March-in Form. Please list all eligible student-athletes that will be on-site at the event and participating in the official march-in below (**shortest to tallest**).

1. _____	9. _____
2. _____	10. _____
3. _____	11. _____
4. _____	12. _____
5. _____	13. _____
6. _____	14. _____
7. _____	15. _____
8. _____	

This form must be returned to D'Ann Keller (dkeller@ncaa.org) at the NCAA national office by noon, March 31, for regionals and April 14 for nationals. Changes to the 15 student-athletes designated on the entry form must be made in writing to the respective tournament director and Ms. Keller not later than the institution's departure from campus.

NCAA WOMEN'S GYMNASTICS CHAMPIONSHIPS

Student-Athlete's Guest Ticket List (Page 1)

DATE: _____ SCHOOL: _____

BILLING INFORMATION:

Name: _____ ADDRESS: _____

Phone: _____ Fax: _____ Email: _____

*Please type or print clearly

NAME (Last Name, First Name)

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	

NCAA WOMEN'S GYMNASTICS CHAMPIONSHIPS
Student-Athlete's Guest Ticket List (Page 1)

DATE: _____ SCHOOL: _____

*Please type or print clearly
NAME (Last Name, First Name)

24.	
25.	
26.	
27.	
28.	
29.	
30.	
31.	
32.	
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43.	
44.	
45.	
46.	
47.	
48.	

2010 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. _____

2010 National Collegiate Women's Gymnastics Championships

Equipment List (regionals & nationals)

We verify that this is the equipment that will be used at the 2010 NCAA Women's Gymnastics Championship

Host Institution University of California, Los Angeles (UCLA)

Signature Head Coach Valorie Kondos Field

Signature Meet Director Gavin Crew

Signature Athletics Director Dan Guerrero

circle specific equipment when given more than one option

				<i>Regionals</i>	
	800 ELITE SERIES	CATALOG		CHECK	WILL
BEAM	ITEM DESCRIPTION	NO.	QTY.	IF HAVE	GET
	Elite Reflex Beam	407-440	1	X	
	Elite Beam Leg Pads	416-325	1 set	X	
	Elite Beam Leg Filler Mat System	416-560	1 set	X	
	FIG 8' x 15.5' x 20 cm V2 – Firm	416-558	2	X	
	FIG 8' x 15.5' x 20 cm V4 – Firm	530-854	2		X
	FIG 8' x 12' x 20 cm V2 – Firm	416-557	1	X	
	FIG 4' x 8' x 20 cm V2 – Firm Slab	416-553	1	X	
	Throw Mat 7' x 10' x 4" – Vinyl Top an Nyloblast Bottom	416-019	1		X
	Skill Cushion – 8" x 5' x 10'	416-663	1	X	
	Sting Mat – 7' x 10' x 1.5"	416-084	1	X	
	Throw Mat 8' x 15' 4" folding – Vinyl Top and Nyloblast Bottom	416-020	1		X
	TAC 10/LZT Board	407-233	1	X	
	Suede Beam Pad	416-051	1	X	
	Step-in Chalk Holder w/ Chalk	407-007	2	X	
	Score Flasher – 3 digit (panel judges)	418-002	3		X
	Score Flasher – 4 digit (chief judges)	418-003	1		X
MISC BEAM	Stop Watches		2	X	
	Start Value Flip Charts		4	X	
	2' x 4' x .5" plywood mounting boards w/ non-skid surface both sides no logos (w/ rope for handles)			X	
	Green Start Flag		1	X	
	Bell (beam warning); loud enough to be heard over crowd		1	X	
FLOOR EX.				CHECK	WILL
			QTY.	IF HAVE	GET
	All-American Elite Floor Exercise System – 40' x 40'	432-485	1	X	
	Elite Spring Tables	432-340	1	X	
	All-American Elite Carpet – 45' x 45' (note color in blank column)	432-510	1	X	NAVY
	QuadLam Foam – 2" x 6' x 42'	416-773	7 rolls	X	
	Skill Cushion – 8" – 5' x 10'	416-663	1	X	
	Sting Mat – 7' x 10' x 1.5"	416-084	1	X	
	Throw Mat 7' x 10' x 4" – Vinyl Top and Nyloblast Bottom	416-019	1		X
	Step-in Chalk Holder w/ chalk	417-007	2	X	
	Score Flasher – 3 digit (panel judges)	418-002	3		X
	Score Flasher – 4 digit (chief judges)	418-003	1		X
	Block Chalk	407-585	Case	X	
MISC FLOOR	Start Value Flip Charts		4		X
	Variable Speed CD Player		1	X	
	Green Start Flags		1	X	
	Yellow Flags		2	X	
	Stop Watches		1	X	
bye area 1	Off competition floor				
	Additional Panel Mats		2	X	
bye area 2	Off competition floor				
	Additional Panel Mats		2	X	
Meet Referee	100 ft. US Tape Measure		1	X	
	20 meter Tape Measure		1	X	
	Stop Watches (3 backups)		3		X

2010 National Collegiate Women's Gymnastics Championships

Equipment List (regionals & nationals)

We verify that this is the equipment that will be used at the 2010 NCAA Women's Gymnastics Championship

Host Institution University of California, Los Angeles (UCLA)

Signature Head Coach Valorie Kondos Field

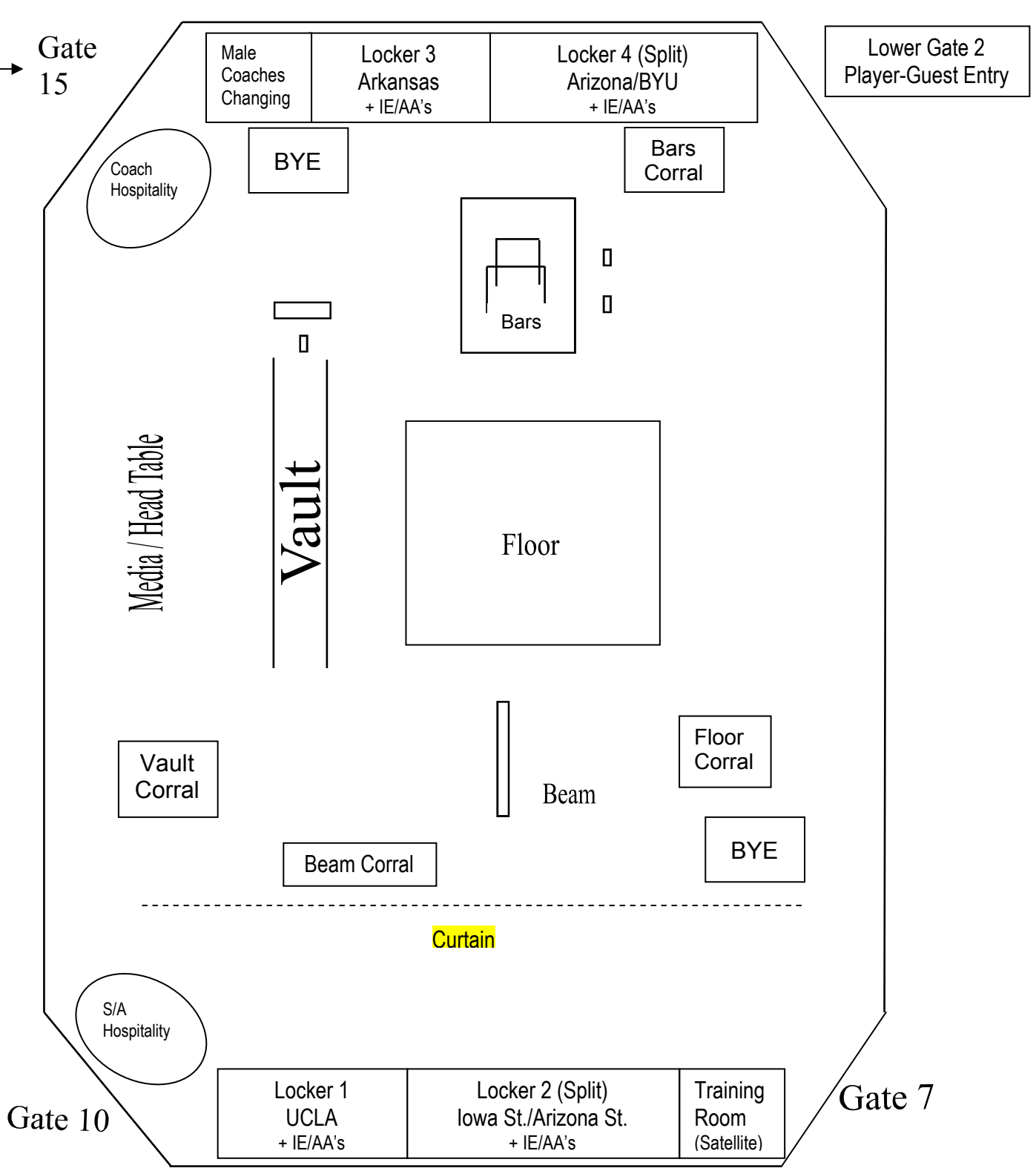
Signature Meet Director Gavin Crew

Signature Athletics Director Dan Guerrero

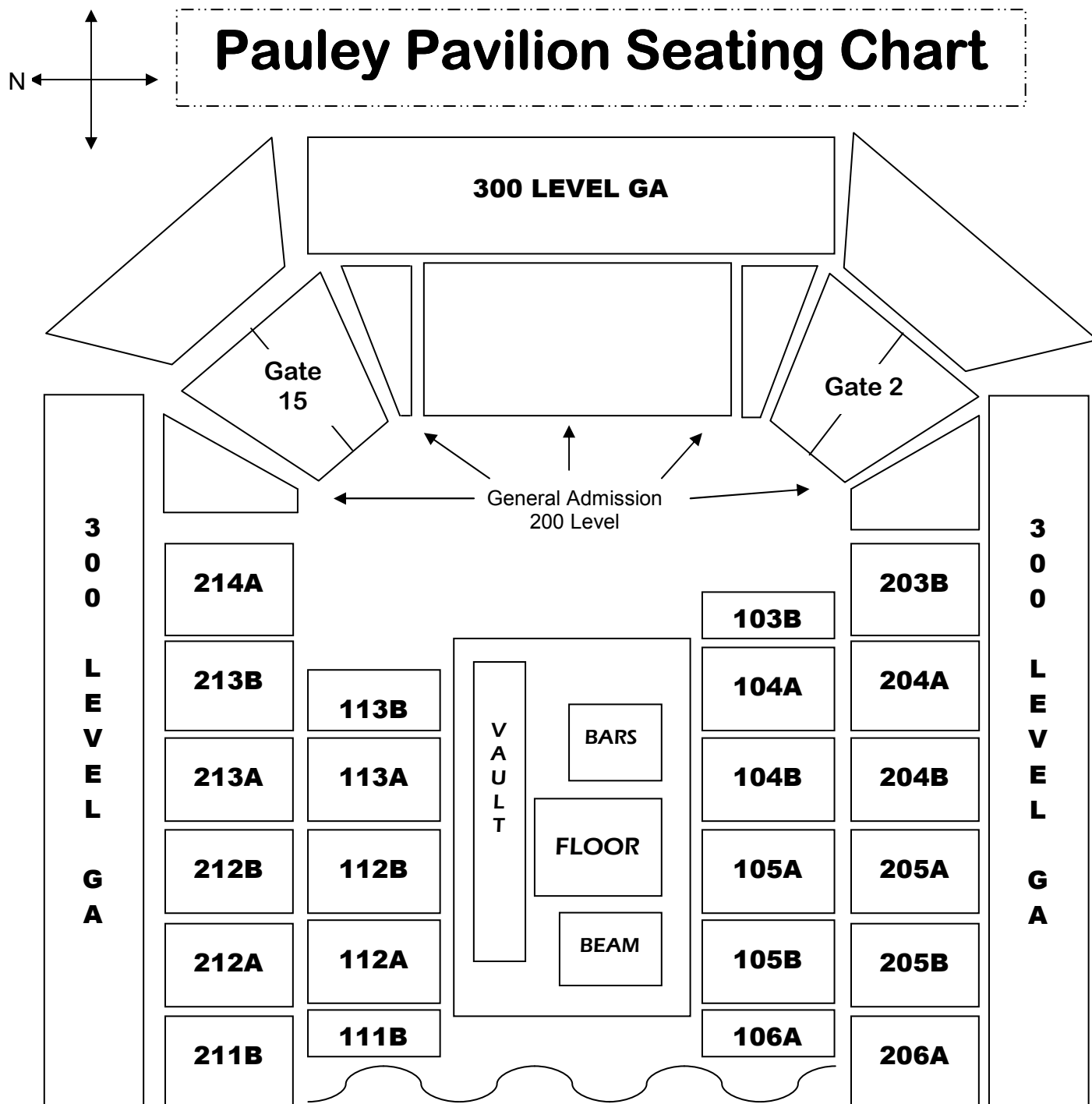
circle specific equipment when given more than one option

				<i>Regionals</i>	
	800 ELITE SERIES	CATALOG		CHECK	WILL
VAULT	ITEM DESCRIPTION	NO.	QTY.	IF HAVE	GET
	TAC 10/LZT Vault Table	407-557	1	X	
	Padded Vaulting Runway (1 3/8" x 3' x 84')	416-785	1	X	
	TAC/LZT Board	407-233	1	X	
	Contoured Vault Safety Zone	407-238	1	X	
	Vault Anchor Mat 20 cm	416-549	1	X	
	FIG 8' x 15.5' x 20 cm V2 – Firm	416-558	1	X	
	FIG 4' x 8' x 20 cm V2 – Slab	416-553	1	X	
	Throw Mat 7' x 10' x 4" – Vinyl Top and Nyloblast Bottom	416-019	1		X
	Throw Mat 8' x 15' x 4" folding – Vinyl Top and Nyloblast Bottom	416-020	1		X
	SC-8" 5' x 10' – Skill Cushion	416-663	1	X	
	Skill Cushion – 8" – 5' x 10' "Softy"	416-006	1	X	
	Sting Mat – 7' x 10' x 1.5"	416-084	1	X	
	TAC/10 Round Off Pad – 39.4" x 51.2" x 1 3/8" (no personal pads)	416-098	1	X	
	Mini TAC/10 Round off Pad – 36" x 36" x 1 3/8" (no personal pads)	416-099	1	X	
	Low Spotting Block 2' x 1' x 4'	416-042	1		X
	Tac 10/Towel (one box)	407-571	1		X
	TAC 10/Surface Cleaner	407-567			X
	Step-in Chalk Holder w/ chalk	407-007	1	X	
	Score Flasher – 3 digit (panel judges and vault group)	418-002	4	X	
	Score Flasher – 4 digit (chief judges)	418-003	1	X	
MISC VAULT	Collegiate Vault Value Chart		1		
	100 ft. US Tape Measuer		1		
	Start Value Flip Charts		4		
	Green Start Flag		1		
UNEVEN BARS				CHECK	WILL
Circle One	FLOOR PLATES or Free Standing		QTY.	IF HAVE	GET
	Elite Uneven Bars – Includes Graphite Bars – adjusts to 170 cm width	407-080	1	X	
	Extra Graphite X Bar	407-152	2	X	
	Elite Uneven Bars Adapters – if floor plates are not available	407-361/349	1	X	
	FIG 8' x 15.5' x 20 cm V2 – Firm	416-558	2	X	
	FIG 8' x 12' x 20 cm V2 – Firm	416-557	2	X	
	FIG 5' x 7.5' x 20 cm V2 – Slab	416-554	1	X	
	Throw Mat 7' x 10' x 4" – Vinyl Top and Nyloblast Bottom	416-019	1		X
	Sting Mat – 7' x 10' x 1.5"	416-084	1	X	
	Skill Cushion – 8" – 5' x 10' "Softy"	416-006	1	X	
	Throw Mat 8' x 15' x 4" folding – Vinyl Top and Nyloblast Bottom	416-020	1		X
	TAC/LZT Board	407-233	1	X	
	Low Spotting Block 2' x 1' x 4'	416-042	1		X
	High Chalk Holder	407-008	1	X	
	Block Chalk	407-585	Case	X	
	Score Flasher – 3 digit (panel judges)	418-002	3	X	
	Score Flasher – 4 digit (chief judges)	418-003	1	X	
MISC BARS	Stop Watches		2	X	
	Scotch bright pad for scraping bars		1	X	
	Start Value Flip Charts		4	X	
	2' x 4' x .5" plywood mounting boards w/ non-skid surface both sides no logos (w/ rope for handles)		1	X	
	Green Start Flag		1	X	
	Wire Brush		1	X	
	Spray Water Bottles for Bars		2	X	

Pauley Pavilion Floor Plan



Note: Map not drawn to scale



Each team has 50 RESERVED seats in a designated lower 100 section, and 40 seats in the corresponding GA section above (200 level). All 100 level sections are reserved tickets, and 200/300 level sections are General Admission. The remaining seats in each section will be public tickets.

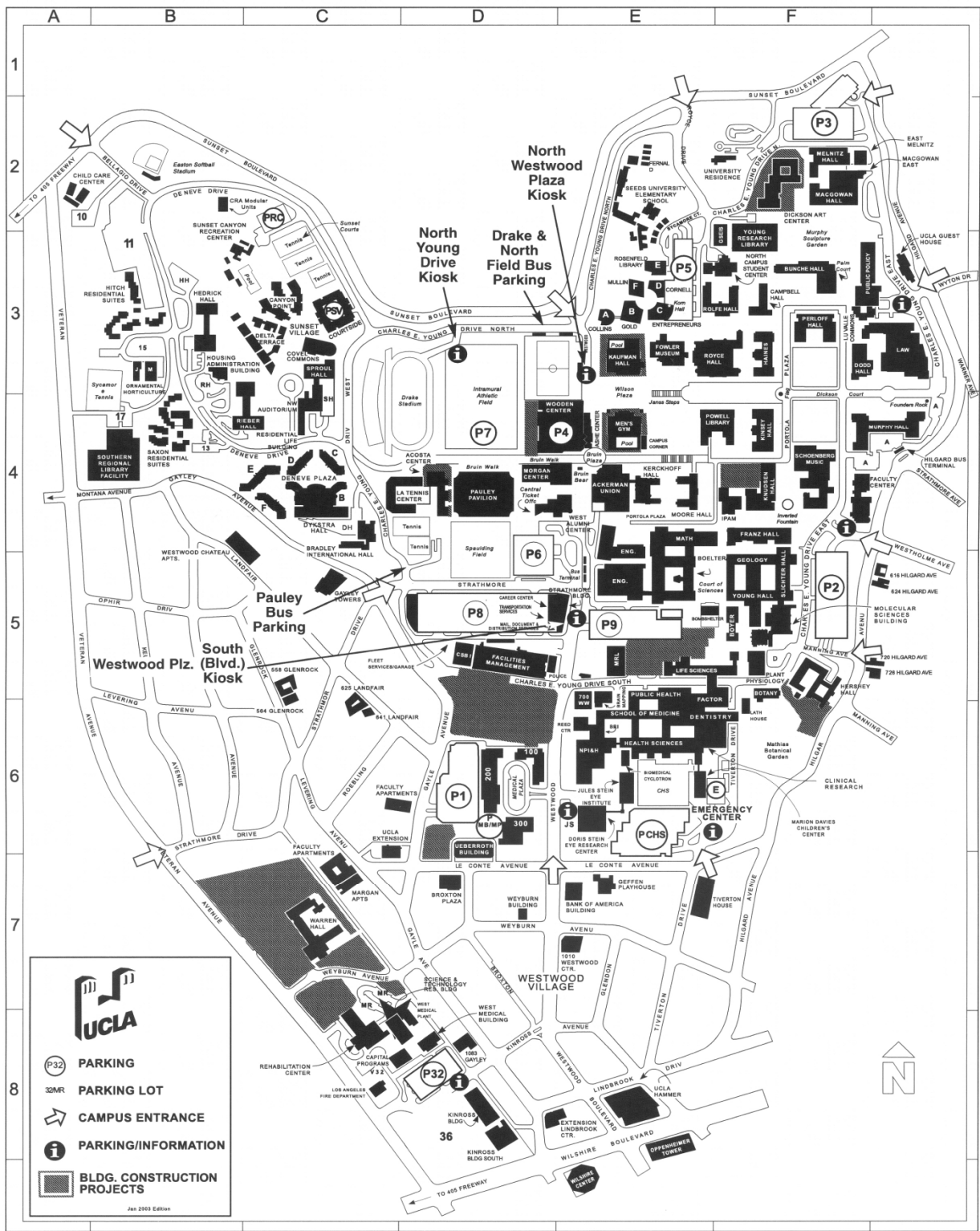
UCLA – Section 105A/205A Arkansas – Section 112A/212A
 BYU – Section 105B/205B Arizona – Section 112B/212B
 Iowa St. – Section 111B/211B Arizona St. – Section 113B/213B

Individual Event/All-Around qualifiers will be in sections 103B and 106A.

Sections 104A, 104B and 113A have been available to public as pre-sale reserved tickets, and are SOLD OUT.

Player/Guest Pass List entry will be at Lower Gate 2.

Note: Map not drawn to scale



CAMPUS LEGEND

ATHLETICS

AREA	GRID LOCATION
Bus Parking (Drake & North Field)	D3
Bus Parking (Pauley Pavilion)	D5
Drake Stadium	C/D 3/4
Easton Stadium	B2
LA Tennis Center	D4
Marshall Field (Drake Stadium)	C/D3
Men's Gym	E4
Men's Gym Pool	E4
Morgan Center	E4
North Field	D/E3
North Westwood Plz. Parking Kiosk	E3/4
Noth Young Dr. Parking Kiosk	D3
Parking Structure #4	D/E4
Parking Structure #6	D5
Parking Structure #7	D3/4
Parking Structure #8	D5
Parking Lot #11	B2/3
Parking Structure PRC (Sunset Rec. Center)	C2/3
Pauley Pavilion	D4
South Westwood Blvd. Parking Kiosk	E5
Spaulding Field	D4/5
Sunset Pool (Sunset Rec. Center)	C3
Sunset Tennis Courts (Sunset Rec. Center)	C3
Sycamore Tennis Courts	B3/4
Training Center (Acosta)	D4
Wooden Center	D/E4

Local Attractions/Restaurant Guide

CULVER CITY AREA

(distance from Courtyard Marriott)

1. T.G.I.Friday's (1.47 miles)
6721 La Tijera Blvd.
Los Angeles, CA 90045
310/337-1143
2. P.F. Chang's (8.49 miles)
2041 Rosecrans Ave.
El Segundo, CA 90245
310/607-9062
3. California Pizza Kitchen (3.20 miles)
10704 Venice Blvd.
Culver City, CA 90232
310/287-2727
4. Romano's Macaroni Grill (8.01 miles)
2321 Rosecrans Ave.
El Segundo, CA 90245
310/643-0812
5. Cozymel's Mexican Grill (8.65 miles)
2171 Rosecrans Ave.
El Segundo, CA 9025
310/606-5505
6. Fleming's Prime Steakhouse & Wine Bar
(7.95 miles)
2301 Rosecrans Ave., Ste. 1199
El Segundo, CA 90245
310/643-6911
7. McCormick & Schmick's Seafood
Restaurant (7.95 miles)
2301 Rosecrans Ave., Ste. 1250
El Segundo, CA 90245
310/416-1123
8. The Cheesecake Factory (5.33 miles)
4142 Via Marina
Marina del Rey, CA 90292

HOWARD HUGHES PROMENADE

SHOPPING CENTER (0.56 miles)

6081 Center Drive
Los Angeles, CA 90045
310/641-8073

WESTOOD AREA

(distance from venue)

1. Acapulco Mexican Restaurant
(0.62 miles)
1109 Glendon Ave.
Los Angeles, CA 90024
310/208-3884
2. Baja Fresh (0.81 miles)
10916 Kinross Ave.
Los Angeles, CA 90024
310/208-3317
3. BJ's Restaurant (0.47 miles)
939 Broxton Ave.
Los Angeles, CA 90024
310/209-7475
4. California Pizza Kitchen (0.51 miles)
1001 Broxton Ave.
Los Angeles, CA 90024
310/209-9197
5. Denny's Restaurant (0.78 miles)
1060 Tiverton Ave.
Los Angeles, CA 90024
310/443-7690
6. Diddy Riese Cookies (0.47 miles)
926 Broxton Ave.
Los Angeles, CA 90024
310/208-0448
7. Distefano's Italian Restaurant
(0.65 miles)
1076 Gayley Ave.
Los Angeles, CA 90024
310/208-5117
8. Jerry's Famous Deli (0.47 miles)
10923 Weyburn Ave.
Los Angeles, CA 90024
310/208-3354
9. Napa Valley Grill (0.60 miles)
1100 Glendon Ave.
Los Angeles, CA 90024
310/824-3322

3rd STREET PROMENADE

SANTA MONICA (7.35 miles)

Between Wilshire & Arizona on 3rd
Street
310/393-8355