

KEYSTONE STATE GAMES

DATE: May 21-23, 2010

LOCATION: SPIRIT Gymnastics Training Center, 513 Dickerson Rd, North Wales, PA 19454

ELIGIBILITY:

Any amateur gymnast residing in Pennsylvania - age unlimited. Gymnasts DO NOT have to be registered USAG, however, all divisions will be judged by USAG rules. Gymnasts must compete at the level in which they have competed at throughout the 2009-2010 season or one higher. Violation of this rule may be grounds for disqualification.

ENTRY PROCEDURE:

1. Each individual entering the team competition must send a completed 2010 Individual Entry Form with a fee of \$65 by May 1, 2010. **EARLY ENTRY DISCOUNT:** If you send your entry and it is postmarked no later than April 16, you may deduct \$5 from your individual entry fee. After April 17, please pay the KSG 2010 rate of \$65 for your individual entry fee.
2. Each team entering must send a completed 2010 team entry form with a \$50 fee for each level to the Keystone State Games office.

All fees are non-refundable and are to be paid by check or money order payable to Keystone State Games. Please mail to: PO Box 1166, Wilkes-Barre, PA 18703-1166

All entry forms are reproducible. Please note that the 2010 Gymnastics Entry Form is two-sided.

EVENTS:

Each division includes competition in balance beam, uneven bars, floor exercise, vault, and all-around. Please note! The 2009-10 USAG compulsory & optional rules will be in effect.

DIVISIONS:

Compulsory Only – Level 3: The top 3 scores will count toward team standings. All scores will count toward individual standings. Gymnasts do not have to be all-around. *NOTE: At this time, Level 3 is not included in the State Games of America competition in 2011.*

Compulsory Only - Level 4: The top 3 scores will count toward team standings. All scores will count toward individual standings. Gymnasts do not have to be all-around.

Compulsory Only - Level 5: The top 3 scores will count toward team standings. All scores will count toward individual standings. Gymnasts do not have to be all-around.

Compulsory Only - Level 6: The top 3 scores will count toward team standings. All scores will count toward individual standings. Gymnasts do not have to be all-around.

Novice, Intermediate & Advanced Prep.- The top 3 scores will count toward team standings. All scores will count toward individual standings. Difficulty requirements for Novice Prep Optional, Intermediate Prep Optional and Advanced Prep Optional: Please refer to www.pagymnastics.com for specific rules. Team Awards will be dependent upon the number of competitors in each Prep Optional Level.

Optional - Level 7: The top 3 scores will count toward team standings. Follow USAG rules for this level. Difficulty requirements: 2 B's, 5 A's; No C's, D's or E's permitted

Optional Level 8: The top 3 scores will count toward team standings. All scores will count toward individual standings. Difficulty requirements: 4 B's, 4 A's; No C's. Only C dance - No C Acro. NO D's or E's permitted No bonus will be awarded. Gymnasts do not have to be all-around. (Max. start value 10.0)

Optional Level 9**: The top 3 scores will count toward team standings. All scores will count toward individual standings. Difficulty requirements: 1 C, 4 B's, 3 A's. Gymnasts do not have to be all-around. (9.7 start value with a max. value 10.0). Only D dance. 1 D acro permitted per event.

Optional Level 10**: The top 3 scores will count toward team standings. All scores will count toward individual standings. Difficulty requirements: 2 C's, 3 B's, 3 A's. Gymnasts do not have to be all-around. (9.5 start value with a max. value 10.0).

**Level 9 & 10 team competition may be combined depending on entries in each level.

AWARDS:

Medals will be awarded to each gymnast placing 1st, 2nd, or 3rd in individual, all around and team events. Place awards will be awarded to gymnasts placing 4th, 5th, or 6th in individual and all around events in each division. Team trophies will be awarded in each division. In the event that there are sufficient entries at one level to run two sessions, team awards will be awarded for each session. The placement of teams within each event session shall be determined by random draw. Each gymnast will receive one souvenir shirt.

ENTRY DEADLINE:

All entries are due in the Keystone State Games office by May 7, 2010

TEAM ROSTER CHANGES:

Teams may change their roster or add members up until May 7 deadline. To make any changes, call Anne Ambrose at Keystone State Games, Inc. at 1-888-445-4559 ext. 26 (Mon.-Fri. from 9 AM - 1 PM). **The last day for changes or additions is May 7, 2010.** Any additional gymnasts (who have not already) must complete a 20109 KSG Entry Form and send it to the Keystone State Games office, marked to the attention of Anne Ambrose with team name & level noted.

CONTACTS:

Gene Speer, Gymnastics Sport Leader, 215-699-2900, spiritgymnastics@aol.com
Anne Ambrose, Keystone State Games, 1-888-445-4559x26, keystones@aol.com
Barbara Cutillo, Gymnastics Consultant & Official Assignor, pagymjudge@aol.com
Mary Ann Olson, Gymnastic Consultant, jklmdesign@aol.com

HOST: SPIRIT Gymnastics Training Center, 513 Dickerson Road, North Wales, PA, 19454.

TENTATIVE SCHEDULE: Schedule will be determined by the number of entries. Award Ceremony will follow conclusion of each division.

LODGING:

Official accommodations for Keystone State Games Gymnastics:

Homewood Suites by Hilton

1200 Pennbrook Parkway | Lansdale, PA 19446 | 215-362-6400

All rooms are suites, Complimentary Hot Continental Breakfast. Located less than 3 minutes from gym

DIRECTIONS:

From the north-central: Take I 80 east towards Bloomsburg * Take I 476 South towards Allentown * Exit at "Lansdale" * At the end of the ramp, make a left onto Sumneytown Pike * Go approx. 4 miles * You will pass under a small stone bridge, and arrive at a stop light with the "Sumney Tavern" * Pass through this light, and go to the next light ~ Dickerson Road (TD Bank on left) * Turn left onto Dickerson Road * Gym is the 4th driveway on the right ~ Additional Parking is 5th on the right *

From the south-central: Take I 81 north * Take I 78 East * Take US 22 East * Take I 476 South towards Allentown * Exit at "Lansdale" * At the end of the ramp, make a left onto Sumneytown Pike * Go approx. 4 miles * You will pass under a small stone bridge, and arrive at a stop light with the "Sumney Tavern" * Pass through this light, and go to the next light ~ Dickerson Road (TD Bank on left) * Turn left onto Dickerson Road * Gym is the 4th driveway on the right ~ Additional Parking is 5th on the right *

From the south: Take I 476 North to the "Lansdale" exit of the Northeast extension * At the end of the ramp, make a left onto Sumneytown Pike * Go approx. 4 miles * You will pass under a small stone bridge, and arrive at a stop light with the "Sumney Tavern" * Pass through this light, and go to the next light ~ Dickerson Road (TD Bank on left) * Turn left onto Dickerson Road * Gym is the 4th driveway on the right ~ Additional Parking is 5th on the right *

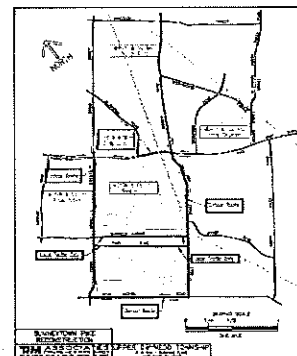
From the north: Take I 476 South towards Allentown * Exit at "Lansdale" * At the end of the ramp, make a left onto Sumneytown Pike * Go approx. 4 miles * You will pass under a small stone bridge, and arrive at a stop light with the "Sumney Tavern" * Pass through this light, and go to the next light ~ Dickerson Road (TD Bank on left) * Turn left onto Dickerson Road * Gym is the 4th driveway on the right ~ Additional Parking is 5th on the right *

From the south-east: Take I 276 west towards Harrisburg * Exit at the "Fort Washington, PA 309" exit * Stay on the right of the ramp and take the PA 309 North exit towards Ambler * In about 3 1/2 miles, exit at the "Norristown Road" exit * AT end of ramp, turn left onto Norristown Road ~ this road becomes "Sumneytown Pike" * You will travel approx 4 miles, and you will cross over railroad tracks * After the railroad tracks, go to the 3rd stop light * You will see a "TD Bank" on the right * Turn right at that light onto Dickerson Road * Gym is the 4th driveway on the right ~ Additional Parking is 5th on the right *

From the south using PA 309: Take PA 309 north * exit at the "Norristown Road" exit * AT end of ramp, turn left onto Norristown Road ~ this road becomes "Sumneytown Pike" * You will travel approx 4 miles, and you will cross over railroad tracks * After the railroad tracks, go to the 3rd stop light * You will see a "TD Bank" on the right * Turn right at that light onto Dickerson Road * Gym is the 4th driveway on the right ~ Additional Parking is 5th on the right *

From the north using PA 309: Take PA 309 south * Turn right onto North Wales Road ~ Walgreens at intersection ~ you will turn BEFORE Montgomery Mall * Go for about 2 1/2 miles, and you will see a WAWA in the center of a "Y" * Take the right "Y" which is Beaver Street * Make a right turn immediately after railroad tracks onto Wissahickon Ave * Make the first left onto Dickerson Road * Pass Industrial Ave on your left, and the gym is the second driveway on the left ** Additional parking is the first driveway after that road on the left**

NOTE: Construction on the Sumneytown Pike Road Widening Project will resume on March 1, 2010. Starting March 1st Sumneytown Pike from Allentown Road to Church Road will be closed allowing local traffic only. The detour route will be clearly marked with signs taking motorists to the alternate route on Morris Road. Only local business traffic will be permitted within the work zone. This detour will be in place from March 1st until December of 2010 to facilitate utility relocation and the full roadway reconstruction of Sumneytown Pike and the reconstruction of the existing railroad bridge. During April and May of 2010, the final work on Sumneytown Pike from Church Road to Beaver Street will also occur. The majority of this work will occur at night between 7:00 PM and 7:00 AM when pavement patching and re-surfacing will occur. Motorists should be aware of sporadic day operations impacting traffic with temporary lane closures between the hours of 9:00 PM and 3:00 PM.



Keystone State Games Team Entry Form

Club Name: _____

Coach's Name: _____

Phone: _____ E-mail: _____

	First Name	Last Name	Level	Birthdate	Age
1					
2					
3					
4					
5					
6					
7					
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11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

Please use a different form for each level.

Keystone State Games, PO Box 1166, Wilkes-Barre, PA 18703

THIS IS A RELEASE

INSTRUCTIONS

1. Applicants age 18 and over, complete Part "A" only.
2. Applicants under age 18 must have parent or guardian complete Parts "A" & "B".

AMATEUR ATHLETIC

PART "A" - WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the **KEYSTONE STATE GAMES, INC.** athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE **KEYSTONE STATE GAMES, INC.**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
5. I, the undersigned declare on my honor that I am an amateur and agree to follow the rules of the Keystone State Games, obey my coach(es)/team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition.
6. I hereby authorize any first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so.
7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Keystone State Games in any manner incidental to my participation in the Keystone State Games without compensation to me.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature: _____ Date Signed: _____

PART "B" - FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in the **KEYSTONE STATE GAMES**, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Signed: _____
Name Relationship to Minor Date

Signed: _____
Name Relationship to Minor Date