



AGG USA GENERAL MANUAL

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Subject to Change

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1. INTRODUCTION

1.1. **AGG USA Non-Profit Status**

AGG USA is a federally recognized 501(c)(3) not-for-profit company dedicated to growing the sport of Aesthetic Group Gymnastics in America. AGG USA is the accredited American Federation for Aesthetic Group Gymnastics and is the National Governing Body for the sport. It operates under the international patronage of IFAGG, the international governing body for Aesthetic Group Gymnastics.

1.2. **AGG USA Membership Status with IFAGG**

AGG USA is registered as an A-member of the IFAGG Federation. As an A-member, AGG USA has the following responsibilities and rights:

- The responsibility of having five votes in the Annual IFAGG General Assembly.
- The right to participate in IFAGG events.
- The responsibility of being the sole IFAGG A-member entity representing the United States of America.
- The responsibility of overseeing the development of the sport of Aesthetic Group Gymnastics within the United States

Only American teams registered with AGG USA may participate in IFAGG events, subject to proper qualification (see “Participating in International Competitions”). More information about AGG USA's IFAGG membership is available [here](#).

1.3. **IFAGG Web page**

IFAGG's website can be accessed [here](#).

1.4. AGG USA Web page

AGG USA regularly updates its website with information regarding rules, events, photos, and more. Visit the official AGG USA website [here](#).

1.5. IFAGG Privacy Policy

AGG USA works to follow IFAGG's Privacy Policy, which is available [here](#).

1.6. Communication with IFAGG or International Federations

Individual AGG USA club, coach, and club members (i.e., athletes, parents, and volunteers) are not permitted to communicate with IFAGG or other International Federations for AGG. This includes contacting any international choreographers or coaches of other federations regarding choreography, routine reviews, or masterclasses. All communications with these entities must be done through the AGG USA Federation Office.

1.7. Communication with the AGG USA Office or AGG USA Officials

All official communications with the AGG USA Office, AGG USA President, AGG USA Vice President, AGG USA Technical Committee, AGG USA Ethical Committee, etc., must be done via email.

1.7.1. AGG USA Communication Protocol

The Federation will accept official communications only from the following individuals:

- Owners or officially designated representatives of registered clubs
- Coaches affiliated with a registered club and recognized by the Federation

Parents or other private individuals are not permitted to contact the Federation directly. Any inquiries from parents must be directed to their club's representative or coach, who may then formally contact the Federation if appropriate.

Official communications must be submitted via email to the Federation's official email address.

To be considered valid, emails must meet the following criteria:

- Be sent from the email address of an officially registered club representative or coach

- Include the full name of the club, the sender's full name and role (e.g., owner, head coach), the individual's contact information, and a clear and concise description of the inquiry or request

Messages that do not meet these requirements will not be reviewed or responded to.

The Federation will review and respond to official communications within five (5) business days of receipt.

- If additional time is required, the Federation will notify the sender and provide an estimated date for response.
- Requests involving urgent organizational matters may be prioritized at the Federation's discretion.

All communications and responses may be documented and archived by the Federation.

The Federation handles any personal, sensitive, or confidential information in accordance with applicable California privacy laws, including the California Consumer Privacy Act (CCPA), as well as IRS best practices for nonprofit recordkeeping.

1.7.2. Communication via WhatsApp

WhatsApp group chats are made specifically for communication about competition preparation or for quick communication during the competition. There are also general WhatsApp chats made as a means to provide announcements and reminders to all members or all judges. Outside of those circumstances, WhatsApp should not be used to communicate directly with the AGG USA Federation.

Remember that the AGG USA Ethical Code is also applicable to social media and messaging platforms. AGG USA members are expected to uphold the ideals of sportsmanship, responsibility, and good faith at all times.

AGG USA WhatsApp chats are not a platform for open discussion but rather a means of quick communication among federation members, competition organizers, and participants. All participants are to keep all responses minimal, quick, and succinct.

2. AGG USA MEMBERSHIP

AGG USA offers five types of membership: Full Membership, Domestic Membership, Junior Membership, Club Membership, and Judge Membership. All memberships are valid until December 31st of the year in which they are paid. All memberships must be paid for by December 20th of the year prior to the start of the season. An additional late fee of \$25 per athlete, club, or coach membership will be applied to payments made after December 20th.

2.1. ***Club Membership***

All clubs that wish to participate in AGG USA in any way must obtain Club Membership. The benefits of club membership are as follows:

- Club members will be included in the AGG USA member email list
- Club members may attend all AGG USA educational courses
- Club members will be given a Google Drive link, which includes other instructional videos to assist in the development of AGG, including recordings of previous courses
- Club members can email questions to the technical committee regarding routine composition or any other technical matter of AGG
- Club members are expected to abide by AGG USA and IFAGG regulations, statutes, code of conduct, and protocol
- Compete as a team representing the United States of America
- Opportunity to compete on behalf of the United States of America at International Competitions

The Club Membership fee is **\$300** per season.

2.2. ***Coach Membership***

All coaches who wish to participate in any AGG USA or IFAGG events must obtain a Coach Membership. The benefits of coaches' membership are as follows:

- Coaches will be included in the AGG USA member email list
- Coaches may attend all AGG USA educational courses
- Coaches receive AGG USA track suits and apparel (if their team(s) qualify to compete internationally)
- Coaches will be given a Google Drive link, which includes other instructional videos to assist in the development of AGG, including recordings of previous courses

- Coaches can email questions to the technical committee regarding routine composition or any other technical matter of AGG. If coaches would like to do a routine review, they need to email the AGG USA Federation Office. Coaches are not permitted to contact judges directly.
- Coaches are expected to abide by AGG USA and IFAGG regulations, statutes, code of conduct, and protocol
- Full IFAGG Coach Membership

Coach Membership Fees:

- \$175 for the first coach.
- \$50 for a second coach, if applicable.
- \$25 for a third coach, if applicable.

If the first coach is the club owner, they are exempt from paying an additional coach membership fee.

2.3. Athlete Membership

AGG USA offers three types of membership for its athletes: Full, Domestic, and Junior. Full membership is valid for the entire AGG season from January 1st to December 31st. Junior Membership is valid only from May 1st to December 31st of the same season. Domestic Membership is only applicable to teams in the 4-6 or 6-8 age categories that have no intention of competing internationally.

Note: An athlete's membership is not officially recognized until their name is included on an official team roster. More information is available in section 2.8 regarding official team rosters.

2.3.1. Junior Membership for Athletes

The benefits of junior membership for athletes are as follows:

- All benefits associated with Club membership.
- Allows teams to participate in all AGG USA exhibitions, events, and competitions held after May 1st.
- Allows teams to participate in IFAGG events held after May 1st, assuming athletes follow the proper qualification protocol.

The Junior Membership fee for athletes is \$130 per athlete per season.

2.3.2. Domestic Membership for Athletes

Only teams in the 4-6 or 6-8 age category are permitted to have Domestic Membership. The benefits of domestic membership for athletes are as follows:

- Allows participation of teams in all AGGUSA National Competitions held at any point in the season
- Allows participation of teams in all AGGUSA exhibitions
- Allows coaches to participate in IFAGG Educational Courses (must inform AGGUSA ahead of time)
- Teams are NOT permitted to compete internationally with Domestic Membership. Gymnasts under the age of 8 who wish to compete internationally must possess a Full membership.

The Domestic Membership fee for athletes is \$140 per athlete per season.

2.3.3. Full Membership for Athletes

The benefits of full membership for athletes are as follows:

- All benefits associated with Junior Membership
- Allows teams to participate in all AGG USA national competitions held at any point in the season
- Allows teams to participate in all International AGG Competitions and events after qualification at an approved AGG USA competitive event (teams must inform AGG USA ahead of time via an international request form)
- Full IFAGG Gymnast membership

Full Membership fee for athletes is \$195 per athlete per season.

2.4. Judge Membership

AGG USA has both national and internationally recognized judges, ranked from Levels 1 to 5. Please see the following documents to view the following information:

- Judge Membership Fees
- AGG USA Judge Qualification Levels
- How to become an AGG USA judge
- How judges are selected for assignments
- Assignment protocol
- Routine Review process
- Disqualification from the judging procedure

The AGG USA Membership fee for IFAGG-certified judges is **\$175** per judge for two seasons.

The AGG USA Membership fee for National-only judges is **\$175** per judge per season.

Upon becoming an official AGG USA judge, judges will receive an official AGG USA tracksuit.

Note: Affiliated judges (those who have been a direct part of a club in the last three years, either as a coach, athlete, or club owner) have a special membership rate of \$50 per year, as there are fewer opportunities for them to judge at this time.

2.5. Required Exams for Memberships

The AGG USA Coach, Club Managers, and Administrative Personnel Exam is mandatory for 2026 and is included in Club Membership. Completing this exam at or after the AGG USA Fall Event fulfills the examination requirement for the next season's membership renewal.

Judge membership is contingent on passing an approved AGG USA or IFAGG judge course and the attached exam. Passing an exam provides a license to that judge for AGG for:

- Two full competition seasons if an AGG USA or other National Federation course and exam
- Three full competition seasons if an official IFAGG course and exam*

*Upon the release of significant rule updates (including short program every two years), a judge must undergo a re-evaluation.

2.6. Payment of Membership Fees

Dues must be paid either by check or via Zelle to AGG USA by December 20th of the year prior to the competition season. There will be a \$25 late fee per late membership if the deadline is missed.

Note: If a member has multiple roles (i.e., a coach and a gymnast, or a judge and a coach), they only need to pay for one membership.

2.7. Refund of Membership Fees

Generally, expenses paid to the AGG USA Federation are non-refundable. This includes any AGG USA-sanctioned competitions, courses, routine reviews, and other events. This also includes any international fees for registration, hotel, transfer, and gala performances.

In case of the death of a relative, serious injury, or if an athlete moves out of the state/country (to a location that does not have another AGG USA club nearby), membership may be refunded. This clause applies only to athletes' or coaches' memberships; club membership fees are non-refundable.

Membership fees are refundable only if the athlete or coach has not participated in any AGG USA or IFAGG competitions. Judge membership fees are non-refundable under all circumstances.

2.7.1. Non-Refundable Clause for International Events

All international competition participation fees, including but not limited to registration, accommodation, transfers, gala, and delegation coordination, are strictly non-refundable once payment has been received by AGG USA Federation. These payments are not considered a commercial service, but an administrative transfer on behalf of participating clubs and athletes to foreign event organizers.

AGG USA Federation acts solely as a nonprofit intermediary and does not retain or control these funds once they have been transmitted to the international organizing committee. Refunds are only possible when the international organizer cancels the event and authorizes refunds for all delegations.

Withdrawals initiated by athletes, parents, or clubs — for any reason — do not qualify for refunds, regardless of whether the athlete ultimately participates in the event.

2.8. Expenses that AGG USA Membership Fees cover

Below are some of the expenses that AGG USA covers using money gained from its membership fees:

- IFAGG Judge Licenses
- IFAGG Coach Licenses
- IFAGG Athlete Licenses
- Bank fees
- Liability insurance
- Storage Fees
- Office expenses
- Box office
- KSIS service fees
- Website upkeep
- Annual maintenance website fees
- Complimentary apparel for international athletes
- Compensation for AGG USA staff

2.9. Submission of Official Team Rosters

It is the responsibility of the club owner and coach to submit an official team roster to the AGG USA Federation Office upon the submission of membership fees (See Appendix 1 for the Team Roster Template). Edits to the roster may occur throughout a season, but it is the coach's responsibility to ensure that the most accurate roster is submitted to the AGG USA Federation Office.

Note: If a team has registered for an AGG USA competition and must make edits to their roster after the registration deadline has passed, they must submit a penalty payment to the LOC of \$25 per athlete change.

2.10. Code of Conduct

All AGG USA Members are expected to abide by the AGG USA Code of Conduct and the IFAGG Code of Ethics. Any violation of these documents will result in disciplinary action in accordance with the AGG USA Grievance Procedure.

All AGG USA Associated persons (parents, spectators, friends, family, volunteers, staff, etc.) are also expected to abide by the AGG USA Code of Conduct and IFAGG Code of Ethics and Code of Ethics.

[AGG USA Code of Conduct for athletes](#)

[AGG USA Code of Conduct for Clubs and Coaches](#)

[AGG USA Code of Conduct for Parents](#)

[AGG USA Guide for Associated Persons](#)

[IFAGG Code of Ethics](#)

[IFAGG Disciplinary Rules](#)



2.11. AGG USA Member Disciplinary Protocol

Any member (athlete, coach, club owner, or judge) who is found to violate any of AGG USA's rules will receive disciplinary action. The course of action for individuals who violate these rules is as follows:

1. Upon the first violation of these rules, the AGG USA member will receive an email warning with an expected response.
2. Upon the second violation of these rules, the AGG USA member will receive notice of a probationary period to last one year from the date of acknowledgment. During probation, if the individual AGG USA member is found to have violated any AGG USA or IFAGG rules, they will be suspended for a year. This probation is also extended to other AGG USA members who are directly affiliated with the individual on probation, such as members of the same club. Once an

individual is placed on probation, they are permanently ineligible for the AGG USA judge qualification process. This would bar the individual from ever becoming a judge, and if the individual is already a judge, they may not travel to international competitions for one full year.

3. Upon the third violation of these rules, the AGG USA member will be suspended for one year from the date of acknowledgment. In addition, the individual must pay a \$1,000 penalty fee to the AGG USA Federation, along with the applicable registration fees, upon re-registering as a member of the federation.

2.12. AGG USA Associated Persons Disciplinary Protocol

Associated persons of AGG USA (parents, staff, volunteers, spectators, friends, family, etc.) have a separate disciplinary protocol for offenses that are reported to the AGG USA Ethical Committee. All ethical regulations that associated persons are expected to abide by are specified in the AGG USA Guide for Associated Persons. The course of action for individuals who violate these rules is as follows:

1. Upon the first violation of these rules, the AGG USA associated person will receive notice of a probationary period to last one year from the distribution of the warning, which is to begin at that moment. During the probation, if the individual is found to have violated any AGG USA or IFAGG rule, they will move to the second infraction of the disciplinary protocol.
2. The individual is suspended from attending any and all AGG USA events for one year, starting from the second violation. AGG USA will also share the name of the associated person with the IFAGG and the local organizing committees that will hold events during the suspension.

3. AGG USA TEAMS

All AGG USA teams are expected to abide by the official IFAGG General Competition Rules found [here](#). In addition to these rules, AGG USA has created the following regulations in order to further support the sport of Aesthetic Group Gymnastics in the USA.

3.1. *Music Submission*

In recognition of individuality within Team USA, a formal music submission protocol has been established to ensure that each team is represented by a unique musical selection in any given season. All teams are required to submit their preferred music selections to the AGG USA Federation Office via the form (General Manual Appendix 2) no later than December 10th prior to the start of the official season. Upon receipt, each submission will be cross-referenced against all previously approved selections. **No two teams will be permitted to use the same music.** If a submitted selection has already been approved for another team, the submitting team will be notified and required to provide an alternative selection.

If a team changes its program's music selection, the coach/club owner is responsible for updating their music selection at the earliest opportunity. Failure to update the AGG USA Office with the choice of music selection will result in disciplinary action.

3.2. *AGG USA Age Categories 4-6*

To make AGG more accessible to all gymnasts, AGG USA provides two additional age categories of 4-6 and 6-8. The 6-8 rules will always be identical to the IFAGG 8-10 rules.

The 4-6 rules are determined by the AGG USA Technical Committee. The 4-6 rules are available to view [here](#). Keep in mind that the AGG USA 4-6 Age Category Free Program Rules are not recognized outside of the United States.

When participating in AGG USA events, the 4-6 age category will not be awarded places; rather, each team will receive a participation award. This age category will receive direct feedback from the judges post-competition to improve their routines; however, scores will not be published during or after the event.

3.3. Age Differences for National-level Competitions

As per IFAGG rules, at most, two gymnasts may be out of the age range of an age category by one year. To encourage the participation of as many teams as follows, AGG USA has a less restrictive age category limit for its national-level competitions only. The following table is an example taken from the 4-6 age AGG USA rulebook:

Exceptions can be made to allow the formation of teams that would otherwise not be able to compete. These exceptions must abide by the following criteria:

Number of Gymnasts in the Group	Exceptions and Explanation
4 gymnasts	There may be up to two exceptions in this group. One may differ from the standard ages by two years, and the other by one year.
5 gymnasts	There may be up to two exceptions in this group. One may differ from the standard ages by two years, and the other by one year.
6 gymnasts or more	There may be up to three exceptions in these groups. If there are only two exceptions, one may differ from the standard ages by two years, and the other by one year. If there are three exceptions, two of them may differ from the standard ages by two years, as long as the third exception differs from the standard ages by only one year and falls on the other side of the age category limitations. If two of the exceptions differ from the standard ages by one year, the third exception may differ from the standard ages by at most two years. It is acceptable if all exceptions only differ from the standard ages by one year.

Keep in mind that programs that include extended age categories and compete in international competitions will be penalized for failing to follow the IFAGG age category rules. If a team is unsure about its compliance with age category regulations, the team may direct its inquiries to the AGG USA Office for clarification.

3.4. Additional Penalties for AGG USA Competitions

PENALTY	POINT VALUE	DESCRIPTION
EXCESSIVE NOISE IN WARM-UP AREA	-0.5	Teams are not permitted to make excessive noise in the warm-up area, including playing music, cheering excessively, yelling at one another, counting too loudly, etc., especially if another team has begun their program.
WARM-UP TIMING	-0.5	If a team shows up at the warm-up area outside their specified time, the penalty will be applied to their next performance.
WALK ON THE CARPET	-0.5	If a team stops at the edge of the carpet when walking on, makes excessive movement, or adds any special chants or dances on their way to their opening pose, this penalty will be applied. Teams must walk from the warm-up area through the arch to their opening pose in a swift, continuous manner.
PODIUM TRAINING ATTIRE	-0.5	Teams may wear any non-cropped fitted top in any color and black leggings for podium training. International teams should wear a black unitard for podium training. Teams wearing sports bras and shorts will receive this penalty.
MOVING DURING A NATIONAL ANTHEM	-0.5	During the opening ceremony of a competition, it is standard practice to play the American national anthem, and on occasion, the national anthem(s) of other participating countries. All participants must respect the playing of national anthems by remaining still and facing the appropriate flag (if available). This is especially true for the main carpet, the warm-up area, and the audience area. Any disrespectful behavior, such as continuing training, running around, excessive talking, or playing other music, will result in a penalty.

AN ASSOCIATED PERSON TAKING PICTURES OF A TEAM THAT IS NOT THEIR OWN	-0.5 from their associated team	Aside from the designated photographer for each team, there must not be any other associated person taking a picture of their own team during the performance of a program. Under no circumstances is an associated person who is affiliated with one team permitted to photograph or video another team's performance. Either violation would result in a -0.5 penalty assessed against the team most closely affiliated with the person in question.
MAKING INAPPROPRIATE COMMENTS ABOUT ANOTHER TEAM	-1.0	Under no circumstances is an individual allowed to negatively comment about another club, another team, another gymnast, or another program. If a member or associated person makes such a comment at an event, it would result in a one-point penalty applied to the team most closely affiliated with the violator of the AGG USA ethical policy.
ENTERING A RESTRICTED AREA	\$500 penalty, paid to the AGG USA Federation	Any individual who enters a prohibited or restricted area at an AGG USA event (including but not limited to the Kiss and Cry Area, Judge's Room, Judge's Tables, Warm-Up Area) will incur this penalty. If a minor enters a restricted area, their parent, guardian, or supervising adult will incur the penalty.

All penalties are applied to the AV score of the team's next performance, or AV-A in the case of junior or senior long program. Present AGG USA Ethical Committee members, the AGG USA President, and the assigned judge for athletes will be provided penalty sheets at the start of an AGG USA event and may submit their penalties to the Judge Responsible at any point during the event.

If an action that results in a penalty occurs after a team has concluded their final performance, the penalty will be applied to their most recent performance prior to the start of the awards ceremony. Severe ethical misconduct may result in a change to the score after the awards ceremony, following a review conducted by at least two AGG USA ethical committee members.

3.5. AGG USA Exception Forms

AGG USA is aware that unexpected circumstances may occur for teams from time to time. For this reason, AGG USA permits the use of an exception form once per season, allowing teams to avoid receiving a penalty once per season for NATIONAL-LEVEL EVENTS ONLY.

To clarify, these exception forms are only valid for American teams participating in national-level events in the United States and are not applicable to any foreign team or to any competition that is open to international participation.

All exception forms (see General Manual Appendix 4) must be submitted in person to the AGG USA President prior to the podium training of the applicable competition. If the competition does not have a podium training, then the exception form must be submitted prior to the first official judge's meeting.

3.6. Qualification for National Competitions

The AGG USA Qualification System ensures that all teams representing the United States demonstrate consistency, readiness, and commitment throughout the competitive year. To see this season's International Qualification Events and AGG USA National Competitions, see Appendix 5 to the general manual [here](#).

To receive credit for attending a qualifying event, a team must attend the entire event (podium training, opening ceremony, preliminary competition, final competition, and awards ceremony) with the majority of its members. For a short program, the majority may be no fewer than three gymnasts; for a long program, the majority may be no fewer than five gymnasts.

Teams in the 4-6 age category are exempt from the qualification requirements for AGG USA competitions. The same exemption may apply to teams in the 6-8 age category, provided they do not intend to compete internationally that season. Teams in the 6-8 age category that intend to compete internationally must follow all the qualification requirements, as participation in all required national events is essential for eligibility to represent AGG USA internationally. All other age categories have no exceptions.

Teams from new clubs that join AGG USA during a season's competition calendar must follow the proper qualification system from the start of their membership with AGG USA until the end of the season. If teams that fall into this category (new clubs/newly formed teams that join mid-season) are interested in traveling internationally, they are limited to International Competitions not listed on the official IFAGG Calendar of Events (i.e., international tournaments only).

If a team does not participate in any of the national-level qualification events throughout the season, they may not participate in the remaining events of the AGG USA calendar season. For example, if a team does not participate in the AGG USA West Coast Cup, they may not participate in any of the following AGG USA events, including the AGG USA National Championship, the AGG USA Open Cup, the AGG USA Challenge Championships, or the AGG USA Autumn Cup.

3.7. *Registration for National Competitions*

AGG USA teams are expected to follow the different registration protocols for national and international competitions.

The standard registration rate for an AGG USA-sanctioned competition is \$120 per athlete per competition, held in a single event (most events hold two competitions: one national and one international). If there is only one competition, or the team only participates in one of the available competitions, the registration fee is \$150 per athlete. The registration of a team includes a performance in both the Preliminary and Final rounds. All registration fees are NON-REFUNDABLE.

Teams must register for National competitions on KSIS via the LOC's invitation. LOCs must state all competition requirements in their invitations, but clubs are responsible for ensuring that all required information is submitted before registration deadlines. Teams registered after the registration deadline will incur a \$25 penalty per registered athlete.

Teams' rosters registered for any competition must match the official team roster on file with the AGG USA Office. Teams are permitted to update their teams' rosters with both the LOC and the AGG USA Office at any time. If rosters still need to be updated for a competition after the competition's registration deadline has passed, the team is required to pay a \$25 penalty fee per athlete change to the LOC. An athlete change is classified as any single addition or removal (for example, replacing one athlete with another would result in a total penalty of \$50).

3.8. *Apparel for AGG USA National Competitions*

Athletes are recommended to wear apparel that was provided by AGG USA for all AGG USA events. If a team does not wish to wear the apparel provided by AGG USA, they must obtain their own apparel of an identical likeness and follow the proper attire requirements for each event.

3.9. *Apparel for Opening and Awards Ceremonies*

During the opening ceremony of any event, teams must wear their warm-up suits and toe shoes. Teams will be notified by the AGG USA office whether they are permitted to wear their International Team Suits (for children) or National Team suits (for juniors/seniors), if applicable. Teams should also bring their Team Flag to be carried properly during the ceremony.

During the awards ceremony of any event, all athletes should be in their leotards/unitards, with their toe shoes on. Teams should also bring their Team Flag to be carried properly during the ceremony.

During the opening ceremony, the team should carry their flag in the following fashion, with the last athlete carrying the flag:



The above image also represents how the flag should be carried when marching in during the awards ceremony. When standing in line during the awards ceremony, teams should adjust how they are holding their flag in order to follow the following position:



At no point should the flag either touch the floor or be draped around one's shoulders. Remember that the American flag is a respected symbol; it is imperative that it is treated with the proper courtesy.

Note: It is important that all athletes know the lyrics of the national anthem and sing along when it is played at either the opening or the awards ceremony.

3.10. Podium Training

All teams are required to participate in podium training if it is scheduled. If a team does not participate in podium training, they will be disqualified and ineligible for a refund. All gymnasts, including alternates, are expected to attend podium training. If an alternate gymnast, or only one competing gymnast, does not attend podium training, no exception form is necessary; however, the coach must notify the Judge Superior. Coaches will be asked to complete a notice of an altered podium training program (provided by the LOC and to be given to the judge's panel). If more than one gymnast is missing, an exception form must be filled out.

3.10.1. Apparel for Podium Training

For both National and International podium trainings at AGG USA events, children's teams are not required, but are welcome to wear black unitards. If a children's team opts not to wear a unitard, they must wear identical black leggings and identical, non-cropped, tight-fitting tops. Under no circumstances should teams complete podium training in a crop top, loose shirt, or sports bra. Junior and Senior teams are required to wear black unitards.

3.11. AGG USA Gala Performances

During AGG USA National Events, teams may have the opportunity to perform a routine for the gala. Gala performances are not judged and do not have to adhere to standard AGG rules; however, all gala routines must be approved by the Federation before the event to ensure that the music and material are appropriate.

If a team wishes to perform at the gala, [this form](#) must be completed 6 weeks prior to the event and submitted to the federation for review.

3.12. Gaining an AGG USA "National Team" Title

National Teams will be declared each year at the conclusion of the Challenge Championships. The title will remain valid until the next Challenge Championships, provided the team doesn't change more than 30% of its members. A maximum of 3 teams in the Junior and 3 teams in the Senior Categories will be declared 'National Team'. To be considered for the National Team Selection process, athletes need to meet the IFAGG Requirements for age and citizenship.

Children's age categories do not receive a national team title; however, children's categories may receive the "AGG USA International Children's Team" and are required to purchase a team suit for \$130

per person. This suit is available only to athletes who intend to compete internationally. These suits may be used for more than one season, as long as the athlete continues to compete internationally.

All titles will be awarded at the Autumn Challenge Championships.

Selection Criteria:

A minimum of 26 points for the short program and 38 points for the long program after their final performance at either the AGG USA National Championships or AGG USA Challenge Championships. In the event of a tie, the higher execution score breaks it.

3.13. *Accepting Results at a Competition*

According to IFAGG rules, no team is allowed to protest or challenge the results given at a competition. All scores are final. If there are any suspected instances of unsportsmanlike conduct, they must be reported to the AGG USA Ethical Committee as soon as possible after the incident.

3.14. *Coach and Official Behavior Expectations at AGG USA Events*

All coaches, officials, and judges are expected to maintain composure and professionalism throughout their participation in AGG USA events. Conduct that undermines the integrity of the event — including, but not limited to, yelling at gymnasts, imposing inappropriate disciplinary measures, or contributing to a hostile environment — is strictly prohibited.

Any individual found to be in violation of this policy will be subject to immediate removal from the event, as authorized by the LOC, a member of the AGG USA Ethics Committee, or the AGG USA President. Removed individuals will be denied re-entry for the duration of the event.

Any removal from an event constitutes a formal infraction and will initiate disciplinary proceedings in accordance with the protocols outlined in Section 2.10.

3.15. *Decision Regarding Multiple Programs*

AGG USA permits teams to have both a long and short program to compete at National events; however, this is not permitted at IFAGG/international events. AGG USA will decide on the program best suited for international competitions following this procedure:

1. Prior to the event, the team submits a Program Vote Form (General Manual Appendix 3). This request must be received prior to the event's podium training (if no podium training is scheduled, it must be received prior to the start of the opening ceremony).

2. All attending AGG USA judges, Ethical Committee members, Technical Committee members, the Judge Superior of the event, and the AGG USA President will be notified of the request.
3. After the conclusion of the competition, the AGG USA President, the Judge Superior, Technical Committee members, and all other attending AGG USA judges will meet in private and silently vote on their choice of program via anonymous online voting. The Ethical Committee member present is responsible for organizing the online vote, ensuring it is conducted in a fair and free manner, and reporting the results to the team's coach/club owner.

Note: Coaches will be asked for their preferences prior to the meeting.

3.16. *Post-Competition Meeting*

If significant or potential errors are clearly made in the formulation of a team's program, the AGG USA Federation or the AGG USA Technical Committee may request a Post-Competition Meeting with the team's coach/club owner. These meetings provide guidance to benefit the team, particularly those interested in international competitions.

3.17. *Routine Reviews*

Teams with a choreographed routine may request a review by an AGG USA judge through the AGG USA Office. Routine Reviews must be scheduled through AGG USA and reported to the AGG USA Office upon completion. Clubs may choose to have their review in-person or via Zoom. Routine review rates are already set by the AGG USA Federation and are available to view [here](#). If a judge performs a routine review in person, they should be compensated by check or Zelle immediately after concluding their work. The routine review must be requested through the AGG USA Office with at least four weeks' notice and must occur at least two weeks prior to the team's next competitive event. Judges are strictly prohibited from accepting excessive gifts from clubs or parents. Small tokens of appreciation may be presented but are not allowed to surpass a monetary value of \$25. Judges may only receive compensation for routine reviews at the official AGG USA rates. Accepting excess gifts may result in penalties for the judge, the club, and affiliated coaches, including potential suspension.

4. INTERNATIONAL COMPETITIONS AND PROTOCOL

AGG USA encourages participation in international competitions. Representing Team USA on the world stage demonstrates unity, strength, and athletic excellence, and reflects the values of the Federation both at home and abroad.

Participation in international events as part of the official AGG USA delegation is a privilege, not a guarantee, and it comes with responsibilities. All participating teams, coaches, athletes, and parents are expected to understand and comply with AGG USA and IFAGG requirements as a condition of their inclusion in the delegation.

Failure to meet these responsibilities, including unsportsmanlike conduct and improper conduct toward officials, staff, or representatives of AGG USA, IFAGG, or Local Organizing Committees (LOCs), may result in individuals or teams being deemed ineligible for international events, as determined by AGG USA leadership.

4.1. *Registering for International Competitions*

All teams interested in participating in international competitions must submit an AGG USA International Request Form by November 1st prior to the start of the season.

AGG USA is responsible for registering all American teams for IFAGG events and competitions. Clubs, teams, judges, and coaches are not permitted to register themselves for IFAGG events. Teams are not allowed to compete internationally unless they meet the international qualification requirements listed [below](#).

All teams that are interested in competing internationally must submit their rosters to the AGG USA Office by November 1st of the preceding season. Membership fees are due on December 20th of the preceding year; after that, athletes, coaches, clubs, and judges will incur a \$25 late fee for each missing membership.

The following documents must be submitted to the AGG USA Office at least eight weeks prior to the registration deadline for the international event. Only teams that have qualified may be registered for international competitions.

1. AGG USA National Team Contract
2. AGG USA Travel Consent Form
3. AGG USA Hotel Waiver
4. AGG USA Associated Persons Acknowledgment Form
5. Proof of Travel Insurance (required for athletes, coaches, judges, head of delegation, official AGG USA assistants, and AGG USA photographers)

4.2. AGG USA Team International Qualification

International Level Athlete is an honorary title given to athletes in the Children Categories who demonstrate a high skill level, strong ethics, and dedication. The title is awarded annually at the conclusion of all National events to those athletes who meet the following criteria:

1. The athlete is a member of a team that meets the IFAGG Requirements for their age category.
2. A minimum of 26 points for any children's program, 28 points for a junior/senior short program, or 38 points for a junior/senior long program must be achieved as, the total score after the team's final performance at an AGG USA qualifying event.
3. The top four, in no particular order, will qualify for events in Canada and Mexico. For competitions held in Mexico and Canada, there is no minimum qualifying score requirement.
4. If more than three teams in the same event and age category all achieve the qualifying score requirement, then the top three teams receive priority on international assignments. Those not in the top three are still eligible to compete internationally; however, they must work with the AGG USA office to ensure they attend competitions within their capacity. According to IFAGG rules, only three teams may represent a single country in the same event and age category.

Once a team qualifies for international competition, its team and program may not be altered for its international events. This means that the number of gymnasts, the choreography, and the age category must remain unchanged and match those presented at the AGG USA qualifying event. Choreography and the number of athletes cannot be changed. If there are any changes to a team's roster, the team must requalify with the new roster at an AGG USA qualifying event before participating in an international event.

Note: There is an exception to the no-changes requirement after a qualifying event only for competitions occurring in Mexico and Canada. Teams that qualify for competitions held in those countries may change the number of gymnasts or the choreography of their programs between the qualifying event and the competition. There are no exceptions for all other countries.

4.2.1. Season-Specific Qualification Schedule

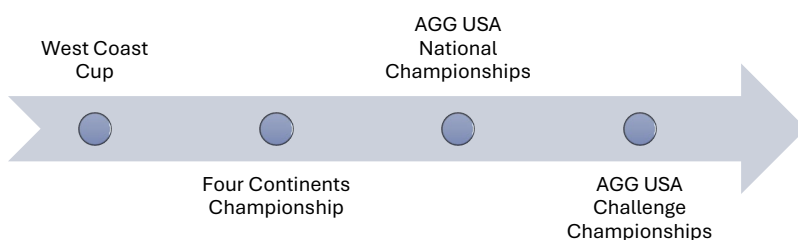
The AGG USA international qualification events are based on the season's IFAGG events calendar. To view this season's qualification schedule, please refer to the Appendix on the [AGG USA website](#).

4.2.2. Qualification Schedule in the year of the Four Continents Championships

Held every two years, the IFAGG Four Continents Championship is the most important continental competition for North America. Teams must attend the Four Continents Championship to qualify for the

IFAGG World Championships that season. All teams that intend to compete internationally at any point during the 2027 season are obliged to attend the Four Continents Championship of that year.

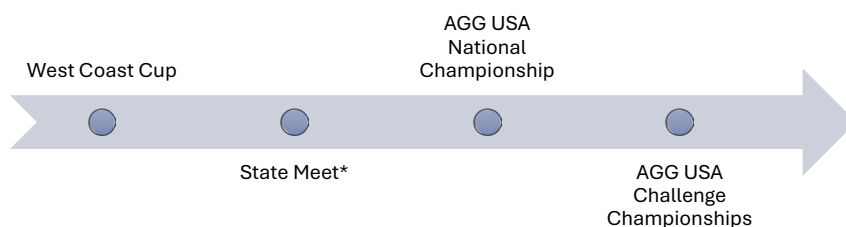
The qualification schedule of a year that includes a Four Continents Championship generally proceeds as follows:



Note: If the Four Continents Championship is held in the North American Region (Canada, the United States of America, Mexico, or Venezuela), all AGG USA teams are permitted and strongly encouraged to attend, regardless of qualification status.

4.2.3. Qualification Schedule including AGG USA State Meets

In years where there is no IFAGG Four Continents Championship, AGG USA works with LOCs to organize state meets for the purposes of International Qualification. In these seasons, the qualification schedule generally proceeds as follows:



*Teams following the qualification schedule are required to attend the state meet closest to their residence. If permitted by the LOC, teams may compete in other state meets as invitationals, if they wish for additional competition opportunities.

4.3. If Unable to Attend a Qualifying Event

Complete accordance with the AGG USA Qualification schedule is required for any team that wishes to attend the IFAGG World Cup IV, the IFAGG Challenge Cup IV, the IFAGG Grand Prix, the IFAGG Children Championships, the IFAGG World Championships, or any of their associated B-category international competitions.

Teams intending to participate in each competition must attend all qualifying events. This includes attending all parts of the qualifying event (podium training, the opening ceremony, the preliminary and final competitions, and the awards ceremony) with the majority of their members. As per AGG USA regulations, the majority means no fewer than 3 gymnasts for the short program and no fewer than 5 for the long program. If a specific team member is unable to attend a qualifying event, they must [submit a petition](#) to the AGG USA Office so that the AGG USA Technical Committee may review the circumstances at least four weeks prior to the qualifying event. AGG USA will send a response via email within five business days.

If a team is obliged to attend the Four Continents Championships and is unable to attend, they must notify the AGG USA Office by January 1st of that season.

4.4. International Travel

At this time, all international trips are self-funded by the traveling teams.

If teams choose not to stay in the host hotel for international competitions, AGG USA is not responsible for them for the entire duration of their stay and travel, including transfers from the international airport to the hotel and vice versa.

Parents are responsible for transporting their own children to and from the airport they are departing from in the United States.

AGG USA can include parents as chaperones for accommodations and transportation until the youngest athlete on the team reaches 11 years old. After the youngest team member turns 12, parents must make their own hotel and transfer arrangements. If any parent wishes to stay with the delegation, they may request permission by emailing the AGG USA Office.

If a parent initially plans to stay with the delegation but later wishes to cancel their reservation, a €100 penalty will apply. Reservations cannot be canceled less than sixty (60) days prior to the international event's departure date.

All athletes must have travel insurance when competing internationally. AGG USA will not be responsible for assisting athletes/coaches/club owners with the visa application process or the supporting documents involved if they are not staying in the host hotel.

4.4.1. Travel of Reserve Gymnasts

At most, as a Federation, AGG USA may bring only three reserve gymnasts per team (also known as alternates) to any international event, regardless of how many teams or total gymnasts are attending.

Reserve gymnasts must cover 100% of their share of expenses for their coach expenses (including accommodations, meals, transportation, etc.), but are only obligated to cover 50% of the share regarding coaching fees if the gymnast(s) end up not competing.

4.5. AGG USA International Booking Fee

AGGUSA is responsible for registering all USA teams for international events and booking hotels and transfers. AGG USA is responsible only for providing breakfast for international teams and is not responsible for providing any additional meals. Teams are not required to stay in the host accommodation and may stay at an alternate location and arrange their own transfers; however, AGGUSA encourages teams to stay at the host accommodation to remain united as one delegation. If a team, or individual members of a team, choose(s) to stay at a different accommodation, AGGUSA will not be responsible for any issues that may arise from the alternate accommodation or transfer.

Note: Some competitions require participants to stay at the host hotel.

The AGG USA International Booking Fee is a percentage fee that varies based on the location of the international event. Booking fees are divided as follows:

AGG USA INTERNATIONAL BOOKING FEE RATES

MEXICO	10%
CANADA	10%
EUROPE	10%
ASIA	10%
OCEANIA	10%
SOUTH AMERICA	10%
AFRICA	10%

These booking fees cover the administrative costs that are incurred in organizing a traveling delegation to an IFAGG event, which includes, but is not limited to

- Pre-competition training opportunities
- Gala training
- Purchasing Accommodations

- Scheduling transportation between the airport, hotel, and competition
- Planning attire schedules
- Organizing meetings in the host country (if applicable)

4.6. *Non-refundable deposit for International Events*

Upon confirmation of team eligibility for international events, all teams that have submitted an interest form and have met qualification requirements will be issued a commitment deadline. This deadline represents the final opportunity for teams to confirm their intent to participate in the event.

Commitment deposits will be due to the Federation two weeks following the commitment deadline and are required to secure a team's registration. Deposits are non-refundable and set at a minimum of \$150; however, the Federation reserves the right to adjust this amount based on factors including, but not limited to, the event registration fee, judge-related expenses, and overall delegation costs.

Teams that fail to submit the required commitment deposit by the specified due date will not be registered for the event and forfeit their allocated spot.

4.7. *Payments and Refunds for International Events*

AGG USA Federation is not a direct provider of services, including lodging, breakfast meals, transportation, or competition participation. The Federation acts solely as a nonprofit intermediary, coordinating payments from U.S. teams to foreign organizing committees via official international banking channels.

All payments issued to AGG USA Federation are received solely as an intermediary on behalf of the foreign organizing committee. The issuance of a check to AGG USA Federation does not make the Federation a direct provider of services, and the funds are transferred immediately to the foreign organizer via official international banking channels. AGG USA Federation has no authority to use, retain, or refund these funds, except in cases where the foreign organizer cancels the event. Any claims regarding non-provision of services or exclusion from participation do not alter the non-refundable status of these payments.

All payments are non-refundable once received and are subject to the terms and conditions of the foreign organizing committee.

4.7.1. Legal Protection and Applicability of U.S. Law

AGG USA Federation does not assume liability for the actions of the foreign organizer and is not subject to U.S. B2C consumer protection laws, including 15 U.S.C. § 45 (the Federal Trade Commission Act).

All U.S. court claims attempting to challenge transfers or seek refunds will be deemed without merit and legally unenforceable.

4.7.2. International Fiscal Transfers

All parent payments are transferred directly to the foreign organizing committee through official banking channels.

AGG USA Federation does not retain, use, or have authority to refund these funds, except in cases where the foreign organizer cancels the event.

Any disputes related to these funds fall under the jurisdiction of the foreign organizing committee, and the Federation acts solely as an intermediary.

4.7.3. Enforcement of Payments and Refunds for International Events

By submitting payment through a club, parents and participants acknowledge and accept all conditions outlined in this Manual, including non-refundable payments and the role of intermediaries.

Any attempts to bypass the club or directly contact AGG USA Federation will not constitute a legal request and will not be entertained.

4.8. Transportation at International Competitions

At international competitions, either AGG USA or the local organizing committee may organize transfers between the airport, the hotel, and the competition venue. At international competitions, parents are not allowed to communicate directly with the head of delegation or bus drivers. All communication regarding transfers must be done through coaches or club owners. No parent can tell the bus driver where to go or when to go.

If a team does not wish to take a scheduled bus, the coach or club owner must communicate in the event group chat at least forty-eight (48) hours prior to the scheduled time of the initial ride.

4.9. In case of an Emergency Abroad

If a force majeure event occurs (natural disasters, political events, health crises, technological failures, family obligations, etc.) during an international event, it must be communicated to the Head of the Delegation for Team USA via the head coach or club owner. For the sake of clarity and order in these situations, parents should refrain from contacting the AGG USA Office or the Head of Delegation directly.

4.10. Apparel for International Competitions

All teams should have enough matching team apparel for cold and warm weather, depending on the international destination. This includes each team member having enough apparel to have a clean, fresh, and unified attire for each day of an international event. Training attire should not be worn more than once during the same event.

All teams at international events must wear black leggings during training and warm-ups. Navy, burgundy, or red leggings are also welcome.

Under no circumstances should teams travel in their national team or children's international team track suits whilst flying to or from an international event. Teams should have different matching apparel in those cases (all team members should look unified from top to bottom, and hair must be put up away from the face, with no wispies).

AGG USA will provide traveling teams with an apparel schedule in advance of the international event. The schedule will specify what clothing is appropriate for travel, podium training, opening ceremonies, awards ceremonies, official training sessions, masterclasses, and other official events. Teams must follow said schedule, including wearing the free T-shirts provided by AGG USA when specified.

4.11. Apparel for Opening and Awards Ceremonies

During the opening ceremony of any international event, teams must wear their AGG USA warmup suit and toe shoes, unless all other international teams are in their unitards/leotards. Teams should also bring their Team Flag to be carried properly during the ceremony.

During the awards ceremony of any event, all athletes should be in their leotards/unitards, with their toe shoes on. Teams should also bring their Team Flag to be carried properly during the ceremony.

4.12. Apparel for all Podium Trainings

For International podium trainings, all children's teams are not required to wear black unitards but are welcome to do so. Junior and Senior teams are required to wear black unitards. Please note that at some IFAGG events, children's teams will be required to attend official podium training. Junior and Senior teams are always required to attend their podium training.

4.13. AGG USA Gala Performance at IFAGG International Events

AGG USA encourages all short program teams and all children's teams to participate in the World Championships Gala, as it is an incredibly unique opportunity to perform on the world stage. The memory of participating in the Gala will last a lifetime, as it is an opportunity to perform alongside elite gymnasts from all over the world. This moment will also help these athletes stand out in their athletic careers, as well as in their applications to college and university.

The choreography fee for the gala is \$30 per person, and the Gala outfit costs \$350 (shipping included).

4.14. Additional Code of Conduct Regulations at International Events

While on an international assignment:

- Teams should support and get to know other participating teams to encourage good sportsmanship at all events
- Club owners and coaches should find time on their schedule to get together with other AGG USA coaches for a meal (reminder: we are one team USA!)
- Athletes, coaches, and club owners must greet other coaches, athletes, officials, and the head of the delegation from the USA and other countries.
- All Associated Persons of Team USA who travel to international events are to be held to the same Ethical Codes of Conduct as are held by the members of AGG USA.

4.15. Other International Protocol Generalities

4.15.1. Fundamental Expectations

Remember that at all international events, athletes represent more than just themselves or their club; they represent Team USA. Keep in mind that it is an honor and a privilege to travel as part of the USA delegation, and athlete conduct should reflect an appropriate level of respect and maturity for their

role. From the moment athletes enter their home airport until their return, they must greet all AGG Community Members they see. A friendly hello brightens the day and reflects well on our Delegation.

USA Judges must both avoid all forms of personal interaction and always maintain professional boundaries with all other members of the traveling American delegation.

All individuals supporting and/or traveling with Team USA are expected to always adhere to proper ethical and moral standards. This includes coaches, club owners, and associated persons. Failure to do so will result in the respective AGG USA disciplinary protocol being followed, depending on who violated the IFAGG or AGG USA ethical code.

4.15.2. Travel Insurance

IFAGG events require proof of health insurance for all participants, a practice that is illegal in the United States. For this reason, AGG USA requires that all international traveling AGG USA gymnasts, coaches, and officials purchase travel insurance that includes basic health coverage abroad. This policy extends to official assistants and photographers, but not to parents traveling abroad. Proof of travel insurance must be emailed to the AGG USA Federation Office 8 weeks prior to the delegation's travel departure date.

4.15.3. Baggage

Athletes should have one checked bag and one carry-on Team backpack **maximum**. Athletes should also have a cross-body phone case to carry their phone (athletes should keep their hands free while traveling to prevent losing items).

Team Backpack must contain:

- Leotard or Unitard
- 1 underleo
- 2 sets of toe shoes
- 1 set of training clothes
- 1 pair of white socks
- 1 refillable water bottle
- Personal items for travel

Coaches and parents should have one checked suitcase and one personal item maximum. Bus space is not unlimited. Since we are a large group, we need to be considerate of available space on buses and in rooms.

Extra luggage is **not** permitted. These rules allow us to move as quickly and as efficiently as possible, while limiting the number of items that may be left behind or lost.

Each individual traveling internationally is responsible for their own luggage. At most, an associated person (such as a parent) may also be responsible for looking after an athlete's luggage, though ultimately it is the athlete's responsibility to keep track of their belongings. To ensure smooth transfers, all adult delegation members must be solely responsible for their own belongings. This means that at no point should an associated member be responsible for another associated member's baggage.

If any baggage is lost, or if an individual is unable to be solely responsible for their baggage, the affected individual must follow the problem-solving protocol outlined in section 4.14.10.

4.15.4. Bus transfers

AGG USA organizes bus transfers for athletes, coaches, judges, and parents at international competitions. The federation is not required to provide bus transfers under IFAGG regulations; however, because it simplifies transit in foreign locations and promotes relationships among the teams representing the American delegation, the federation offers them.

AGG USA uses bus companies in foreign locations that are not directly affiliated with AGG USA. AGG USA is not responsible for the behavior exhibited by bus drivers or the condition of the bus itself.

When sitting on the bus, parents must sit at the back, then uniformed athletes in the middle, and finally the Head of Delegation, officials, judges, and coaches in the front. The Head of Delegation will perform regular headcounts to ensure that no one is left behind.

Reminder: If anyone chooses to arrive or travel separately from the delegation, including securing accommodations outside of AGG USA channels, they are responsible for their own transportation.

If an individual or team chooses not to ride on the bus, they must inform the head of delegation in the competition's group chat at least forty-eight (48) hours in advance.

Under no circumstances is an individual allowed to personally solicit a ride from the bus driver themselves. All bus transfers are scheduled in advance so that everyone can smoothly go between the competition venue, the hotel, and the airport. No individuals riding the bus, whether they be a coach, judge, athlete, official, or parent, are permitted to tell the bus driver when or where to drive.

If an individual or group misses a bus's scheduled time and the bus leaves without them, it becomes their responsibility to find alternative transportation. Buses will not wait or turn around for any reason.

4.15.5. Host Hotel Protocol

Athlete well-being and enjoyment are most important. Adequate rest, nutrition, and positive experiences are crucial!

The Federation must have copies of passports for each individual to ensure a fast check-in at the hotel. Some passports require Visas, which take time and require supporting documentation. If any of the parents require a visa for entry, the AGG USA Federation needs copies of their passports.

All room assignments in the hotel are sent out in advance and approved by the coaches. Athletes must keep their hotel rooms tidy for morning room checks by coaches/club owners. Lights out for all athletes is at 9:30 pm throughout the week, with the only exception being if the competition runs late.

4.15.6. Athlete Supervision Protocol

Athletes in Children's categories are not allowed to leave the hotel unattended. In addition, athletes may roam the hotel only in groups of two or more, and they must notify their club owner or coach of their intent to roam before leaving.

Athletes who are Junior age or older may also roam the hotel in groups of two or more, and they must get approval from their coach or club owner before doing so. Remember that this is for their safety!

We acknowledge that athletes aged junior or older may need to leave the hotel for one reason or another. In this case, they may leave in groups of two or more only if their parent has filled out a written release form prior to the international event.

[The written parental release](#) form must be:

- Signed and dated by both parent and athlete
- Contain both the athlete's and the parent's phone number and email address
- Be sent to the AGG USA federation no less than thirty days prior to the international event's start date

Late parental release forms will not be accepted. Parental release forms must be submitted at least forty-five (45) days prior to travel.

No one may bring anyone into their hotel room who is not a part of AGG USA or the International AGG Community. No exceptions!

4.15.7. Coach Expectations

Coaches are responsible for:

- Collecting athlete passports for accreditation
- Ensuring that the uniform and hair protocol is followed prior to arrival
- Ensuring that the entire team arrives at practices and competitions on time
- Putting their athletes on the carpet
- Bringing their team to breakfast on time
- Reviewing the schedule for the next day

- Reminding athletes of their proper uniform for the next day
- Attending all required competition meetings

As a reminder, IFAGG does not support questioning the results of the competition and does not have a process for challenging scores. If a team receives a penalty, the coach must retain their composure and accept the results of the competition without question. Failure to do so will result in disciplinary action at the discretion of the AGG USA Ethical Committee.

4.15.8. Club Owner Expectations

Remember that if the club owner is not present, these responsibilities fall to the coach(es). Club owners are responsible for:

- Checking Athletes' rooms for neatness
- Ensuring that athletes are up on time in the morning
- Performing room checks whenever necessary
- Performing headcounts for the 9:30 pm lights out

4.15.9. Parental Expectations

AGG USA encourages all parents to be involved in supporting their teams and the sport of Aesthetic Group Gymnastics as a whole. All IFAGG competitions have a live stream, which will be provided by the local organizing committee and shared with all participating teams.

If parents wish to travel with the AGG USA Delegation, they must officially request to travel with the delegation by emailing the AGG USA Office no less than ninety (90) days in advance, if traveling outside of the American continents. If international travel is within the American continents, they must email the AGG USA Office at least sixty (60) days in advance.

For all parents who are traveling with the delegation, AGG USA is thrilled to have you participate in international competitions. Remember that international competitions are festive and lots of fun, and [loud cheering is welcome](#). Please support your kids from the audience and support the other athletes whose parents were unable to attend. Remember that your presence adds to the energy and confidence of all participating athletes, so watch all competitions and support all Team USA groups!

Remember to show your Team USA spirit! All parents should have their own American flag ([suggestion 1](#) and [suggestion 2](#)). The audience is often photographed and videotaped during the intermission period between different routines. AGG USA recommends that parents wear American-themed apparel:

- [Men's shirt option 1](#)

- [Women's shirt option 1](#)
- [Women's shirt option 2](#)

All Team USA parents are expected to sit together in the audience. Remember that parents are never allowed in the warm-up area! Please provide bottled water, healthy meals, and dry, healthy snacks for your athletes by giving them to either the coaches or the head of delegation.

All Team USA parents are expected to follow the Guide for Associated Persons of AGG USA. Any violation of the Guide for Associated Persons would result in the appropriate disciplinary action, as per the AGG USA Associated Persons Disciplinary Protocol. When attending an international event, it is important that parents show respect for all participating teams. Jeering, booing, yelling at, or otherwise insulting any team, staff, employee, or person, either from Team USA or another country, will not be tolerated and will result in the appropriate disciplinary action (this includes surrounding areas of the competition venue, such as meal halls, bathrooms, corridors, etc.). If an individual who is part of Team USA is unable to maintain their composure, they will be instructed to leave the event, and their name will be provided to the local organizing committee.

Reminder that all associated persons are present to support Team USA **and** be respectful of all other participants in the sport of Aesthetic Group Gymnastics.

4.15.10. *Meals at International Competitions*

Breakfast is provided by the host hotel and is immediately before the practice or competition. This means that hair must be done, and athletes must be ready to leave straight for the practice or competition when attending breakfast. If breakfast is not immediately followed by a practice or competition, hair must still be up in a ponytail, as all athletes must be camera-ready in public spaces.

Parents and coaches must plan lunches and dinners. There may be options provided at the competition venue for lunch or dinner, but it is not guaranteed. A delegation celebration dinner will be scheduled by AGG USA in the final schedule for that international event.

4.15.11. *Gifts*

It is customary that athletes exchange tokens from their home countries during award ceremonies or at practices, as they train with different countries. AGG USA will provide one set of gifts per team, and athletes will offer these to teams from other countries. Teams should buy additional small gifts to supplement (try to bring American chocolates or candy), and athletes should always keep a couple of gifts with them. Keep in mind that the average team size is 8 athletes.

Judges also exchange small gifts with one another at international competitions. It is up to the individual judge to bring their own small gifts to exchange with other judges.

4.15.12. Problem Solving Protocol

Problems are expected to arise at international events. Keep in mind the proper line of communication: athletes to parents to coaches to the head of delegation. Parents and athletes should not communicate directly with the head of the delegation about issues that may arise at international events. This includes any matters related to travel, hotels, competition, meals, practices, etc.

If a delegation officer is present as part of the American delegation, coaches are to communicate with them instead of the head of the delegation. In this case, only the delegation officer should communicate any issues directly with the head of the delegation.

4.16. Changing of Choreography

If a long program is performed internationally, that choreography may not be reused for the following season. Short program routines may be reused for the next season if the rule change does not occur (short program rules change every other year, at the start of an even year).

4.17. AGG USA Personnel at the IFAGG World Championships, IFAGG Trophy, and B-Category Children's Competition

As of January 2026, if at least 8 teams choose to participate in these competitions, AGG USA will provide the following staff to assist the delegation: two IFAGG-licensed judges, a media staff member, and a delegation officer. The cost per athlete to support the inclusion of these members will be \$50-\$70 for the two judges, \$30 for the delegation officer, and \$35 in base pay for the media staff. These costs are required for all athletes attending the World Championships. The base pay of the media staff will cover photographs taken of kiss and cry, the opening pose, the ending pose, and two highlight pictures of the team. Additional photographs may be provided for each team or gymnast at a cost determined by the media staff member.

4.18. Acquiring Visas for International Travel

For athletes requiring visas, AGG USA may be responsible for coordinating information and documentation with the Local Organizing Committee and/or international federation, providing or facilitating official participation letters and supporting documents, collecting required athlete information, and communicating deadlines and procedures to participating teams and families.

Families remain responsible for completing their individual visa applications, providing accurate and timely documentation, paying applicable visa fees, attending appointments when required, and complying with the requirements of the appropriate embassy or consulate. AGG USA cannot guarantee the approval or issuance of any visa.

Payment of one's own airfare, hotel, transportation, visa, entry fees, or other expenses does not exempt an athlete, parent, or team from the organizational requirements established for participation as part of the official AGG USA delegation.



5. ADDITIONAL INFORMATION

5.1. **AGG USA Photo Policy**

As per AGG USA's Ethical Committee, no videos or photos are to be taken by non-credentialed persons at any and all AGG USA Events. This policy is intended to protect the integrity of routines and choreography, as well as the identities of the participants. Teams may select one designated photographer before the start of an AGG USA event. This individual will receive accreditation for the event. The designated photographer must be registered on KSIS under MEDIA as the official photographer before the registration deadline of each event.

If a designated photographer is caught photographing other teams in any fashion, they will be removed from the event, and the team most affiliated with that person will receive a penalty. Coaches and club owners may record and take photos of their own athletes during the competition for learning/training purposes. Parents are encouraged to take photos before/after the competition.

Please note that all routines will be videotaped and archived. These files will be available upon request. AGG USA appreciates your understanding in this matter and apologizes for any inconvenience caused by our policy. Our goal is to protect all members of the sport while respecting the need to create memories.

5.2. **Contact Information**

Remember that all judges, the AGG USA Technical Committee, the AGG USA Ethical Committee, and the President can only be reached by email Monday through Friday.

President: aggusafederation@yahoo.com

Vice President: aggusavicepresident@yahoo.com

AGG USA Member-at-Large: aggusamemberatlarge@yahoo.com

AGG USA Ethical Committee: aggusaethicalcommittee@yahoo.com

AGG USA Federation Office: aggusafederationoffice@yahoo.com

5.3. **AGG USA Official Choreography Rates**

AGG USA Choreographer Rates

\$750 short program for all ages
\$750 long program 4-6 years old
\$1000 long program 6-8 years old
\$1200 long program 8-10 years old
\$1300 long program 10-12 years old
\$1400 long program 12-14 years old
\$1500 long program juniors/seniors

Clubs and coaches are welcome to hire overseas choreographers; however, the rates will be higher than the domestic rates if the choreographer comes in person.

Clubs must cover the choreographer's hotel, flight, and per diem in addition to the choreography fee.

Clubs and coaches are welcome to have an international choreographer deliver a short program routine via Zoom, but long program routines must be performed in person. AGG USA does not allow long program choreography over Zoom.

If clubs or coaches wish to work with international choreographers live or on Zoom, they must notify the AGG USA Office in ADVANCE and obtain approval from AGG USA.

6. APPENDICES

1. [Official Team Roster](#)
2. [Music Submission Form](#)
3. [Official Vote on Program](#)
4. [Exception Form](#)
5. [Current Season Qualification Schedule](#)

