

NASTIA LIUKIN

2023 Work Plan and Technical Information

1. Schedule of Events

Thursday, February 23, 2023		
2:00 – 2:45 PM	Orientation / Technical Meeting Distribution of GK apparel	Freedom Hall
3:00 – 6:00 PM	Podium training Structured per work plan	Freedom Hall
Friday, February 24, 2023		
9:30 – 11:30 AM	Athlete Recognition Breakfast • Coaches welcome	
4:30 – 6:50 PM	Warm-up for competition	
7:00 – 9:30 PM	2023 Nastia Liukin Cup	

1. Credentials

- A. All coaches and judges must be a current USA Gymnastics member in good standing, which includes completed Safety Certification, Safe Sport Training, and Background Check. Athletes must be current USA Gymnastics Athlete Members.
 - Athletes, age 18 or older, must have completed UI10 to be in the field of play.
- B. Photo credentials (security passes) for athletes, coaches and officials will be issued at the USA Gymnastics Accreditation Office.
- C. A MAXIMUM of two coaches per club will be credentialed. Additional coaches' credentials can be requested, but must be paid for before credential hand out at check-in.
- D. **No one** will be allowed into the Training or Competition venues without the appropriate credential.
- E. Credentials must be worn so that they are visible on the outside of your clothing (except for athletes during warm-up and competition).
Coaches, Officials and USA Gymnastics Staff must always wear their credential while on the field of play.

2. Apparel

- A. All qualified athletes will receive official Nastia Liukin Cup training tanks, competition leotards and warm-ups at the Orientation meeting. The official Nastia Liukin Cup apparel is to be worn for podium training, warm-up, and competition.
- B. All Coaches are expected to be in PROPER Professional Gymnastics attire.
 - Shorts, hats, and tee shirts will not be permitted. Coaches will wear their own club warm-ups and apparel.

3. Orientation/Technical Meeting

- A. The mandatory Orientation / Technical Meeting for athletes and coaches will be held on Thursday, February 23rd, 2023, starting at 2:00 PM.

4. Podium Training

- A. Podium training is closed. Only credentialed participants (athletes & coaches) will be allowed.
- B. Training will be structured as follows:

	Squad A	Squad B	Squad C	Squad D
3:00 PM – 4:00 PM	Open Stretch	Open Stretch	Open Stretch	Open Stretch
4:00 PM – 4:30 PM	Vault	Bars	Beam	Floor
4:30 PM – 5:00 PM	Bars	Beam	Floor	Vault
5:00 PM – 5:30 PM	Beam	Floor	Vault	Bars
5:30 PM – 6:00 PM	Floor	Vault	Bars	Beam

5. Equipment

- A. Equipment will be supplied by Spieth Anderson.
 1. USA Gymnastics Level 10 rules will apply for equipment; however, the landing mat of 20 cm will be used for all apparatus. Supplemental landing mats are permitted on all events up to 9 inches. Two supplemental landing mats, placed separately, will be permitted on Floor.
 2. The Uneven Bars may be raised above the FIG specifications. Because of the podium construction, 27 feet of matting will be offered on the low Bar side of the Bars for mounts and 15 ½ feet of matting will be offered on the high Bar side of the Bars.

3. Because of the podium construction, 27 feet of Beam mount distance will be offered only on one end of the Beam. There will be only 15 ½ feet of matting offered on the other end of the Beam.
4. The Vault table may be set at 100–135 cm and there will be 82 feet of runway offered. The base landing surface will be 20 cm.
5. There will be one board offered at Bars and one at Beam for mounts. Two boards will be offered at Vault.

6. Women's Floor Exercise Music

- A. All music must be checked for speed, volume and clarity and will be loaded into the computer during the training session on Thursday. Please submit your athlete's music in advance by e-mailing your mp3 music file to Christy Naik at cnaik@usagym.org by Monday, February 20, 2023.
- B. During podium training, coaches are responsible for giving the music coordinator the start cue for their gymnast.
- C. Each athlete MUST have at least one back-up copy of their Floor Exercise music (CD) in the case of technical difficulties.

7. Submission of New Elements

- A. Any new elements or vaults not listed in the Development Program Code of Points, FIG Code of Points, or not approved by the WTC, that is being performed at the 2023 Nastia Liukin Cup, must be submitted on the enclosed form to Christy Naik by the conclusion of the Orientation Meeting on Thursday, February 23, 2023.

8. Miscellaneous Competition Details

- A. It is requested that all participants follow Podium Protocol and Etiquette that will be explained at the Orientation Meeting.
- B. Women's Vault numbers must be shown prior to each Vault. A flash unit for Vault numbers will be provided at the end of the Vault runway.
- C. During warm-ups, technical questions and concerns may be addressed to Celeste Hamil or Christy Naik.
- D. Scoring – Each event will consist of a 2-judge panel. Both judges will submit their individual "Start Value" and "Final" score. The average of the two scores will be the athlete's score for that event.
- E. All inquiries will be presented to Technical Director, Celeste Hamil. **At no time is a coach permitted to address the judging panels.** Inquiries will be accepted for consideration for Start Value.
 - a. Within 5 minutes of the completion of the rotation: Notice of Intent to Inquire on the Start Value.
 - b. Within 10 minutes of the scoring results for the rotation: the written inquiry must be submitted.

9. Competition Rules

- A. The 2023 Nastia Liukin Cup will be conducted per the USA Gymnastics *Development Program Code of Points* and the [Women's Rules and Policies](#).
- B. The top three All-Around winners from each age division (JR / SR) will be recognized in the awards ceremony immediately following the competition. Ties will NOT be broken per the Women's Rules & Policies
- If there is a tie for first place , BOTH GYMNASTS are champions and should be announced as such, although one will receive the second-place award if duplicate awards are not possible.
 - In the case of ties for second or third place, gymnasts will be announced as being tied for that rank.
 - Duplicate awards will be shipped after the event.

10. Competition Schedule

Friday, February 25 2023 (4:30 PM – 9:30 PM)

- A. All apparatus will be closed during Open Stretch.
- B. Bars timed warm-up:
- In order to help with bar settings, warm-up NOT be required to be in competition order.
 - 2.5 minutes per athlete = 25 minutes
 - Open to the entire squad
- C. Beam timed warm-up:
- Time will be in competition order
 - 1st turn 30 seconds
 - 2nd turn - 1½ min.
- D. All other events will be open time for the 25 minutes.
- E. All squads will be split evenly; 5 in the first group, 5 in the second group.

NASTIA LIUKIN CUP COMPETITION DAY WARM-UP SCHEDULE				
	Squad A	Squad B	Squad C	Squad D
4:30 PM – 4:50 PM	Open Stretch	Open Stretch	Open Stretch	Open Stretch
4:55 PM – 5:20 PM	Bars	Beam	Floor	Vault
5:25 PM – 5:50 PM	Beam	Floor	Vault	Bars
6:00 PM – 6:25 PM	Floor	Vault	Bars	Beam
6:30 PM – 6:55 PM	Vault	Bars	Beam	Floor

In preparation for march-in, the competition floor in will be cleared promptly at 6:55 PM and athletes will immediately be staged for the march-in.

NASTIA LIUKIN CUP – COMPETITION ORDER				
	Squad A	Squad B	Squad C	Squad D
Rotation #1	Vault	Bars	Beam	Floor
Rotation #2	Bars	Beam	Floor	Vault
Rotation #3	Beam	Floor	Vault	Bars
Rotation #4	Floor	Vault	Bars	Beam

There will be a thirty second (:30) touch warm-up per athlete prior to competition for each rotation. Each squad will be split in to 2 groups for the 30 second touch. All squads will split evenly with 5 in the first group and 5 in the second group and will be conducted in competition order. A maximum of two (2) vaults will be allowed in the touch warm-up. If there are scratches during the competition, the 30 second touch and competition order remains the same.

11. Competition Draw

- A. The competition draw will be conducted by the National Office immediately following the February 17-19, 2023, Nastia Liukin Cup Series qualifiers, and will be communicated at the athlete/coach orientation meeting. Athletes from the same club will be placed in the same squad.
- B. When rotating to the next event, 2 gymnasts per squad will be dropped.

12. Women's Judges

Technical Director: Celeste Hamil

VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR EXERCISE
Aimee Boorman	Shari Mann	Silvia Brestyan	Jacqui Godfrey
Nichole Otterson	Connie Maloney	Amanda Stroud	Silvia Topalova
Auxiliary Judge Assignments			
Megan Will <i>Master Scorer</i>	Trisha Sefakis <i>Master Scorer / Timer</i>	Tracey Rogers <i>Master Scorer / Timer</i>	Bethany Miller <i>Master Scorer</i>
	Keirsten Proulx <i>Fall Timer</i>	Addie Gordon <i>Routine Timer</i>	Chynna Hibbitts <i>Timer</i>
		Meghan Brewster <i>Fall Timer</i>	Jessica Harp <i>Line Judge #1</i>
			Katie Smigiel <i>FX Line Judge #2</i>

NASTIA LIUKIN

2023 Nastia Liukin Cup New Element or Vault Form

Please complete and submit the following form to Celeste Hamil or Christy Naik by the conclusion of the Orientation / Technical Meeting, Thursday, February 23, 2023.

Name of Club: _____

Apparatus: _____

Gymnast: _____

Number: _____

Details of New Element or Vault:

Evaluation:
