



# 2021 USAG Men's Region 1 Virtual Championships Hosted by Region 1 Board April 8<sup>th</sup>-13<sup>th</sup>, 2021

## Google Drive

- *If you have a gmail account, you most likely have a Google Drive. Once the folder has been shared with you, access to the folder can be found in the "Shared with Me" folder in your Google Drive app.*
- *If you do not have a gmail account, you will need to sign up for an account to gain access to the Google Drive Shared Folder.*
- *Your phone, tablet or PC will work for uploading videos.*
  - *Further sharing of link is prohibited.*

## Coach and gymnast guidelines

- *Coaches must be in spotting position on High Bar, Rings and Vault*
- *Coaches attire is same as an in-person competition.*
- *Gymnasts must be in appropriate competition attire.*

## Video Recording guidelines

- *Please shoot video in 1080p maximum. No 4K formatting*
- *Try to record from an angle that would be like where a judge sits at an in-person competition.*
- *Minimal obstructions in and around the field of view of the event*
- *Use a tripod as much as possible.*
- *A laminated card will be sent to your gym. Using markers that are easily erasable, write the athletes name, level and number on the card.*
  - *Example: 10Floor1001 J Smith*
- *Record the gymnast with the card for the first 2-3 seconds of video.*
- *Use landscape setting while recording.*
- *Have the gymnast put down the card and salute the camera.*
- *The gymnast's entire body must remain in the field of view for the entire recording.*
- *If a gymnast falls, the recording cannot be paused or edited.*
- *Matting should be as accurate to regulation as possible.*
- *At the end of the routine the gymnast will salute or bow to the camera.*



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## Submission Window

- *Videos can be uploaded to the Google Drive folder starting on April 8th, 2021.*
- *Submission will be concluded on April 13th, 2021 at 11:59pm.*
- *If there are missing videos, they will be considered a scratch for that event.*

## Judging of Routines

- *Routines will be judged on April 15th, 2021.*
- *We will release a Virtual Session Schedule of when each level will be judged.*
- *The routines and ProScore Scoreboard will be live streamed during Virtual Sessions.*
- *Coaches will be sent a Zoom meeting link for score inquiry purposes.*
- *Results will be emailed to coach upon conclusion of session and there will be time allotted for any score inquiries that are submitted after the conclusion of the Virtual Session.*