

# 2024 Region 1 Elite Team Cup

## January Video Submission Procedures

### Routine Video Submission Process

- **SANCTIONED competition video submission from January 2024**
  - Upload routines from one sanctioned competition held in January
    - All routines from this submission must be from the same competition.
  - Submission window closes Monday, January 22<sup>nd</sup>
- **BEST routine video submission from January 2<sup>nd</sup> – January 21<sup>st</sup>**
  - Upload one video per event done in any meet, in-house, or during practice.
  - Videos may be filmed on different days
  - All Videos Must be time stamped January 2-January 22, 2024
  - Athlete/s must be in full competition uniform
  - Athlete/s must salute as if they are competing
  - All routines must be on FIG height regulated landings
    - If a resi-mat is used, a visibly firm landing mat must be placed on top.
    - If R1 ETC Staff feels the equipment and/or matting is not at regulated height, you will be asked to re-submit a new video with appropriate adjustments made or routine will not be evaluated/counted.
  - All videos must be taken with clear quality, as well as taken at an angle as to where the judges can see the athlete and all lines/angles clearly
    - If it is deemed that the video is poor quality or the judges cannot determine specific angles/lines, you will be asked to submit a new video of that event.
- **Judging/Evaluation Procedures**
  - All routines from both January competition submissions and in-house submissions will be reviewed and evaluated by FIG rated Region 1 judges using Junior FIG rules.
  - The USA Gymnastics Bonus System will be used.
  - Average score from a 2-judge panel per routine.
  - Judging panels will remain consistent from ETSC