



**2026 USA Gymnastics Trampoline and Tumbling
Region 5 Championships**

May 14-17, 2026

Arthur R. Outlaw, Mobile Convention Center in Mobile, Alabama

2026 USA Gymnastics Trampoline and Tumbling Region 5 Championships

Date: May 14-17, 2026

Venue: Arthur R. Outlaw
Mobile Convention Center
1 S Water St
Mobile, AL 36602

Parking: TBD

Host: USA Gymnastics Region 5 Trampoline & Tumbling

Contact: For questions concerning the Region 5 Championships contact:
Dmitri Poliaroush
E-mail: region5tnt@gmail.com

Purpose:

1. The Region 5 Championships gives athletes an opportunity to compete against other athletes from around the region.
2. The Region 5 Championships is an Elite Mobility competition.
3. The Region 5 Championships is a qualifying competition to Stars & Stripes Championships, as well as the USA Gymnastics National Championships.
4. The Region 5 Championships is a preparation competition for national and international competitions.

Entry Fees: Flat Fee: \$150.00 for Levels 1 - Elite; \$50.00 for HUGS Athletes

Payable to: USA Gymnastics Region 5 T&T

Mail to: USA Gymnastics Trampoline and Tumbling Region 5
C/O of Dmitri Poliaroush
503 Green Springs Rd
Youngsville, LA 70592

**Entry
Deadline:** April 12, 2026

Funds: All entry fees must be paid by gym checks ONLY and be post marked on or before April 12, 2026. Checks not meeting this criteria will be considered as missing the deadline and be subject to the late fee. No refunds will be given after May, 01, 2026.

All entries must be submitted via the USAG Reservation System. Entries received after the deadline will be doubled. NO EXCEPTIONS. After April 12, 2026, information may be changed or corrected for no charge until April 30, 2026, on the USAG Reservation System. From May 1-May 8, there will be a \$10 fee per change. During this time, changes should be submitted to region5tnt@gmail.com or the Google Form at www.tinyurl.com/region5changes. Note: all fees are charged per registered event impacted. E.g. correcting a gender for an athlete registered for three events between May 1-May 8, will cost \$30.00. **Changes made after May 8, must be submitted onsite and will have a fee of \$25.**

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Competition Divisions:

Individual Trampoline, Synchronized Trampoline (Levels 9 & Above), Tumbling, Double-Mini Trampoline, HUGS

Rules:

USA Gymnastics Trampoline and Tumbling rules for the current Code of Points along with all errata pages and the Rules and Policies (posted on www.usagym.org) will be used. For events where three judges are used, the total scores will be averaged and multiplied times two to determine the execution score. Finals will not be held. All age groups are based on the age of the competitor on December 31, 2026.

Team Competition:

Team awards will be given on each discipline (trampoline, tumbling, double-mini). The top 5 scores per gym will be added together to determine a team total. Only scores from athletes Level 8& Up will be considered to count towards the team totals. The team with the highest combined score will be awarded as the 2026 Region 5 Champion for that discipline during the Opening Ceremonies.

Eligible:

Currently registered USA Gymnastics T&T athletes Level 1-Elite and all HUGS levels.

Coaches:

Coaches must have an active USA Gymnastics Coaches Membership.

- Coaches must meet all USA Gymnastics Coaches Membership Requirements and must register on the official entry form.

Judges

To be considered for assignment judges MUST:

1. Submit a request using the form below by the deadline
2. Have an active USA Gymnastics Judges Membership
3. Have a rating as designated by the USA Gymnastics Technical Committee
4. Have completed the T210 Annual Update.

Panels will be seated based on rating and experience, but no one will be considered without submitting the form below. A link to the judges request must be submitted via the google doc using the link below no later than April, 26, 2026. A link to the judge's request for assignment form will be sent to each judge who is currently registered within each state and to all teams. Please make the following link available to your judges: www.tinyurl.com/judgeregion5.

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Should you need further assistance with judging related questions, please contact:

Region 5 Technical Representative

Dante Hebert

Phone: (337) 322-8424

Email: dcHebert94@gmail.com

Competition Equipment:

- 4x4 Eurotramp trampolines with Eurotramp beds and springs
- 6 mm Eurotramp Double – mini trampolines
- International Skakun Rod Tumbling Floor
- Equipment managed and supplied by United Athletic

Volunteers:

We need your help with volunteers for this competition. We greatly appreciate all of your help. This meet would not be possible without the help of volunteers. Thank you in advance for your assistance. All volunteers will be given a hand stamp that will allow them access into the competition for that day. **All clubs MUST provide AT LEAST TWO volunteers for this competition.** A link for volunteers to register for desired shifts will be sent after the entry deadline.

Any clubs that do not provide volunteers will be fined \$50 per missing volunteer.

Reminder: All athletes that could possibly be eligible to receive funding in the 2026-2027 season are required to volunteer one full session to be eligible for any and all funding. Elite athletes are also eligible to receive credit for “volunteering” by judging a full session of the Regional Championships.

Only USAG professional members are allowed to spot.

Coaches must be prepared to help with this task

If you would like to bring additional coaches in order to help with this let us know.

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Opening Ceremonies/Grand March-In/State All Stars

The opening ceremonies for 2026 USAG T&T Region 5 Championships will be held on Saturday May 16, 2026 from 6:00pm - 8:00pm to celebrate all of the Region 5 athlete's participating in this year's Championships. Highlights will include a Grand March-In of all teams, an exhibition by the top athletes within our Region that have competed and thrived at events such as the World Age Group Competition, World Cups, World Championships, and even the Olympic Games! This year's theme for the Grand March-In is "Out of This World". We look forward to seeing all of the costumes you guys come up with for the Grand March-In! During the opening ceremonies, we will present scholarship awards, crown the Regional Team Champions, present athlete and coach awards, and host the 3rd State All Stars Competition!

The State All Stars Competition adds a layer of fun and excitement to this event. Each state will nominate one male and one female athlete to represent them on each discipline (trampoline, tumbling, and double-mini trampoline). These six athletes will compete in a team style competition and earn points for their state based on their individual placement. **Scores earned during the State All Stars Competition will only be utilized towards the state's total points for this event and cannot be used for mobility or national qualifying purposes.**

Sponsorships

There are three ways to advertise at the 2026 USAG T&T Region 5 Championships: banners, program ads, and competition shout-outs. Banners will be placed around the arena with sponsorship announcements every day throughout the competition, and include an ad placed in the programs. Program ads can be a quarter, half, or whole page and can be anything from a message to competing athletes wishing them the best of luck, to a direct business promotion. Competition shout-outs are text only and are athlete specific. They will be flashed on the competition screen at the start of every flight when the corresponding athlete competes. All sales will go to the benefit of USAG Region 5 Trampoline and Tumbling athletes. Proceeds will be used to help provide athletes with travel funding, scholarships, prize money ... etc. See attached forms below for ordering information.

Tentative Schedule

Thursday May 14, 2026

10:00 AM – 2:00 PM Equipment Set-Up
3:00PM Competition Office/Registration/Doors Open
4:00-10:00 PM Assigned Training (Level 8, 9, 10, Open, Elites)

Friday May 15, 2026

7:30 AM Doors Open
8:00 AM - 8:00 PM Competition

Saturday May 16, 2026

7:30 AM Doors Open
8:00 AM - 4:00 PM Competition
6:00 PM - 7:30 PM Opening Ceremonies

Sunday May 17, 2026

7:30 AM Doors Open
8:00 - until Competition

****A more specific schedule and the first round of Team Sheets will be sent to all registered clubs shortly after the registration deadline. This is expected to be a week after the registration deadline.****

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Use this form to purchase an advertisement in the Region 5 Championship Program or a banner. Advertising prices and sizes available:

Full Page: \$200.00
Half Page: \$100.00
Quarter Page: \$50.00
Banner: \$300.00

Proceeds benefit the athletes and clubs of Region 5.

PROGRAM AD INFORMATION
DUE NO LATER THAN April 30, 2026

Advertiser: _____

Contact Name: _____

Daytime Phone #: _____

Type of Ad (please circle one) Full Page Half Page Quarter Page Banner

Any wording being placed on advertisement:

Please submit a separate form for each ad along with individual payments.

Checks are to be made payable to USAG Region 5 T&T.
Send forms/pictures/etc to: region5tnt@gmail.com

USAG Trampoline and Tumbling Region 5
C/O Dmitri Poliaroush
503 Green Springs Rd
Youngsville, LA 70592

Copy as needed.

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Use this form to purchase a shout-out for a specific athlete during the competition. The shout-out will be posted on the screen at the beginning of all flights when the athlete competes. To guarantee the shout-out is shown at the proper time, orders should be placed before the start of the athlete's first assigned competition session. We are not responsible for missing a shout-out during an athlete's flight due to late submissions.

Shout-out during all flights of athlete's competition: \$20.00

SHOUT-OUT INFORMATION
DUE NO LATER THAN April 30, 2026 VIA EMAIL
OR SUBMITTED WITH PAYMENT IN PERSON DURING THE COMPETITION

Advertiser: _____

Contact Name: _____

Daytime Phone #: _____

Athlete Name: _____

Athlete Gym: _____

Wording to be used in the shout out:

Please submit a separate form for each shout-out along with individual payments.

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