



Level 7/9/10 State Championships

March 20-22, 2026

Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs FL

Team Twisters & USA Competitions is proud to host the 2026 Florida USA Gymnastics Level 7/9/10 State Championships. Please review the following items enclosed in this packet:

- **Club and General Information**
- **Competition Schedule**
- **Age Group Breakdowns & Session Assignments**
- **Coaches Important Information, Host Hotel & Spectator Information**
- **Regional Entry Information**

ATTENTION COACHES!

Review your roster

- The link to club rosters (in alphabetical order) is on the [Level 7/9/10 State Championships](#) web page. Carefully review your roster for correct session assignments and spelling of names. If a discrepancy is noticed, email us at info@usacompetitions.com (*errors are easily corrected*). Your club roster will always be considered the official session assignment document.
- Make sure your athlete's birth date is correct in Meet Reservations. Should an athlete compete in a session other than the one designated by her birthday, her awards will be duplicated based on her group. These placements will not be published or announced and the scores may not contribute to the team total.

ATTENDING COACHES must be listed in Meet Reservations

- Coaches, please sign the official USA Gymnastics sign-in sheet at the main scoring table.
- Coaches without verifiable member status will be allowed entry via spectator admission and will not have access to the competition floor.
- *Competing athletes and USA Pro members only allowed on the competition floor! No injured athletes, athletes in other sessions or children of coaches are allowed on the floor.*

Coaches Attire: At State Meets and above, the following dress code will be in place (*USAG dress code rules*)

- Shoes—Closed toe athletic shoes
- Shorts—Athletic or tailored shorts with a 7" inseam
- Shirts—Collared or business casual with a gym logo. NO spaghetti straps, low cut tops or midriff revealing shirts
- Hats—No hats or visors are allowed to be worn

ROTATION SHEETS will be posted online at rotationsheets.com the week before the event. Parents & spectators, please take a screenshot of the rotation sheet with your phone. A master rotation sheet will be available for coaches to snapshot at the music/announcer's table.

Awards Ceremonies: Individual and All Around awards will take place immediately following the end of each session.

- Each session represents four different awards groups.
- Award groups are divided equally by birth dates. 50% + 1 awarded for Individual and All Around.

Team Awards: Take place following the final session for each level.

- **Team Divisions will be announced on Monday, March 9, 2026**
- Top five teams in each division will be awarded banners

Spectator Admissions: Adults (13+): \$26.00, Children (5-12): \$16.00. *Under 5 free.* Cash Price is \$1.00 less.

Coaches hospitality: Lunch and dinner provided to coaches with back-to-back sessions during meal times. Grab & go snacks, coffee and bottled water provided to all coaches throughout the event.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you and your athletes the very best Championship experience!

Shane Cummings
Meet Director
info@usacompetitions.com

Sharyn Strickland
Director of Operations
Sharyn@usacompetitions.com

Taylor Aucoin
Assistant Event Coordinator

Gary Anderson
Floor Manager

2026 LEVEL 7/9/10 STATE CHAMPIONSHIP SCHEDULE



Friday, March 20			
Session FR1 Age groups: 10, 2, 24, 8, 12	Level 7	8:00am 8:15am	Stretch Warm-up. Competition to follow
Session FR2 Age groups: 3, 21, 6, 11, 20	Level 7	11:30am 11:45am	Stretch Warm-up. Competition to follow
Session FR3 Age groups: 19, 1, 22, 7, 23	Level 7	3:00pm 3:15pm	Stretch Warm-up. Competition to follow
Session FR4 Age groups: 5, 16, 13, 17, 18	Level 7	6:30pm 6:45pm	Stretch Warm-up. Competition to follow

Saturday, March 21			
Session SA1 Age groups: 15, 4, 9, 25, 14	Level 7	8:00am 8:15am	Stretch Warm-up. Competition to follow
Level 7 Team awards at approx. 11:30am, following session SA1			
Session SA2 Born 12/12/08 & younger	Level 10	12:00pm 12:20pm	Stretch Warm-up. Competition to follow
Session SA3 Born 12/11/08 & older	Level 10	4:30pm 4:50pm	Stretch Warm-up. Competition to follow
Level 10 Senior Recognition Ceremony and Team Awards following session SA3			

Sunday, March 22			
Session SU1 Born 10/28/2011 & younger	Level 9	8:00am 8:20am	Stretch Warm-up. Competition to follow
Session SU2 Born 7/3/2010—10/27/2011	Level 9	11:30am 11:50am	Stretch Warm-up. Competition to follow
Session SU3 Born 7/2/2010 & older	Level 9	3:00pm 3:20pm	Stretch Warm-up. Competition to follow
Level 9 Team awards at approx. 6:30pm, following session SU3			

****SENIOR RECOGNITION CEREMONIES****

LEVEL 7: Recognized at the Awards Ceremony for any graduating L7 Senior
LEVEL 10: Recognized on the Competition Floor, following the last session on Saturday
LEVEL 9: Recognized at the Awards Ceremony following the last L9 session on Sunday

Session assignments are also listed on team rosters, posted online.
*****If there is an incorrect session assignment listed on your roster, please email info@usacompetitions.com immediately, before the day of competition!*****

FL USA GYMNASTICS LEVEL 7/9/10 STATE CHAMPIONSHIPS

AGE GROUPS AND SESSION ASSIGNMENTS

<u>LEVEL 7</u>				
Age Group Birth Date Divisions				Session draw
<i>(group 1, youngest)</i>				
Group 1	11/4/2015	—	Younger	FR3
Group 2	6/18/2015	—	11/3/2015	FR1
Group 3	2/20/2015	—	6/17/2015	FR2
Group 4	11/4/2014	—	2/19/2015	SA1
Group 5	8/22/2014	—	11/3/2014	FR4
Group 6	6/22/2014	—	8/21/2014	FR2
Group 7	5/7/2014	—	6/21/2014	FR3
Group 8	2/20/2014	—	5/6/2014	FR1
Group 9	12/19/2013	—	2/19/2014	SA1
Group 10	11/8/2013	—	12/18/2013	FR1
Group 11	9/27/2013	—	11/7/2013	FR2
Group 12	7/27/2013	—	9/26/2013	FR1
Group 13	5/6/2013	—	7/26/2013	FR4
Group 14	3/9/2013	—	5/5/2013	SA1
Group 15	1/1/2013	—	3/8/2013	SA1
Group 16	10/23/2012	—	12/31/2012	FR4
Group 17	8/14/2012	—	10/22/2012	FR4
Group 18	6/1/2012	—	8/13/2012	FR4
Group 19	4/4/2012	—	5/31/2012	FR3
Group 20	12/26/2011	—	4/3/2012	FR2
Group 21	9/21/2011	—	12/25/2011	FR2
Group 22	5/6/2011	—	9/20/2011	FR3
Group 23	11/10/2010	—	5/5/2011	FR3
Group 24	11/21/2009	—	11/9/2010	FR1
Group 25	11/20/2009	—	Older	SA1
Please verify athlete's correct date of birth and session assignment on your club roster!				

<u>LEVEL 10</u>				
Age Group Birth Date Divisions				Session
Younger	12/12/08	—	Younger	SA2
Older	12/11/08	—	Older	SA3
Please verify athlete's correct date of birth and session assignment on your club roster!				



<u>LEVEL 9</u>				
Age Group Birth Date Divisions				Session
Younger	10/28/2011	—	Younger	SU1
Middle	7/3/2010	—	10/27/2011	SU2
Older	7/2/2010	—	Older	SU3
Please verify athlete's correct date of birth and session assignment on your club roster!				



For event info and results, visit us on the web
USACompetitions.com

Many thanks to our sponsors!



COACHES INFORMATION—IMPORTANT!

Coaches Sign In: Please sign the official USA Gymnastics Coaches Sign-In sheet, located at the main computer scoring table inside the competition venue. If your name is not pre-printed on the sheet, sign the blank sheet and present proof of membership for verification (QR code).

Scratches: If you have scratches, please let the Floor Manager know. If you have any event scratches, please communicate that to the judges.

Format: After General Stretch all athletes will have a formal march-in on the floor exercise. Following introductions, Flight A will begin warming up their first event. Once Flight A starts competition, Flight B can begin warming up on their first event.

Rotations: We will be announcing all rotations. Please remain at your event until you hear the rotation announcement.

Hospitality: Grab & go snacks, coffee, and water available in the coaches hospitality area throughout the event. Lunch and dinner will be provided to coaches who are assigned back to back sessions during meal times.

Floor Music: Please turn in your floor music during general stretch. Make sure to retrieve your device by the end of each session!

Meet Site: Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs, FL 33065
Ph: 954.345.2201 or 954.345.2107

Parking is Complimentary!

For Host Hotel Information, click on this link:

[Level 7/9/10 FL State Championships](#)



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Spectator Admissions

Credit Card Price

\$26 / Adult (13 + up)

\$16 / Child (5-12)

(under 5 yrs. free)

Cash Price

\$25 / Adult (13 + up)

\$15 / Child (5-12)

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Thank you to Visit Lauderdale for sponsoring this event! Head to the [Visit Lauderdale website](#) to learn about all things Greater Fort Lauderdale. Don't forget to tag #VisitLauderdale in your pictures from the competition or from around town!

REGIONAL MEET COACHES INFORMATION

Check with your athletes/parents to determine if your Level 7 athletes will attend the Regional meet if they qualify. When you ARRIVE at the State meet, check the Level 7 Regional Commitment sheet and indicate yes or no whether you are attending or not.

- If some of your athletes will not attend if they qualify, then check YES that your club is going and list the names of athletes NOT attending with their competitive number on the sheet or give a list of athletes that will NOT attend if they qualify to the score table. Include the name of your club, athletes' name & competition number.
- If you do not tell us that an athlete will not attend the Level 7 Regional meet if they qualify, your club will be fined, not eligible for free clinics or count for state team competition in the following season. **DO NOT TAKE A SPOT FROM ANOTHER ATHLETE!!**
- If you do not indicate/check the Regional Commitment sheet, we will assume that none of your athletes will attend the Level 7 Regional meet and your club will NOT be included in the list of qualifying athletes.
- Clubs may not wait until the session or competition has ended to indicate if their athletes will attend or not. Coaches must mark the Regional Commitment sheet upon arrival at the State meet.
- Level 9/10: Do not need to tell us if your athletes will attend or not as they qualify to the Regional meet by score.

ALL REGIONAL QUALIFIERS MUST ENTER BY NOON ON MONDAY, MARCH 23rd.

- Clubs must enter at Meet Reservation and pay the entry fee at Meet Maker by this deadline.
- If payment and registration is not received by Noon on Monday, the athlete will be taken off the qualifying list and will not be able to attend the Regional meet. NO EXCEPTIONS AND NO LATE ENTRIES WILL BE ACCEPTED. Regional qualifying lists will be posted on the Lightning City website ASAP following the last session of that level.
- Make sure all athlete information is correct at both Meet Reservation and Meet Maker – If you do not have an account with Meet maker, set it up before the State meet. CLUBS NEED TO MAKE SURE THAT THE PERSON ENTERING YOUR REGIONAL MEETS HAVE THIS INFORMATION

GIFT LEOTARDS: Bring sizes for leotards for all athletes that may qualify to the Regional meets at level 7-10.