

**OCTOBER 24-25, 2026****Coral Springs Gym, 2501 Coral Springs Dr., Coral Springs, FL 33065**

Welcome! USA Competitions is proud to host the Fright Invite. **Please share this information with all attending coaches.** The following items are included:

1. General Event Information
2. Competition Schedule
3. Event Venue & Host Hotel Info
4. Coach Information Sheet

Rosters will be emailed to clubs once all athlete USA Gymnastics member numbers have been verified.

- **Coaches, please check that all athlete information is correct on your roster and session assignments listed on the roster agree with session information listed in this packet.**
- If a discrepancy is noticed, email info@usacompetitions.com immediately (errors can easily be corrected).
- Your club roster will always be considered the official session assignment document.

Athlete & Coach Registration

- Athletes check in and receive a gift at the registration desk prior to entering the competition area.
- **Sessions can begin up to 30 minutes early (except 8:00am session). Arrive a minimum of 30 minutes prior to stretch!**
- Coaches must sign the official USA Gymnastics sign in sheet, inside the gym at the computer table.
- Coaches not in Meet Reservations and without verifiable Pro member status will pay admission and be allowed in the spectator areas only.

Rotation Sheets will be posted at rotationsheets.com the week before the event. Parents & spectators, please take a screenshot of the rotation sheet with your phone. A rotation sheet will be available for coaches to take a snapshot at the floor music table each session.

Coaches Meeting

- A coaches information sheet is at the end of this document. Please share with ALL attending coaches.
- No on-site coaches meeting. Coaches are to notify the Floor Manager of scratches at the beginning of each session.
- **Athlete cards will be distributed. Coaches choose competitive order. Submit cards to judges in order at each event.**
- After the competition, athletes can record scores on their cards as a memento of their meet (use marker).

Awards Ceremonies Immediately follow each session. 50% + 1 awarded for individual events. 100% All Around awarded. Top five teams awarded every session, all levels. To keep awards ceremonies efficient and engaging, a streamlined format is used. Gymnasts are called to the stage in All-Around placement order. While on stage, their individual event placements are also announced. This allows us to properly celebrate each athlete's accomplishments while keeping the awards moving smoothly and on time.

Coaches Costume Awards - Prizes awarded for most creative, coolest, funniest, spookiest, best!

Hospitality: Coaches will be provided with lunch & dinner at applicable times. Meal schedule will be posted. We will also have a water cooler so please bring refillable water bottles.

Spectator Admission: [CLICK HERE](#) to access the admission pre-sale website. We encourage purchasing your tickets ahead of time to expedite the check-in process. **NOTE:** Admission prices will increase by \$3 per ticket starting at 12:00AM on Saturday, October 24th. Again - we highly encourage you to purchase admission prior to the event. On site, credit/debit card only (no cash).

Coral Springs Gymnasium: The temperature inside the venue is chilly and beyond our control. Please come prepared.

If there is anything that we can do to assist you, please do not hesitate to contact us. We wish you a fun and exciting competition experience!

Sincerely,

Shane Cummings
Meet Director
info@usacompetitions.com

Sharyn Strickland
Director of Operations
877-341-9007

Taylor Cummings
Asst. Event Coordinator

Gary Anderson
Floor Manager



FRIGHT INVITE SCHEDULE

SATURDAY, OCTOBER 24, 2026

<u>Session SA1</u> Levels 2 & Bronze Stretch/warmup: 8:00am		<u>Session SA2</u> Levels 3 & Silver Stretch/warmup: 10:45am		<u>Session SA3</u> Level 4 Stretch/warmup: 1:30pm
<u>Level 2</u>	<u>Bronze</u>	<u>Level 3</u>	<u>Silver</u>	<u>Level 4</u>
Gymnastics USA	FGTC	CATS Gym	FGTC	FGTC
Infinity - Colombia	Gym Du Sol	Gymnastics USA	Gym Du Sol	Gymnastics USA
Orlando Gym	Infinity - Colombia	Infinity - Colombia	Harbor City	Harbor City
Top Contenders	UGA PSL	Orlando Gym	Top Contenders	Infinity - Colombia
UGA Oldsmar	Victory Elite		Victory Elite	Orlando Gym
	Top Contenders			Top Contenders
				Top Gymnastics
				UGA PSL
				*Victory Elite (8)

<u>Session SA4</u> Levels 4 & 5 Stretch/warmup: 4:00pm		<u>Session SA5</u> Levels 4/Gold/Platinum Stretch/warmup: 6:45pm		
<u>Level 4</u>	<u>Level 5</u>	<u>Level 4</u>	<u>Gold</u>	<u>Platinum</u>
Academy of Gymnastics	Gym Like This	Gym Du Sol	CATS Gym	CATS Gym
CATS Gym	NTS Gymnastics	Gym World FM	Gym Du Sol	
Global Elite	Southern Starz	Nova		
Gym Like This	Victory Elite	Park Avenue		
NTS Gymnastics		Southern Starz		
Palm Beach Gym		UGA Oldsmar		
*Victory Elite (7)				

Teams with athletes of the same level that are split into multiple sessions

Your designated number of athlete spots per session is indicated in ()

Email info@usacompetitions.com with your choice of specific athlete names for each session

Clubs in **PURPLE are competing for Individual & Team awards**

Clubs in **black** are competing for Individual awards only

Questions? Email us ASAP at info@usacompetitions.com



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



FRIGHT INVITE SCHEDULE

SUNDAY, OCTOBER 25, 2026

<p><u>Session SU1</u></p> <p>Level 1</p> <p>Stretch/warmup: 10:00am</p>	<p><u>Session SU2</u></p> <p>Level 3</p> <p>Stretch/warmup: 12:15pm</p>
<p><u>Level 1</u></p> <p>Gymnastics USA</p> <p>Infinity - Colombia</p> <p>Nova - FL</p> <p>Orlando Gym</p> <p>Palm Beach Gym</p> <p>Top Contenders</p> <p>Victory Elite</p>	<p><u>Level 3</u></p> <p>Gym Like This</p> <p>Gym World FM</p> <p>Harbor City</p> <p>Southern Starz</p> <p>Top Contenders</p> <p>UGA Oldsmar</p> <p>UGA PSL</p> <p>*Victory Elite (10)</p>
<p><u>Session SU3</u></p> <p>Level 2</p> <p>Stretch/warmup: 2:45pm</p>	<p><u>Session SU4</u></p> <p>Level 3</p> <p>Stretch/warmup: 5:30pm</p>
<p><u>Level 2</u></p> <p>FGTC</p> <p>Gym Like This</p> <p>Gym World FM</p> <p>Infinity - Colombia</p> <p>Nova</p> <p>NTS Gymnastics</p> <p>Palm Beach Gym</p> <p>Park Avenue</p> <p>UGA PSL</p> <p>Victory Elite</p>	<p><u>Level 3</u></p> <p>FGTC</p> <p>Nova</p> <p>NTS Gymnastics</p> <p>Palm Beach Gym</p> <p>Park Avenue</p> <p>*Victory Elite (9)</p>

Teams with athletes of the same level that are split into multiple sessions

Your designated number of athlete spots per session is indicated in ()

Email info@usacompetitions.com with your choice of specific athlete names for each session

Clubs in **PURPLE are competing for Individual & Team awards**

Clubs in **black** are competing for Individual awards only

Questions? Email us **ASAP** at info@usacompetitions.com



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



Meet Site: Coral Springs Gymnasium, 2501 Coral Springs Drive, Coral Springs, FL 33065

Parking is complimentary

The temperature inside the venue is chilly and beyond our control. Please come prepared.

Awards Ceremonies Immediately follow each session. 50% + 1 awarded for individual events. 100% All Around awarded. Top five teams awarded every session, all levels. To keep awards ceremonies efficient and engaging, a streamlined format is used. Gymnasts are called to the stage in All-Around placement order. While on stage, their individual event placements are also announced. This allows us to properly celebrate each athlete's accomplishments while keeping the awards moving smoothly and on time.

Group Hotel: Fort Lauderdale Marriott Coral Springs

Group Rate: \$162.00 + tax

Distance from Venue: 5 miles

Parking: Complimentary

Breakfast: Available for purchase

Reservation Deadline: October 2, 2026

Reservations Link: [CLICK HERE](#)

On-Site Admission Prices

Debit/credit card only (cash not accepted)

\$26 / Adult (Ages 12+)
\$21 / Senior (Ages 65+) & Active Military (w/ID)
\$16 / Child (Ages 4-11)
(under 4yrs. free)

Weekend Pass: \$36 / \$31 / \$21

Pre-purchase admission to save \$3 per ticket! [CLICK HERE](#) to access the ticket pre-purchase website. Pre-sale closes at 11:59PM on Friday, October 23rd.



For complete meet results, visit us on the web
USACompetitions.com

Many thanks to our sponsors



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!



COACHES INFORMATION

- **EVENT DAY ENTRY** - Substitutions not accepted on event weekend. Event Day entry forms are located at the main scoring table. ***Current USA Membership must be verified at time of registration.***
- **MEET FORMAT – MODIFIED CAPITOL CUP FORMAT**
 - Warm-up/compete format
 - Gymnasts in Flight “A” squads begin a timed warm-up prior to competition on their first competitive event; gymnasts in Flight “B” squads continue their general stretch in the area of their first competitive event.
 - All athletes line up beside their first competitive event at the designated starting time for the meet, to be introduced and for the playing of the anthem.
 - “A” squads will begin competition as “B” squads begin their first event warm-up which continues until the “A” squads have finished their rotation and the judges move to the “B” apparatus.
- **ATHLETE CARDS**
 - Coaches submit athlete cards to the judges in competition order.
 - Coaches must collect cards prior to rotating to the next event
 - ***Scores may be recorded on cards after the competition, using a marker/sharpie.***
- **TEAM COMPETITION**
 - **Top 3 scores count** toward the team score.
 - **No team divisions. No athlete designations.**
 - **Top 5 teams** will receive team banners.
- **WARNING – THIS SERVES AS YOUR OFFICIAL WARNING**
 - No jewelry; post earrings only, no toe rings, etc. (0.2 deduction after 1 warning)
 - No visible sports bras (0.2 deduction after 1 warning)
 - No verbal or visual coaching by coaches or athletes during a competitive routine (0.2 ded. No warning)
- **INQUIRY FORMS** - Located at the scoring table. Inquiries may be based only on the following:
 - Must include a specific question. **Compulsories:** incorrect elements, evaluation of major elements, falls, neutral ded., or unusual occurrences. **Optionals:** Start Value, flat compositional ded., falls, neutral ded., or unusual occurrences)
 - **Inquiry form must be submitted to MD within 5 minutes of the completion of the squad’s competition on that event.**
 - ***Exception to the 5-minute to submit inquiry rule:***
 - If, after final event, athlete’s AA score is a max. of 0.10 less than the qualifying score to State or Regionals, the coach may inquire the gymnast’s lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and included in final results. This process does NOT apply:
 - For mobility purposes, or
 - If qualification to state or regionals is by % or designated # per age group
 - **No Video Review** is allowed at any Development Program competition during the processing of an inquiry ***unless the following criteria are met:***
 - At all sanctioned competitions, a coach can request video review by the Meet Referee and the highest rated unaffiliated judge (if video is available) if the inquiry involves the possibility that the judges missed an element that would affect the Start Value.
 - Video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.
 - If the MR or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, or the highest rated unaffiliated judge and a USA Gymnastics officer.
 - MR must inform the judging panel that a video review will be initiated & the final decision.
- **GYM ROSTER** – Rosters were sent to clubs prior to the event for verification. Coaches are responsible for accuracy of gymnast information.
- **MUSIC** – ***Please remember to collect your music devices by the end of each session.*** USA Competitions is not responsible for music devices left at the music table after the end of each session.