



Region 4 Hospitality

TO: Meet Directors of Sanctioned Meets in Region 4

FROM: Linda Thorberg, RTCC and Robin Smith, RJD

SUBJ: Judges Hospitality during competitions

In order to keep alert and focused during competitions, it's important that the officials have the appropriate nourishment to do their job all day. Contracted officials have expectations per the NAWGJ and USA Gymnastics guidelines. This is a letter to help your meet run efficiently and keep the judges alert and focused to do their job.

Please appoint a Hospitality Director for your meet. You as Meet Director have many other duties. This letter should be passed on to that person to plan meals, breaks and take care of other travel issues or concerns from the judges. This person should consider what meals will be served and have them available at appropriate times.

These are some guidelines to follow:

- It is fine to have coaches and judges share the same food PROVIDED there is ample reserved and available for the officials when they have their break. They should have a separate secure area for their belongings and meetings/meals. Many times the coaches finish before the judges and have already eaten and food is not available when the judges are.
- Hot food should always be hot, cold food always cold. All food should be covered and fresh.
- Judges contracts allow you (the Meet Director) to budget **\$15 per meal, per judge**. That's \$120 per meal for a panel of 8 judges.
- It is acceptable to have meals delivered from restaurants by providing menus, but it is important that they are available and fresh at appropriate times.
- All meals should have a choice. Not everyone likes the same thing. Judges who have food allergies usually bring things themselves.
- Concession type food is discouraged.
- There should be a protein source at each meal

- It's a good idea to connect with the Meet Referee assigned or the Assigning Official for meal planning tips.
- Suggested (but not limited to) guidelines for meals are as follows:
- **Breakfast** items could include Hard boiled eggs or egg bake, yogurt, oatmeal, some pastry, meat choice, beverages coffee, cream, tea, juice, fruit
- Bottled water available all day
- **Lunch ideas:** Soups with salads, sandwich bar, veggie tray, chips, cookies
- **Dinners:** Meat, pasta or potato, vegetables, bread, rolls. Desserts are fine but not a focus
- Too much heavy pasta can put judges to sleep.
- **Granola bars or easy snacks to grab to take with during sessions are welcome**
- During a session the hospitality person can make a trip around the gym to see if the officials need water, coffee, snack etc.
- Meets that have 4 sessions a day can have one break with light snack things such as cheese and crackers, fruit, etc. in between meals.

These guidelines are meant to help you plan your competition and allow the judges to do their job as efficiently as possible. Please contact your State Judging Director, assigning official or Regional personnel with questions. Thank you. Have a great meet!