

**SECTION IX
GYMNASTICS**

HANDBOOK

2011



2012

GYMNASTICS 2011-2012

MEET TIME: 5 P.M., Unless otherwise stated

POSTPONEMENTS: Reschedule meet to the next available date. If the meet is to be postponed for any reason, home school is to notify visiting school by 12 noon.

DRESSING ROOM FACILITIES: Girls locker room sufficient for dual meet competition. For large meets (Invitational, etc.), both girls and boys locker rooms would be needed.

REGULAR COACHES MEETINGS: Pre and Post season meeting. Also, a Coaches/Judges Rules Interpretation before the competitive season begins.

SECTIONAL/STATES – Gymnasts must have competed in at least half of all scheduled meets in order to qualify for Sectionals and States.

AWARD SELECTION FOR MHAL CHAMPIONSHIP: Team with the best Dual Meet record will be declared MHAL Champion. Should teams meet more than 2 times, the first 2 League scheduled meet scores will count toward League title. The top 3 girls at the Sectional Meet on each event (4 each) plus All-Around will receive medals.

ADMISSION: Determined by each school.

GENERAL MEET FORMAT: Follow FIG and USGF competition and equipment rules as amended for High Schools by the NYSPHSAA. Varsity teams will use level 9 for competition. 3 A's, 4 B's, and 1 C's. For Varsity meets, 5 out of 6 scores will count as team score. Warm-up and competition format will be followed. See Attached.

Competition/warm-up/compete: Each gymnast receives 2:00 minutes warm-up on all events.

Vaulting: Each gymnast is guaranteed a maximum of three (3) vaults. Gymnasts who are competing round-off entry vaults on the vault table will have a maximum of four (4) vaults. Vaulting board safety zone mat is required for all round-off entry vaults. Round off entry vaults may only be performed on the vault table.

Uneven Bars: Each gymnast is allotted 2:00 minutes or the 6 gymnasts may block their time for 12 minutes. The setting of the bars is NOT included in the “touch” warm up time.

Balance Beam: Each gymnast gets 1 minute and 30 seconds on the back beam followed by 30 seconds touch on the competition beam. The first section will warm up their 1st three gymnasts on the back beam (1:30 per gymnast or block if preferred). The first three gymnasts will then touch 30 seconds on the competition beam while gymnast #4 warms up on the back beam 1:30. Gymnast #1 competes, while gymnast #5 is on the back beam. While the score is being tabulated for gymnast #1, gymnast #4 will be touching for 30 seconds on the competition beam; while scores are being tabulated for gymnast #2, gymnast #45 will be touching, etc.

Floor Exercise: Each section is allotted 6 minutes for warm-up. Each gymnast may touch in between competitors.

Set up desk and chairs for judges. Set up 6 chairs at each event. Keep competitors in chairs. Gymnast (in the hole) may stretch only. Team deduction, if not. Absolutely no jewelry is allowed.

Home Team should provide announcer and keep track of warm up time and rotation. Home Team should also provide a competent Beam timer. DO NOT CHANGE TIMERS MID-MEET.

During League competition, soft music may be played during Beam routines after Floor routines have been completed.

Inquiry Criteria – Judges are asked to include on each score sheet – starting value and other items which may drastically influence a given score.

SECTIONAL MEET FORMAT – A team will be guaranteed entry of 6 girls in each event including All-Around, AND any gymnast who meets the following criteria may also be entered. Any gymnast who has a 5 score average of:

All Around – 26.5 Vaulting – 7.5 Bars – 5.0 Beam – 6.8 Floor – 7.6
may be entered into Sectional Tournament.

Team scoring will be determined by the top 5 scores in each event (excluding All-Around). The team with the top score will receive the Sectional Championship Plaque, The top 3 girls at the Sectional Meet on each event (4 each) plus All-Around will receive medals.

STATE MEET REPRESENTATION: The top 3 All-Around scorers will advance to the State meet. The next 3 high scorers in each event (excluding All-Around) will also advance in their respective event. Ties will be broken by

- 1) Season Average,
- 2) Head to Head Competition
- 3) Score Inquiry
- 4) Highest All-Around Average
- 5) Highest Event Score

Boys may compete, but their score does not count in the final score. High School teams will use level 9 for competition and use last year's equipment specification. Wrestling mats are permitted for tumbling, but any "E" element will void exercise. No "D" or "E" acrobatics elements may be performed unless a spring floor is used. The exercise will be voided. Value points for level 9 are 3 "A's", 4 "B's", and 1 "C". Four out of 6 scores will count as team score.

It is the responsibility of the Home Team to maintain crowd control. The judges are asked to take a team deduction for each occurrence.

Time Savers - To eliminate problems and save time, judges are asked to include on each score sheet - value parts, bonus, special requirements, neutral deductions, and unusual occurrences.

Rule Changes for 2011-2012

BEAM: DANCE CONNECTION VALUE:

C + C = **+.2 CV** the elements may be the **SAME** or different therefore: a straddle jump (C) + straddle jump (C) could receive a (+.2) in CV

Rule Changes for 2010-2011

A. Acro Series Recognition and Special Requirement fulfillment:

Examples:

1. Standing Back salto, Back salto;
Not an acro series because only two acro elements – but will fulfill Special Requirement #1 because two saltos directly connected.
2. Round-off, Flic-flac, Back salto;
An acro series, but No acro special requirement #1, because no two (2) saltos.
3. Front handspring, Front aerial, Front aerial
No acro special requirement #1, because aerials are not saltos.

B. A break (pause, extra step, hop) between the fast flight elements or saltos will break the acro series special requirement.

C. A dance element performed within an acro series will break the acro series special requirement.

Ex. - Round-off, Flic-flac, Back salto in tuck, Straddle jump, Flic-flac, Back salto in pike
No Acro series special requirement, because the straddle jump breaks the connection of the two saltos

VI. DANCE PASSAGE RECOGNITION

- The object is to create a large, flowing and traveling movement pattern. The locomotor movement can move forward, sideward, or backward.
- *An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or **any kind of turn on 1 or 2 feet** between the two dance elements.*
- No acro elements, pauses, or stops are allowed within the dance passage.
- Leaps and hops may land on one *or both* feet as the first, second and/or last element in the dance passage. *Rebounding from a leap/jump is allowed and will not be considered a stop or pause.*
- The second (or last) element may also land in a prone or split-sit position.

- | | |
|---|---------------------|
| B. Rhythm during execution of direct connections | each up to 0.10 P. |
| C. Incorrect body position in dance element | each up to 0.10 P. |
| D. Legs not parallel to floor in split or straddle pike | up to 0.20 P. |
| E. Music and movement not in harmony | each <u>0.05 P.</u> |
| F. Exercise not ended with music | <u>0.10 P.</u> |

New York State Officials of Girls Gymnastics

State Certification Coordinator State Rules Interpreter

Maria DeCristoforo

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TO: New York State HS. Coaches and NYSOGG Judges

RE: RULE CHANGES for the FALL 2010 Season

The following changes have been voted on by the Section Gymnastic Coordinators of NYSPHSAA at their state meeting in March of 2010.

GENERAL: New Jewelry rules - see attached sheet

VAULT:

ADD # 4.307 RO – Back Layout 1/1 10.0 value

BARS:

ELEMENT VALUE CHANGE –

Page 30 - DELETE # 3.200

There will no longer be a differentiation between the underswing catch HB and the countermovement release to HB. ALL will be of “C” value - # 3.300.

Appropriate deductions will be taken.

Page 30 - REVISE wording of # 3.300 to read –Clear underswing, **pike sole circle or straddle sole circle** on LB release and countermovement forward in flight to hang on HB; also with ½ turn value =C

NEW BAR ANGLE DIRECTIVES and DEDUCTIONS -
Pages 23 and 24 have been rewritten - see attached sheets

BEAM:

ELEMENT VALUE CHANGE – the straddle jump facing the length of the beam will be “C” value

Page 46 - Delete #2.207

Page 46 - ADD and REVISE to #2.303 Value = C

Straddle pike jump in side or cross position; also with ¼ turn

IV. TECHNICAL DIRECTIVES

When evaluating the angle of the body, look at the line from the shoulders through the mid-point of the lowest body part.

(i)

(ii)

A. Amplitude of Casts to Handstand

(iii)

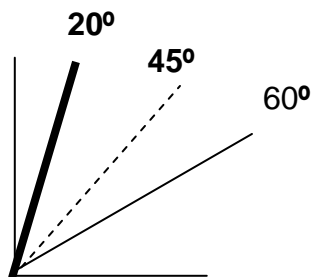
(iv)

“B” value

- must reach to within 20° from vertical for

- Casts from 0° to 20° from vertical - “B” value part - No deduction
- Casts from 21° to 45° from vertical - NO value part - No deduction
- Casts from 46° to 60° from vertical - No value part - deduct 0.10 P.
- Casts 61° from vertical and below - No value part - deduct 0.20 P.

There are **NO** amplitude deductions for casts prior to a flyaway dismount; a squat/ stoop/ straddle on to a flight element (including dismount), or a squat/ stoop/ straddle on to a jump from LB to HB.



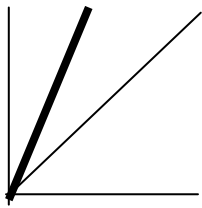
B. Amplitude of elements with flight to Handstand on low bar / Uprises to Handstand

- angle of body must be within 20 ° from vertical for higher value part to be awarded.

- 0° to 20° from vertical - Award the value part, No deduction
- 21° or more from vertical - Award a lower value part, No deduction

C. Amplitude of Circling Elements to Handstand – Clear hips, Sole circles, Stalders

- angle of body must be within 20 ° from vertical for higher value part to be awarded.



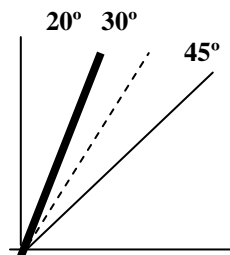
- Up to 20° from vertical 0° to 20° - Award value part credit - No deduction
- 21° - 45° from vertical - Award lower value part - No deduction
- 46° - horizontal - Award lower value part - deduct Up to 0.10 P.

D. Amplitude of Elements with turns **IN** the Handstand

Ex. - Cast to HS ½ turn (C); Clear hip circle ½ turn (C); Front Giant ½ turn (C)
Back Giant 1/1 turn (C)

Value part is always awarded – Deduct for the angle of body at turn completion:

- Up to 20° from vertical - No deduction
- 21° to 30° from vertical - deduct 0.05 P.
- 31° to 45° from vertical - deduct 0.10 P.
- 46° or more from vertical - deduct 0.20 P.

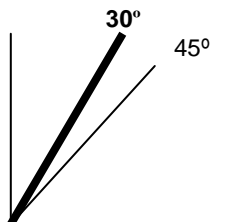


E. Amplitude of Elements with a turn **AFTER** handstand

- 1/1 Turn on one arm after the handstand on the descent phase
- Any element with 1½ pirouette or more, using any technique

Value part is always awarded – Deduct for the angle of body at turn completion:

- Up to 30° from vertical - NO deduction
- 31° to 45° from vertical - deduct 0.10 P.
- 46° or more from vertical - deduct 0.20 P.



NYS Gymnastics Jewelry Rule

The following rules have been instituted for the safety of all gymnasts. Most have evolved from actual situations where a competitor has been injured.

The No Jewelry rule is a State mandate and is for ALL sports in New York State.

1. **NO JEWELRY** is allowed. This includes warm-ups. Visible body and tongue piercing objects/rings; braided/rope bracelets/anklets are included in this rule.

Medical medals must be taped to the body and under the uniform.

Metal hair barrettes are acceptable.

- If an official observes a gymnast wearing jewelry during warm-ups, it should be reported to the coach. NO penalty will be applied.
 - If an infraction is observed when the meet starts, the gymnast will receive a “0” on that event.
 - After the gymnast has removed the jewelry, she may compete in any subsequent events she is entered in.
 - Failure of the gymnast to remove the jewelry will result in disqualification from the competition.
 - Any team member *in uniform (leotard)*, even if not participating, must abide by the same State jewelry rules. Failure to observe this rule will incur a Team deduction of **-.2**.
2. FLOOR EXERCISE - **NO “D” or “E” acrobatic elements may be performed unless a spring floor is used!** The exercise will be voided!
(see page 9)
 3. **Round-Off entry vaults listed in the High School Table of Vaults may only be performed on the vault TABLE.**
The Safety Collar must always be used!
 4. The wearing of tights, pantyhose, over-large tee shirts, boxer shorts, loose sport shorts etc., and leotards hanging down by the waist are **NOT PERMITTED** at anytime -this includes warm-ups.
 - Deduction will be **0.20 P.** (per gymnast) for incorrect attire from the TEAM SCORE

RETURN THIS FORM BY FEBRUARY 2, 2012 TO LEE ANN DIGSBY.

ldigsby@wallkillcsd.k12.ny.us

Section 9 Entry Form – all competitors must have met all eligibility requirements

School: _____ Work Phone _____

Coach: _____ Home Phone _____

Each school is guaranteed 6 competitors in each individual event and 3 All-Arounds regardless of 5 meet average. Competitors who have met the cut off score (See Event Listing) may also compete in Sectionals. List girls in the order of competition. Indicate All-Around with AA. **GYMNASTS MUST HAVE COMPETED IN 3 NYSPHSAA COMPETITIONS TO BE ELIGIBLE.**

VAULT (7.5 cut off) 4 Meet Avg. Grade

BARS (5.0) 4 Meet Ave Grade

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

BEAM (6.8 cut off) 4 Meet Avg. Grade

FLOOR (7.6) 4 Meet Ave Grade

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

ALL AROUNDS (26.5) 4 Meet Avg. Grade

YOUR TEAM'S HIGHEST MEET

- 1
- 2
- 3
- 4
- 5

Opponent score

Send names of all girls on your team that you want listed in the program