

# **SECTION IX GYMNASTICS**

## **HANDBOOK**

**2016 2017**



# GYMNASTICS 2016-2017

**MEET TIME:** 4:30 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 boy's locker rooms would be needed.

**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 1<sup>st</sup> 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.

**New York State High School Technical Handbook  
2014-2018 must be purchased from:**

**State Certification Coordinator  
State Rules Interpreter**

Maria DeCristoforo

- 68 Nassau Dr. Albertson, NY 11507 • (516) 484-0988 • AmazonImpt@aol.com

# NYS Gymnastics Jewelry Rule

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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**.

**Return this form by FEBRUARY 6, 2017**

Section IX Gymnastic Meet

Please return to: Nicole Calderone

[ncalderone@wallkillcsd.k12.ny.us](mailto:ncalderone@wallkillcsd.k12.ny.us) or fax to 895-8036

**ENTRY FORM- all competitors must have met all eligibility requirements**

School: \_\_\_\_\_ Coach: \_\_\_\_\_ Contact info \_\_\_\_\_

*Each school is guaranteed 6 competitors in each individual event and 3 All-Arounds regardless of 3 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)	3 MEET	GRADE		BARS (5.0)	3 MEET	GRADE
	AVERAGE				AVERAGE	
			1			
			2			
			3			
			4			
			5			
			6			
			7			
			8			
			9			
			10			
BEAM (6.8)	3 MEET	GRADE		FLOOR (7.6)	3 MEET	GRADE
	AVERAGE				AVERAGE	
			1			
			2			
			3			
			4			
			5			
			6			
			7			
			8			
			9			
			10			
				<i>YOUR TEAM'S HIGHEST MEET SCORE</i>		
ALL AROUNDS (26.5)	3 MEET AVERAGE	GRADE		Opponent	score	
<i>All Around Competitore</i>						
			1			
			2			
			3			
			4			
			5			
			6			
			7			