

## **SECTION IV – New York State Safety Regulations**

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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**.

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