

SECTIONAL MEET FORMAT

Scoring:

*N.Y. State High School Blue Book - Competition Level 9

*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.

*Individual scores - average of the 2 judges scores

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

YOU MUST HAVE BROUGHT ALL LEAGUE MEET RECORDS TO SECTIONALS IN CASE OF A TIE FOR STATES !!!

<p style="text-align: center;">SECTIONAL GIRLS GYMNASTICS CHAMPIONSHIPS REFLECTS STATE WARM-UPS</p>
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COMPETITION RULES WARM-UP/COMPLETE FORMAT

3:00 PM- 3:30 P.M.: Open Stretch. The uneven bars are available to obtain Bar Settings only (Tap swings). The apparatus is **NOT AVAILABLE** for warm-up during the general stretch time. Marking mount distances or practicing run-up onto the board is allowed (4 minutes per TEAM allowed for bar settings).

3:45PM: Opening ceremonies begin.

4:00pm: Competition/warm-up begins: 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. The 1st section will warm-up and then compete, followed by the next section.

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. The first section will compete and the second section warms-up. Please have your music labeled with your section number and your gymnast's name. Please have it rewound to the proper starting place as well. Each gymnast should have their own tape or the section can have all 6 gymnasts on one tape in their competing order.

SECTION IX, 2012 Competition

3:00 - 3:30 - Open warm ups- bar settings etc.

3:30 - Coaches and Judges meeting will take place in the Coaches and Judges room.

3:30 - Gymnasts please clear the floor, and line up with your team out in the hall.

3:45 - Teams march in for opening ceremonies.

4:00 - Meet begins

Warm-up and Compete format will be used

Order	Vault	Bars	Beam	Floor
1 st	FDR	WALL	NP	KING/O
2 nd	KING/O	FDR	WALL	NP
3 rd	NP	KING/O	FDR	WALL
4 th	WALL	NP	KING/O	FDR