

**2008 GYMNASTICS STATE MEET  
CARMEL HIGH SCHOOL**

**SECTION ONE  
FEBRUARY 29, 2008**

**WARM-UP SCHEDULE - FRIDAY**

BLOCK A Meeting 11:30-11:45 A.M. - Coaches/Coordinator/Gymnasts State Meet Procedures Meeting

OPEN STRETCH 11:45-12:00 Noon

**SECTIONS 1, 2, 9 & PSAL                  Vault                  Bars                  Beam                  Floor**

(TIME Warm-up) 12:00-2:00 p.m.

12:00-12:30 p.m.	2	9	1	PSAL
12:30-1:00 p.m.	PSAL	2	9	1
1:00-1:30 p.m.	1	PSAL	2	9
1:30-2:00 p.m.	9	1	PSAL	2

BLOCK B Meeting 1:45-2:00 P.M. Coaches/Coordinator/Gymnasts State Meet Procedures Meeting

OPEN STRETCH 2:00-2:15 P.M.

**SECTIONS 3, 7, 8, 11**

(TIME Warm-Up) 2:15-4:15 p.m.

2:15-2:45 p.m.	11	3	7	8
2:45-3:15 p.m.	8	11	3	7
3:15-3:45 p.m.	7	8	11	3
3:45-4:15 p.m.	3	7	8	11

BLOCK C Meeting 4:00-4:15 P.M. Coaches/Coordinator/Gymnasts State Meet Procedures Meeting

OPEN STRETCH 4:15-4:30 P.M.

**SECTIONS 5, 6**

(TIME Warm-Up) 4:30-6:30 p.m.

4:30-5:00 p.m.	6	-	-	5
5:00-5:30 p.m.	5	6	-	-
5:30-6:00 p.m.	-	5	6	-
6:00-6:30 p.m.	-	-	5	6

Mandatory Section Coordinator's Dinner Meeting Friday, 2/29 - Site - TBA @ 7:00 p.m.

## **RULES FOR STATE MEET COMPETITIONS - Updated: March, 2007**

- (1) Level 9 High School modified rules as dictated in the New York State Public High School Technical Handbook for Girls' Gymnastics (M. Cross).
- (2) Each Section must have a minimum of 3 AA and 3 Specialists per event at the start of competition.
- (3) Top five scores in each event count toward the Team Score.
- (4) Other than the 3 AA, a girl who qualifies as a Specialist in all four events is also eligible for the AA Award.
- (5) The preliminary lineup and roster must be submitted two weeks before the meet or the day after your sectional qualifier - whatever is last. The final lineup of all gymnasts who are competing must be submitted at the beginning of Friday's warm-up. Substitutions can only be made from the final roster. If an injury takes place during Friday's warm-ups, Saturday's competition or touch warm up, the Section will be entitled to replace the gymnast in the same order. This will entitle each Section to six gymnasts and will not hinder their team scoring. Warm-up time for a second alternate will be provided - 2 minutes on Saturday's competition.
- (6) During competition, only two coaches are allowed on the floor, except for moving landing mats and bar sets.
- (7) During Friday's warmups, any number of coaches may assist.
- (8) An inquiry form will be available from the meet referee during competition. Inquiries must be submitted within five minutes after the completion of the rotation.
- (9) Section music should be available on one CD in the order gymnasts are competing if possible.
- (10) There will be two judges per event, plus a meet referee.
- (11) Section Team leotards must be used (color - optional).
- (12) Awards will be given to the top six places in every event. Certificate for participants will be provided. (Team Awards to the top three teams, supplied by host section).
- (13) During competition, the Section must address the Head Judge at each event prior to warm-up.
- (14) Chairs will be provided at each event for the gymnasts and two coaches. Stretching is permitted for the on-deck gymnast -- no one moves to a different event until the announcer says so.
- (15) A gymnast may not leave the floor area unless they have the permission of the Meet referee.
- (16) No jewelry, which includes visible body piercing objects, shall be worn in any sport. Any piece of jewelry, that is visible at the start of or during a contest, is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Metal barrettes are allowed but no loose bobby pins. Body gems are not allowed. If the infraction occurs during the pre-meet warm-up, the gymnast will receive a "0" in the first event she is competing in. Once the competition begins, any gymnast wearing jewelry will be automatically disqualified from further participation in that competition.
- (16A) Appropriate warm-up attire - leotards and spandex only. A gymnast's undergarments must be same color. The uniform deduction of .20 (per gymnast) will be taken from the team score.. Leotards cannot be hanging down (tied around the waist).
- (17) After receiving a list of eligible officials from the NYSHSGA Coordinator, each Section Coordinator will send names of three officials - Level 9 or higher to Meet Director for consideration to judge the State Meet.
- (18) The top six sections and the bottom four sections from the previous year team scores will be randomly paired for morning warm-up and competition.
- (19) Vault table and horse will be provided.
- (20) Competition rules/warm-up format – see additional sheet.
- (21) All videotaping (and photos) will be permitted outside the competition area only.

# GIRLS' GYMNASTICS STATE MEET

COMPETITION SCHEDULE – MARCH 1, 2008

## CARMEL HIGH SCHOOL SECTION ONE

- 9:00 a.m.            Gym Opens
- 9:30-9:50 a.m.    Open Stretch
- 10:00 a.m.        Opening Ceremonies - March In  
                       \*Introduction of Sections and Judges  
                       \*National Anthem  
                       \*Opening Remarks  
                       \*Warm-ups followed by Competition
- 3:00 p.m.         Closing Ceremonies  
                       Assemble by Section Teams and March In  
                       Presentation of Awards  
                               -NYSPHSAA and Federation  
                       Team, Individual, All-Around Awards

### COMPETITION SCHEDULE

<u>Rotation</u>	<u>Vault</u>	<u>Bars</u>	<u>Bye</u>	<u>Beam</u>	<u>FX</u>
1	6-8	3-1	7-PSAL	5-11	2-9
2	9-2	6-8	3-1	PSAL-7	5-11
3	11-5	9-2	6-8	1-3	PSAL-2
4	7-PSAL	11-5	9-2	8-6	1-3
5	3-1	7-PSAL	11-5	2-9	8-6

**2008 NEW YORK STATE GIRLS GYMNASTICS CHAMPIONSHIPS**  
**CARMEL HIGH SCHOOL**

**COMPETITION RULES WARM-UP/COMPETE FORMAT**

**SATURDAY, MARCH 2008**

**SECTION 1**

**9:30 a.m.-9:50 a.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 section allowed for bar settings).

**10:00 a.m.**: Opening ceremonies begin.

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

**Vaulting**: Each gymnast is guaranteed a maximum of four (4) vaults. Vaulting board safety zone mat is required for all round-off entry vaults. The 1<sup>st</sup> 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**: There will be 2 identical beams at the meet. 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 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 #5 will be touching, etc.

**Floor Exercise**: Each section is allotted 6 minutes for warm-up. Each gymnast from that section may touch in between competitors. After the completion of the first section, the second section will warm-up and compete. 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.

Designated stretching area will be provided.