

**SECTION IX**  
**GYMNASTICS**  
**2008-2009**



## GYMNASTICS

08-09 changes in grey

MEET TIME: 4:30 P.M., Unless otherwise stated.

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

For Injuries which are extensive or where administrative action is taken, meets may be rescheduled. Meets may not be rescheduled because gymnasts are sick or recovering from an injury. A meet may be postponed if the Varsity Coach is sick (in schools where there is only one coach, or where the Modified Coach does not work with the Varsity Coach).

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 meetings. Also, a Coaches/Judges Rules Interpretation before the competitive season begins.

SECTIONALS/STATES -Gymnasts must have competed in at least 6 of all scheduled meets in order to qualify for Sectionals and States.

AWARD SELECTION FOR MHAL: Awards **are determined by gymnasts' AVERAGE OF THE TOP SCORES FROM HALF THE LEAGUE SCHEDULED MEETS. (i.e. 10 league meets need 5 scores, 8 league meets, need 4 scores etc.)**

Use only scores from MHAL contests. The top 3 All-Around scorers and the next 3 high scorers in each event (excluding All-Around) will be given All-League 1<sup>st</sup> team honors. The next 3 will earn, 2<sup>nd</sup> team honors, next 3 will earn Honorable Mention. All teams will be represented in the HM category. Ties will not be broken, all ties will be issued team honors. The top A.A. average will receive the league MVP award. Scores from Double Dual meets will only count one time for award purposes. Average scores will be submitted to the Chairperson prior to the Sectional meet for tabulation.(see attached sheet)

MHAL TEAM CHAMPIONSHIP -Team with the best Dual Meet record will be declared MHAL Champion. Should teams meet more than 2 times, the 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.

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

GENERAL MEET FORMAT: Follow FIG and USGF competition and equipment rules as amended for High Schools by the NYSPHSAA. Varsity and Modified 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.

For Modified meets 4 out of 5 scores will count as team score.

Warm-up and compete format will be followed SEE ATTACHED

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. Absolutely no jewelry is allowed.

Home team should provide announcer and keep track of warm up time and rotation. Timed warm up should end 10 minutes prior to the meet start time. 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 an *average score in half the league scheduled meets* of:

All Around – 26.5

Vaulting – 7.8

Bars – 5.8

Beam – 6.8

Floor -7.6

May be entered into the sectional tournament.

Warm-up/ Compete mode will be used, see attached.

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, second highest score will receive the Section Runner-up 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

A representative from Section 9’s state team will be chosen to receive the NYS Sportsmanship Award at the State Meet.

#### BOYS COMPETITION

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 an “E” element will void exercise. 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.

**To:** Section IX Coaches and Athletic Directors and Judges

**From:** Antonia Woody, Section IX Gymnastic Coordinator

**Re:** Section IX Gymnastic Meet

**Date:** 2/11/09 (snow date 2/12)

**Place:** TBD

**Times:** 4:00- 4:30PM GYM OPEN FOR STRETCHING AND BAR SETTINGS ONLY  
SEE ATTACHED FOR WARM-UP/COMPETE  
4:30PM COACHES AND JUDGES MEETING  
4:30PM GYMNASTS CLEAR FLOOR & LINE UP  
4:45PM OPENING CEREMONIES  
5:00PM MEET BEGINS

**Entries:** A school is guaranteed entry of six girls on each event, and 3 All-Arounds. A school may enter more than 6 competitors in any of the 5 areas providing that gymnast has met the cut off score: All-Around 26.5, Vault 7.8, Beam 6.8, Bars 5.8, Floor 7.6.

**Scoring:** N.Y. State High School Blue Book - Competition Level 9  
Team score - total of top 5 scores per event per team.  
Individual scores - average of the 2 judges scores

**Awards:** Top 3 in each event will receive medals, including all-around, and the first and second place teams shall receive plaques.

**State Meet Qualifications:** Top 3 All-Arounds, plus top 3 in each event will represent Section IX at the State Meet. Other than the AA, a girl who qualifies as a specialist in all 4 events is also eligible for State competition.

**Admission for the Meet:** Admission will be charged at the door for spectators:  
Adults - \$5.00 Students - \$3.00

Season Average then head-head competition will be used in the event of a tie for State qualifiers. Also bring a **cassette & playable CD** recording of each competitor's floor exercise music (we'll need this for those who qualify for the State Meet).

If you plan to enter a gymnast (either a full team or individuals) please fill in the accompanying Entry Form (line up) and return it by E-MAIL BY February 1, 2009. If you have any questions about the Meet, please call me (256-4153)

Return this form by **FEBRUARY 1, 2009**

**Section IX Gymnastic Meet** Please return to:  
**Antonia Woody – TWOODY@NEWPALTZ.K12.NY.US**

**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 4 NYSPHSAA COMPETITIONS TO BE ELIGIBLE

VAULT (7.8 cut off)	4 MEET AVERAGE	GRADE		BARS ( 5.8)	4 MEET AVERAGE	GRADE
			1			
			2			
			3			
			4			
			5			
			6			
			7			
			8			
			9			
			10			
			11			
			12			
BEAM (6.8)	4 MEET AVERAGE	GRADE		FLOOR (7.6)	4 MEET AVERAGE	GRADE
			1			
			2			
			3			
			4			
			5			
			6			
			7			
			8			
			9			
			10			
			11			
			12			
ALL AROUNDS (26.5)	4 MEET AVERAGE	GRADE		YOUR TEAM'S HIGHEST MEET SCORE		
			1	Opponent	score	
			2			
			3			
			4			
			5			

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

*This sheet will also be used to calculate All League Scores. Send separate sheet if there is someone you want considered who is not competing in sectionals. Only LEAGUE MEETS MAY BE USED FOR ALL-LEAGUE STATUS.*

**SECTIONAL GIRLS GYMNASTICS CHAMPIONSHIPS  
REFLECTS STATE WARM-UPS**

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

**4:00 PM- 4:30 P.M:** Open Stretch. The uneven bars are available to obtain Bar Settings only (Tap swings). The apparatus is **NOT AVAILBLE** 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).

**5:00PM:** Opening ceremonies begin.

**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 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:** Each gymnasts 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. 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.

Designated stretching area will be provided.

Please note- state tournament warm-ups will follow this procedure as well.

## **SECTION IX, 2009 Competition**

4:00 - 4:30 - Open warm ups- bar settings etc.

4:30 - Coaches and Judges meeting will take place in the Coaches and Judges room.

4:30 - Gymnasts please clear the floor, and line up with your team out in the hall.

4:45 - Teams march in for opening ceremonies.

5:00 - Meet begins

Warm-up and Compete format will be used

### **TENTATIVE COMPETITION SCHEDULE**

Order	Vault	Bars	Beam	Floor	Out
1 <sup>st</sup>	FDR	R	K		W & NP
2 <sup>nd</sup>		NP	R	W	K & FDR
3 <sup>rd</sup>	W	FDR	NP	K	R &
4 <sup>th</sup>	K		FDR	R	NP & W
5 <sup>th</sup>	R	W		NP	FDR & K
6 <sup>th</sup>	NP	K	W	FDR	R

## **STATE TOURNAMENT INFORMATION-**

**Date- 2/28/2009, 9 am**

**Site- Shaker HS, Albany**

**Warm-ups 2/27/09 at 11:30**