

Section IX

**Gymnastics
Handbook**

2009-2010

GYMNASTICS

MEET TIME: 5 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 12 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 1st team honors. The next 3 will earn, 2nd 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.

Warmup 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 MIDMEET.

During League competition, soft music may be played during Beam routines after Floor routines have been completed.

INJURY 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.

Warmup/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 Runnerup 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. Coaches are asked to bring league meet scores to sectionals in the event of a tie.

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 and "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: LeeAnn Digsby, Section IX Gymnastic Coordinator
Re: Section IX Gymnastic Meet
Date: 2/10/10 (snow date 2/16/10)
Place: Roosevelt High School
Times: 4:00- 4:30 PM 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, 2010**. If you have any questions about the Meet, please call me (590-9215).

RETURN THIS FORM BY FEBRUARY 1, 2010 LeeAnn Digsby –
ldigsby@wallkillcsd.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 AVG. GRADE

BARS (5.8) 4 MEET AVG. GRADE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

BEAM (6.8 cut off) 4 MEET AVG. GRADE

FLOOR (7.6) 4 MEET AVG. GRADE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

**ALL AROUNDS (26.5) 4 MEET AVG. GRADE
CORE**

YOUR TEAM'S HIGHEST MEET

- 1
- 2
- 3
- 4
- 5

Opponent score

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 ALLEAGUE 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 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).

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 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.

Designated stretching area will be provided.

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

SECTION IX, 2010 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

Warmup and Compete format will be used

TENTATIVE COMPETITION SCHEDULE

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

STATE TOURNAMENT INFORMATION

Date- 2/27/2010, 9 a.m.

Site- Cold Spring Harbor High School

Warm-ups 2/26/10 at 11:30 a.m.