

# 2012 STATE GYMNASTICS MEETS

April 27-28, 2012  
Baton Rouge Magnet High School  
1105 Lee Drive  
Baton Rouge, LA 70808

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2. Entry Forms – *Deadline April 9, 2012*

**The information below does not appear in this online bulletin because it can be accessed elsewhere on the website. Please follow instructions to access this important information:**

- To access the GYMNASTICS BY-LAWS, click on “**SPORTS**”, then “**GYMNASTICS**”, then “**LHSAA HANDBOOK SECTION 16**”

*We urge you to save these documents on your hard drive in order to access them when you are not online.*

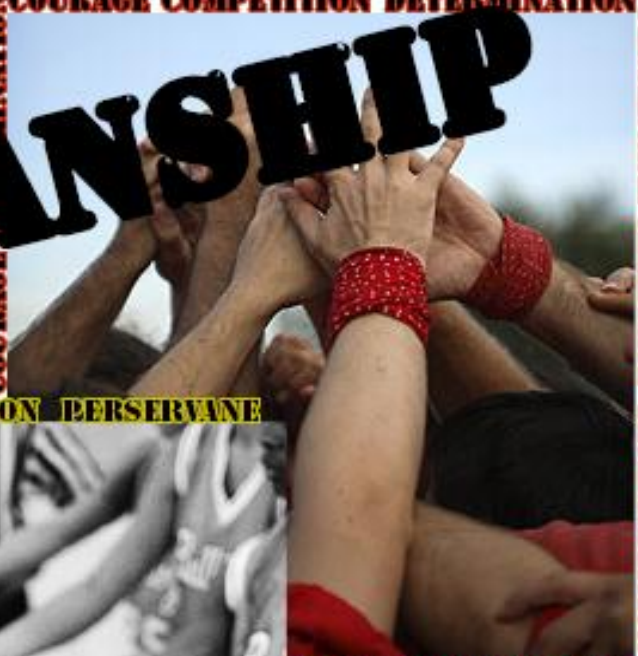
SPORTSMANSHIP SPORTSMANSHIP

COURAGE COMPETITION DETERMINATION

# SPORTSMANSHIP

COURAGE DETERMINATION

PERSEVERANCE CELEBRATE DETERMINATION



COURAGE DETERMINATION PERSEVERANCE



COMPETITION COURAGE



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COURAGE CELEBRATE

DETERMINATION COMPETITION PERSEVERANCE



PERSEVERANCE COMPETITION COURAGE

COMPETITION COURAGE



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## **BOYS' GYMNASTICS STATE MEET INFORMATION BULLETIN**

1. The 2011-12 USAG Rules will be followed.
2. The BOYS' state meet will be at Baton Rouge High School in Baton Rouge, on Friday, April 27. Kevin Nee of Baton Rouge High School will serve as meet director.
3. Entry blanks must be sent by certified mail to the meet director postmarked no later than Monday, **April 9, 2012**. The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15.00 per student entered.
4. Gymnasts will compete in only one (I) division in either "compulsories" or "optionals" and may enter the following events:
  - (1) Floor Exercise
  - (2) Pommel Horse
  - (3) Still Rings
  - (4) Vaulting
  - (5) Parallel Bars
  - (6) Horizontal Bars
5. All six (6) events will be conducted at USAG Level 5 for compulsories.
6. Level 10 Rules will be followed in the "optionals" in each event.
7. Schools shall have unlimited entries per event.
8. Only the scores of the top three (3) gymnasts in each event will count toward their team score.
9. In Division I, optionals, the team score will be determined by adding together the top three individual scores for each team from each of the six events. Awards will be given to the team members of the Division I champion team and to the team members of the Division I runner up team. Awards will also be given to the first, second, and third place "all around" gymnasts and the first, second and third place winners in each event in Division I.
10. In Division II, compulsories, the team score will be determined by adding together the top three individual scores for each team from each of the six events. Awards will be given to team members of the Division II champion team and to the team members of the Division II runner up team. Awards will also be given to the first, second, and third place winners in each event in Division II, as well, as the first, second, and third place "All Around" gymnasts in Division II.
11. In order to determine overall team scores, the Division I and Division II team scores for each team will be added together. Team trophies will be presented to the "overall championship team" and to the "overall runner-up team". Individual awards will be presented to the members of the "overall championship and runner-up teams".

2. The meet director of the host school will be responsible for securing regulation USAG-approved equipment and such officials, scorers and other attendants as necessary for conducting the meet.
13. A coach will be allowed to submit as many names as he or she desires on the entry blank in each event in the "compulsories" and in each event in the "optionals". All contestants must meet all LHSAA eligibility requirements.
14. Substitutions or additions after the deadline will not be permitted. If a contestant is ill, injured or unable to compete for any reason, he will be withdrawn from competition without a replacement.
15. In order to compete, a team with three (3) or more individuals must be accompanied by a faculty member of its school or a certified CECP coach. By written mutual agreement two schools in the same area, one school sending three (3) or more individuals to any meet and the other school sending only one (1) or two (2) individuals, may choose a representative from either school to accompany these participants to any high school meet.
16. The conduct of coaches will be governed under the provision of the USAG.
17. In order to meet the uniform requirements, contestants must be dressed in sleeveless competition shirts (tank top style) and gymnastic form pants. Gymnastic (close fitting) trunks will be permissible ONLY IN THE FLOOR EXERCISE AND IN VAULTING.
18. In accordance with USAG guidelines, no protest will be allowed. Judges will discuss routines with coaches after the meet only.
19. The admission charge for each session will be as follows:  
  
Students - \$2.00 = Adults - \$3.00. There will be twenty-five passes issued for each team for gymnasts, coaches, and cheerleaders in uniform who have been elected by each school.
20. Except in a situation like number 15 above, a school representative must be present at the coaches' meeting or that school's contestants will not be allowed to participate. The time of the coaches' meeting will be set by the meet director.
21. If the provisions of above number(s) 3 and/or 20 are not met, the school and its contestants may be allowed to enter and compete in the tournament (as long as competition in the particular event has not started) by paying a \$50 fine for one individual competition or a \$100 fine for two or more competitors.

**Do Not Send Entries to the LHSAA!!!**

**DEADLINE - APRIL 9, 2012**

**DIVISION I OPTIONALS - BOYS' GYMNASTICS ENTRY BLANK**

This entry blank must be sent by certified mail to the meet director, Coach Kevin Nee, Baton Rouge High School, 1105 Lee Dr., Baton Rouge, LA 70808, postmarked no later than Monday, **April 9, 2012**. The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15.00 per student entered.

**NAMES OF ENTRIES**

Schools shall have unlimited entries per event.

**FLOOR EXERCISE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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11. \_\_\_\_\_
12. \_\_\_\_\_

**POMMELL HORSE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
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8. \_\_\_\_\_
9. \_\_\_\_\_
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11. \_\_\_\_\_
12. \_\_\_\_\_

STILL RINGS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
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11. \_\_\_\_\_
12. \_\_\_\_\_

PARALLEL BARS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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7. \_\_\_\_\_
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9. \_\_\_\_\_
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VAULTING

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2. \_\_\_\_\_
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12. \_\_\_\_\_

HORIZONTAL BARS

1. \_\_\_\_\_
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4. \_\_\_\_\_
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11. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

12. \_\_\_\_\_

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NAME OF SCHOOL: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_  
(PLEASE PRINT)

EMAIL ADDRESS OF COACH: \_\_\_\_\_

SIGNATURE OF COACH: \_\_\_\_\_

SIGNATURE OF PRINCIPAL: \_\_\_\_\_

DATE: \_\_\_\_\_

**ENTRIES DUE - APRIL 9, 2012**

**SEND BY CERTIFIED MAIL TO:**

**KEVIN NEE  
BATON ROUGE HIGH SCHOOL  
1105 LEE DR.  
BATON ROUGE, LA 70808  
PHONE – (225)-343-9023**

**Do Not Send Entries to the LHSAA!!!**

**DEADLINE - APRIL 9, 2012**

**DIVISION II COMPULSORIES - BOYS' GYMNASTICS ENTRY BLANK**

This entry blank must be sent by certified mail to the meet director, Coach Kevin Nee, Baton Rouge High School, 1105 Lee Dr., Baton Rouge, LA 70808, postmarked no later than Monday, April 9, 2012. The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15.00 per student entered.

**NAMES OF ENTRIES**

Schools shall have unlimited entries per event.

FLOOR EXERCISE

POMMELL HORSE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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12. \_\_\_\_\_

STILL RINGS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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7. \_\_\_\_\_
8. \_\_\_\_\_
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10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

VAULTING

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

PARALLEL BARS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

HORIZONTAL BARS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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11. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

12. \_\_\_\_\_

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NAME OF SCHOOL: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_  
(PLEASE PRINT)

EMAIL ADDRESS OF COACH: \_\_\_\_\_

SIGNATURE OF COACH: \_\_\_\_\_

SIGNATURE OF PRINCIPAL: \_\_\_\_\_

DATE: \_\_\_\_\_

## ENTRIES DUE - APRIL 9, 2012

**SEND BY CERTIFIED MAIL TO:**

**KEVIN NEE  
BATON ROUGE HIGH SCHOOL  
1105 LEE DR.  
BATON ROUGE, LA 70808  
PHONE – (225)-343-9023**



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# GIRLS' GYMNASTICS STATE MEET INFORMATION BULLETIN

1. The 2011-12 USAG Rule will be followed.
2. The GIRLS' State Meet will be held at Baton Rouge High School, in Baton Rouge on Saturday, April 28. Kevin Nee of Baton Rouge High School will serve as meet director.
3. Entry blanks must be sent by certified mail to the meet director postmarked no later than Monday, April 9, 2012. The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15.00 per student entered.
4. Gymnasts will compete in one of the following divisions:
  - A. DIVISION I Consists of competition in optionals with difficulty as defined in Level 8 optionals.
  - DIVISION II Consists of competition in compulsories only in Level 5 as written.
  - DIVISION III Consists of competition in compulsories only in Level 4 as written.

DIFFICULTY LIMITATIONS ON LEVEL 8 OPTIONALS	
VALUE PARTS A=.10, B=.30, C=.50	4 A's, 4 B's, 0 C's
START VALUE	10.0
ADDITIVE VALUE	Not eligible for Additive Value
DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR	"C's" receive "B" Value Part credit. "D/E" BB/FX Acro elem. & UB mounts, dismounts & releases VOID exercise. All other "D/E's" receive 2.00 penalty & no Value Part credit is given.
VAULTS ALLOWED	Group 1, 3, 4 & 5 Vaults indicated on the Lev. 8 chart (Handsprings, Tsukaharas & RO entry). All other vaults are not permitted & if performed, VOID the event.

SPECIAL REQUIREMENTS	BARS
Deduct 0.50 for each missing SR for all Levels.	<ol style="list-style-type: none"> <li>1. Min. of 1 bar change</li> <li>2. &amp; 3. Two elements, same or different, minimum of B: -One element with flight or turn, -One element from Groups 3, 6 or 7</li> <li>4. Salto dismount, minimum A</li> </ol>

	<b>BEAM</b> 1. Acro series-min. of 2 elements, 1 with flight. (Both must start & finish on beam.) 2. Dance series with a min. of 2 elements, one a leap/jump requiring 180 degree split. 3. Minimum of 360 degree turn on one foot. 4. Aerial or salto dismount, min A.
	<b>FLOOR</b> 1. One Acro series w/2 saltos, same or different. 2. Three different saltos within the exercise. 3. Dance series with a min. of 2 elements, one a leap (one foot take-off) requiring 180 degree cross or side split. 4. Min. of A salto as last salto or in last connection of saltos.

B. High school gymnasts who are registered USAG competitors must compete in the high school division comparable to her level; however, she may compete higher than her level.

USAG SCALE:      Level 8 or above. ....LHSAA Division I  
                          Level 5 or 6.....LHSAA Division II  
                          Level 4 or below .....LHSAA Division III

5. Compulsories or optionals will be conducted in the following four (4) events:

- (1) Floor Exercise
- (2) Balance Beam
- (3) Vault
- (4) Uneven Parallel Bars

6. Schools will not be limited to the number of entries in each division. Gymnasts may compete in only one division.

7. Only the scores of the top three (3) gymnasts in each event will count toward their team score in each division.

**TABLE TO BE FOLLOWED WHEN DETERMINING THE OVERALL CHAMPIONSHIP TEAM:**

<u>Division</u>	<u>Scores to count</u>
I	Highest score in each of the 4 events
II	Top two scores in each of the 4 events
III	Top three scores in each of the 4 events

1. Awards will be given to the team members of each division champion and runner up along with first, second and third place awards to the all-around gymnasts and first, second and third place winners in each event in each division.

Team trophies will be presented to the overall championship and runner-up team when considering the team scores of all three (3) divisions. Six (6) individual awards will be presented to the members of the overall championship and runner-up teams.

9. The meet director of the host school will be responsible for securing regulation USAG approved equipment, judges, and other officials necessary for conducting the meet.
10. Coaches will be allowed to submit as many names as he/she desires on the school entry blank but contestants are limited to competition in only one division. All contestants must meet all LHSAA eligibility requirements.
11. Substitutions or additions after the deadline will not be permitted. If a contestant is ill, injured or unable to compete for any reason, she will be withdrawn from competition without a replacement.
12. Except in the case of number 13 below, a school representative must be present at the coaches' meeting or that school's contestants will not be allowed to participate. The time of the coaches' meeting will be set by the meet director.
13. In order to compete, a team with three or more individuals must be accompanied by a faculty member of its school. By mutual written agreement, two schools in the same area, one school sending three or more individuals and the other school sending one or two individuals, may choose one faculty representative from either school to accompany these participants to any high school meet.
14. The conduct of coaches will be governed under the provisions of the USAG.
15. In order to meet uniform requirements, contestants must be dressed in leotards with matching briefs.
16. Protests may be made only by a school representative and must be submitted to the meet director no later than thirty (30) minutes following the final event of the meet. The meet director will ensure that the protest is disposed of in accordance with USAG guidelines.
17. The recommended minimum admission charges for each session will be as follows:

Students - \$2.00 = Adults - \$3.00

18. The equipment measurements for the state tournament must meet the following specifications:

- (1) Floor mat: 39'4-7/16" x 39'4-7/16"
- (2) Balance Beam: 47-1/4" or 120 cm
- (3) Vault: 47-1/4" or 120 cm
- (4) Parallel Bars: High Bar - 90-9/16" or 230 cm  
Low Bar - 59-1/16" or 153 cm

(The low bar may not be lowered below 150 cm. Otherwise, either bar may be moved up or down to facilitate swinging by the gymnast.)

19. If the provisions of above number(s) 3 and/or 13 are not met, the school and its contestants may be allowed to enter and compete in the tournament (as long as competition in the particular event has not started) by paying a \$50 fine for one individual competition or a \$100 fine for two or more competitors. (Article 3, Section 3.3)

**Do Not Send Entries to the LHSAA!!!**

**DEADLINE - APRIL 9, 2012**

**GIRLS GYMNASTICS ENTRY FORM**

This entry form must be sent by certified mail to the meet director, Kevin Nee, Baton Rouge High School, 1105 Lee Dr., Baton Rouge, LA 70808, postmarked no later than Monday, April 9, 2012. The entry blank must be accompanied by a school check made payable to the LHSAA in the amount of \$15.00 per student entered.

**NAMES OF ENTRIES:**

**DIVISION I**

(USAG LEVEL 8 OR HIGHER COMPETITION)

<u>FLOOR</u>	<u>BEAM</u>	<u>VAULT</u>	<u>BARS</u>
1 _____	1 _____	1 _____	1 _____
2 _____	2 _____	2 _____	2 _____
3 _____	3 _____	3 _____	3 _____
4 _____	4 _____	4 _____	4 _____
5 _____	5 _____	5 _____	5 _____
6 _____	6 _____	6 _____	6 _____
7 _____	7 _____	7 _____	7 _____
8 _____	8 _____	8 _____	8 _____
9 _____	9 _____	9 _____	9 _____
10 _____	10 _____	10 _____	10 _____
11 _____	11 _____	11 _____	11 _____
12 _____	12 _____	12 _____	12 _____

**DIVISION II**  
(USAG LEVEL 5 OR 6 COMPETITION)

<u>FLOOR</u>	<u>BEAM</u>	<u>VAULT</u>	<u>BARS</u>
1. _____	1 _____	1 _____	1 _____
2 _____	2 _____	2 _____	2 _____
3 _____	3 _____	3 _____	3 _____
4 _____	4 _____	4 _____	4 _____
5 _____	5 _____	5 _____	5 _____
6 _____	6 _____	6 _____	6 _____
7 _____	7 _____	7 _____	7 _____
8 _____	8 _____	8 _____	8 _____
9 _____	9 _____	9 _____	9 _____
10 _____	10 _____	10 _____	10 _____
11 _____	11 _____	11 _____	11 _____
12 _____	12 _____	12 _____	12 _____

**DIVISION III**  
(USAG LEVEL 4 OR BELOW COMPETITION)

<u>FLOOR</u>	<u>BEAM</u>	<u>VAULT</u>	<u>BARS</u>
1 _____	1 _____	1 _____	1 _____
2 _____	2 _____	2 _____	2 _____
3 _____	3 _____	3 _____	3 _____
4 _____	4 _____	4 _____	4 _____

5 \_\_\_\_\_ 5 \_\_\_\_\_ 5 \_\_\_\_\_ 5 \_\_\_\_\_  
6 \_\_\_\_\_ 6 \_\_\_\_\_ 6 \_\_\_\_\_ 6 \_\_\_\_\_  
7 \_\_\_\_\_ 7 \_\_\_\_\_ 7 \_\_\_\_\_ 7 \_\_\_\_\_  
8 \_\_\_\_\_ 8 \_\_\_\_\_ 8 \_\_\_\_\_ 8 \_\_\_\_\_  
9 \_\_\_\_\_ 9 \_\_\_\_\_ 9 \_\_\_\_\_ 9 \_\_\_\_\_  
10 \_\_\_\_\_ 10 \_\_\_\_\_ 10 \_\_\_\_\_ 10 \_\_\_\_\_  
11 \_\_\_\_\_ 11 \_\_\_\_\_ 11 \_\_\_\_\_ 11 \_\_\_\_\_  
12 \_\_\_\_\_ 12 \_\_\_\_\_ 12 \_\_\_\_\_ 12 \_\_\_\_\_

Gymnasts can enter competition in only one division.

NAME OF SCHOOL: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_

EMAIL OF COACH: \_\_\_\_\_

SIGNATURE OF COACH: \_\_\_\_\_

SIGNATURE OF PRINCIPAL: \_\_\_\_\_

DATE: \_\_\_\_\_

**ENTRIES DUE - APRIL 9, 2012**

**SEND BY CERTIFIED MAIL TO:**

**KEVIN NEE  
BATON ROUGE HIGH SCHOOL  
1105 LEE DR.  
BATON ROUGE, LA 70808  
(225)-343-9023**

# TENTATIVE MEET SCHEDULE

## LHSAA STATE GYMNASTICS CHAMPIONSHIPS APRIL 27 - 28, 2012 BATON ROUGE MAGNET HIGH SCHOOL

### **FRIDAY, APRIL 27:**

#### ALL BOYS

11:30 A.M. GYM OPENS/GENERAL STRETCH  
12:00 WARM-UPS  
1:30 P.M. COMPETITION  
3:30 AWARDS  
6:00 OPEN GYM FOR GIRLS  
7:30 GYM CLOSSES

### **SATURDAY, APRIL 28:**

#### DIVISION III GIRLS (LEVEL 4 COMPULSORY)

8:00 A.M. GENERAL STRETCH  
8:30 WARM-UPS  
10:00 COMPETITION  
12:30 AWARDS

#### DIVISION I & II (LEVEL 8 OPTIONALS - LEVEL 5 COMPULSORY)

1:00 P.M. GENERAL STRETCH/BAR SETS  
1:30 WARM-UPS  
3:00 COMPETITION  
5:00 AWARDS