

SECTION 16: GYMNASTICS

Rules in this section shall pertain to boys' and girls' gymnastics unless otherwise specified.

16.1 IMPORTANT DATES

2011-2012 DATES	CALENDAR WEEK	ACTIVITY
1st Day of School	1st Day of School	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.)
1st Day of School	1st Day of School	1st Meet (Eligibility must be filed online.)
Monday, March 12, 2012	37th	Deadline for submitting GPAs online for seniors for All-Academic
Monday, April 9, 2012	41st	Boys' and Girls' Entry to State Meet
Friday, April 27, 2012 and Saturday, April 28, 2012	43rd	Boys' and Girls' State Meet
Monday, May 14, 2012	46th	Summer Rules Begin

16.2 CONTEST LIMITS

- 16.2.1 Season:** The number of meets in which a school may participate in during a school year shall be unlimited. Gymnastics shall not be affected by the sports season rule.
- 16.2.2 School Week:** The number of meets in which a school may participate in during a school week (*Monday-Friday*) shall be unlimited.
- 16.2.3 School Day Contest:** A school shall not compete during instructional time (*Monday-Friday*) during the regular season. This rule is explained in by-laws in Section 9: "Athletics and Instructional Time." This rule shall be waived for both state championship events.

16.3 GENERAL

- 16.3.1** Only eligible students properly and completely registered online shall participate in LHSAA gymnastic meets. A school's entry form shall be submitted to the LHSAA by the deadline to enter the state meet cited in Rule 16.1, Important Dates, in this section.
- 16.3.2** If a team enters no more than two contestants in a meet, the student(s) may be accompanied by a faculty coach/representative or an LHSAA-approved non-faculty coach from any other school/school system in the meet, if both schools' principals give written permission. A copy of the written permission shall be presented to the meet director prior to the start of the meet.
- 16.3.3** Conducting meets for qualifying to the state meet shall be unnecessary; any eligible student may be entered in the state meet.

16.4 STATE MEETS - GENERAL

- 16.4.1** A state championship meet shall be conducted in both boys' and girls' gymnastics and schools shall compete for both boys' and girls' state championship honors in an open division.
- 16.4.2** The LHSAA shall accept bids from schools to host the state meet and shall, in turn, select the sites for the state meet(s) each year. Boys' and girls' state meets may be conducted at different sites. If the LHSAA cannot secure a host for either or both state meets, a state champion shall not be decided that year.
- 16.4.3** The meet director(s), with the LHSAA's approval, shall organize and administer the meet.
- 16.4.4** In administering the state meet, the host school shall be in compliance with all LHSAA constitutional rules and by-laws.
- 16.4.5** LHSAA gymnastic teams shall compete in all LHSAA meets, including the state meet, according to the rules published by the United States of America Gymnastics (USAG).
- 16.4.6** Official entry forms for the boys' and girls' state meets shall be completed, signed by the school's principal, and sent with the school's entry fee to the appropriate meet director by certified, return-receipt-requested mail postmarked no later than the date listed in Rule 16.1, Important Dates, in this section.

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16.4.7 The entry fee shall be \$15 per contestant entered in the meet and shall be paid by school check payable to the LHSAA. One half of the total amount collected in this sport shall be returned to the state meet host school to defray meet expenses. Reimbursement from the LHSAA for state meet expenses shall be limited to one-half of the total entry fees collected for this sport. If a school is delinquent in sending the entry form to the meet director, it shall be assessed either a \$50 fine for one contestant entered or a \$100 fine for more than one contestant entered in order for its gymnasts to participate in the meet. The deadline for paying the delinquent fee in order to participate shall be 48 hours prior to the start of the first day of the meet. After the 48-hour deadline, no more entries shall be accepted.

16.5 BOYS' STATE CHAMPIONSHIP MEET

16.5.1 Gymnasts shall compete in only one of the following divisions:

Division I – competition in "Optionals" as defined in the Men's International Gymnastics Federation Code of Points for Completion I – Optional Events.

Division II – competition in the United States America Gymnastics Level 5 Compulsory routines.

16.5.2 The following events shall be offered in each division: floor exercise, pommel horse, still rings, vaulting, parallel bars, and horizontal bars.

16.5.3 Only scores of the top three gymnasts in each event shall count toward team scores in each division.

16.5.4 The team score in Division I shall be determined by adding the top three individual scores for each team from each of the six events. Awards shall be given to the Division I champion and runner-up team's members and to the first, second, and third place finishers in each Division I event. Awards shall also be given to the first, second, and third place all-around gymnasts.

16.5.5 The team score in Division II shall be determined by adding the top three individual scores for each team from each of the six events. Awards shall be given to the Division II champion and runner-up team's members and to the first, second, and third place finishers in each Division II event. Awards shall also be given to the first, second, and third place all-around gymnasts.

16.5.6 To determine overall team scores, the Division I and Division II team scores for each team shall be added. Team trophies shall be presented to the overall champion and runner-up teams. Individual awards shall be presented to the overall champion and runner-up teams' members.

16.5.7 The host school's meet director shall secure regulation, USAG-approved equipment as well as officials, scorers, and other necessary attendants to conduct the state gymnastics meet.

16.5.8 A coach may list unlimited names on the school's entry form. A coach shall be allowed to submit as many names as he/she desires on the entry blank in each event in the compulsories and in each event in the optionals. Contestants must meet all LHSAA eligibility requirements.

16.5.9 Substitutions or additions shall be prohibited after the deadline. If a contestant is ill, injured, or unable to compete for any reason, he shall withdraw from the competition without a replacement.

16.5.10 Coaches' conduct shall be mandated by USAG rules.

16.5.11 Contestants shall dress in sleeveless competition shirts (*tank-top style*) and gymnastics pants. Gymnastics shorts (*close-fitting*) shall be permitted in floor exercise and vaulting.

16.5.12 In accordance with USAG guidelines, no protest shall be allowed. Judges shall discuss routines with coaches after the meet only.

16.5.13 Minimum admission charges for each session shall be Students - \$2 and Adults - \$3. Each team shall receive 25 passes for gymnasts, coaches, and school elected, uniformed cheerleaders.

16.5.14 The Executive Committee shall choose a state tournament host each year from member-school bids. Failure to secure a bid from a member school shall result in the cancellation of the boys' gymnastics meet for that year.

16.6 GIRLS' STATE CHAMPIONSHIP MEET

16.6.1 Gymnasts shall compete in one of the following divisions:

Division I – competition in optionals with difficulty defined in Level 8 of optionals

Division II – competition in compulsories only in Level 5 as written

Division III – competition in compulsories only in Level 4 as written

- 16.6.2** Difficulty Limitations on Level 8 optionals as per USAG
- 16.6.3** High school gymnasts who are registered USAG competitors shall compete in the high school division comparable to her level; however, she may compete higher than her level. The **USAG SCALE** is as follows:
 Level 8 or above..... LHSAA Division I
 Level 5 or 6..... LHSAA Division II
 Level 4 or below..... LHSAA Division III
- 16.6.4** The following events shall be offered in each division: floor exercise, balance beam, uneven parallel bars and vaulting.
- 16.6.5** A school's total entries in each division shall be unlimited. Gymnasts shall compete in only one division.
- 16.6.6** Only scores of the top three gymnasts in each event shall count toward team scores in each division.
- 16.6.7** Table to be followed in determining the overall championship team:
- | DIVISION | SCORES TO COUNT |
|-----------------|--|
| 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 |
- 16.6.8** Awards shall be given to each division's champion and runner-up teams' members and to the first, second, and third place finishers in each event/division. Awards shall also be given to the first, second, and third place all-around gymnasts.
- 16.6.9** Team trophies shall be presented to the overall champion and runner-up teams when considering the team scores of all three divisions. Individual awards shall be presented to the overall champion and runner-up teams' members.
- 16.6.10** The host school's meet director shall secure regulation, USAG-approved equipment as well as officials, scores, and other necessary attendants to conduct the state gymnastics meet.
- 16.6.11** Substitutions or additions after the deadline shall be prohibited. If a contestant is ill, injured, or unable to compete for any reason, she shall withdraw from competition without a replacement.
- 16.6.12** Coaches' conduct shall be mandated by USAG rules.
- 16.6.13** Contestants shall be dressed in leotards.
- 16.6.14** Prior to the finals, the order of events shall be determined by the meet director. The order of events in the finals shall follow "Olympic Order" as specified by the USAG.
- 16.6.15** Protests shall be made by school representatives only and shall be submitted to the meet director no later than 30 minutes following the meet's final event. The meet director shall ensure that the protest is resolved according to USAG guidelines.
- 16.6.16** Minimum admission charges for each session shall be as follows: Students - \$2 and Adults - \$3.
- 16.6.17** The Executive Committee shall choose a state tournament host each year from member school bids. Failure to secure a bid from a member school shall result in the cancellation of the girls' gymnastics meet for that year

