

# GYMNASTICS

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# GYMNASTICS

## IMPORTANT DATES AND DEADLINES

### 2009-10

Practice	Monday, Week 18	November 2
First Meet	Monday, Week 22	November 30
Region Meets*	Saturday, Week 32	February 13
State Meet	Fri.-Sat., Week 33	February 19-20
Season Ends**	Saturday, Week 33	February 20

### 2010-11

Practice	Monday, Week 18	November 1
First Meet	Monday, Week 22	November 29
Region Meets*	Saturday, Week 32	February 12
State Meet	Fri.-Sat., Week 33	February 18-19
Season Ends**	Saturday, Week 33	February 19

### 2011-12

Practice	Monday, Week 18	October 31
First Meet	Monday, Week 22	November 28
Region Meets*	Saturday, Week 32	February 11
State Meet	Fri.-Sat., Week 33	February 17-18
Season Ends**	Saturday, Week 33	February 18

\*All region tournaments may begin at the discretion of the local committee and must be completed by Saturday of week #32.

\*\* Out-of season is defined as that period of time after a team or individual has been eliminated from further competition during the championship series of district-region-state tournaments/meets and continues until the first allowable date that the next regular season may begin.

For sub-varsity levels of competition, out of season begins the day following the last interscholastic competition and continues until the first allowable date that the next regular season may begin.

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the **Sportsmanship Section of the SDHSAA Athletic Handbook** for policies and statements concerning the following items:

General Sports Objectives and Coaching Responsibility

Athletic Code of Ethics

Fundamentals of Sportsmanship

Code of Sport Ethics for Coaches

Racial Harassment, Violence and Taunting (See General Section)

## STATE MEET DATES AND SITES

2010 Aberdeen "A" & "AA" Feb. 19-20

2011 Huron "A" & "AA" Feb. 18-19

2012 Brookings "A" & "AA" Feb. 17-18

## MEET LIMITATION

There is an eleven meet limitation placed on all teams. This is exclusive of region and state meets. All triangulars, invitationals, and other group meets are considered as one meet. The limitation applies to each team, i.e., varsity, junior varsity, "B" squad, etc. It does not apply to each individual.

**Schedules due online:** October 1<sup>st</sup> of each year

## CLASSIFICATIONS AND ALIGNMENTS

**NOTE:** Classification for the 2009-10 school year is according to the Average Daily Membership from the 2008-09 school year grades 9-11.

The member schools of the South Dakota High School Activities Association are divided into two classes in the sport of gymnastics. These shall be known as Class "A" and "AA". The classification formula for gymnastics is based upon 2008-09ADM's, grades 9-11, as follows:

Class AA 450.000 and above

Class A 449.999 and below

The Board of Directors will grant permission to any school to participate in a higher classification than their ADM (9-11) places them. If a school requests and is granted permission, they will remain in the higher classification for a two-year

alignment period. At the end of the two years, they could exercise their option again if they so desire. If a school requests to move up in one activity, they must move up one classification in all other activities that use the same classification formula. The SDHSAA must be notified by July 1.

The Association will use the Average Daily Membership from one year previous as set forth in Article III, Section 2 of the SDHSAA Constitution and as set forth in Chapter 2, Part III, Section 4 of the SDHSAA Bylaws. The classification and alignments will be for a two year period.

Schools wishing to coop in the sport of gymnastics must apply prior to the November Board of Directors meeting.

**NOTE:** Schools not listed/assigned to a region and planning to enter Region competition, must contact the SDHSAA office no later than January 1st OF THAT SEASON. No region assignments will be made after that date.

#### **OUT OF SEASON REGULATION**

1. All gymnastics coaches shall be allowed to coach/teach any age students when employed by (or owning) a private or non-profit organization that has lessons offered to all age groups including both male and females at any time during the year.
2. Schools may bring their teams together and conduct a joint practice or scrimmage after the season has started. (Approved March, 2003, SDHSAA Board Meeting)

### **MAJOR GIRLS GYMNASTICS RULE REVISIONS 2008-2010**

#### **Rule 1**

Added Angle of Lowest Body Part, Bonus High Superior, and Direction Change to list of definitions.

**Rationale:** These definitions will assist when evaluating skills and judging along with awarding credit.

#### **Rule 1**

Added Hand Placement Mat to definitions.

**Rationale:** Defines a mat used for cushioning of the hands on round-off entry vault.

#### **Rule 1**

Landing mats will now include a +/- allowance of ½ inch on the minimum and maximum thickness.

**Rationale:** Clarifies the dimensions for landing mats so dimensions will be uniform throughout the rules book.

#### **4-1-2A**

Allows a gymnast who is lacking the minimum number of skills of any value to have skills of a higher value replace the skills of a lesser value on a one-for-one basis providing the requirement of three superiors is fulfilled.

**Rationale:** Description of awarding difficulty clarifies that when counting difficulties, one skill of higher value may be substituted for one skill of lower value.

#### **4-1-2E, 2 & 3**

A Bonus High Superior that does not earn 0.2 credit in the Bonus category due to execution errors may still be awarded 0.1 credit in Bonus.

**Rationale:** Clarifies that a Bonus High Superior may be awarded 0.1 in bonus as an extra Bonus High Superior even if it did not qualify for .2 in bonus because it was performed with 0.3 or more in execution deductions.

#### **6-1-1, 6-2-5b, 6-1-3d**

Stipulates the padding requirements for the vaulting apparatus in regard to pistons/pedastals and clarifies that a hand placement mat may be used on the runway for any vault but prohibits a sting mat on the runway.

**Rationale:** Specifies that the pistons/pedestal of the vaulting apparatus must be padded for risk minimization and includes a penalty if not padded. Specifies that a hand placement mat is the only acceptable piece of equipment that may be placed on the runway and a sting mat is designed for landing and not for hand placement.

#### **6-2-5b(5) & c1**

Allows a gymnast to perform a round-off entry vault with both a salto and a twist during any phase of the vault.

**Rationale:** Allowing round-off entry vaults with a salto and twist reflects current trends in high school gymnastics.

#### **6-3-1 thru 4, 6-3-4, 6-4-1 thru 4, 6-4-4**

Replaces Articles 1-4 with new terminology and key components of the vault to observe when determining execution errors and deductions during performance of flight and vertical vaults during the first flight phase, repulsion phase, second flight phase and landing. A diagram is included to illustrate insufficient extension and opening.

**Rationale:** Re-codifies vaulting deductions to reflect current trends and updated language. The diagram provides visual assistance for understanding of opening.

#### **6-5-1a & b,**

Eliminates Section 5-1a and b as Rule 6-4-4, Landing, covers these areas.

Add New 6-4-4

**Rationale:** Re-codifies vaulting deductions to reflect current trends and updated language.

#### **7-1-5, 8-1-5, 8-1-6**

Increases the thickness of legal matting upon which the vaulting board may be placed when executing a mount on beam or bars using the board to not exceed 12 inches and increases thickness to 16 inches for mounting without the aid of board.

**Rationale:** The maximum thickness of matting which may be used when mounting the apparatus with a board was increased to not exceed 12 inches and mounts without a board to maximum of 16 inches to accommodate the newer eight-inch landing mats.

#### 7-2-2f

Adjusts the angle to 20° of vertical for attaining or passing through a handstand.

**Rationale:** Specifies a more logical angle for event requirement of a handstand.

#### 7-3-3c

For clarification “within a skill of difficulty” is included in description for deduction for lack of direction change in bars and specifies a 0.1 penalty.

**Rationale:** Specifies the penalty for lack of direction and explains when the penalty is taken.

#### 7-3-4i

Clarifies how to deduct for execution errors or incomplete twists on bars.

**Rationale:** Clarifies how to deduct for execution errors.

#### 7-new 4

Adds a new section for amplitude deductions and diagrams, including reference to the angle of the lowest body part to determine deductions.

**Rationale:** Added illustrations to make amplitude deductions objective.

#### 7-4-1(5), 7-4-1(1)b

Adds hip pullover and single-leg cut forward or backward (cutting leg simultaneously as hand moves) respectively to the medium skills for bars.

**Rationale:** Increases the number of choices of skills to fulfill the requirement of having eight skills in a routine.

#### 7-4-2, 3, 4; 7-4-5(2)

Deletes the following skills as they are no longer used: Cast Wrap, Eagle Wrap, pop 1/1, Double Leg Overshoot, from long hang on HB, facing away ... invert and shoot over LB, LB beat uprise, ½-giant swing on LB to pullover HB, front lie on LB — uprise backward to clear support on HB.

**Rationale:** Deleted the following skills from the rules book because they are no longer performed due to the increased width between the rails: Cast wrap, Eagle, Wrap pop 1/1, Double-leg overshoot, from long hang on HB, facing away ... invert and shoot over LB, LB beat uprise, ½-giant swing on LB to pullover HB, front lie on LB — uprise backward to clear support on HB.

#### 7-4-2(7)

Adds toe hecht to the skills listed as high superior on bars.

**Rationale:** Adds a skill to the rules book that is commonly performed.

#### 7-4-2(22)

Adds to listed skills “from handstand on HB to handstand on LB” as Bonus High Superior.

**Rationale:** Specifies that the following skills are listed as Bonus High Superiors: overshoot ½-twist to suspension under LB which starts from a handstand on HB and on HB cast to clear hip circle through the handstand, or giant circle backward to back salto from the hands.

#### 7-4-2(37) NOTE

The description in the note more accurately reflects the performance of the skill regarding leg positioning at the bottom of the circle and at the completion of circle for a full giant on LB.

**Rationale:** Specifies that a full giant on the LB must end in a stretched handstand to receive credit.

#### 7-4-2(45)

Changes to more accepted language to describe skill to “Front clear straddle circle – with reverse grip, pass legs straddle over bar, circle forward to clear straddle hold.”

**Rationale:** Provides a better description of the illustrated skill.

#### 7-4-4(1)(a) & (b)

Adds to medium skill on bars, “cast to squat on LB, continue to catch HB: cast to squat on, stoop, or straddle on bar which will increase choices of skills to meet eight-skill requirement in routine.”

**Rationale:** Increases the number of choices of skills to fulfill the requirement of having eight skills in a routine.

#### 7-4-5(2)

Corrects the description of a back uprise to front support. Illustration corrected to describe skill.

**Rationale:** The description accurately reflects what skill is being performed and a skill no longer performed due to width between bars is deleted. The illustration is corrected to reflect described skill.

#### 7-4-6(3)

Removed “long beat of LB” and replaced with “cast or” to accurately describe skill being performed.

**Rationale:** Corrected illustration and description accurately reflect what is performed.

#### 7-4-6(10), 7-4-2(19), 7-4-2(44), 7-4-7(4),

#### 9-4-3(2) (3) & (4), 8-4-3(2), (3) & (4)

Changes within the description of the skills were made to better reflect the skills being illustrated.

**Rationale:** Provides a better description of the illustrated skill.

#### 7-4-8(35)

Moved “On HB, from cast to clear-hip circle, clear-hip circle through handstand, or giant circle backward to back salto from the hands” to Bonus High Superior.

**Rationale:** Specifies that the following skills are listed as Bonus High Superiors: overshoot ½-twist to suspension under LB which starts from a handstand on HB and on HB cast to clear-hip circle through the handstand, or giant circle backward to back salto from the hands.

#### 8-1-3a

Changes wording to be consistent with vault and bars to provide for nonslip matting at least five inches thick as part of the matting requirements.

**Rationale:** Clarifies the description of a landing mat so dimensions are uniform throughout the rules book.

#### 8-4-4, 9-4-1

Replaces the beam and floor exercise leap/jump charts to simplify the charts and provide greater consistency in judging skills.

**Rationale:** Re-codifies the leap and jump charts to simplify their use and make judgments in awarding difficulty more consistent.

#### 9-2-4, 9-3-7 new r

Requires the lines to be marked on top of matting when a sting mat or skill cushion covers boundary lines in floor exercise and adds to the list of superior judge deduction the failure to mark sting mat or skill cushion that covers boundary lines as 0.1 deduction.

**Rationale:** Specifies that the boundary line that is covered by a sting mat or skill cushion shall be marked and adds failure to mark the mat to list of superior judge deduction.

#### 9-2-5

Clarifies when credit is awarded when a skill of difficulty is almost completed.

**Rationale:** Specifies when difficulty credit shall be given on floor exercise.

#### 9-4-6(1)

Adds to medium skills in floor exercise “Floor-Forward and backward rolls.”

**Rationale:** Increases the number of choices of skills to fulfill the requirement of having eight skills in a routine.

#### Editorial Changes

- Rule 1
- 4.1.2A
- 8.2.3
- 9.2.2

#### Points of Emphasis

1. Sportsmanship
2. Cell Phones and Electronic Devices
3. Inquiries
4. Equipment
5. Twists and Turns
6. Vaulting
7. Balance Beam
8. Completion of a Skill
9. Criteria for Selected Jumps and Leaps
10. Tumbling Pass on Floor

### SOUTH DAKOTA REMINDERS/CHANGES

1. If feasible and facilities and equipment are available, the Class AA and Class A State Gymnastics Meet will use the Capital Cup or Modified Capital Cup format for warm-ups and competition (two sets of equipment for full Capital Cup). This also mandates the use of block rotation.
2. Region Meet Requirement for Class A and Class AA: The rails on the uneven bars must open to a minimum of 5’11” +/-2” (150 cm +/-5 cm) which is measured by dropping a plumb line from the high bar down to the mat and then measuring the distance from the plumb line to the lower bar.
3. Increase the Class “A” all-around standard at the region meet to 29.50 (previously 29.00)
4. On Individual Day at the State Meet, the gymnasts are allowed to wear any design leotard, as long as the leotard is in school colors, follows the NFHS uniform rules, and is either school issued or approved by school administration. The colors black and/or white may be considered a school color for any team.
5. **BALLOONS ARE PROHIBITED.**
6. All region committees are required to give coaches an opportunity to give input to the committee **PRIOR** to any decision making by the committee.

## GENERAL INFORMATION

### A. Coach Requirements

1. All head coaches of SDHSAA sports programs must complete an on-line rules meeting or attend the rules meeting at the Gymnastics Clinic on October 2 in Pierre. Assistant coaches are encouraged to also complete the on-line rules meeting, but it is not mandatory.
2. In addition to completing the on-line rules meeting, each head coach must complete and pass the on-line open book test in the sport. Again, it is recommended that assistant coaches also take and pass the on-line open book test, but it is not mandatory.
3. The above is being done in an attempt to improve knowledge of the rules among the high school coaches. Notification of testing dates and procedures will be sent to Athletic Directors of each school.
4. The Board of Directors has adopted the following penalty code for non-compliance of this policy:
  - A fine of \$50.00 will be assessed against the member school if the head coach fails to submit and pass the on-line open book test, or view the on-line rules meeting. A fine of \$75.00 will be assessed if both requirements are not met.

### B. Rules Book

The Girls' Gymnastics Rule Book as published by the National Federation of State High School Associations shall govern girls' gymnastics in member schools of the South Dakota High School Activities Association except where modified by the SDHSAA.

### C. Gymnastics Events

The four Olympic Events of women's gymnastics will be used for the competitive gymnastics program. These events are the Uneven Parallel Bars, Balance Beam, Vaulting, and Floor Exercise.

### D. Routine Requirements

Optional routines shall be used for all varsity meets, region meets, and the state meet. An optional routine is an original and creative exercise composed by the competitor and/or coach.

### E. Non-School Team/Individual Participation

A gymnast who is a member of a high school team may not participate in gymnastics during the same season on an independent or non-high school team or as a member of any "All-Star" team, or completely unattached on an individual basis. This regulation also pertains to membership on non-competitive groups such as a performing club. No exhibition performing is allowed unless sponsored by the schools. For all in-season and out-of-season regulations refer to the Out-of-Season Rule section of this book.

### F. Seventh and Eighth Grade Students

Member schools may use seventh and eighth grade students on high school teams provided they meet scholastic standards fully equivalent to those required by the Association for high school athletic contests. This rule is uniform for all member schools.

- Schools operating more than one junior high school may use ninth graders on their high school teams.
- Local policy governs the use of players on junior high teams who have been playing with the varsity.
- Participation in high school athletics by seventh and eighth grade students under sixteen years of age does not count as "years" of high school participation. The eight semester rule (a student is ineligible for interscholastic athletics after attending high school eight semesters) applies to students in grades 9-12.
- Seventh and eighth students who are on the high school gymnastics team may not compete in the sport of gymnastics as a member of a private gymnastics club while the high school season is in progress. Students in 6<sup>th</sup> grade or below are not permitted to be on a high school team.

### G. Competitor Restrictions

A gymnast may compete at both the junior varsity and varsity level during one meet, with the understanding that each gymnast competes in the different events only once during said meet. The gymnast would not be eligible to compete in the all-around division. Example: Compete junior varsity floor and beam and varsity bars and vault.

### H. Game Contracts

According to Article VIII, Section 2 of the SDHSAA constitution, all contests must be sanctioned by the Athletic Director, Principal, or Superintendent of the schools involved. It is recommended that game contracts, as furnished by the SDHSAA (located under the General Sport Information tab, forms GENERAL-#4 and GENERAL-#5), be used for all levels of competition including regular season games and meets, as well as tournaments, invitational, and double-headers, etc.

### I. Officials

1. Regular Season Meets
  - a. Solo judging with certified and/or registered judges is permissible at any size meet.
  - b. It is not necessary to hire a separate meet referee. If judges are available, it is recommended that a separate meet referee be hired for solo judged meets of four (4) or more teams. A meet referee may be a "Registered" or "Certified" judge. **A school official cannot serve in this capacity unless he or she is qualified as a judge.**
  - c. It is recommended that at any meet with 8 or more teams, two officials for each event should be hired by the host school.

- d. It is recommended that at any meet with 8 or more teams, a separate meet referee should be hired by the host school.
  - e. Athletic Directors are encouraged to hire two judges per event whenever possible. National Federation Rules strongly recommend a minimum of two judges for each event. Having two judges balances the scoring when inexperienced judges are being used. It is also the only way inexperienced judges can obtain judging experience.
  - f. Only high school or adult timers may be used.
  - g. Host school shall provide head sets/walkie talkies to judges of floor exercise and balance beam at all invitationals.
2. Region Meets
- a. A minimum of **two certified** judges per event are to be used for the region meet. (One of which may be designated as the meet referee.)
  - b. A certified official on probation will not be eligible to judge substate or state events.
  - c. It is recommended that a separate meet referee (certified judge) also be secured.
  - d. A meet referee must be designated.
  - e. ***Only high school or adult timers may be used.***  
**NOTE:** Because of the limited number of certified judges, region meets may have to be conducted in two sessions, on two separate days, one for beam and bars, one for floor and vault. This would eliminate a “marathon” session running two events at a time. It would also be in line with the time involved for region tournaments in other sports.
  - f. Host school shall provide head sets/ walkie talkies to judges of floor exercise and balance beam at all region meets.
3. Use of Out-of-State Judges
- a. Regular Season Meets  
Judges from Minnesota, Nebraska and North Dakota must apply for reciprocity from South Dakota before they can judge regular season meets in South Dakota. A judge from Wyoming can judge regular season meets in the state if he/she is registered with his/her own state association.
  - b. Region Meets  
Officials registered with sister state associations, who have paid the reciprocity fee to the SDHSAA, are not eligible for region meets. Officials with an out of state address with exclusive registration with South Dakota may judge region meets.
4. Timers  
Only high school and/or adult timers may be used at gymnastics meets.
5. Increasing Number of Teams  
Any school increasing the number of teams beyond what is specified on the contract shall notify the officials prior to the event and adjust compensation accordingly.

**J. Required Warm-up and Competition Rotation**

A specific gymnastics rotation for warm-up and competition is required for all regular season meets with four or more teams. The order of competition must be drawn at the meet site with each school represented. The warm-up schedule can be determined in advance with the schools notified prior to the day of the meet. Warm-up rotations for all meets having four (4) or more “varsity” teams shall have a minimum of two minutes per gymnast. All other meets are at the discretion of the host school. However, the warm-up time at these meets is not to exceed 12 minutes per event. The distance the teams are from the meet site determines the warm-up schedule. If all teams are approximately the same distance, the schedule is to be drawn.

The above regulation applies to the region meets as well. The state meet competition schedule is drawn at the previous state meet.

The rotation schedules are printed at the end of this section.

**K. Warm-up Options**

Warm-up procedures during the regular season meets are governed by the host school. Options are:

- 1. Individual touch warm-ups are recommended for use at regular season meets with four or more teams. All touch warm-ups are one minute per event. The administrative procedure is as follows:
  - a. After the march-in and before the first competitor competes, the first two gymnasts are entitled to a touch warm-up. It is optional for any gymnast.
  - b. The individual “in the hole” (or the individual following the competitor “on deck”) is the gymnast who is up for the touch warm-up.
  - c. A gymnast cannot trade places with another gymnast or use another gymnast’s time for a touch warm-up.
  - d. If there is a break during competition, the gymnast may participate in the touch warm-up before or after the break, not both.
  - e. If a gymnast misses her touch warm-up opportunity, she does not receive a second chance for her warm-up.
  - f. Any team abusing the regulation will have a delay of meet deduction taken from the team score.

- g. Bar settings for touch warm-ups will be the setting of the gymnast who has just performed, her own bar setting, or the bar setting of the next gymnast. Touch warm-up is 1 minute in length for the bars. The bar adjustment is not timed.
  - h. The 1 minute beam timing begins after the competitor on the beam dismounts and walks off the mat. This time includes setting a board of whatever else the touch gymnast may choose to do.
  - i. Times: 1 minute for beam, uneven bars and floor. Vault: 1 or 2 vaults.
- NOTE:** Touch warm-ups will be used at the region and state meets for all competition.
- 2. Schools may choose the team touch method for regular season meets as well. Each rotation team gets 3 minutes. Clocks are started when bars are set and all gymnasts on bars have their grips.
  - 3. An athlete becomes a participant when she begins her touch warm-up on an event. **No substitutions may take place after she begins her touch warm-up.**

#### L. Scoring

- 1. Open scoring must be used during the meets.
- 2. All individual scores are to be flashed to the competitors, coaches and spectators.
- 3. Score stands must be used to flash the gymnasts final score if two or more scores are averaged per event.
- 4. Regardless of the number of judges used, one judge must be designated as the Superior Judge in each of the four events.
- 5. Procedures to follow for scoring with two, three, or four judges are found in the National Federation Gymnastics Rule Book.
- 6. Ties in Individual & All-Around Competition.  
Resolve ties in the following manner for duals and larger meets:
  - a. Solo Judging
    - 1. difficulty
    - 2. component parts
    - 3. combinations and connections
    - 4. execution and amplitude
    - 5. falls
  - b. Two, three or four judges
    - 1. average all the judges' scores;
    - 2. if a tie still remains, use the SJ's score;
    - 3. if a tie still remains, the tie stands.
  - c. In qualifying and state meets, when a tie occurs, the tie shall stand.
- 7. Individual Scoring
  - a. Individual Event Score.  
An individual's event score is the score in a particular event.
  - b. All-Around Score.  
The scores of the four individual events are totaled.
- 8. Team Scoring
  - a. Team Event Score.  
A team's event score is determined by compiling individual event scores for one fewer than the number of competitors. The usual number of competitors per event per team is five. With 5 competitors, four event scores would be counted. If fewer competitors per event, the change must be approved by the SDHSAA office.
  - b. Team Score.  
The team's top individual event scores are totaled to determine the team score in each event. The total of the team's score is the total of the team's score in all four events. (THE TEAM CHAMPIONSHIP IS BASED ON THIS SCORE.)
- 9. **Coaches may inquire any time during the meet. However, on a team's last event, the coach has only 5 minutes after the team finishes on that event to make an inquiry.**

#### M. Correcting a Judges Error/Inquiries/Clerical Errors

- 1. A coach may address the meet referee only by submitting in writing an inquiry(ies) concerning his/her gymnast(s). The inquiry(ies) may be submitted anytime during the meet. However, on a team's last event, the coach has only five minutes after the team finishes on that event to make an inquiry. The inquiry sheet has a space to indicate when the meet referee receives the inquiry sheet.
- 2. Deductions for inquiries
  - a. Each inquiry, after the first inquiry (failed or corrected), that does not result in a score correction results in a 0.5 deduction from the team's final score.
    - State meet individual competition: 0.2 deduction
  - b. All inquiries involving judgment other than those specified in 5-1-3 and 5-1-4 are 1.0 deductions.
- 3. Time procedure for recording end of event time for each team

- a. Scoretable personnel must indicate the time that each team completed their last event. The time should be noted on the last individual event scoresheet for that team. Time noted is when the sheet has left the scoretable and goes to the viewing table. The viewing table should have a check-off sheet for each event for each team, so the time can be noted on the sheet when it arrives there.
  - b. If a team's last event is completed prior to the last rotation, that coach must submit all inquiries 5 minutes following the time the scoresheet leaves the scoretable.
4. All clerical errors must be reported within ten minutes after the completion of the award ceremony. After this time, all results are final.

**N. Meet Procedures**

1. After a routine is judged, depending upon the number of judges, each judge sends his/her score to the superior judge to check for correct range. If the scores are within range, send the slips with the scores to the head table. If the scores aren't within range, conference and adjust, then send in the score slips. Judges will turn in scratch sheets upon completion of the meet.
2. Vault judges must sit with one judge on each side of the horse, or a minimum of five feet apart when two judges or more are used on the same side of the horse.

**O. Dual/Group Meets**

1. Number of competitors can be adjusted by the meet host, however, on weeknight meets it is recommended a maximum of 7 entries for JV competition and 6 for varsity competition.
2. Routine requirements can be governed by mutual agreement or can be designated by the meet host. All varsity meets are to be optional routines only. Compulsory routines can be used at the junior-varsity or B-squad level.
3. In any gymnastics meet with five teams or more with a minimum of at least five competitors per team, warm-up time is not to exceed 12 minutes per event. (Note: This regulation does not pertain to the region or state meet.)
4. Interstate competition shall be governed through mutual agreement as per National Federation Rules.
5. Teams should compete either as a block (whole team in each event), alternate girls from each team, or alternate within each block (pools). The home team shall compete first in the first event and will alternate thereafter.  
**NOTE** - A lottery draw determines the rotation schedule for region and state competition.
6. Entry list information should include the gymnast's name, competitor number, school, year in school, and the event(s) entered in the meet.

**P. Exhibition Gymnasts**

1. One non-qualifying gymnast per event is allowed or disallowed, for the purpose of determining a base score in each event. The following guidelines are to be followed:
  - a. Regular season meets - An exhibition gymnast is allowed subject to approval of the host school. All exhibition gymnasts must be from the host school.
  - b. Exhibition gymnasts are used for varsity competition only.
  - c. Region Meets - An exhibition gymnast is allowed subject to approval by the region committee. The region committee decides which school(s) in the region furnishes the exhibition gymnast(s).
  - d. An exhibition gymnast may be entered in one or more of the other three events.
  - e. Visiting teams must be notified that exhibition gymnasts will be used during the meet.
  - f. The score shall not count (one exception, see note), nor is it shown or flashed. The judges' scoresheets are immediately taken to the scoresheet viewing table for evaluation by the coaches. At no time is the score announced or shown to the spectators.  
**NOTE:** An exhibition gymnast's score may be used as one of the team entries in the event that the team suffered an injury and the coach did not have an available substitute or one at the same level entered. In all meets, changes in the lineup shall be permitted only at the discretion of the meet manager, medical personnel, or designated superior official.
2. State Meet - The host school will be responsible for obtaining the exhibition gymnasts during the state meet for both classes during team and individual competitions.

**Q. Assigned Competitor Numbers/School Name**

1. All gymnasts are to use numbers which have been assigned to the school by the SDHSAA office (listed at the end of this section). These numbers are to be worn or posted at all meets including the region and state meets.
2. During competition, the penalty for displaying an incorrect number, no number, or making a replacement number at the meet is 0.5 off the team score.
3. Competitor numbers.
  - a. All numbers are to be on a laminated card.
  - b. Recommend the school name be placed on the number card.
  - c. Numbers are to be in a solid dark color on a white background. The minimum size of card is 8" x 14." Numbers are to be at least 6" high.
  - d. All numbers must be double sided so, when displayed, the competitor number is visible on two sides. (Existing one-sided numbers should be converted if at all possible.)
  - e. The number must be displayed on a stand throughout the entire routine.

## **R. Competitor Uniforms**

1. The uniform shall be a one-piece leotard of moderate proportions and matching or skin-colored briefs.
2. Hair devices which are safe and reasonably secured may be worn to keep the hair away from the gymnast's eyes and face.
3. Jewelry shall not be worn in competition except for a religious or medical medal which must be taped to the body.
4. Casts on any body parts are prohibited.  
Note: Cast-braces/braces are permitted provided any hard parts are covered to protect the gymnast and the equipment.
5. Only gymnastics footwear of a neutral color may be worn.
6. Sport bras shall not be exposed.
7. Any gymnast receiving an award at any meet must be in her school issued uniform.
8. Glitter and body paint must be removed before competition.
9. Removing any part of the team uniform, excluding shoes, while in the competitive area, is illegal. Penalty: First offense is a warning and, if repeated, goes to a one point team deduction.

## **S. Audience Participation**

### **WANT:**

- ... spontaneous applause by the audience
- ... audience to be involved in the meet
- ... to encourage them to recognize good performances and to award that stunt or performance by applause. Don't ever tell the crowd not to respond.

## **T. Unauthorized Equipment and Altering and/or Exceeding Equipment Specifications**

1. Schools must avoid using equipment which does not meet equipment specifications. The host school is to send a list of equipment with specifications to each school attending the meet.
2. Schools are encouraged to NOT use or participate on unauthorized equipment. The degree of risk and liability is high if such equipment is used.
3. Altering and/or exceeding equipment specifications is a 2.0 deduction for each occurrence. The deduction is taken from the gymnast's event score for each occurrence and is designated as a superior official deduction. Examples may include: (1) putting a spring board on mats higher than the allowable 6", (2) using more than the allowable 10" of padding, and (3) lowering the low rail more than the allowable 58".

## **U. Lineup Changes/Additions**

1. At the pre-meet meeting of coaches, a coach may add a gymnast to the list. After this time, no name that was not on the original list may be added.
2. In dual and triangular meets, changes in the lineup shall be permitted in any event provided the changes are made prior to the team's start in the event. If all events start simultaneously at the beginning of the meet, no substitutions are allowed unless for injury or illness during the meet and then only at the discretion of the meet manager, medical personnel or designated superior official.
3. At Invitational Meets, each team may include two alternates for substitution beyond the number of competitors entered in the competition.
4. A competitor may continue competing even if injured during the session. This decision will be made by the school. (coach, trainer, parent, etc.)

## **V. Equipment**

1. All competitive equipment and matting must be measured and meet National Federation rule book specifications prior to the start of warm-ups. The competitive and warm-up equipment should be arranged to facilitate efficient meet organization. The vault runway may have to be roped off to prevent coaches and competitors from crossing the area during competition.
2. All uneven bar sets must have a taped mark on the floor indicating where the base of the bars is to sit. This enables the visiting coach(s) to know the proper placement of the bars in addition to being a safety factor because the bars slide on the floor through normal use.
3. The bars (including the spread between the rails) may be set to the gymnast's preference provided the low rail is not lower than 58" and the high rail is not lower than 88". The rails shall be capable of extending to at least 47.2", however, it is recommended bars open to 71" +/-2" for regular season (mandatory for all region meets). Bars must be able to adjust to 6" above the manufactured standard setting or 94" and 64". Host management shall mark the minimum setting in black and maximum setting in red on the competition bars. Round fiberglass rails are required.
4. The matting between the supports of the bars shall be 7½ feet wide. It is not legal to use 6' or 8' mats. Coaches must have 7½ foot mat or use a 6 foot mat with mat extenders on the side/sides to make it 7½ feet wide.
5. Vault Table
  - a. A vault table must be provided for all competitions. The height of the vaulting table shall be 100-135 cm. measured from the floor to the center top of the vault table. There is a 3-degree slant built into the table. Therefore, the pistons must be set on the same number.

- b. The pistons/pedestal of the vaulting table must be padded with the manufacturer's protective padding. If a vault is performed without the pistons/pedestal of the table padded, the vault is voided and a score of zero is given. Keep in mind, all padding must be "manufactured padding" (cannot use makeshift padding). Most purchased tables came with the padding. If a table is retrofit, it must have the manufactured protective padding designed for this purpose.
  - c. A sting mat is not allowed on the runway for vaulting. One manufactured hand placement mat may be used on the runway (not on the board) for any vault.
  - d. A manufactured safety collar (mat) is required for all round off-entry vaults. The mat goes around the front and side of a vaulting board.
6. Floor exercise mats are to be measured for proper size. Additional mats may be added to comply with the rule code.
  7. The balance beam may be raised to 49¼", provided it meets manufacturer's specifications. Beams that do not adjust down to 47¼" are illegal.
    - A manufactured spotting block may NOT be used.
  8. Recommend all Class "AA" regions provide the following equipment: reflex beam and vault, height extenders for the bars (extend to 8' 5") and width extenders for the bars (extend to 4' 6"). This is for safety and the size of some of the gymnasts.
  9. All regions, both Class "A" and "AA" must provide a foamblock/spring floor exercise floor.

#### **W. Video-Taping Policy**

The SDHSAA Video-Taping Policy is printed in the General Section of the Athletics Handbook.

#### **X. South Dakota Vault Modifications**

Vault judges must sit with one judge on each side of the apparatus, or be placed a minimum of five feet apart when two judges or more are used on the same side of the apparatus.

#### **Y. Communicable Disease Procedures**

While risk of one athlete infecting another HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should be review by all gymnastics coaches.

It is the coach's responsibility to check all his/her gymnasts for any open wounds. Proper treatment must be administered prior to competition.

Gymnasts may complete their routine if injured during competition however they can not compete in another event until the problem is remedied. (See the communicable disease procedures in the Physical Exam/Communicable Disease Section of the Athletics Handbook as well as the gymnastics rule book.)

### **REGION MEET FORMAT**

#### **A. Region Meeting**

1. A region meeting is to be held prior to the region meet for the purpose of organizing the meet. All schools participating in the region meet shall be notified as to the time and place of the meeting.
2. A school may designate any administrative staff member (superintendent, principal, athletic/activities director) who is not coaching in the sport of gymnastics to represent the school on the committee. The representative shall then inform the school personnel directly involved with the sport of the decisions made at the committee meeting.
3. A committee chairman must be elected and each committee shall function following generally accepted Rules of Order. The region chairperson must be currently employed as an administrative staff member (superintendent, principal, athletic/activities director) from a region member school. Minutes shall be kept of each meeting with a distribution made to each school represented on a timely basis.
4. **Input from Coaches.** All committees are required to give coaches an opportunity to have input to the committee prior to any decision making by the committee. Gymnastics coaches may attend the region gymnastics meeting for input to the committee and as a resource person(s) in the sport of gymnastics.
5. If a Region committee meeting is not held prior to the meet to discuss procedures, the Region Meet Director shall communicate the following information to each coach and athletic director involved:
  - Warm-up schedule
  - List of equipment to be used
  - How would each coach like to handle the exhibition gymnast for each event (sign up for an event or be assigned)
  - Provide a list of judges contracted for the coach to vote on judging assignments.
6. Ticket Prices  
All region committees will charge the following ticket prices:  
Adult - \$5.00  
Students - \$3.00  
These ticket prices are in effect for either a single region meet or a combined region meet.

7. Appointment of a new chairman, dates and site(s) for the following year. The current region chairman must submit to the SDHSAA the name of the individual that will be the chairman for the following year. This notification, along with indication of the date(s) and site(s), should be made prior to May 1<sup>st</sup>. If a committee chair cannot be named for the following year, the committee must designate a school and administrative position that will assume the chairmanship duties. Failure to name either an individual or a school, including the designated administrative position, for the chair will result in naming the current chairman as the chairman for the following year.

**If the above information is not supplied to the SDHSAA by May 1, a \$50.00 fine will be assessed against the region not in compliance.** Fines will be assessed for the ensuing school year. The new region committee is responsible for payment.

#### **B. Region Entries**

1. Entries to the Region meets must be sent to the meet director no later than one week prior to the Region meet. Entry blanks shall be mailed to each school from the Region Meet Director at least two weeks prior to the entry deadline.
2. Names of the competitors, year in school, and event designation shall be sent at this time. Coaches may submit as many names as they wish in each event. Competitors must meet eligibility standards under the Constitution and By-Laws of the SDHSAA.
3. At the pre-meet meeting of coaches and judges, a coach may add a gymnast to the list. After this time, no name that was not on the original list may be added. Coaches must declare their seven gymnasts per event. During actual competition, the coach may compete any six of the seven gymnasts per event. The coach does not need to declare the six competing. If a coach competes a gymnast not designated for that event, the score is void. One of the gymnasts in each event must be all-around. All six entries in each event may be designated as all-around. (Note: compete 6, count 4 for team score at the region. At the state meet, compete 5, count 4 for team score.)
4. At the pre-meet meeting of coaches (region meet), a coach may add a gymnast to the list. After this time, no name that was not on the original list may be added.
5. **A gymnast who qualifies during the regular season does not need to enter the region meet in order to compete at the state meet.** However, her name **MUST** be listed on the State Meet Competition Form completed by the coach at the region meet.

#### **C. Appeal and Grievance Procedure for District and Region Committees.**

1. If at all possible, the committee shall solve its own problems and make its own decisions.
2. Protests based upon a challenge to the interpretation given to a contest regulation or administrative ruling thereon must be submitted, in writing, to the chairman of the district or region committees within 24 hours after the contest. The committee shall render its decision promptly to the Executive Director of the Association, and shall notify the protester, by telephone, to be followed by a written notice of its decision sent by first class mail to the protester. An appeal from the decision of the district or regional committee shall go directly to the Board of Directors. The decision of the Board of Directors shall be final. The appeal must state the decision of the district or region committee and the basis for the request to overrule that decision.
3. Any protest lodged prior to a district or region tournament or meet pertaining to the athletic eligibility status of a student, contest regulation or administrative ruling must be submitted to the district or region committee at least ten days prior to the event. The district or region committee shall render its decision promptly. An appeal from the decision of the district or region committee shall go directly to the Board of Directors. The decision of the Board of Directors will be final.
4. In cases where the protest is lodged less than ten days prior to a district or region tourney or meet, any appeal of a district or region committee decision shall go directly to the Executive Director. The decision of the Executive Director shall be final.
5. Part V, Section 1 of the SDHSAA Constitution and By-Laws states, "Decisions of the Judges. Judges' decisions in any contest are by their nature necessarily regarded as final and shall not be considered as the basis for protest."

#### **D. Withdrawal from Region Meet**

Should a school find it necessary to withdraw from a region meet after filing an intent to participate, such school shall notify the committee chairman of its withdrawal by the time of the pre-contest meeting of the coaches. Failure to supply such a notice makes the school responsible for its share of the expenses of the meet. If a school finds itself unable to give notice of withdrawal before the deadline because of weather conditions, the illness of contestants, or some other act of God, release from this responsibility may be obtained by filing a report of the circumstances with the Executive Secretary of the Association. Listing of the school's name in the Handbook as being in a certain region does not constitute "intent to participate."

#### **E. Meetings at the Region Meet**

1. Coaches Meeting - held prior to warm-ups to draw for competition order, review meet management items such as march-in procedure, judges for the meet, where training room is located and location of hospitality room. Also, coaches or meet director may suggest changes for next year's meet.
2. Coaches and Judges Meeting - held after warm-ups to declare entries and to meet the judges and clarify any questions. Coaches must declare their seven entries per event - no additions or substitutions will be allowed after

this meeting. The six competitors on each event must be drawn from this list of seven entries. The coach does not need to declare the six competing. Any six of the seven may compete. The mandatory regulation of a minimum of one all-around gymnast applies.

**NOTE:** If during the meeting a school needs to draw upon a substitute whose name was not on the original entry list, the school may do so as long as the substitute is eligible under the Constitution and By-Laws of the SDHSAA.

#### **F. Substitutions**

No additions or substitutions for the original entered seven will be permitted after the coaches and judges meeting. The coach enters any 6 of the listed seven. Written statements of injury, illness, disciplinary action are not necessary. This decision will be made by the school (coach, trainer, parent, etc.)

#### **G. Equipment**

A list of all equipment shall be sent to each school in the region. All equipment used should be regulation. If not, each school in the region must consent to use the unauthorized equipment. Clarify if sting mats, skill cushions, spring board, etc. are to be brought to the meet by the competing schools. The bars used at the region meet must be regulation, i.e., they must be cable and must be adjustable to the proper width and height. **The rails on the uneven bars must open to a minimum of 5'11" +/-2" (150 cm +/-5 cm) which is measured by dropping a plumb line from the high bar down to the mat and then measuring the distance from the plumb line to the lower bar.** A foamblock/spring floor for floor exercise is mandatory. Recommend all Class "AA" regions provide the following equipment: reflex beam and vault, height extenders for the bars (extend to 8' 5"). This is for safety and the size of some of the gymnasts. Vault tables are required.

#### **H. Performance Order**

1. The regional committee shall have the authority to determine whether team or individual rotation shall be used during the competition. A lottery draw shall be used to designate the competition schedule of teams. This drawing is to be conducted during the coaches regional meeting.
2. Coaches are responsible for the proper placement of their gymnasts if alternating individual rotation is used. Their "best" gymnasts must not be placed last on each event. Poor judgment on gymnast placement may result in a delay of meet deduction or competing out of order deduction if the team does not have an individual ready to compete.

Coaches who place their gymnasts incorrectly will have a delay of meet deduction which is a 1.0 final team score deduction.

#### **I. Exhibition Gymnasts**

1. One non-qualifying gymnast per event is allowed for the purpose of determining a base score in each event.
2. The exhibition gymnasts are allowed subject to the approval of the region committee. The region committee decides which school(s) in the region furnishes the exhibition gymnast(s)
3. The score shall not count (one exception - see note) nor is it shown or flashed. The judges' scoresheets are immediately taken to the scoresheet viewing table for evaluation by the coaches. At no time is the score announced or shown to the spectators.

NOTE: An exhibition gymnast's score may be used as one of the team entries in the event that the team suffered an injury and the coach did not have an available substitute or one of the same level entered. In all meets, changes in the lineup shall be permitted only at the discretion of the meet manager, medical personnel, or designated superior official.

4. An exhibition gymnast may be entered in one or more of the other three events.

#### **J. Flags**

A green flag must be used at the region meet to signal the gymnast when to begin the routine on all events and the yellow flags must be used to indicate a superior judge deduction.

#### **K. Judges/Meet Referee**

1. A minimum of two judges per event must be used for the region meet.
2. A meet referee may also be secured. (optional)
3. All officials must be certified.
4. Reciprocity officials are not eligible to judge region meets.
5. Non-certified officials will be given per-mission to judge by the SDHSAA provided:
  - a. there are no certified judges available
  - b. they retake the supervised test prior to the region meet (this does not certify the judge, it only allows them to judge the region meet).
6. Only high school and/or adult timers may be used.

#### **L. Qualifying for the State Meet**

**CLASS "AA"            Four Regions  
Entries**

Seven gymnasts may be entered per event at the region meet. Of the seven entered, at least one must be designated as an all-around (all may be all-around). During actual competition, the coach may compete any six of the seven gymnasts per event.

### **Team** – 12 teams qualify

- The top team in each region and the next top eight scores advance to the State Meet. In case of a 12<sup>th</sup> place tie, the team average at the conference meet will determine which team proceeds to the State Meet.
- The highest four scores per event will be used to determine team scores

### **Individual**

- Top 50% of individuals entered/competing with a maximum of 6 competitors per team in each event, with ties qualifying. All fractions are to be rounded off for determination of the exact number of gymnasts. .5 or more qualifies.
- Top 5 all-around plus any gymnasts meeting or bettering a standard of 33.00
- Any gymnast who meets the regular season qualifying standard of 35.0 at THREE meets during the season including the region meet, regardless of the number of teams or judges at the meet. These gymnasts will automatically qualify for the all-around competition at the state meet.
- If a gymnast qualifies in all four individual events at the region meet, but does not meet any of the all-around qualifying criteria, she would be allowed to compete in all-around at the state meet.
- All-around gymnasts who qualify to compete for the all-around title at the State Meet, either by standard or by region meet placing, are eligible for individual honors at the State Meet.
- A gymnast may qualify for the state meet in any event by meeting or bettering a standard of 9.0 in each event at THREE meets during the season including the region meet, regardless of the number of teams or judges at the meet.
- No school may compete more than six gymnasts per event during the State Meet individual competition. A coach must list all individual and all-around state meet qualifiers on the State Meet Competition Form This includes those that qualified by being a place winner, a standard qualifier at the region meet, or a regular season standard qualifier. A coach may determine the 6 individuals who will compete in each event either following the region meet **OR** at the state meet.
- Standard qualifiers do not need to be entered in the region meet, nor do they need to compete at the region meet. Coaches may enter standard qualifiers directly into the state meet (entry limitations apply).
- A gymnast who qualifies during the regular season does not need to enter the region meet in order to compete at the state meet. However, her name **MUST** be listed on the State Meet Competition Form completed by the coach at the region meet.

### **State Meet Participants**

- Coaches must declare their state meet entries following the region meet. A maximum of seven individuals may be listed for team competition with five of the seven competing.
- In individual competition, a maximum of six may compete, however, a school could have qualified additional competitors. If this is the case, the coach must declare his/her 6 entries. This may be done following the region meet or at the state meet.
- If a gymnast qualifies in all four individual events at the region meet, but does not meet any of the all-around qualifying criteria, she will be allowed to compete in all-around at the state meet.

### **CLASS “A” Three Regions**

#### **Entries**

Seven gymnasts may be entered per event at the region meet. Of the seven entered, at least one must be designated as an all-around (all may be all-around). During actual competition, the coach may compete any six of the seven gymnasts per event.

#### **Team**

- 1<sup>st</sup> through 3<sup>rd</sup> from each of the 3 regions
- The highest four scores per event will be used to determine team scores.

#### **Individual**

- Top 50% of individuals entered/competing with a maximum of 6 competitors per team in each event, with ties qualifying. All fractions are to be rounded off for determination of the exact number of gymnasts. .5 or more qualifies.
- Top 5 all-around plus any gymnasts meeting or bettering a standard of 29.50 at the region meet
- Any gymnast that meets the regular season qualifying standard of 30.0 at THREE meets during the season including the region meet, regardless of the number of teams or judges at the meet. These gymnasts will automatically qualify for the all-around competition at the State Meet.
- All-around gymnasts who qualify to compete for the all-around title at the State Meet, either by standard or by region meet placing are eligible for individual honors at the State Meet.
- If a gymnast qualifies in all four individual events at the region meet, but does not meet any of the all-around qualifying criteria, she would be allowed to compete in all-around at the state meet.

- A gymnast may qualify for the state meet in any event by meeting or bettering a standard of 8.5 in each event at THREE meets during the season including the region meet, regardless of the number of teams or judges at the meet.
- No school may compete more than six gymnasts per event during the State Meet individual competition. A coach must list all individual and all-around state meet qualifiers on the State Meet Competition Form This includes those that qualified by being a place winner, a standard qualifier at the region meet, or a regular season standard qualifier. A coach may determine the 6 individuals who will compete in each event either following the region meet **OR** at the state meet.
- Standard qualifiers do not need to be entered in the region meet, nor do they need to compete at the region meet. Coaches may enter standard qualifiers directly into the state meet (entry limitations apply).
- A gymnast who qualifies during the regular season does not need to enter the region meet in order to compete at the state meet. However, her name **MUST** be listed on the State Meet Competition Form completed by the coach at the region meet.

#### **State Meet Participants**

- Coaches must declare their State Meet entries following the region meet. A maximum of seven individuals may be listed for team competition with five of the seven competing.
- In individual competition, a maximum of six may compete, however, a school could have qualified additional competitors. If this is the case, the coach must declare his/her 6 entries. This may be done following the region meet or at the state meet.
- If a gymnast qualifies in all four individual events at the region meet, but does not meet any of the all-around qualifying criteria, she will be allowed to compete in all-around at the state meet.
- Changes may be made prior to 9:00 a.m. the Sunday following the region meets.

#### **M. Scoring**

##### 1. Individual Score

Event Score: An individual's event score is the score in a particular event. All-Around Score: The scores of the four individual events are totaled.

##### 2. Team Scoring

Team Event Score: The best four individual scores for each team in each event are totaled to determine the team's score for that event.

Team Score: The total is obtained by adding the team event scores.

##### 3. Open Scoring-Score Stands

All individual scores are to be flashed to the competitors, coaches and spectators. Score stands must be used to flash the gymnast's final score if two or more scores are averaged per event.

##### 4. Clerical Errors.

All clerical errors must be reported within ten minutes after the completion of the award ceremony. After this time, all results are final.

##### 5. Each inquiry, after the first inquiry (failed or corrected), that does not result in a score correction results in a 0.5 deduction from the team's final score.

- State meet individual competition: 0.2 deduction.

#### **N. Trophies and Medals**

The SDHSAA has an agreement with Conference Medal and Trophy Co., Inc. of Pocasset, MA to purchase all Association medals and pins. Also, the SDHSAA has an agreement with A & M Products of Princeton, Illinois to purchase all plaques and trophies.

The SDHSAA will order all district and region medals, trophies and plaques, which will be shipped directly to the appropriate district/region chairperson prior to the tournament date.

Plaques:

- AA Region: 1 Champion
- A Region: 1 Champion

Medals:

- AA Region: 12 each individual event  
\*5, plus all standard qualifiers  
12 to team champion
- A Region: 18 each individual event  
\*5, plus all standard qualifiers  
12 to team champion

\*Five individuals automatically qualify for the state meet in all-around. If additional gymnasts qualify by meeting the qualifying standard, the extra medals should be awarded at the region meet.

An Extra Medal order form (Order Forms #3) and an Extra Plaque order form (Order Forms #4) can be found in the Order Forms section of the Athletic Handbook. These forms should be used by schools wishing to order additional medals, plaques or trophies.

**O. Expenses**

All region expenses are to be paid from gate receipts, entry fees or by any means acceptable to the competing schools.

**P. Reporting Region Results**

1. The region meet director is responsible for reporting the region meet results to the State Meet Director and to the SDHSAA.
2. It is mandatory that all regions use a computer program for scoring. Many schools already use a computer program for gymnastics scoring. These programs should be used at the region. No specific program is recommended, however, the program must be able to monitor the "range of scores" for each gymnast.
3. Reporting the region results is a region expense.

**Q. Reporting Region Chair**

The name of the region chairperson should be filed with the SDHSAA office prior to June 15 to avoid a \$50.00 fine. The fine will be assessed against the region not in compliance and will be assessed for the ensuing school year.

**STATE MEET FORMAT**

**A. State Meet Schedule** (printed at the end of this section)

Competition for each class will be held on both Friday and Saturday. The schedule rotates on an annual basis. The 2010 State Meet format (tentative):

- Session 1 – Class "A" Team – start time TBA
- Session 2 – Class "AA" Team – start time TBA
- Session 3 – Class "A" Individual – start time TBA
- Session 4 – Class "AA" Individual – start time TBA

**B. Substitutions - Class "A" and "AA"**

Injury/Illness/Disciplinary Action

**1. Individual:**

- a. Substitutions are allowed for individual participation as long as the substitute qualified for state meet individual competition. All qualified athletes for a team are listed as competitors for the Individual and All-Around Session, however, only a maximum of six may compete on an event.
- b. If injured, a competitor may continue competing during that session. This decision will be made by the school (coach, trainer, parent, etc.).
- c. A gymnast may scratch out of an event and still continue in that session.

**2. Team:**

Substitutions shall be permitted in team participation in the following situations:

- a. Each team may include two alternates for substitution per event at the State Meet. They must be listed on the official entry form.
- b. Unlimited substitution is permitted as long as the five competitors per event are drawn from the seven submitted to the SDHSAA.
- c. If injured, a competitor may continue competing during that session. The decision to continue will be made by the school (coach, trainer, parent, etc.).
- d. A gymnast may scratch out of an event and still continue in that session.

If a team qualifies for the State Meet, a coach can list two additional people in each event. At the state meet you can select any 5 of the 7 listed to compete. This decision is ongoing and is made during the meet. This rule allows a coach to enter a gymnast at the state meet who did not compete at the region level.

**C. Matting for the State Meet**

Vault, Bars, Beam:

The host school must provide legal matting for all events. The working and landing area shall have nonslip matting at least 5 inches thick. The maximum total matting including a sting mat shall not be more than 16 inches thick. The top mat including a sting mat shall not be wider than any mat underneath it except for a mat at least 4 inches thick on top of a base mat. A manufactured safety mat ("safety collar") may be used around the front and sides of the board.

Floor Exercise:

A foamblock/spring floor must be provided at the state meet.

Note: The state meet host must provide two "4" skill cushions and one "8" skill cushion for a total of three. The host would now need to purchase these. The state meet host must make arrangements for the mats to be transported to the site.

**D. Warm-ups/Equipment Checks**

Each qualifying team and qualifying individual will be assigned to warm-up times and equipment checks before competition. Time schedules will appear with the master time schedule. All times will be on the day of the meet.

## E. Tie-Breaker

### Teams:

If a tie occurs for first place both teams will receive a first place trophy. The next place team would receive a third place plaque.

If a tie occurs for the runner-up spot, both teams receive a trophy, the next place team receives the 4th place plaque.

No tie-breaker procedure for teams.

### Individual and All-Around:

All ties stand at the state meet for individual and all-around competition. All gymnasts at the tying place will receive that place and a medal.

## F. Performance Order

### Teams:

#### Capital Cup Format:

- Class AA” and Class “A” – A Capital Cup or Modified Capital Cup format will be used for warm-up and competition (two sets of equipment for full Capital Cup). This also mandates the use of block rotation. This format will only be used if feasible and facilities and equipment are available.

#### If not using Capital Cup:

- Class “AA” - competition will be individual rotation within alternating blocks (pools). A pool is comprised of three teams. The group make-up changes each rotation. Gymnasts will alternate with the other teams within the group during competition. Four rotations complete the competition. The rotation is drawn at the Gymnastics Advisory Committee meeting.
- Class “A” – Competition rotation 1-3: Each team is assigned to a group. Each group is made up of two or three teams with the teams changing each rotation. Gymnasts will alternate with the other teams within their group for the first three rotations. Rotation 4: Each team in the group will compete in block format. After the first team has completed competition in an event, they rotate to the bottom of the next event’s rotation. The rotation is drawn at the Gymnastics Advisory Committee meeting. (See the team rotation section for this year’s state meet rotation.).

### Individual & All-Around

#### Capital Cup Format:

- Class AA” and Class “A” – A Capital Cup or Modified Capital Cup format will be used for warm-up and competition (two sets of equipment for full Capital Cup). This also mandates the use of block rotation. This format will only be used if feasible and facilities and equipment are available.

#### If not using Capital Cup:

1. Class A – Each rotation is made up of groups of individuals from three to six schools. Gymnasts will alternate with the other gymnasts during competition. Four rotations complete the competition.
2. Class AA – Each rotation is made up of groups of individuals from three or four schools. Gymnasts will alternate with the other gymnasts during competition. Four rotations complete the competition.

## G. Uniforms

1. All gymnasts at the state meet must follow the uniform guidelines as outlined in the NFHS rule book.
2. Removing any part of the team uniform, excluding shoes, while in the competitive area is illegal. Penalty: First offense is a warning, and if repeated, goes to a one point team deduction.
3. Gymnasts must wear a school issued/approved gymnastics leotard. All gymnasts competing during team competition must wear the same uniform in color and design. On Individual Day at the State Meet, the gymnasts are allowed to wear any design leotard, as long as the leotard is in school colors, follows the NFHS uniform rules, and is either school issued or approved by school administration. The colors black and/or white may be considered a school color for any team.

## H. Reminder to Coaches

- The SDHSAA reminds all coaches of their professional responsibility to conduct themselves in accordance with the rules and regulations of the sport and maintain proper appearance befitting the importance of the set. It is a matter of cooperation of people as a unit showing common courtesy, patience, pride, and respect. **Coaches are asked to dress appropriately (comfortable, but not sloppy; NO hats, t-shirts, denim jeans or sweat pants). Coaches are in the spotlight, not a fan in the stands. BOD’s action: April 2008.**

## I. Tournament Fan Regulations

1. The displaying of signs, banners or placards at the State Gymnastics Tournament is prohibited. Balloons are also prohibited. Such devices obstruct the view of spectators, are unsightly, and in many instances may become extremely hazardous. Local managers will be instructed to not permit these devices to be brought into the arenas. Exception: Banners and/or signs displayed by the SDHSAA, the Association’s Corporate Partners, Band of the Day, Radio and Television stations, and management signs are approved.
2. All mechanical noise making devices, including band instruments, plastic hand shakers, thundersticks, as well as all sorts of projectiles, are prohibited.
3. Laser light pointers are prohibited. Any identified will be confiscated and will not be returned.

4. Opening ceremony signs, and flowers are permitted.
5. **Balloons are prohibited.**
6. All fans must wear shirts.

**J. Correcting a Judges Error/Inquiries/Clerical Errors**

1. A coach may address the meet referee only by submitting in writing an inquiry(ies) concerning his/her gymnast(s). The inquiry(ies) may be submitted anytime during the meet. However, on a team's last event, the coach has only five minutes after the team finishes on that event to make an inquiry. The inquiry sheet has a space to indicate when the meet referee receives the inquiry sheet.
2. Deductions for inquiries
  - a. Each inquiry, after the first inquiry (failed or corrected), that does not result in a score correction results in a 0.5 deduction from the team's final score.
    - State meet individual competition: 0.2 deduction
  - b. All inquiries involving judgment other than those specified in 5-1-3 and 5-1-4 are 1.0 deductions.
3. Time procedure for recording end of event time for each team
  - a. Scoretable personnel must indicate the time that each team completed their last event. The time should be noted on the last individual event scoresheet for that team. Time noted is when the sheet has left the scoretable and goes to the viewing table. The viewing table should have a check-off sheet for each event for each team, so the time can be noted on the sheet when it arrives there.
  - b. If a team's last event is completed prior to the last rotation, that coach must submit all inquiries 5 minutes following the time the scoresheet leaves the scoretable.
4. All clerical errors must be reported within ten minutes after the completion of the award ceremony. After this time, all results are final.

**K. Awards**

**Class "AA" Team:**

1 <sup>st</sup> – 2 <sup>nd</sup>	Trophy
3 <sup>rd</sup> – 8 <sup>th</sup>	Plaque
1 <sup>st</sup> – 8 <sup>th</sup>	Medals

**Class "AA" Individual and All-Around:**

Top 20 places receive a medal in all 4 events and all-around.

**Class "A" Team:**

1 <sup>st</sup> – 2 <sup>nd</sup>	Trophy
3 <sup>rd</sup> – 6 <sup>th</sup>	Plaque
1 <sup>st</sup> – 6 <sup>th</sup>	Medals

**Class "A" Individual and All-Around:**

Top 20 places receive a medal in all 4 events and all-around.

**Note:** Because of the large number of ties, medals issued will not have a place on them. The receiving school will be responsible for this engraving.

**L. Award Ceremonies**

Awards must be presented at the close of each "A" session and at the close of each "AA" session. All recipients must be in uniform to receive their awards.

**M. Selection of State Meet Judges**

1. Coaches will vote for state meet judges. Ballots will be sent to all head coaches.
2. The following information shall be included in the information coaches receive with ballots for the state meet judges.
  - a. Judges name and address. Include previous name if a change has occurred.
  - b. The number of years judged.
  - c. Order of preference for judging the events.
3. The twelve judges receiving the highest point totals shall be selected.

**N. Requirements for Judging the State Meet**

1. Judges must attend a rules meeting.
2. Only "certified" South Dakota officials will be given consideration. Any certified official with an out-of-state address/residency, provided the registration is exclusive to the SDHSAA is eligible. Students from out-of-state attending a South Dakota college or university, are eligible to officiate sub-state and state athletic meets and tournaments, provided they are a certified official registered with the SDHSAA. Officials registered with sister state associations, who have paid the reciprocity fee to the SDHSAA, are not eligible for sub-state and state athletic meets and tournaments.
3. Only the "certified" officials who attended the Judging Clinic and those who are members of the SDGJA will be considered.
4. Judges will work both class "A" and "AA".

5. A judge must have judged a minimum of four sanctioned high school meets during the current year to be eligible to judge the state meet competition.
6. A “certified” official on probation will not be eligible to officiate the state meet.
7. Preference shall not be given to any geographical area.
8. The SDHSAA reserves the right to reject a judge for cause.
9. Two new judges will be selected to judge the state meet each year. A “new” judge is defined as an individual who did not judge the state meet the previous year.
10. Judges are required to complete the following requirements:  
State Judging Clinic; Gymnastics Rules Meeting; Mini Clinic; Practice Judging at an intersquad meet.

**O. Expenses**

Each school shall pay the entire expenses of the contestants at the State Meet per their local school policy. Schools will receive partial reimbursement by the SDHSAA. Please refer to the general section of the athletic handbook for an explanation for the amount to be reimbursed.

**P. State Tournament Tickets**

1. Prices:

**Class “A” OR “AA”:**

Adult Single Session	\$8.00
Student Single Session	5.00

**Class “A” OR “AA”**

**Fri. Team plus Sat. Individual Sessions:**

Adult	\$12.00
Student	7.00

- a. Proper student identification must be shown.
- b. Tickets are for high school, junior high, middle school and elementary students. (Grades 1-12)
- c. Kindergarten and younger are admitted free.
- d. Parents wishing children (grades 1-12) to sit in the reserved seating area must purchase a reserved seat ticket. A child of kindergarten age or younger sitting on a parent’s lap in the reserved seating area need not purchase a ticket.
- e. There will be no refunds.

**Q. High School Student Press Pass Request**

The High School Press Pass Request form is located in the General Section of the Athletic Handbook and in the Journalism Section of the Fine Arts Handbook.

**R. Adult Floor Pass Request**

The Adult Floor Pass Request form is located in the General Section of the Athletic Handbook.

**S. Passes will be issued as follows:**

Number of Qualifiers	1-3	4-on
Coach/Asst. Coach:	2	3
Student Managers	1	2

(manager pass the same as gymnast pass)

Complimentary: 4 per school (mailed to school)  
(for bus driver and school personnel)

- Qualifiers, coaches, student manager passes will be found in the coach’s packet at the State Meet.
- Complimentary passes will be sent directly to the school administration for distribution.

**T. Video-Taping Policy**

The SDHSAA video-taping policy is printed in the General Section of The Athletic Handbook.

**U. Exhibition Gymnast Policy**

The host school will be responsible for obtaining the exhibition gymnasts during the state meet for both classes during team and individual competitions.

**V. Flags**

A green flag will be used at the state meet to signal the gymnasts to begin her routine on ALL events. Yellow flags will be used to indicate a superior judge deduction.

**ACADEMIC ACHIEVEMENT TEAM AWARD**

In an attempt to recognize the academic excellence of the athletic teams and fine arts groups in each school, the SDHSAA created the “Academic Achievement Team Award”. The “Academic Achievement Team Award” is designed to recognize “varsity” level “teams” that achieve a combined GPA of 3.0 or higher.

For additional information about the “Academic Achievement Team Award”, refer to the “Academic Achievement Team Award” section of either the ATHLETIC or FINE ARTS HANDBOOK.

## LIST OF ASSIGNED COMPETITOR NUMBERS

<b>CLASS AA</b> ADM (9-11) 450.000 and above		<b>CLASS A</b> ADM (9-11) 449.999 and below	
Aberdeen Central/Roncalli	1-40	Britton-Hecla	1-40
Brookings	41-80	Chamberlain	481-520
Huron	81-120	Deuel	41-80
Mitchell	241-280	Hot Springs	761-800
Pierre-Riggs	121-160	Kadoka	401-440
Rapid City Central	481-520	Madison	441-480
Rapid City Stevens	521-560	Milbank	121-160
Sioux Falls Lincoln	281-320/421-440	Sisseton	161-200
Sioux Falls O'Gorman	441-480	Stanley County	281-320
Sioux Falls Roosevelt	641-680/401-420	Vermillion	561-600
Sioux Falls Washington	321-360	Wagner	601-640
Watertown	161-200	Wall	801-840
Yankton/Bon Homme	361-400	Warner	85
		West Central	521-560

**2010 STATE CLASS ‘A’ AND ‘AA’  
GIRLS GYMNASTICS CHAMPIONSHIPS  
ABERDEEN CENTRAL – FEBRUARY 19-20, 2010**

**THURSDAY EVENING, FEBRUARY 18, 2010**

7:30 p.m.	<b>Team Coaches meeting — Class “A” (open to all Class “A” coaches) – TBA</b>
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**STATE MEET SCHEDULE - FRIDAY, FEBRUARY 19  
CLASS “A” TEAM CHAMPIONSHIPS, FRIDAY (SESSION 1)**

	<b>Floor open for stretching - Open Warm-Ups – Equipment Check - Class “A”</b>
	Capital Cup Format for warm-up and competition (warm-up in practice area) (Clear Floor - Line up for Opening Ceremony in main gym)
<b>9:00 a.m.</b>	<b>Opening Ceremony - National Anthem Competition – Class “A” Team Championships</b>
	Awards: Coaches Hall of Fame Award – <i>Linda Collignon</i> ;
2:20 p.m.	<b>Awards – Class “A” Team</b>

**CLASS “AA” TEAM CHAMPIONSHIPS, FRIDAY (SESSION 2)**

	<b>Floor open for stretching - Open Warm-Ups – Equipment Check - Class “AA”</b>
	<b>Team Coaches meeting - Class “AA”</b>
	Capital Cup Format for warm-up and competition (warm-up in practice area) (Clear Floor - Line up for Opening Ceremony)
<b>4:00 p.m.</b>	<b>Opening Ceremony - National Anthem -- Competition – Class “AA” Team Championships</b>
	Awards: NFOA & Judges Leadership – <i>Lisa Schroeder</i> ; Coaches Leadership - <i>Nikki Abels</i>
9:20 p.m.	<b>Awards – Class “AA” Team</b>

**STATE MEET SCHEDULE - SATURDAY, FEBRUARY 20**

7:30 a.m.	Gymnastics Coaches Advisory Meeting - Class “A” and “AA” –
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**CLASS “A” INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 3)**

	<b>Coaches meeting - Class “A” –</b>
	<b>Floor Open Warm-Ups/Bar Setting - Class “A”</b>
	Capital Cup Format for warm-up and competition (warm-up in practice area) (Clear Floor - Line up for Opening Ceremony)
<b>9:00 a.m.</b>	<b>Opening Ceremony - National Anthem -- Competition – Class “A” Individual and All-Around Championships</b>
	Awards: Sarah Nitz Award; Pete Torino Award – <i>Susan Heitmann</i>
2:20 p.m.	<b>Awards – Class “A” Individual and All-Around</b>

**CLASS “AA” INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 4)**

	<b>Coaches meeting - Class “AA” -</b>
	<b>Floor Open Warm-Ups/Bar Setting - Class “AA”</b>
	Capital Cup Format for warm-up and competition (warm-up in practice area) (Clear Floor - Line up for Opening Ceremony)
<b>4:00 p.m.</b>	<b>Opening Ceremony - National Anthem Competition – Class “AA” Individual and All-Around Championships</b>
	Awards: Distinguished Service Award – <i>Mark Upward</i>
9:20 p.m.	<b>Awards – Class “AA” Individual and All-Around</b>

**Note:** No one allowed in practice area or competition area prior to designated times.

## FRIDAY: SESSION ONE

### 2010 State Class “A” Team Rotation

#### WARM-UP AND COMPETITION SCHEDULE

**Thursday, February 18, 2010**

**7:30 p.m. - Class “A” Coaches Meeting (TBA)**

**Friday, February 19, 2010**

Time TBA - Coaches Meeting

Time TBA - All areas open for stretching, open warm-ups and equipment check.  
Subject to change pending completion of Class “AA” meet.

A= Region 1 – 2<sup>nd</sup> place

F= Region 1 – 3<sup>rd</sup> place

B= Region 3 – 1<sup>st</sup> place

G= Region 2 – 3<sup>rd</sup> place

C= Region 3 – 2<sup>nd</sup> place

H= Region 3 – 3<sup>rd</sup> place

D= Region 2 – 1<sup>st</sup> place

I= Region 2 – 2<sup>nd</sup> place

E= Region 1 – 1<sup>st</sup> place

#### CAPITAL CUP FORMAT

Schedule to be determined

Time TBA - Clear Floor – Line up for opening ceremony

Time TBA - Opening Ceremony & Competition

**FRIDAY: SESSION TWO**  
**2010 State Class “AA” Team Rotation**  
**WARM-UP AND COMPETITION SCHEDULE**

**Friday, February 19, 2010**

A	= 7 <sup>th</sup> Highest Wildcard	G	= 8 <sup>th</sup> Highest Wildcard
B	= Region 1 – 1 <sup>st</sup> place	H	= 5 <sup>th</sup> Highest Wildcard
C	= 4 <sup>th</sup> Highest Wildcard	I	= Region 3 – 1 <sup>st</sup> place
D	= Region 2 – 1 <sup>st</sup> place	J	= 2 <sup>nd</sup> Highest Wildcard
E	= Region 4 – 1 <sup>st</sup> place	K	= 1 <sup>st</sup> Highest Wildcard
F	= 6 <sup>th</sup> Highest Wildcard	L	= 3 <sup>rd</sup> Highest Wildcard

**CAPITAL CUP FORMAT**

Schedule to be determined

Capital Cup format will be used. Teams will compete using block format, not alternating. When not warming up or competing, teams are expected to be in their designated pod areas.

Time TBA - Clear Floor – Line up for opening ceremony

Time TBA - Opening Ceremony & Competition

## **SATURDAY: SESSION THREE**

### **2010 State Class “A” Individual & All-Around Rotation**

#### **WARM-UP AND COMPETITION SCHEDULE**

**Saturday, February 20, February 2010**

Gymnastics Coach Advisory Meeting – Hospitality Room

Coaches’ Meeting – Hospitality Room

Equipment check for those not competing on Friday

Floor open for stretching – warm-ups – all equipment

Warm-ups (timed)

**NOTE:** Schedule for above events will be determined.

#### **CAPITAL CUP FORMAT**

Schedule to be determined

Capital Cup format will be used. Teams will compete using block format, not alternating. When not warming up or competing, teams are expected to be in their designated areas.

Time TBA - Clear Floor – Line up for opening ceremony

Time TBA - Opening Ceremony & Competition

# **SATURDAY: SESSION FOUR**

## **2010 State Class “AA” Individual & All-Around Rotation**

### **WARM-UP AND COMPETITION SCHEDULE**

**Saturday, February 20, 2010**

Gymnastics Coach Advisory Meeting – Hospitality Room

Equipment check for those not competing on Friday

Coaches’ Meeting – Hospitality Room

Floor open for stretching – warm-ups – all equipment

Warm-ups (timed)

**NOTE:** Schedule for above events will be determined.

### **CAPITAL CUP FORMAT**

Schedule to be determined

Capital Cup format will be used. Teams will compete using block format, not alternating. When not warming up or competing, teams are expected to be in their designated areas.

Time TBA - Clear Floor – Line up for opening ceremony

Time TBA - Opening Ceremony & Competition