

**SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION**

**2025 GIRLS GYMNASTICS CHAMPIONSHIPS**

**Watertown High School**

**Coach Information**

**MEET:** State Class AA and A Girls Gymnastics Meet

**DATE:** February 14 - 15, 2025

<b>Date</b>	<b>Competition</b>	<b>Time</b>
Friday, Feb. 14	<b>Class AA Team Competition</b>	<b>10:00 a.m.</b>
Friday, Feb. 14	<b>Class A Team Competition</b>	<b>3:30 p.m.</b>
Saturday, Feb. 15	<b>Class AA Individual Competition</b>	<b>10:00 a.m.</b>
Saturday, Feb. 15	<b>Class A Individual Competition</b>	<b>3:30 p.m.</b>

**SITE:** Watertown Civic Arena

**MANAGEMENT:** Meet Manager - Craig Boyens, Athletic Director  
Meet Director - Kristina Sage, SDHSAA

**RULES:** The National Federation Rules and SDHSAA Regulations (Handbook)

**COACHES MEETINGS:**

Thursday: **Coaches Meeting** 6:00 p.m. CT at W Arena and via Zoom

Friday: **Judge Meeting** 7:00 p.m. CT Watertown Civic Arena

EACH QUALIFYING SCHOOL (team or individual) MUST BE REPRESENTED at the meeting prior to competition.

**TOURNAMENT HEADQUARTERS:** Located at the head/score table.

**TEAM ENTRANCE AND BUS PARKING:** All teams must enter through the northwest door of the Civic Arena. Busses should drop their team off at that door and park their bus in the City Street Department lot across street from the Southwest corner of the high school. Mr. Boyens will give more details concerning parking at the coaches meeting. Locker rooms will be available and located by that entrance **Team packets will be distributed during the practice session upon team arrivals.**

**TEAM CAMP AREAS:** Team camp area will be located on the west side on the main floor. Any team wanting to view the competition while not competing will be able to do so from that location. This area is for athletes only.

**NOTE:** It is your responsibility to have your team in the warm-up area during your scheduled warm-up time. Understand that these times are approximate, so check the warm-up area often so you do not miss your scheduled warm-up time.

**HOSPITALITY ROOM:** There will be a hospitality room for workers and judges.

**MEET SCHEDULE:**

**STATE MEET SCHEDULE - FRIDAY, FEBRUARY 14, 2025  
CLASS "AA" TEAM CHAMPIONSHIPS, FRIDAY (SESSION 1)**

9:00 a.m.	Floor open for stretching - Open Warm-Ups – Equipment Check – Class "AA"
9:35 a.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
<b>10:00 a.m.</b>	Opening Announcements- National Anthem – <b>Begin Class "AA" Team Competition</b>
<b>1:45 p.m.</b> (approx.)	Special Awards
To follow	<b>Awards – Class "AA" Team</b>

**CLASS "A" TEAM CHAMPIONSHIPS, FRIDAY (SESSION 2)**

2:30 p.m.	Floor open for stretching - Open Warm-Ups – Equipment Check – Class "A"
3:05 p.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
<b>3: 30 p.m.</b>	Opening Ceremony – National Anthem – <b>Begin Class "A" Team Competition</b>
<b>7:15 p.m.</b> (approx.)	Special Awards
To follow	<b>Awards – Class "A" Team</b>
Approx. 7:30 pm.	<b>Class A and AA Practice time for individuals not involved in Team Day</b>

**STATE MEET SCHEDULE - SATURDAY, FEBRUARY 15**

**CLASS "AA" INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 3)**

9:00 a.m.	Floor Open Warm-Ups/Bar Setting – Equipment Check – Class "A"
9:40 a.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
<b>10:00 a.m.</b>	Opening Announcements – National Anthem – <b>Begin Class "AA" Individual Competition</b>
<b>2:00 p.m.</b> (approx.)	Special Awards
To follow	<b>Awards – Class "AA" Individual and All-Around</b>

**CLASS "A" INDIVIDUAL & ALL-AROUND, SATURDAY (SESSION 4)**

2:30 p.m.	Floor Open Warm-Ups/Bar Setting – Equipment check – Class "A"
3:10 p.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
<b>3:30 p.m.</b>	Opening Ceremony – National Anthem – <b>Begin Class "AA" Individual Competition</b>
<b>7:30 p.m.</b> (approx.)	Special Awards
To follow	<b>Awards – Class "A" Individual and All-Around</b>

**CLASS "A" and "AA" SUBSTITUTIONS: (Injury/Illness/Disciplinary Action)**

**Individual**

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

**Team**

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

- Unlimited substitution is permitted if the five competitors per event are drawn from the seven submitted to the SDHSAA.
- If injured, a competitor may continue competing during that session. The decision to continue will be made by the school (coach, athletic trainer, parent, etc.).
- A gymnast may scratch out of an event and still continue in that session.

**EVENT ORDER:** All sessions will have four events running simultaneously.

**INQUIRIES:**

- **Rule 5-1-4:** A coach may address the meet referee only by submitting in writing any inquiry(ies) concerning his/her gymnast(s). The written inquiry or the verbal intent to inquire shall be submitted to the meet referee no later than 10 minutes after all scores for that team are recorded for **that individual event. ONE INQUIRY PER SHEET.**
- Score table personnel must indicate the time that each team completed each individual event (bars, beam, floor, vault). The time will be noted on the scoresheet of the team’s last competitor in each individual event. Time noted is when the sheet has left the score table and goes to the viewing table. The viewing table will have a check-off sheet for each event for each team. The time noted on the sheet will be the time that your opportunity to inquire will expire for that event.
- With the exception of mathematical error inquiries, each inquiry after the first failed inquiry that does not result in a score correction results in a 0.5 deduction from the team’s final score (0.2 deduction in State Meet individual competition).

**EQUIPMENT LIST:**

<b><u>Vault</u></b>	<b><u>Beam</u></b>
(2) LZT Tac/10 Vault Tables	(2) Elite balance beams
(2) vault runways	(8) CLM 8x15.5 V2 12cm
(2) front/back vault weights	(2) Sets 12cm beam fillers
(2) 12cm vault anchor mats	(2) sets beam upright pads
(2) CLM 8x15.5 V2 12cm	(2) 4X8 v2 12 CM
(2) CLM 4X8 v2 12CM	(2) LZT Tac/10 vault boars
(2) Safety Zones	(2) Mount trainers
(2) Tac/10 Round off pad	(2) 7x10x4” Throw mats
(4) LZT Tac/10 vault board	(2) 5x10x8” skill cushions
(2) 7x10x4” Throw mats	(2) 4.5x10 sting mats
(2) 5x10x8” skill cushions	
(2) Big Stings 80”x100”x2	<b><u>Floor</u></b>
(2) 5x10x32” yellow line resi pits	40x40 spring deck
(6) 5x10x8” yellow line skills	Floor border
(2) Vault trampoline	(7) rolls 6x4x2” roll foam
(2) Low chalk trays	45x45 carpet
(2) Tape measures	(4) 4’ wide safety corners carpet bonded
	7x1-x4” throw mat
<b><u>Bars</u></b>	5x10x8” skill cushion
(2) Elite uneven bars	80”x100”x2” sting mat
(2) Free standing systems	
(2) CLM 5x7.5 V2	<b><u>Second Floor –</u></b>
(4) CLM 8x15.5 V2 12cm	
(4) CLM 4x8x4” 12cm	
(2) LZT Tac/10 vault boards	
(2) Mount Trainers	
(2) 7x10x4” Throw mats	
(2) 5x10x8” Skill cushions	
(2) 4.5x10 sting mats	
(2) pit pillows	
(2) Chalk trays	
Chalk, spray bottles, brushes	

Stereo System with all hook ups

Stereo System with all hook ups

### **RE: Spring Boards, Sting Mats & Skill Cushions brought to the State Meet:**

If schools wish to bring their own sting mats, skills cushions, throw mats or spring boards, they may do so. Hopefully we will not need much extra equipment. Schools are responsible for their own equipment so please mark it with proper identification.

All schools bringing boards and mats may take them after they have finished competing. Schools bringing mats, boards, etc. do so for their own class only. When teams are finished using their equipment (or not competing), equipment must be stored in auxiliary gym warm-up area.

**Flags -**            Yellow - used at all 4 events. Signifies a CJ deduction will be taken on the competitor's average score. The flag will be raised with the CJ's score for that gymnast.  
Green - used to signal the gymnast to begin on all four events.

**EXHIBITION GYMNASTS:** The host school will be responsible for assigning the exhibition gymnasts during the state meet for both classes, during team and individual competition. If you have a gymnast that you would like considered for state, please contact Craig Boyens at [craig.boyens@k12.sd.us](mailto:craig.boyens@k12.sd.us)

### **COMPETITOR NUMBERS:**

1. Must be the same number as recorded on your state meet entry sheet.
2. May be attached to leotard, printed on leotard or shown on laminated card.
3. No gymnast is allowed to compete without the correct assigned number.
4. Notify Kristina Sage for any discrepancies between the program competitor numbers and the actual number that the gymnast is wearing.
5. **Failure to post the contestant number or the correct number for the contestant will result in .2 point deduction.**

**MUSIC:** All music must be on Ipod, phone auxiliary cords, etc. – no CD's will be allowed. Schools are not allowed to bring their own equipment. All floor exercise music must be played on this equipment.

### **POINTS OF EMPHASIS:**

1. Removing any part of the team uniform, excluding shoes, while in the competitive area, is illegal.
2. Floor Exercise music must be of good quality.
3. Coaches are reminded that the only sound systems to be used will be the ones provided by Watertown High School. Other portable systems will not be allowed due to loud music and copyright issues.
4. Jewelry – one stud earring per ear is permitted during competition; a religious or medical medal is allowed and must be taped to the body.

**VIDEO TAPING POLICY:** The following five points were taken from the SDHSAA video taping policy as printed in the General Sport Information section of the Athletic Handbook. For the complete policy, refer to the Handbook.

Video Taping Policy - At State Events.

**No teams or parents may videotape in the competitive areas at floor level.** News media and commercial companies may receive permission to be located at floor level.

1. In the sports of basketball and football, video-taping of games for resale purposes by commercial business organizations is prohibited except by the television station that has purchased exclusive rights for the live telecast of said event.
2. Commercial business organizations that wish to videotape state events, other than the televised basketball or football, for resale purposes must receive advance approval from the SDHSAA and the host school.
3. Participating schools may videotape the game or event that involves their team or athletes.

4. Upon advising the SDHSAA and the team(s) and/or individuals involved in a specific state event, schools may videotape other teams and/or individuals for scouting purposes at said state event.
5. Parents or guardians may videotape the game or event that involves their son or daughter provided they receive permission from the SDHSAA and the host school.

### **SIGNS, BANNERS, BALLOONS, AND MECHANICAL NOISEMAKERS**

1. The displaying of signs, banners, balloons, or placards at the State Gymnastics Tournament is 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 Corporate Partners, Band of the Day, Radio and Television stations, athletic trainer banners, and management signs are approved.
2. All mechanical noise making devices, including band instruments, are prohibited in the cheering sections.
3. Laser light pointers are prohibited. Any identified will be confiscated and will not be returned.
4. Balloons are prohibited.

### **ELECTRONIC DEVICES**

A team may use electronic devices during the meet:

- a. The location and use of the device shall not be in a restricted area as determined by host management.
- b. The meet referee may restrict the use of the device if it is determined the device interferes with the contest.
- c. Electronic devices shall not be used for any review of any review of a judge's decision.
- d. Electronic devices shall not be used to transmit information to the competitor during the event.

Note: state associations may have policies to further address the use of electronic devices.

### **UNIFORMS**

**Athlete's leo's shall be worn up and appropriately during warm-up and competition. Removing any part of the competitive team uniform, excluding shoes, while in the competitive area, is illegal.**

**Penalty: first offense is a warning and, if repeated by same team, the penalty goes to a one point team deduction.**

All gymnasts at the state meet must follow the uniform guidelines as outlined in the NFHS rule book.

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.

**APPROPRIATE FLAG ETIQUETTE.** During the playing and/or singing of the National Anthem there is a concern of the importance of appropriate flag etiquette by athletes. It is suggested that each coach advise his/her gymnast to stand at attention, face the flag, and **place their right hand over their heart during the National Anthem.**

**APPROPRIATE MEET BEHAVIOR.** Enthusiasm and crowd involvement are encouraged, however, teams are reminded of the 1.0 team score deduction for deliberate, disruptive behavior. Coaches, please instruct your gymnasts to "celebrate" a successful performance away from the event and not by the judge. Courtesy to other gymnasts competing is also requested. Warnings will be given before any deductions are taken.

**PASSES:** Passes will be issued based on the following schedule.

# of Qualifiers	Coach/Asst. Coach Number of Passes	Student Managers Number of Passes	Bus Driver & School Personnel Complimentary Passes
1 - 3	2	1	4
4 +	3	2	4

**GYMNASTS, COACH, MANAGER, PASSES WILL BE IN YOUR COACHES PACKET**

*(Complimentary passes are sent directly to the Athletic Director for distribution).*

Floor passes should be displayed when entering the arena and when not competing.

**STATE TOURNAMENT TICKET PRICES:**

Session 1

Friday - Class AA Team Session

Adult Single Session \$15.00

Student Single Session \$10.00

Session 2

Friday - Class A Team Session

Adult Single Session \$15.00

Student Single Session \$10.00

Session 3

Saturday - Class AA Individual Session

Adult Single Session \$15.00

Student Single Session \$10.00

Session 4

Saturday - Class A Individual Session

Adult Single Session \$15.00

Student Single Session \$10.00

**SEATING FOR PARTICIPANTS AND COACHES:** Areas for competitors will be marked. Coaches and gymnasts must stay in their designated area UNLESS warming-up or performing, or spotting. Gymnasts may use the warm-up equipment. If not warming-up they MUST remain in upper balcony. Please do not allow your gymnasts "free rein" when they are not competing. Rule 5-1-1 states "Only competitors, coaches, and officials shall be permitted on the floor during competition".

**DOCTOR-ATHLETIC TRAINER:** An athletic trainer will be on duty during warm-ups and the meet.

**TIE BREAKERS:**

Teams: If a tie occurs for first or second, both teams will receive a trophy.

Individual & 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.

**AWARDS:** All awards are furnished by the SDHSAA

Team:

**Class "AA":** First and Second place teams will receive a trophy. The third through sixth place teams will receive plaques. The first through sixth place teams will receive medals.

**Class "A":** First and Second place teams will receive a trophy. The third through sixth place teams will receive plaques. The first through sixth place teams will receive medals.

Individual and All-Around:

**Class "AA":** Top 10 places receive medal. (4 events and all-around)

**Class "A":** Top 10 places receive a medal. (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.

**AWARDS CEREMONIES:**

An awards program will be conducted following each session.

COACHES PLEASE NOTE: **All recipients must be in school issued uniform/warm-ups to receive their award. This includes proper footwear. No slippers, flip flops, etc. on the award stand!**

**EXPENSES:** Each school is responsible for all their team expenses during the state meet. SDHSAA does not reimburse for any team expenses.