

## TERMS AND CONDITIONS FOR REGION GYMNASTICS COMPETITION

### TICKET PRICES:

Adults:	\$7.00
Students:	\$4.00

### REGION/STATE QUALIFYING ENTRIES:

1. Entries to the Region/State Qualifying meets must be to the meet director no later than one week prior to the Region/State Qualifying meet. **Entry forms can be found on the SDHSAA website (<https://www.sdhsaa.com> -> Forms -> Athletics -> Gymnastics -> Meet Entry).** Meet directors will inform coaches via email, as to how the meet directors would like to receive your entries. 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.
2. 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. Coaches must declare their seven gymnasts per event. During actual competition, the coach may compete any 6 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. (Note: compete six, count four for team score. At the State Meet – compete 5, count 4 for team score.)
3. A gymnast that qualifies during the regular season does not need to enter the region/state qualifying meet in order to compete at the state meet. However, her name **MUST** be listed on the State Meet Online Entry Form completed by the coach by 9 a.m. on the day following the State Qualifying/Region competition.

### MEETING AT REGION/STATE QUALIFYING MEET:

1. Meet Manager: Review procedure for entering gymnasts into the state meet.  
**Class A- WEBFORM to be completed online by 9:00 a.m. the day following State Qualifying/Region competition (May list 7 for Team Day, compete 5 of the 7).**  
**Class AA- WEBFORM to be completed online by 9:00 a.m. the day following Last Chance Meet (Exception- Brookings Meet by 4:00 pm on Feb. 3) May list 7 for Team Day, compete 5 of the 7.**
2. Coaches and Judges Meeting - held after warm-ups to meet the judges and clarify any questions. Coaches must declare their 7 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. If a coach competes a gymnast not designated for that event, the score is void. The 6 competitors on each event must be drawn from this list of 7 entries.

### WARM-UP (MODIFIED CAPITAL CUP FOR ALL REGION MEETS)

1. Modified Capital Cup Meets will include a pre-meet 30-45 minute open stretch and equipment check. There will no longer be a "play nice" warm-up prior to the meet. After the start of the meet teams will have a 2 minute per gymnast (max of 12 minutes) team warm-up as they rotate to each event. The touch warm-up will be 1 minute, 30 seconds.

### SUBSTITUTIONS:

Neither additions nor substitutions will be permitted of the original entered seven after the coaches and judges meeting. The coach enters any 6 of the listed seven. If a coach competes a gymnast not designated for that event, the score is void. Written statements of injury, illness, disciplinary action are not necessary. A competitor may continue competing even if injured during the session. This decision will be made by the school (coach, trainer, parent, etc.). The substitute is eligible under the

## Constitution and By-Laws of the SDHSAA.

### EXHIBITION GYMNAST:

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 chair. The region chair 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 score sheets 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.

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

### EQUIPMENT:

A list of all equipment shall be sent to each school in the region. All equipment used should be regulation.

*Special Note:*

- 1) Clarify if sting mats, skill cushions, spring boards, etc., are to be brought to the meet by the competing schools.
- 2) Host school must supply stands for competitor numbers at each event readable on both sides, plus yellow flags at each event.

For specific equipment requirements, see the Gymnastics Rule Book.

### JUDGES:

1. The SDHSAA has secured the judges for the State Qualifying/Region meet. Pay will be \$150 per judge.
2. A minimum of two judges per event must be used for the region meet.
3. A meet referee will be designated. The individual may be one of the chief/acting judges.
4. Coaches may inquire anytime during the meet, however, on a team's last event the coach has only 10 minutes after the team finishes on that event to make an inquiry. The computer operator or assistant must note the time of day when the scores of the last competitor for a team are entered into the computer. This time then determines the "10-minute rule." The time should be noted on the score sheet 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.
5. All officials must be certified.
6. Reciprocity officials are not eligible to judge state qualifying/region meets.
7. Non-certified officials will be given permission to judge from the SDHSAA provided:
  - a. there are no certified judges available;
  - b. the judge retakes the supervised test prior to the region meet (this does not certify the judge, it only allows him/her to judge the region meet).
8. Only high school and/or adult timers may be used.
9. Recommend that head sets/walkie talkies be used for floor exercise and balance beam.

### MECHANICS OF SCORING:

1. Open scoring is to be used for all state qualifying/region meets.
2. Proper scoring mechanics for 2 judges per event are found in the rule book.

## SCORING:

### INDIVIDUAL SCORING

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.

Reminder: Chief Judge (CJ) deductions are taken from the gymnast's average score by the score table personnel.

### TEAM SCORING

Team Event Score: **The best 4 individual** scores for each team in each event are totaled to determine the team's score for that event. (Reminder: teams enter seven, compete six, count four)

Team Score: The total is obtained by adding the team event scores. The team championship is based on this score.

When open scoring is used it is still important to announce or indicate in some manner the individual's final score. This has been overlooked at many meets. It is the only way coaches/gymnasts/spectators can keep track of their team's running meet score.

Please put forth an extra effort in reporting meet scores to the media.

## PERFORMANCE ORDER:

1. The regional chair shall determine the team rotation which will be used during the warmup and competition. A lottery draw shall be used to designate the competition schedule of teams and shall be sent to all teams prior to the meet.
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.

A delay of Meet for Competing Out of Order Deduction (each gymnast) is possible for mishandling Order of Competition.

Coaches who place their gymnasts incorrectly will have a **delay of meet** deduction, which is a **1.0 final team score deduction**. All-Around gymnasts or those competing in three events must be placed near the **beginning** as well as the end of the various events.

## SPECTATORS:

Gymnastics is a spectator sport! **ENCOURAGE AUDIENCE INVOLVEMENT**. A gymnastics meet is not supposed to be like a morgue. The interest in a meet is also based on the announcer.

## ASSIGNED COMPETITOR NUMBERS:

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. 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.**
- f. **Failure to post the contestant number or the correct number for contestant will result in 0.2 point deduction.**

#### **COMPETITOR UNIFORMS:**

1. The uniform shall be a one-piece leotard of moderate proportions with matching clear or skin-colored or black undergarments. Bra shall not be intentionally exposed. If the strap show as a result of the activity of the routine, no deduction will be taken.
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. (Remember, "if you weren't born with it, you can't wear it".)
4. Casts or splints 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. Undergarments except for skin-colored, matching or clear bra straps or black, should not be intentionally visible. (Deduct 0.2 for bra exposed through the keyhole of a leotard.)
7. Any gymnast receiving an award at any meet must be in her school issued uniform.
8. Glitter and body paint shall be removed prior to competition.
9. Athlete's leo's shall be worn up and appropriately during warm up. 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, goes to a one point team deduction.
10. There are to be no cell phones in the competitive or warm up areas by competitors unless phone is used to play music for the competition routine.