

GYMNASTICS

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GYMNASTICS

IMPORTANT DATES AND DEADLINES

	Day/Week	2024-2025 (Roll Back Year)	2025-2026	2026-2027
First Practice	Monday, Week 18	November 4	November 3	November 2
First Meet	Monday, Week 22	December 2	December 1	November 30
Class AA final date for regular season competition	Saturday, Week 31	February 8	February 7	February 6
Region/State Qualifier^	Thurs.-Sat., Week 31	February 6-8	February 5-7	February 4-6
State Meet	Fri.-Sat., Week 32	February 14-15	February 13-14	February 12-13
Season Ends**	Saturday, Week 32	February 15	February 14	February 13
Summer Moratorium		July 1-7	July 1-7	July 1-7
Winter Moratorium		December 23-26	December 23-26	December 23-26

^All State Qualifying/Region meets may begin at the discretion of the local committee and must be completed by Saturday of week #31. State Meet will be Fri.-Sat. 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 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

2025	Watertown	Class A & AA	February 14-15
2026	Mitchell	Class A & AA	February 13-14
2027	Aberdeen	Class A & AA	February 12-13

MEET LIMITATION

Class A- 12 meet limit to include the Region Meet

Class AA- 12 meet limit. Class AA will not have a state qualifying meet.

All triangular, invitational, 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 1st of each year

CLASSIFICATIONS AND ALIGNMENTS

Schools will be classified according to Average Daily Membership figures from the most recent classification cycle. Squads with an ADM of 450 and above shall participate in Class 'AA' gymnastics, while squads whose ADM's are below 450 will participate in Class 'A' gymnastics.

The Board of Directors will grant permission to any school to participate in a higher classification then 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)

2024-2026 GIRLS GYMNASTICS MAJOR RULES CHANGES

2-2-1b(9)	Apparatus, equipment failure or other interference the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected
3-3-4	The change allows gymnasts to wear one stud earring in each ear.
4-1-2c & d, 7-3-3 & 4, 8-3-3 & 4, 9-3-3 & 4	Revises the value of the Composition category of Scoring to reflect the changes made in Composition on Uneven Bars, Balance Beam and Floor Exercise.
4-1-2e NOTES 3, 7-3-5 NOTES 3, 8-3-5 NOTES 3, 9-3-5 NOTES 3, APPENDIX A #4	Direct connection of three or more elements, the second and following elements may be used twice when awarding Back-to-Back Superior (BBS).
6-1-1e	Clarifies that white chalk may end up on table from the gymnast hand's being placed on the table, it cannot be placed there in advance of the vault.
6-1-2f	Clarifies that while tape is not permitted on the hand placement mat chalk may be used.
6-1-2g	Clarifies if the safety zone mat is utilized by a gymnast that it must be placed against the vaulting board.
6-1-2j (NEW), 7-1-2h (NEW)	Identifies that a "pit pillow" is permissible during vault warm-ups only and during uneven bars for release elements that then must be immediately removed following the attempt.
6-2-1, 7-2-2, 8-2-1b	Specifies that the fall time for a gymnast begins when the gymnast is standing on their feet and medical assessment is complete. The change also clarifies that the timer should verbally indicate "15 seconds remaining".
6-4-1b & 6-3-1a	Provides a wider range in the deduction of hip angle.
6-4-2a(5)	Provides a wider range in the deduction for bending knees early in salto vaults.
6-4-3a	Removed deduction for beginning LA twist in second flight phase too late.
6-4-3m	Provides a wider range in the deduction for the under rotation of a salto vault.
6-4-4e, 6-3-4e, 7-3-4a(14), 8-3-4a(13)	Greater flexibility when applying a deduction for gymnasts taking small or medium steps on their landing
6-4-4g, 7-3-4c(4), 8-3-4c(3), 9-3-4c(3)	Identifies that landing with the hips lower than the knees will incur a deduction.
6-4-4g NOTE (NEW), 7-3-4c(4) NOTE (NEW), 8-3-4c(3) NOTE (NEW), 9-3-4c(3) NOTE (NEW)	Specifies that a deduction is taken for both the squat on landing and a fall if both occur.
6-5-2e, 2-2-1b(10), 7-3-7f, 8-3-7g, 9-3-7h	Clarifies that the gymnast should be given a warning for an improper uniform before a deduction. If it cannot be corrected at the meet the deduction is taken one time only.

6-6-1, 2, 4, 5	Provides new vault values.
7-1-3b & c, 8-1-3b	Clarifies that a board may not be placed on a 8 inch skill cushion but a folded panel mat or mount trainer mat may be used.
7-2-4b	Event requirements changed to add a choice between clear hip circle, stalder circle and pike sole circle.
7-3-3	Revised the composition category to maximize efficiency.
7-3-4b(3), 8-3-4b(8), 9-3-4b(8)	Provides a wider range in the deduction for deficiencies in the hip angle on bars, beam and floor.
8-2-3e	Provides more options for the gymnast's routing by adding a mixed series or dance series to beam event requirements.
8-3-3	Revised the composition category to maximize efficiency.
8-3-4b(2), 9-3-4b(2)	Specifies footwork deductions is increased to reflect current trends.
8-3-5 NOTES 4	Clarifies when awarding Back-to-Back Superior credit for dance elements must be from group 1, 2, or 3 and dance balances and body waves may not be used.
9-3-3	Revised the composition category to maximize efficiency.
9-3-4b(15), 4c(7)	Revises the deduction for poor relationship of music and movement to be an up to 0.30 deduction. Additionally, if the gymnast fails to hold the ending pose for one second there will be a 0.05 deduction and if the gymnast fails to end with the music a 0.10 deduction is taken.
9-3-7o	Clarifies that a coach may adjust or remove additional matting without a deduction.

2024-2026 Girls Gymnastics Editorial Changes

Supplemental #9, 28, 29, Dance Criteria/Technique

2024-2026 Girls Gymnastics Element Changes

Vault Box: 2.502, 4.501, 5.202, 5.505

Uneven Bars Box: 9.103

Beam Box: 1.404, 1.409, 2.306, 2.304c, 2.404c, 2.407, 2.408

Floor Box: 1.312, 10.402

2024-2026 Girls Gymnastics Points of Emphasis

1. Sportsmanship
2. Awarding Credit
3. Composition
4. Event Requirements on Floor
5. Two Examples of a Broken Dance Passage
6. Seven Ways to Break a Series
7. Uniforms

2024-2025 SOUTH DAKOTA CHANGES/REMINDERS

1. **Class AA Qualifying meet will be held on Saturday of week 31 for teams and individuals to qualify for state with two sessions (morning and afternoon). A random draw will be used to determine what teams will participate in each session to be held at the yearly advisory meeting.**
2. **Random draw rotations for Class AA State Qualifying Meet: Morning meet: Pierre, O’Gorman, Sioux Falls Jefferson, Sioux Falls Washington, Yankton and Watertown. Afternoon meet: Aberdeen, Brookings, Harrisburg, Huron, Mitchell, Sioux Falls Lincoln and Sioux Falls Roosevelt.**
3. Adjust Modified Capital Cup format to remove the dual judging requirement for regular season meets with six or more teams. Pre-meet includes an open stretch and equipment check for 30-45 minutes and remove the “play nice” warm-up time. Move the team warm-up to a minimum of two minutes per athlete and keep the touch warm-up at one-and-a-half minutes.
Region/State qualifying meets will stay with dual judging and will continue with the Modified Capital Cup format for all state qualifying meets.
4. Reminder, the state qualifying scores remain the same: Class A: Vault - 8.7 and Floor – 8.8 and Class AA: Beam – 8.9 and Floor – 9.2

5. State Meet Format

Class A: 8 teams would qualify for the state event. Top team from each region and the next 6 highest overall team scores to advance 8 teams to the state event regardless of region.

Class AA- State qualifying meet – Top 8 teams score qualify for state.

- Separate A and AA session each day

- Schedule:

Team Day – Friday

- Morning Session – Class AA Team Competition
- Afternoon Session – Class A Team Competition

Individual Day – Saturday

- Morning Session – Class AA Individual Competition
- Afternoon Session – Class A Individual Competition

*Alternate Class A and AA each year as to who will go first on each day

6. Remove All-Around in-season qualifying standards. The All-Around division at the state meet will simply be those participants that qualified for and are entered in all four events at the State Meet.

Rationale: To best fill each of the four events with the true top 40 individuals from each class in the state, state qualifiers will be determined by in-season qualifying and the region/state qualifying meet. All-around will be a division awarded to those that make it in all four events. All-around places will still be awarded at the region/state qualifying meet but does not imply those participants qualify for state. Event in-season qualifying will remain the same. Individual State Qualifying- A maximum of 40 participants will qualify for each event. Class A the top 5 individuals from each region/state qualifying meet shall qualify for the state meet, to give 10 competitors. The remaining number of participants will be filled from event in-season qualifiers and then wild cards from region/state qualifying meets to fill out the 40 participants. Class AA the top 40 competitors in each event qualify for state.

7. Failure to post the contestant number or the correct number for the contestant will result in .2 point deduction.
8. Failure to land on any part of the bottom of the feet first would result in a voided vault. The athlete will not be allowed to attempt the same vault. If the athlete performs the same vault, the vault will be voided.
9. Pay for State Qualifying meet judges is \$150.
10. All music recorded for performances to be used with Ipod, phone auxiliary cords, etc. NO CD's will be allowed.
11. Winter Moratorium is in effect from December 23 through December 26. No activities allowed during this time.

SOUTH DAKOTA MODIFICATIONS

1. Coaches have a maximum of 10 minutes (instead of 5) to submit an inquiry after all scores for that team are recorded for that individual event.

GENERAL INFORMATION

A. Coach Requirements

1. All head coaches of SDHSAA sports programs must complete an on-line rules meeting or attend fall rules meeting (when offered). 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 or attend the rules meeting offered at the judges' clinic in Pierre. A fine of \$75.00 will be assessed if both requirements are not met.

B. Coaches Must Meet SDHSAA Educational Requirements

All athletic coaches in member schools, head or assistant, paid or volunteer must meet the education requirements set forth by the SDHSAA prior to any coaching assignment. **NOTE:** See Coaches Education Program on website under the Athletics tab for SDHSAA Coaches Education Program.

C. Online Schedules and Rosters Due

Gymnastics schedules and rosters must be completed on Bound. **Member schools will be fined \$50 each occurrence for not submitting their on-line schedules prior to the following deadline dates:**

Online Schedule Due	Online Roster Due
October 1	December 1

D. 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.

E. Gymnastics Events

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

F. Routine Requirements

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

G. 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 the Athletic Handbook.

H. 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 6th grade or below are not permitted to be on a high school team.

I. 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. Likewise, in locations that run meets with junior varsity participating one day and varsity competing the following day the same policy applies: If during junior varsity meet, the athlete competed on bars and beam, they would only be eligible for floor and vault at the varsity meet.

J. 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 Forms tab/Athletics/Game Contract), be used for all levels of competition including regular season games and meets, as well as tournaments, invitationals, and double-headers, etc.

K. 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. 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.
- d. Only high school or adult timers may be used.
- e. Host school shall provide headsets/walkie talkies to judges of floor exercise and balance beam at all invitationals if using more than one judge.

2. State Qualifying/Region Meets

- a. A minimum of **two certified** judges per event are to be used for the State Qualifying/Region meet. (One of which may be designated as the meet referee.)
- b. A certified official on probation will not be eligible to judge sub-state 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 headsets/walkie talkies to judges of floor exercise and balance beam at all State Qualifying/Region meets.

3. Use of Out-of-State Judges

a. Regular Season Meets

Judges from Minnesota, Nebraska, North Dakota and Wyoming must apply for reciprocity from South Dakota before they can judge regular season meets in South Dakota.

b. State Qualifying/Region Meets

Officials registered with sister state associations, who have paid the reciprocity fee to SDHSAA, are not eligible for State Qualifying/Region meets. Officials with an out of state address with exclusive or dual registration with South Dakota may judge State Qualifying/Region meets.

4. 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.

L. 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 will be drawn by host management in charge of the event.** The warm-up and order of competition schedule shall 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. Host management should consider the distance the teams are from the meet site when determining the warm-up schedule. If all teams are approximately the same distance, the schedule is to be drawn.

The above regulation applies to the State Qualifying/Region meets as well. The state meet competition and rotation schedule will be drawn at the Gymnastics Advisory meeting for next year’s rotations.

State Meet Entry Forms must be completed in Bound:

Class A must be completed by 9:00 a.m. on the day following your Region/State Qualifying meet. Class AA entries due by 5:00 p.m. day of state qualifying meet.

The state schedule will be posted on the SDHSAA website following the deadline.

A template of the rotation and competition schedule is posted on the website. Please use these rotations.

M. Warm-up Options

Warm-up procedures during the regular season meets are governed by the host school. The host school may choose from the traditional or modified capital cup warm-up formats:

1. Traditional Warm-Ups

a. Team warm-ups are completed prior to the start of the meet.

b. Team warm-ups shall be a minimum of two minutes per gymnast.

c. An individual touch warm-up of 90 seconds will be allowed for each gymnast during the competition.

2. Modified Capital Cup Warm-Ups

a. There will be a 30–45-minute equipment check and open stretching prior to the meet.

b. When at all possible, the first team warm-up should be held prior to march-in.

c. Team warm-ups will be two minutes per gymnast (max of 12 minutes) immediately prior to the team competing in each event.

d. Each gymnast will also receive an individual touch warm-up of 90 seconds.

3. Individual Touch Warm-Ups

a. 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. Touch warm-up is 90 seconds in length for all events. The time starts on bars and vault after the equipment is set to the gymnast's setting. The time starts on floor and beam after the previous competitor walks off the mat. The time includes the setting of the board on beam.

NOTE: State Qualifying/Region meets will use the Modified Capital Cup Format. The State meet uses the Capital Cup format.

An athlete becomes a competitor when she begins her touch warm-up on an event. **No substitutions may take place after she begins her touch warm-up, except for injury or illness during touch warm-up. Substitute would get touch warm-up time.**

N. 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 gymnast's 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 Chief 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 CJ'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 the 4 highest individual event scores. The usual number of competitors per event per team is five. With 5 competitors, four event scores would be counted. To be scored and considered as a team for any competition, a team must have four participants competing in each event at the meet.
 - b. Team Score.
The team's top four individual event scores are totaled to determine the team score. The team's final score is the total of their four event scores. (THE TEAM CHAMPIONSHIP IS BASED ON THIS SCORE.)

O. Correcting a Judges Error/Inquiries/Clerical Errors

1. Rule 5-1-4: A coach may address the meet referee only by submitting in writing an 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 (SD exception) after all scores for that team are recorded for that individual event. (bars, beam, floor and vault).
2. Deductions for inquiries
 - a. 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.
 - State meet individual competition: 0.2 deduction
 - b. All inquiries involving judgment other than those specified in 5-1-5 are 1.0 deductions.
3. Time procedure for recording end of event time for each team
 - a. Score table personnel must indicate the time that each team completed each individual event. (bars, beam, floor and vault). The time should be noted on 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. 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.

- b. Following the team's last event, that coach must submit any final inquiries for only that event 10 minutes after the time the score sheet leaves the score table.
4. All clerical errors must be reported within ten minutes after the completion of the award ceremony. After this time, all results are final.

P. Meet Procedures

1. After a routine is judged, depending upon the number of judges, each judge sends his/her score to the chief judge to check for correct range. If the scores are within range, send the sheets with the scores to the head table. If the scores aren't within range, conference and adjust, then send in the score sheets. Judges will turn in scratch sheets upon completion of the meet.

Q. 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 State Qualifying/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 State Qualifying/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.

R. 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 a school competing in the meet.
 - b. Exhibition gymnasts are used for varsity competition only.
 - c. **State Qualifying/Region Meets** - An exhibition gymnast is allowed subject to approval by the region chair. The region chair 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' score sheets are immediately taken to the score sheet 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. Call host management early if you have an individual you would like considered as an exhibition gymnast.

S. 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 State Qualifying/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 contestants number or the correct number is a .2 deduction.

T. Competitor Uniforms

1. The uniform shall be a one-piece leotard of moderate proportions and matching clear or skin-colored briefs, or black undergarments.
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 or splints on any body parts are prohibited.
5. Hand, wrist, elbow, knee, and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.
6. Only gymnastics footwear of a neutral color may be worn.
7. Sport bras shall not be exposed.
8. Any gymnast receiving an award at any meet must be in her school issued uniform.
9. Any loose glitter and body paint must be removed before competition. Glitter that is readily adhered to the gymnast in another product is legal.
10. 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 by anyone on the team, it will be to a one point team deduction.
11. There shall be no cell phones in the competitive or warm up areas, unless phone is used to play music for competition routine.

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 and Specifications

1. All competitive equipment shall meet rule specification as listed in Rules 6 through 9, and shall not be waived by prior mutual consent of participating schools.
2. The dimensions of the padded competitive area shall be between 39 feet, 4 ½ inches X 39 feet, 4 ½ inches and 40 feet X 40 feet clearly marked with solid lines. The padded competitive area should be centered in an area at least 42 feet X 42 feet. The Board of Directors asks that schools be diligent in providing appropriate padding along walls that are close to the boundary line due to space limitations.
3. Schools/facilities wishing to host a gymnastics event, and do not currently meet the floor specifications as listed in the NFHS rule book, will need to develop a local school policy which waives the specifications of the floor prior to hosting the meet, and a copy of that policy needs to be sent to the SDHSAA to have on file. If this policy does not exist when the event is being conducted, the event will not be allowed to take place at the meet.
4. Schools/coaches hosting the event will be asked to make available to the meet referee a copy of their "school adopted policy" PRIOR to the event being conducted.

W. 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 State Qualifying/Region meets, both classes, must provide a foam block/spring floor exercise floor.

X. Video-Taping Policy

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

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 reviewed 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 under the Athletics tab on the SDHSAA website, as well as the gymnastics rule book.)

STATE QUALIFYING/REGION MEET FORMAT (CLASS A ONLY)

A. State Qualifying/Region Meeting

1. The school hosting the State Qualifying/Region meet is responsible for organizing the meet and sending information to each participating school in advance of the meet.
2. The Meet Director shall communicate the following information to each coach and athletic director involved:
 - **Modified Capital Cup format must be used at all state qualifying and region meets.**
 - Warm-up schedule and competition order for meet using the sample rotations that are found on our website.
 - 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 judging assignments as assigned by the SDHSAA/Meet Director.

3. Ticket Prices

All State Qualifying/Region meets will charge the following ticket prices:

Adult - \$7.00

Students - \$4.00

These ticket prices are in effect for either a single region meet or a combined region meet.

4. 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 1st. 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. State Qualifying/Region Meet Entries

1. Entries for the Class A Region Meets must be sent to the meet director no later than one week prior to the meet. Entry forms may be found on the SDHSAA website, under Forms, Athletics, Gymnastics, Meet Entry Forms. Meet directors will inform coaches via email, as to how the meet directors would like to receive your entries.
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. Note: compete 6, count 4 for team score at the region. At the state meet, compete 5, count 4 for team score.

C. Appeal and Grievance Procedure for 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 region committee 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 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 region committee and the basis for the request to overrule that decision.
3. Any protest lodged prior to a region tournament or meet pertaining to the athletic eligibility status of a student, contest regulation or administrative ruling must be submitted to the region committee at least ten days prior to the event. The region committee shall render its decision promptly. An appeal from the decision of the 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 region tourney or meet, any appeal of a 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 Final**”. 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 State Qualifying/Region Meet

Should a school find it necessary to withdraw from a State Qualifying/Region meet, 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 Director of the Association.

E. Meetings at the State Qualifying/Region Meet

1. Coaches Meeting - held prior to warm-ups to 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. **Meet Manager-review procedure for entering gymnasts into the state meet.**
Class A- WEBFORM to be completed online. Instructions as to how this will be completed will be emailed out to all head coaches PRIOR to Region/State Qualifying Meet.
3. 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.
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 or illness 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. Clarify if stinging 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 foam block/spring floor for floor exercise is mandatory.

H. Performance Order

1. The regional chair shall determine the team rotation which will be used during warm up and competition. A lottery draw shall be used to designate the competition schedule of teams and shall be sent to the 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. 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 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' 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 State Qualifying/Region meet to signal the gymnast when to begin the routine on all events and the yellow flags must be used to indicate a chief judge deduction.

K. Judges/Meet Referee

1. A minimum of two judges per event must be used for the State Qualifying/Region meet.
2. SDHSAA will assign all judges for the State Qualifier.
3. Pay for State Qualifier meet judges will be \$150.00.
4. All officials must be certified.
5. Reciprocity officials are not eligible to judge State Qualifying/Region meets.

6. Non-certified officials will be given permission 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).
7. Only high school and/or adult timers may be used.

L. Qualifying for the State Meet

Team – 8 teams from each Class (AA and A) will qualify for the State Meet.

- **Class A:** The top eight (8) teams from the Region Meets will advance to the State Meet. The Champion from each Region Meet will advance to the State Meet along with the next six (6) highest scores from each class advancing as wildcards, regardless of the region, creating the eight team qualifiers. In case of a tie, each team's best score in each individual event will be averaged to break the tie. The team with the higher average will advance to the State Meet.
- **Class AA:** The top eight team scores from each State-Qualifying Meet will qualify for the State Meet.

Individual –

Class AA: The top 40 participants (plus ties) entered in each event will qualify.

Class A: The top 5 individuals from each Region Meet, plus any in-season qualifiers, that are entered in the State Meet shall automatically qualify. The remaining number of athletes will be filled as wildcards using scores from both Region Meets, not to exceed 40 unless there is a tie.

- **Example:** The event is Vault.
Region 1 takes top 5 qualifiers as does Region 2 for a total of 10 in Vault. There are 4 in-season qualifiers that have qualified in this event that were not in the top 10. Those 4 in-season qualifiers will be added to the list to make a total now of 14. The remaining 26 will come from the list of the next best scores from both regions to total 40 for the event. In the case of any ties for the last position, all ties will be included. Note: Athletes and coaches will not know who the remaining number of athletes are until both regions have been completed and the list is compiled.

Additional Individual Qualifying Standards	Class AA	Class A
A gymnast may qualify for State Meet in any event by meeting or bettering this standard at three varsity meets during the season, including the State Qualifying/Region Meet, regardless of the number of teams or judges at the meet.	Vault: 9.0 Floor: 9.2 Bars: 8.7 Beam: 8.9	Vault: 8.7 Floor: 8.8 Bars: 8.0 Beam: 8.3

CLASS AA and CLASS A ENTRIES

- No school may compete more than six gymnasts per event during the State Meet individual competition. A coach shall verify all individual State Meet qualifiers on the State Meet Competition WEBFORM. Coaches shall enter athletes as if all 6 qualified in each event, to include your in-season qualifiers. **Athletes must qualify in all four events to be eligible to compete for an all-around medal at the state meet.**
- **NOTE:** There will be a WEBFORM located in Bound. This form is to be completed by: 9:00 AM the day following the Region Meet (Class A) or by 5:00 PM the day of the State-Qualifying Meet (Class AA).
- A gymnast who qualifies during the regular season does not need to enter the State-Qualifying/Region Meet in order to compete at the State Meet. However, she **MUST** be entered on the State Meet Competition WEBFORM completed by the coach following the State-Qualifying/Region Meet.
- A **maximum of seven individuals per event may be listed for team competition, with five of the seven competing.**
- In individual competition, a maximum of six per event may compete; however, a school could have qualified additional competitors. The coach **will need** to declare which six will be competing on the State Entry form.
- If a gymnast qualifies in the Top 40 (plus ties), she is automatically entered in the Individual All-Around category during Individual Competition at the State Meet.

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** (NOTE: A team must have a minimum of four participants competing to be considered in team competition.)
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. With the exception of mathematical error, 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.

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 State Meet format will be as follows:

Friday, February 14, 2025 – Watertown Civic Arena	Saturday, February 15, 2025 – Watertown Civic Arena
Team Day	Individual Day
Class "AA" – Morning Session	Class "AA" – Morning Session
Class "A" – Afternoon Session	Class "A" – Afternoon Session

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

Injury/Illness/Disciplinary Action

1. **Individual:**

- 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 Session, however, only a maximum of six may compete on an event.
- If injured, a competitor may continue competing during that session. This decision will be made by the school (coach, trainer, parent, etc.).
- 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:

- Each team may include two alternates for substitution per event at the State Meet. They must be listed on the official entry form.
- Unlimited substitution is permitted as long as 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, trainer, parent, etc.).
- 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 state qualifying meet.

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.

NOTE: Vault: The landing area mat shall be a minimum of 18 ft. X 8 ft. and meet all other matting requirement.

Beam: The landing area for balance beam shall be 12 ft. long X 8 ft. wide on both ends of the beam.

Floor Exercise:

A foam block/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 and 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.

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

The order of performance will be drawn each year at the gymnastics advisory meeting and placed at the end of the gymnastics section of the Athletic Handbook.

Teams:

Capital Cup Format:

- Class AA” and Class “A” – Capital Cup format will be used for warm-up and competition (two sets of equipment for full Capital Cup).

Individual & All-Around

Capital Cup Format:

- Class AA” and Class “A” – Capital Cup format will be used for warm-up and competition (two sets of equipment for full Capital Cup).

G. Uniforms

1. All gymnasts at the state meet must follow the uniform guidelines as outlined in the NFHS rule book.
2. 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.
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, Radio and Television stations, and management signs are approved.
2. All mechanical noise making devices, including band instruments, plastic hand shakers, thunder sticks, 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. **Balloons are prohibited.**
5. All fans must wear shirts.

J. Correcting a Judges Error/Inquiries/Clerical Errors

1. Rule 5-1-4: A coach may address the meet referee only by submitting in writing an 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 (SD exception) after all scores for that team are recorded for that individual event. (bars, beam floor and vault).
2. Deductions for inquiries
 - a. 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.
 - State meet individual competition: 0.2 deduction
 - b. All inquiries involving judgment other than those specified in 5-1-4 are 1.0 deductions.
3. Time procedure for recording end of event time for each team
 - a. Score table personnel must indicate the time that each team completed each individual event. (bars, beam, floor and vault). The time should be noted on 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. 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.

- b. Following the team's last event, that coach must submit final inquiries for that event 10 minutes after the time the score sheet leaves the score table.
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 st – 2 nd | Trophy and medals |
| 3 rd – 6 th | Plaque and medals |

Class "AA" Individual and All-Around:

Top 10 places receive a medal in all 4 events and all-around.

Class "A" Team:

- | | |
|-----------------------------------|-------------------|
| 1 st – 2 nd | Trophy and medals |
| 3 rd – 6 th | Plaque and medals |

Class "A" Individual and All-Around:

Top 10 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 session. All recipients must be in uniform to receive their awards.

M. Selection of State Meet Judges

1. The SDHSAA will send notification via email, to all head gymnastics coaches that a list of all eligible judges for state competition is available on the SDHSAA website. Coaches are to consider this list as their "recommendation list."
2. Using this list, a coach may recommend up to 12 judges. The coach's recommendations will be used to assist the SDHSAA in selecting judges for the state competition.
3. A new official may be included in the selection to work the state competition.

N. Requirements for Judging the State Meet

1. Judges must attend the rules meeting located in Pierre at the Judges Clinic or view the online 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 judge 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.
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 judge 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. A new judge may 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 or has never judged the state meet.
10. Judges are required to complete the following requirements:
State Judging Clinic; Gymnastics Rules Meeting; Mini Clinic; Practice Judging at an intersquad meet.
Note: In the event there is a shortage of eligible judges needed to work sub-state or state competitions, the SDHSAA reserves the right to secure necessary judges.

O. Expenses

Each school shall pay the entire expenses of the contestants at the State Meet per their local school policy.

P. State Tournament Tickets

1. Prices:
Class "A" OR "AA":
Adult Single Session \$15.00
Student Single Session \$10.00
 - 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 under Journalism forms in Bound.

R. Adult Floor Pass Request

The Adult Floor Pass Request form is located under Journalism forms in Bound.

S. Passes will be issued per roster as follows:

Number of Qualifiers	1-3	4 or more
Coach/Assistant 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 chief 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

CLASS AA ADM (9-11) 450.000 and above		CLASS A ADM (9-11) 449.999 and below	
Aberdeen Central	1-40	Britton-Hecla/Langford Area	1-40
Brookings	41-80	Chamberlain	481-520
Harrisburg	701-740	Deuel	41-80
Huron	81-120	Estelline/Hendricks	321-360
Mitchell/Mitchell Christian	241-280	Hot Springs	761-800
O’Gorman	441-480	Kimball/White Lake	681-700
Pierre-Riggs	121-160	Madison	441-480
Sioux Falls Jefferson	561-600	Milbank	101-160
Sioux Falls Lincoln	(281-320)(421-440)	Parkston/Ethan/Hanson/Mt. Vernon	201-240
Sioux Falls Roosevelt	(641-680)(401-420)	Sisseton	161-200
Sioux Falls Washington	321-360	Vermillion	561-600
Watertown	161-200	Wagner/Bon Homme	601-640
Yankton	361-400	Wall/Kadoka Area/Philip	801-840
		West Central	521-560

**2025 STATE CLASS “A” AND “AA”
GIRLS GYMNASTICS CHAMPIONSHIPS
WATERTOWN CIVIC ARENA
FEBRUARY 14-15, 2025**

STATE MEET SCHEDULE - FRIDAY, FEBRUARY 14

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)
10:00 a.m.	Opening Announcements- National Anthem – Begin Class “AA” Team Competition
1:45 p.m. (approx.)	Special Awards
To follow	Awards – Class “AA” Team

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)
3:30 p.m.	Opening Ceremony – National Anthem – Begin Class “A” Team Competition
7:15 p.m. (approx.)	Special Awards
To follow	Awards – Class “A” Team
Approx. 7:30 p.m.	Both classes practice time for individuals not involved in Team Day in warm up facility

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 “AA”
9:40 a.m.	Capital Cup Format for warm-up and competition (warm-up in practice area)
10:00 a.m.	Opening Announcements – National Anthem – Begin Class “AA” Individual Competition
2:00 p.m. (approx.)	Special Awards
To follow	Awards – Class “AA” Individual and All-Around

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)
3:30 p.m.	Opening Ceremony – National Anthem – Begin Class “A” Individual Competition
7:30 p.m. (approx.)	Special Awards
To follow	Awards – Class “A” Individual and All-Around

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

Thursday, February 13, 2025

7:30 p.m. - Coaches meeting at site and via Zoom

Friday, February 14, 2025

Session 1

2025 State Class “AA” Team Competition

CAPITAL CUP FORMAT

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.

WARM-UP AND COMPETITION SCHEDULE

(Tentative Schedule- Subject to change)

9:00 a.m. – All areas open for stretching, open warm-ups and equipment check.

9:35 a.m. – Capital Cup warm-up begins.

10:00 a.m. – Opening Announcements- National Anthem - Competition begins

Time	1	3	5	6	4	7	8	2
9:35 a.m.	Warm-up Vault		Warm-up Bars		Warm-up Beam		Warm-up Floor	
10:00 a.m.	OPENING ANNOUNCEMENTS- NATIONAL ANTHEM							
10:10-10:35	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam
10:37-11:02	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam
11:04-11:29	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor
11:31-11:56	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor
11:58-12:23	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault
12:25-12:50	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault
12:52-1:17	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars
1:19-1:44		Compete Beam		Compete Floor		Compete Vault		Compete Bars

1:45 p.m.

Special Awards and Team Awards Ceremony (Approximate)

Friday, February 14, 2025

Session 2

2025 State Class “A” Team Competition (8 Team Rotation)

CAPITAL CUP FORMAT

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.

WARM-UP AND COMPETITION SCHEDULE

(Tentative Schedule- Subject to change)

2:30 p.m. – All areas open for stretching, open warm-ups and equipment check.

3:05 a.m. – Capital Cup warm-up begins.

3:30 a.m. – Opening Announcements- National Anthem- Competition begins

Time	1	3	5	6	4	7	8	2
3:05 p.m.	Warm-up Vault		Warm-up Bars		Warm-up Beam		Warm-up Floor	
3:30 p.m.	OPENING ANNOUNCEMENTS- NATIONAL ANTHEM							
3:40-4:05	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam
4:07-4:32	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam
4:34-4:59	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor
5:01-5:26	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor
5:28-5:53	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault
5:55-6:20	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault
6:22-6:47	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars
6:49-7:14		Compete Beam		Compete Floor		Compete Vault		Compete Bars

7:15 p.m. Special Awards and Team Awards Ceremony (Approximate)

Saturday, February 15, 2025

Session 3

2025 State Class “AA” Individual & All-Around Rotation

CAPITAL CUP FORMAT

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.

WARM-UP AND COMPETITION SCHEDULE

(Tentative Schedule- Subject to change)

9:00 a.m. – All areas open for stretching, open warm-ups and equipment check.

9:35 a.m. – Capital Cup warm-up begins.

10:00 a.m. – Opening Announcements- National Anthem - Competition begins

Time								
9:35 a.m.	Warm-up Vault		Warm-up Bars		Warm-up Beam		Warm-up Floor	
10:00 a.m.	OPENING ANNOUNCEMENTS – NATIONAL ANTHEM							
To follow.	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam
	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam
	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor
	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor
	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault
	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault
	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars
		Compete Beam		Compete Floor		Compete Vault		Compete Bars

2:00 p.m. Award Ceremony (Approximate)

Saturday, February 15, 2025

Session 4

2025 State Class “A” Individual & All-Around Rotation

CAPITAL CUP FORMAT

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.

WARM-UP AND COMPETITION SCHEDULE

(Tentative Schedule- Subject to change)

2:30 p.m. – All areas open for stretching, open warm-ups and equipment check.

3:05 p.m. – Capital Cup warm-up begins.

3:30 p.m. – Opening Announcements- National Anthem- Competition begins

Time								
3:05 p.m.	Warm-up Vault		Warm-up Bars		Warm-up Beam		Warm-up Floor	
3:30 p.m.	OPENING ANNOUNCEMENTS – NATIONAL ANTHEM							
To follow	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam
	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam
	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor
	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor
	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault
	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars	Compete Floor	Warm-up Beam	Compete Vault
	Compete Floor	Warm-up Beam	Compete Vault	Warm-up Floor	Compete Bars	Warm-up Vault	Compete Beam	Warm-up Bars
		Compete Beam		Compete Floor		Compete Vault		Compete Bars

7:30 p.m. Award Ceremony (Approximate)