

**SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION**

**2021 GIRLS GYMNASTICS CHAMPIONSHIPS**

**Coach Information**

**(All times listed are Central Time)**

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

**DATE:** February 12 and 13, 2021

Class "A" Competition – Friday – 11:00 a.m.

Class "AA" Competition – Saturday – 11:00 a.m.

**SITE:** Watertown Civic Arena, Watertown, SD

**MANAGEMENT:** Meet Manager - Craig Boyens, Watertown AD  
Meet Director - Jo Auch, SDHSAA

**TEAMS AND SPECTATORS** will only be allowed in the arena when their team pod is competing. Arena will be cleared of spectators after each pod.

Only Class A teams/fans will be allowed in the arena for Class A competition during their pod.

Only Class AA teams/fans will be allowed in the arena for Class AA competition during their pod.

**COVID REQUIREMENTS:** Masks will be required for everyone in the arena that is NOT actively competing in the event.

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

**COACHES/JUDGES MEETINGS:**

Thursday: Class A & AA Coaches Meeting

7:00 p.m. via Zoom Meeting

Friday: Judges Meeting

8:00 a.m. - Ramkota Event Center- Prairie Room

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

**TOURNAMENT HEADQUARTERS:** Tournament headquarters will be located at the head/score table.

**TEAM ENTRANCE AND BUS PARKING:** Teams must enter through the Northeast doors. This area will be marked with a team drop off Sign. Busses will drop athletes and coaches off at the door and park in the City Street Department lot across street from the southwest corner of the high school. Must have a player pass to enter during the tournament Busses will drop athletes and coaches off at the door and park in the City Street Department lot across street from the southwest corner of the high school. Must have a player pass to enter during the tournament.

**CHECK-IN:** Team packets will be handed out upon check-in at the state event at the team entrance door.

**SEATING:** All seating for spectators and non-participating players will be in the upper level. **NO SPECTATORS WILL BE ALLOWED ON THE MAIN FLOOR.**

**HOSPITALITY ROOM:** There will not be a hospitality room due to Covid.

**WARM-UP and COMPETITION SCHEDULE**

<b>POD 1</b>	
<b>Time *</b>	<b>Event</b>
9:00 a.m.	Facility open to Pod 1
9:30-10:30	Auxiliary Gym available for stretching for teams in Pod 1 (Team A/B in Auxiliary, Team C/D in Green Room)
10:30-10:40	Teams A and B Main floor open for tumbling/stretching (5 minutes diagonals and 5 minutes lines)
10:45-10:55	Teams C and D Main floor open for tumbling/stretching (5 minutes diagonals and 5 minutes lines)
10:55	Report to first rotation event/set equipment
11:00	Opening Announcements and National Anthem
11:05-11:30	First Rotation (5 minute warm-up followed by touch/complete)
11:33-11:58	Second Rotation (5 minute warm-up, followed by touch/complete)
12:01-12:26	Third Rotation (5 minute warm-up, followed by touch/complete)
12:29-12:54	Fourth Rotation (5 minute warm-up, followed by touch/complete)
12:55	Fans and teams clears facility in preparation for Pod 2
12:55- 1:05	Final Inquiry Process for Pod 1 (Note: inquiries may also take place throughout the meet)

<b>POD 2 Time</b>	
<b>* Time</b>	<b>Event</b>
11:45 a.m.	Facility open to Pod 2 Teams (Team A/B in Auxiliary, Team C/D in Green Room)
12:15-1:15	Auxiliary Gym available for stretching for teams in Pod 2
1:15-1:25	Teams A and B Main floor open for tumbling/stretching (5 minutes diagonals and 5 minutes lines)
1:25-1:35	Teams C and D Main floor open for tumbling/stretching (5 minutes diagonals and 5 minutes lines)
1:40	Pod 2 Opening Announcements – Teams report to first rotation event/set equipment
1:45-2:15	First Rotation (5/6 minute warm-up followed by touch/complete)
2:18-2:48	Second Rotation (5/6 minute warm-up, followed by touch/complete)
2:51-3:21	Third Rotation (5/6 minute warm-up, followed by touch/complete)
3:24-3:54	Fourth Rotation (5/6 minute warm-up, followed by touch/complete)
3:55	Fans and teams clears facility in preparation for Pod 2
3:55- 4:05	Final Inquiry Process for Pod 2 (Note: inquiries may also take place throughout the meet)

<b>Pod 3</b>	
<b>Time *</b>	<b>Event</b>
2:45 p.m.	Facility open to Pod 3 Teams (Team A/B in Auxiliary, Team C/D in Green Room)
3:15-4:15	Auxiliary Gym available for stretching for teams in Pod 3
4:15-4:25	Teams A and B Main floor open for tumbling/stretching (5 minutes diagonals and 5 minutes lines)
4:25-4:35	Teams C and D Main floor open for tumbling/stretching (5 minutes diagonals and 5 minutes lines)
4:40	Pod 3 Opening Announcements Teams report to first rotation event/set equipment
4:45-5:15	First Rotation (5/6 minute warm-up followed by touch/complete)
5:18-5:48	Second Rotation (5/6 minute warm-up, followed by touch/complete)
5:51-6:21	Third Rotation (5/6 minute warm-up, followed by touch/complete)
6:24-6:54	Fourth Rotation (5/6 minute warm-up, followed by touch/complete)
6:55-7:05	Final Inquiry Process for Pod 3 (Note: inquiries may also take place throughout the meet)
<b>To Follow</b>	Announcements of Team Winners and Individual Winners (no official awards ceremony)

- Times may be adjusted based on the number of qualifiers.

**CLASS “A” and “AA” SUBSTITUTIONS: (Injury/Illness/Disciplinary Action)**  
**Individual**

- a. Substitutions are allowed for individual participation as long as the substitute qualified for state meet individual competition and they fall within the top 40 competitors. All qualified athletes for a school are listed as competitors for the Individual Competition, however, only a maximum of six may compete on an event.
- b. If injured, a competitor may continue competing during that session. The decision to continue will be made by the school (coach, trainer, parent, etc.).
- c. A gymnast may scratch out of an event and still continue in the competition.

### **Team**

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

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

**EVENT ORDER:** Teams will be assigned based on a 4 team competition schedule.

### **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 **pod**. **ONE INQUIRY PER SHEET.**
- Score table personnel must indicate the time that each team completed their last event. The time will be noted on the scoresheet of the team's last competitor of the team's last 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 team. The time noted on the sheet will be the time that your opportunity to inquire for all 4 events.
- 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).

**All Music recorded for performances shall be for use with IPod, phone auxiliary cords, etc. No CD's will be allowed.**

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

The host school is providing the above listed equipment. If schools wish to bring their own sting mats, skills cushions, throw mats or spring boards, they may do so. Schools are responsible for their own equipment so please mark it with proper identification. Boards and mats brought on the floor must be made available for all to use.

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 designated storage areas (will be identified at coaches meeting).

**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.

### **PROCEDURE FOR TOUCH WARM-UP/COMPETE:**

Each team will be allowed 5 or 6 minute team warmup (depending on number of athletes competing) on each event prior to the start of the timed touch warmup. Once the 5/6 minute warmup is complete the

5/6 athletes will move through the 2 minute touch, followed by next athlete competing until all 5/6 athletes have competed. When everyone has competed each team will advance to the next event, start the warmup time, followed by touch warmup, and compete rotation.

**EXHIBITION GYMNASTS:** No exhibition gymnasts will be used.

**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 Jo Auch for any discrepancies between the program competitor numbers and the actual number that the gymnast is wearing.
5. **Failure to post the number or the correct number is a .5 team 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. Coaches are encouraged to have all music on ipod, phone auxiliary cords, etc. No CD's allowed.
3. Jewelry is not permitted during competition except for a religious or medical medal which must be taped to the body.

**VIDEO TAPING POLICY:** All school (not parents) videotaping must be done from the balcony. Plug-ins are limited. Bring your own extension cord. **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.

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

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. Only those individuals not competing for their team may 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	Complimentary Passes (for Bus Driver & School Personnel)
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.*

**STATE TOURNAMENT TICKET PRICES:**

**The facility will be cleared after each pods competition. We encourage fans to attend the pod in which their team is competing only. If you choose to attend the next pod, you will need to purchase another ticket.**

## INDIVIDUAL POD TICKET PRICES

### Friday - Class "A" Competition **PER POD**

Adult Single Session	\$12.00
Student Single Session	\$ 7.00

### Saturday - Class "AA" Competition **PER POD**

Adult Single Session	\$12.00
Student Single Session	\$ 7.00

## SEATING FOR PARTICIPANTS AND COACHES:

Rule 5-1-1 states "Only competitors, coaches, and officials shall be permitted on the floor during competition".

**DOCTOR-TRAINER:** A 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 CEREMONY:** All awards are furnished by the SDHSAA. There will not be an official awards ceremony after the event. Team and Individual awards will be announced at the end of each meet with packets of medals and results mailed/emailed to each school.

## 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.

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

Note: To be considered for the All-Around award an athlete needed to preseason qualify in all 4 event to be eligible for the award at state.

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.

**TEAM EXPENSES ALLOWANCE:** Each school must pay the entire expense of the contestants at the State Championship per their local school policy. Schools will receive partial reimbursement by the SDHSAA at the end of the school year. Expenses for competitors are made according to the schedule found in the General Section of the Athletic Handbook.