

2011/12 Gymnastics Regulations

2011-12 Gymnastics Regulations as approved by the NDHSAA Board of Directors Approved, June, 2011:

1. Advance the top 8 teams to state using the top 5 team scores from the regular season, which includes the conference meet.

Previously approved, June 2010

1. Adopt touch warm up procedure for state as per Advisory minutes:

Touch warm-up shall be:

Vault and Bars:

Team A: Gymnasts 1, 2, & 3 touch, then compete.

Team B: Gymnasts 1, 2, & 3 touch, then compete.

Team A: Gymnasts 4, 5, & 6 touch, then compete.

Team B: Gymnasts 4, 5, & 6 touch, then compete.

Beam:

First 2 competitors touch, then competition starts.

Team A: Gymnast 1 touches.

Team B: Gymnast 1 touches.

Team A: Gymnast 1 competes.

Team A: Gymnast 2 touches.

Team B: Gymnast 1 competes.

Team B: Gymnast 2 touches:

Team A: Gymnast 2 competes:

Team A: Gymnast 3 touches:

and so on.

Floor Exercise:

First 4 competitors touch (2 min.):

Team A Gymnasts 1 & 2, plus Team B Gymnast 1 & 2.

Team A gymnast 1 competes.

Team B gymnast 1 competes.

Team A gymnast 3 & Team B gymnast 3 touch (1 min.)

Team A gymnast 2 competes.

Team B gymnast 2 competes.

Team A gymnast 4 & Team B gymnast 4 touch (1 min.)

and so on.

STATE MEET SCHEDULE:

EVENTS

A. Individual Events

1. Vault

2. Uneven Parallel Bars

3. Balance Beam

4. Floor Exercise

B. All-Around

REGISTRATION DEADLINE

State meet entries are to be submitted electronically to the NDHSAA office and to the meet manager, no later than 10:00 AM Monday prior to the State Meet. Entries submitted after the deadline up to 4:00 PM that Monday will be accepted only if accompanied with payment of \$25.00 late entry fee. No entries will be accepted later than 4:00 PM the Monday prior to the State Meet.

EXPENSE ALLOWANCE

Team payments will be made following the end of the fiscal year according to the team payment schedule.

OFFICIAL RULES

The 2010-2012 Girls' Gymnastics Rules Book published by the National Federation is the official rule book.

UNIFORMS

Participants must appear in appropriate school identifying uniforms.

SCORING

In determining the Team Champion, scores are determined by totaling the best four scores for each team in each event.

STATE MEET: February 24 & 25, 2012

Site: Dickinson, Mark Rerick, Mgr.

STATE ENTRIES

Each school is allowed six gymnasts for team competition.

SUBSTITUTIONS

Team substitutions are permitted up to the time of the start of the event using the roster as submitted on the state entry form.

OFFICIAL RULES

STATE TOURNAMENT QUALIFIERS

TEAM QUALIFICATION

1. The top eight teams will advance to the State Meet using the top 5 team scores from the regular season, which includes the conference meet. There will be no NDHSAA sponsored regional meet.

2. There will be one (1) session.

3. The schedule will be

Friday: All times are Mountain Standard Time

Parade of athletes, introductions, anthem 3:45 PM.

Competition 4:00 PM.

Friday (Team Day):

- 2:30 p.m. – Gym Opens
- 2:45 p.m. - Coaches' meeting
- 3:00 p.m. - Officials' Meeting and video review for base score
- 3:45 p.m. - Opening Ceremony
- 4:00 p.m. - Begin Competition

NOTE: Timed Warm-ups will be determined by the host school. Previously 1.5 minutes per athlete x 6 competitors, 2 minute equipment change was used.

Teams will be seeded into the Team State Meet by use of simple ranking program. All host teams must report/submit team scores to Kent VanElls immediately after completion of competition, including Conference Meet. Final ranking will be simple average score of the top five regular season competitions in which the team participated.

Example:

North High

December	19	135
January	6	132
January	13	133
January	20	136
January	28	137
February	3	137
February	10	138

Total: $135+136+137+137+138 = 683$ divided by 5 meets = 136.6 average.

Top ranked teams will meet on floor exercise last round, etc.

8 Team Double groupings.

Team "A" is the first seed. Team "B" is the second seed. Etc.

Add time between events for getting ready (including bar settings) during warm-up rotations.

Warm-up

Rotations

	V	UB	BB	FX
9 Minutes	F	C	E	H
9 Minutes	A	B	D	G
9 Minutes	H	A	G	F
9 Minutes	C	D	B	E
9 Minutes	B	G	A	D
9 Minutes	E	F	H	C
9 Minutes	D	E	C	B
9 Minutes	G	H	F	A

Touch and competition procedures for half of each rotation (6 gymnasts).

UB and V touch warm-up procedure: Team listed first touches three gymnasts.

Then the team listed second touches three gymnasts.

UB and V **Competition**: Team listed first competes three gymnasts.

Then the team listed second competes three gymnasts.

BB and FX touch warm-up procedure: Team listed first touches three gymnasts.

Then the team listed second touches three gymnasts.

BB and FX **Competition**: Team listed first competes the first gymnast. After that the teams alternate.

Competition

Rotations	V	UB	BB	FX
1	F A	C B	E D	H G
2	H C	A D	G B	F E
3	B E	G F	A H	D C
4	D G	E H	C F	B A

Coaches will declare the 6 Team Competition athletes per event by the Monday prior to the State Meet.

INDIVIDUAL QUALIFICATION

1. Individual Qualification will be as follows:

a. The top 3 regular season scores will be used to advance the top 40 individuals and top 30 all around to the state meet.

b. In the event a senior is unable to complete 3 regular season meets, that senior may advance by an injury petition that is approved by the State Association. To advance to state, the athlete must score equal to or better than the 20th individual score or 15th all around score.

2. The top 3 scores for each athlete must be posted on the NDHSAA website plus any update when an athlete achieves a better score.

3. Conference meet may contribute to the 3 score average.

4. Coaches must submit updates on an individual's score by noon Sunday prior to the State Meet.

5. Top 40 individuals and top 30 all around athletes statewide will qualify to Individual State Meet (no tie-break).

Saturday (Individual Day):

- 11:45 a.m. - Gym Opens
- 12:00 noon - Coaches' Meeting
- 12:30 noon - Timed Warm-ups Begin
- 1:30 p.m. - Video review for base score
- 1:45 p.m. - Opening Ceremonies
- 2:00 p.m. - Begin Competition

NOTE:

- (1) Meet manager may view the field each day and adjust the warm-up if needed.
- (2) Touch warm-ups will be used for team-day and individual day.

It is recommended to use the individual athlete announcing format and drop back warm up to speed meet up and provide more spectator appeal.

OTHER REGULATIONS

1. Only high school teams are eligible to enter the State Meet. Junior high teams are not eligible, but junior high girls are eligible for the senior high team.
2. If a girl wishes to compete in the all-around, she must enter all four of the individual events.
3. The meet referee shall not be a high school coach of a competing team.

SPECIAL MEETING: All judges and meet referees will meet one hour prior to the start of competition for video review prior to base scores.

Prior to competition on both days of the State Meet, judges will review videos of routines of the event in which they are assigned. This will take place no later than 1/2 hour prior to the beginning of competition which is during the scheduled judges' meeting.

STATE SCHEDULE

NOTE: Warm-up starting time will be reviewed by the meet manager for Friday for any necessary adjustments.

STATE ADMISSION PRICES

1 Day Ticket: Adults - \$10.00, Students - \$5.00

2 Tournament Ticket: Adults - \$18.00, Students - \$8.00

STATE AWARDS

The top four teams receive a team trophy. In addition, competing members of the championship and runner-up teams will receive individual plaques. In each event, the top six individuals receive plaques and 7th through 15th receive ribbons. Because of the number of ties, individual awards will be ordered following competition.

JUDGES

A Meet Referee plus Twelve judges - three in each event will be contracted. Scoring shall be tabulated to the ten-thousandths and rounded off to the nearest thousandth.