



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

4080 Roselea Place, Columbus, Ohio 43214

614-267-2502

FAX: 614-267-1677

www.ohsaa.org



MEMORANDUM

TO: Girls Gymnastics Coaches and Officials
FROM: Deborah B. Moore, Associate Commissioner
DATE: September, 2011
RE: 2011-12 Pre-Season Mailing

NOTE: ATTENDANCE CARD ENCLOSED YOUR MAILING

Greetings! Please find enclosed with this mailing the 2011-2012 "Girls Gymnastics Manual" for your reference throughout the year. This publication includes materials you have received in the past as well as easier to read copies of our general sports and girls gymnastics regulations in a sports manual format. Both coaches and officials will be receiving the same manual although some of the material may pertain differently to each group. This is the **third year** of the new Olympiad for the USA Gymnastics cycle. Two years ago all registered OHSAA officials and schools received a copy of the *USA Gymnastics Junior Olympic Code of Points for Women's Artistic Gymnastics 2009-2013*. ***This publication is to be retained for one more year! Replacement will require a \$50.00 payment.*** If you are a newly registered official, you will be supplied a Code by our officiating department. If your school was not a registered gymnastics school during the 2011-12 season, your athletic administrator will need to contact Renee Moore, Assistant to Deborah Moore, to receive a Code.

As in the past, attendance at a state rules interpretation meeting is mandatory. The head varsity coach, assistant coach, or an athletic administrator of each girls gymnastics high school is required to attend one meeting. Attendance is required in order to be eligible to enter the OHSAA sponsored tournament. Coaches may represent more than one school, but must be certain to document attendance for all programs. **THEREFORE, PLEASE BRING THE ATTENDANCE CARDS FOR ALL SCHOOLS FOR WHOM YOU ARE THE COACH OF RECORD.** You will be permitted to turn in multiple cards for those schools you represent. Coaches of 7th-8th grade teams are encouraged to attend as well. Attendance is also mandatory for all officials. In order to receive credit for attending a meeting, you must be present within 10 minutes of the start of the meeting and stay until the conclusion of the meeting.

USA Gymnastics Junior Olympic Rules with modifications are to be used for girls gymnastics competition in Ohio. No coach, administrator, or official has the authority to modify or set aside these rules. Please take the time to review the materials provided. If you have any questions, or I can be of any assistance, please do not hesitate to contact me.

Thanks so much for all of your work, and best of luck this season!

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FOR COACHES AND OFFICIALS

Reminder: The USAG Junior Olympic Code of Point – 2009-2013 1st Edition was sent to your school or to the individual official two years ago season. – *This publication is to be retained for the next year. Replacement cost is \$50.00.*

“Athletic Eligibility Bulletin”

OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

CALENDAR

2011 GYMNASTICS RULES INTERPRETATION MEETINGS

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in high school girls gymnastics must have the head girls gymnastics coach, assistant girls gymnastics coach or athletic administrator attend one of the meetings listed below. Any school failing to meet this requirement will be ineligible for any OHSAA sponsored tournament competition.

Those coaches or officials who do not attend a regularly scheduled rules interpretation meeting or the scheduled make-up meeting may request a special make-up meeting from one of the interpreters listed below. The fee for a special make-up meeting is \$50.00.

Officials who fail to attend one of these meetings will be suspended the following year. Attendance is also required in order to be eligible for state tournament assignments in the current year. AFTER RECEIVING A JOINT CERTIFICATION RATING, REQUEST AN APPLICATION FORM FROM THE OHSAA OFFICIATING DEPARTMENT TO APPLY FOR AN OHSAA OFFICIATING PERMIT.

It will be the responsibility of the head girls gymnastics coach, assistant girls gymnastics coach or athletic administrator of each school and officials to be in attendance within 10 minutes of the start of the meeting and stay until the conclusion of the meeting in order to receive credit for attendance.

| INTERPRETERS | PHONE | E-mail |
|----------------------|--------------|--|
| Char Christensen | 614-668-8822 | charchristensen@columbus.rr.com |
| Kathleen Edwards | 513-336-7542 | kedwards2@cinci.rr.com |
| Barbara Giulivo | 440-781-0472 | bgjulivo@aol.com |
| Lori Powers-Basinger | 614-406-1537 | ljapb@aol.com |

| <u>SITE #</u> | <u>DATE</u> | <u>CITY</u> | <u>PLACE</u> | <u>TIME</u> | <u>COORDINATOR</u> |
|---------------|------------------|--------------|--|-------------|--------------------|
| 11 BG | Tues., Sept. 20 | Medina | Medina High School 777 E. Union St., 44256 Distance Learning Lab | 7:15 P.M. | Jeff Harrison |
| 12 LPB | Wed., Sept. 21 | Dublin | Dublin Coffman High School 6780 Coffman Rd., 43017 PAC | 7:15 P.M. | Tony Pusateri |
| 13 LPB | Thurs., Sept. 22 | Perrysburg | Perrysburg High School 13385 Roachton Rd., 43551 Commons | 7:15 P.M. | Dave Hall |
| 14 KE | Tues., Sept. 27 | Liberty Twp. | Lakota East High School 6840 Lakota Ln., 45044 Cafeteria | 7:15 P.M. | Mardi Dagley |
| 15 BG | Wed., Sept. 28 | Canton | GlenOak High School 1801 Schneider NE, 44721 Room C212/C213 | 7:15 P.M. | Chris Antonille |
| 16 BG | Thurs., Sept. 29 | Rocky River | Rocky River High School 20951 Detroit Rd., 44116 Room 133 | 7:15 P.M. | Jeff Schultz |
| 17 CC | Wed., Oct. 12 | Columbus | \$50.00 Make-up – OHSAA Headquarters 4080 Roselea Pl., 43214 | 4:00 P.M. | Deborah Moore |

IMPORTANT DATES

| 2011-2012 OHSAA GYMNASTICS CALENDAR | |
|-------------------------------------|--|
| November 4, 2011 | First Day of Coaching and Instruction |
| January 23, 2012 | Deadline for Entering or Withdrawing from the OHSAA Tournament – Past Date - \$150 |
| January 29, 2012 | Seeding/Draw Meeting (if held) |
| December 5, 2011 | First Contest |
| January 16, 2012 | Non-Interscholastic Competition No Longer Permitted (See Gymnastics Regulation 8-A-1 for additional information) |
| February 13-18, 2012 | Sectional Tournaments |
| February 25, 2012 | District Tournaments |
| March 3-4, 2012 | State Tournament – Hilliard <u>Bradley</u> High School |
| | |

OHSAA CONTACT INFORMATION

OHSAA Office – 4080 Roselea Place, Columbus, OH 43214 ~ 614-267-2502 ~ 614-267-1677 (fax)

| Name | Title | Responsibilities | E-Mail/Phone |
|----------------------|--|--|--|
| Deborah Moore | Associate Commissioner | Oversees the sport & coordinates the tournaments | dmoore@ohsaa.org |
| Henry Zaborniak | Assistant Commissioner | Oversees officials programs & tournament assignments | hزابorniak@ohsaa.org |
| Reneé Moore | Administrative Assistant | Assists in the coordination of the sport & tournaments | rmoore@ohsaa.org |
| Lori Powers Basinger | Director of Development for Gymnastics Officiating | Responsible for the training and development of interscholastic gymnastics officials | ljapb@aol.com |

GYMNASTICS LINKS

National Federation of State High School Associations
 NFHS Learning Center
 USA Gymnastics
 National Association of Women Gymnastics' Judges
 Ohio Girls Gymnastics Coaches Association

www.nfhs.org
www.nfhslearn.com
www.usa-gymnastics.org
www.nawgj.org
www.ohsgac.com

COACHES INFORMATION

Nominations due February 1

Please mail or email your nominations to your district representative (see p.7-8)
You do not have to be a Coaches Association member to nominate someone.

OHSAA SPORTSMANSHIP, ETHICS, AND INTEGRITY AWARD

Current coach who demonstrates the values of sportsmanship, ethics, and integrity in all of their professional responsibilities.

Name _____ School _____

Brief explanation for your nomination-

SERVICE AWARD

Given to one person each year for a "lifetime" of service to High School gymnastics. May be a coach, judge, administrator, volunteer, or anyone who has contributed their time and effort to our sport.

Name _____ School _____

Address _____

Brief explanation for your nomination-

HONORARY MEMBERSHIP

Anyone who is not a current coach who may have gone above or beyond to help with High School gymnastics. The recipient does not have voting rights, but this is a way to express our gratitude for their contribution.

Name _____ Position _____

Brief explanation for your nomination

Nominations due February 1

**Please mail or email your nominations to your district representative (see p. 7-8)
You do not have to be a Coaches Association member to nominate someone.**

STATE COACH OF THE YEAR

Name _____ School _____

Criteria for nomination (required)

Voting for State Coach of the Year is via email by members only. Please join the Association to have a vote!

SCHOLAR ATHLETE

Coaches Association members may submit names of their athletes who meet the following criteria:

3.7 GPA on a 4.0 scale

Must be a senior (6 semesters)

Coach can confirm GPA with school or send official school documentation.

Names must be received by Feb.1

Scholar-Athlete Name(s) _____

School _____

District _____

All eligible scholar-athletes' names will appear in the State Tournament program if submitted by the deadline. Please make sure spelling is correct!

Nominations due February 1

**Please mail or email your nominations to your district representative (see p.7-8)
You do not have to be a Coaches Association member to nominate someone.**

DISTRICT COACH OF THE YEAR

Name _____ School _____

Criteria for nomination:

DISTRICT TEAM SPORTSMANSHIP AWARD

School _____

Coach _____

Voting for District Coach of the Year and District Team Sportsmanship Award will take place at the sectional or district meet, whichever comes first. Only members of the Coaches Association may vote.

Please send/email your nominations to your District Rep.

- West Geauga Sectional – Joe Corrigan
- Brecksville Sectional – Ron Ganim
- Medina Sectional – Joe Gura
- Central District – Carol Peschel
- Southwest District – Steve Connor
- Northwest District – Traci Dunn

**DIRECTORY OF THE ADVISORY COMMITTEE OF
THE STATE GIRLS GYMNASTICS COACHES ASSOCIATION**

| | | | |
|----------|---|--|---|
| DISTRICT | Cindy Fushimi President | Worthington Kilbourne High School 1499 Hard Rd. Columbus, OH 43235 614-883-2550 cfushimi@worthington.k12.oh.us | 4203 Bryson Cove Cir. Dublin, OH 43016 (C) 614-783-5745 Cfushimi@columbus.rr.com |
| | Gail Maundrell Secretary | Turpin High School 2650 Bartels Rd. Cincinnati, OH 45244 513-232-7770 | 8553 Eagles Walk Lane Cincinnati, OH 45255 513-474-7411 (C) 513-309-1006 gamaund@zoomtown.com |
| | Misty Lloyd-Mathews 1 st Vice President | St. Francis De Sales High School 4212 Karl Rd. Columbus, OH 43224 614-267-7808 Big Walnut, Centerburg, Olentangy Liberty | 4385 County Rd. 23 Cardington, OH 43315 Mistylmx4b69@hotmail.com 614-778-1613 |
| | Julie Kayser Treasurer | Dublin Coffman High School 6780 Coffman Rd. Dublin, OH 43017 614-921-7213 | 7080 Fitzgerald Dublin, OH 43017 614-791-0662 (C) 614-657-1602 jckays@columbus.rr.com |
| C/E/SE | Carol Eskay District Representative | Hilliard Davidson High School Hilliard Darby High School Hilliard Bradley High School 2800 Walker Rd. Hilliard, OH 43026 614-850-1004 | 6281 Clover Pl. Hilliard OH 43026 614-657-4327 Peschel2@msn.com |
| C | Christina Andres District Assistant | Buckeye Valley High School 901 Coover Road Delaware, OH 43015 Hayes High School | 4738 Cackler Rd. Delaware, OH 43015 740-524-0264 candres1204@cs.com |
| NE | Joe Corrigan District Representative | Mentor HS (Lake Catholic, Riverside, Perry and South) 6477 Center St. Mentor, OH 44060 440-974-5300 | 3680 Sandburg Dr. Youngstown, OH 44511 (C) 440-897-6571 joecorrigan@zoominternet.net |
| NE | Ron Ganim District Representative | Gym World 6630 Harris Rd. Broadview Hts., OH 44147 440-526-2970 FAX 440-526-0381 | 8135 W. Ridge Dr. Broadview Hts., OH 44147 440-237-3808 ronganim@gymworldohio.com |
| NE | Joe Gura District Assistant | Great Lakes Gymnastics 33600 Pin Oak Pkwy., Box 12 Avon Lake, OH 44012 440-871-6239 | 35849 Bentley Dr. Avon, OH 44011 (C) 440-452-4481 jegura@roadrunner.com |
| NE | Barb Palmer District Assistant | Washington High School 1 Paul E. Brown Dr. SE Massillon, OH 44646 330-830-3901 | 5539 Stuber Dr. NW Canton, OH 44718 330-244-1602 Bpalmer007@neo.rr.com |
| NW | Traci Dunn District Representative | Findlay Elite Gymnastics & Cheer 701 E. Sandusky Findlay, OH 45840 419-425-9765 josephdunn@sbcglobal.net | 701 E. Sandusky St. Findlay, OH 45840 419-427-0400 (C) 352-255-8155 |
| NW | Joe Dunn | Same as Traci | Same as Traci |

| | | | |
|----|--|--|---|
| SW | Steve Conner District Representative | Cincinnati Country Day 6905 Given Rd. Cincinnati, OH 45243 513-561-7298 conners@countryday.net | 10038 Kerr Cemetery Rd. Loveland, OH 45140 513-697-1180 (C) 513-600-2419 |
| SW | Margi Sammons Assistant | Lakota East High School | 507 Heritage Green Dr. Monroe, OH 45050 513-328-8508 margi@flipboxproductions.com |
| | Alisha Colyer Wilson Tournament Manager | 4735 Kae Ave. Whitehall, OH 43219 614-417-5200 ext. 2849 Fax 614-417-5212 | 614-764-7829 Cell 614-774-2999 rtwilsona@whitehall.k12.oh.us |
| | Char Christensen State Interpreter | | 1260 Churchbell Way Columbus, OH 43235 614-668-8822 charchristensen@columbus.rr.com |
| | Kathleen Edwards State Interpreter | | 5737 Richmond Park Dr. Mason, OH 45040 513-336-7542 Kedwards2@cinci.rr.com |
| | Barb Guilivo State Interpreter | | 6210 Stanbury Rd. Parma, OH 44129 440-781-0472 bgiulivo@aol.com |
| | Lori Powers-Basinger State Interpreter | | 1104 Kendale Rd. N Columbus, OH 43220 (C) 614-406-1537 ljapb@aol.com |
| | Deborah Moore Assoc. Commissioner | OHSAA 4080 Roselea Pl. Columbus, OH 43214 614-267-2502 dmoore@ohsaa.org | 370 Edgington Dr. Plain City, OH 43064 614-879-6126 |

MISCELLANEOUS ITEMS

▪ Exhibition Competition

Current OHSAA regulations prohibit exhibition competition.

In order to be eligible for OHSAA recognized interscholastic competition in girls gymnastics, a school must register the sport with the OHSAA in writing, appoint a coach who meets all OHSAA and Ohio State Department of Education certification requirements and have a representative (head coach, assistant coach or athletic administrator) present at a state rules meeting.

A school sponsoring individuals, i.e. one or two competitors, could elect to have those athletes train and compete with another school's coach or with any other individual provided that individual has been Board of Education (or other governing body if in a non-public school) approved and properly credentialed. Athletes could then compete as representatives of their schools at interscholastic gymnastics competitions up to the limitation of 14 contests. **Once an athlete has competed for her school, she may NOT compete in any non-interscholastic competition.** (Sports Regulation 6.4) Another option allows athletes to continue competition with a non-interscholastic program through Sunday, January 15, 2012 the last day for non-interscholastic competition for school-sponsored gymnastics wishing to enter OHSAA tournament competition. **From January 16, 2012 until such time as a competitor is eliminated from either individual or team competition in the OHSAA tournament series, a gymnast may NOT compete for a non-interscholastic team.**

▪ Non-interscholastic Cut-off Date

As was referenced in the Exhibition Competition item above, school-sponsored gymnasts who have not competed for their schools must cease non-interscholastic competition six weeks (42 days) prior to the Monday of the week of the State Tournament in gymnastics in order to be eligible for OHSAA Tournament Competition. This year, the prohibited period is from January 16, 2012 through that date on which a gymnast is eliminated from the OHSAA Gymnastics Tournament.

This regulation has caused some difficulty for interscholastic coaches who must interpret this process to gymnasts who compete for non-interscholastic teams as well as the school team and to those athletes who compete exclusively for the school team.

It is not the position of the OHSAA to dictate philosophy or local school policy to member schools except when specifically addressed in OHSAA Bylaws and Regulations. Coaches and school administrators are strongly encouraged to establish policies relating to participation on the school's interscholastic gymnastics team well in advance of the season and to clearly communicate such policies to student-athletes and their parents. Specifically, the OHSAA asks that member school coaches whose schools will field a gymnastics team (three or more athletes in each event) adopt a policy relating to whether or not the coach will permit non-interscholastic gymnasts to join the school team on January 16, 2012.

▪ Out of Season Instructional Programs and Coaching Regulations

The following is Instructional Program Regulation 7.6 as adopted by the OHSAA Board of Directors.

Interscholastic coaches in the individual sports of **girls gymnastics**, boys and girls swimming and diving, boys and girls golf and boys and girls tennis, may coach athletes from the school where employed outside the interscholastic season of the sport. This regulation returns to the original interpretation that had always been in place relative to the "teaching professional" coach and also extends the privilege of coaching to other coaches as well, thus solving the issue of equity and fairness. This regulation also includes the stipulation that no coach may require participation until the official start of the interscholastic season, the length of which and number of contests being maintained.

▪ Professionalism

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the competition and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

Also, **Bylaw 8-3-1** of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the contest. Officials and coaches must "keep their cool" during the contest so that all teams have an equal opportunity to win under the rules. It must be remembered at all times that the competition is being conducted for the athletes. Neither officials nor coaches would be involved except for the athletes.

A reminder to all judges: Please do not make any comments to other judges or coaches about scores, conferences, your judging event other events, or any results on the competitive floor. This regulation applies to all level meets including duals, invitationals, sectionals, districts, and state tournaments. Unprofessional behavior will subject a judge to the possibility of not being assigned to future meets. **Coaches** are reminded to always be professional in addressing the meet referee and to never have any direct communication with judges on the floor. The meet referee is the liaison between the judges and coaches and can be addressed for any questions on the competitive floor.

Affiliation- The regulations regarding affiliation are NOT meant to prevent officials from judging, but to prevent unfair situations for the gymnasts. An affiliated judge can be a support judge or a meet referee but not a head judge. Affiliation of an official at a specific meet refers to:

1. An immediate family member (parent/step parent, grandparent, sibling, or any other member of a household) of a competing gymnast, or of the gymnast's coach(es) or of the club owner whose team is competing.
2. A person on the payroll of a competing club
3. A team member or parent of a Women's Artistic team member or a competing club
4. A coach of a club that has gymnast(s) competing in the meet
5. A club owner whose club has a gymnast who is competing in the meet
6. Any sport science professional that is paid for ongoing services for a competing gymnast

• Coaches' Comments to the News Media – OHSAA Sports Regulation B under Media Regulations

OHSAA Bylaw 8, Section 2, reads in part, "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials." Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure. Failure to follow this request will result in disciplinary action.

▪ Pre-Season Preparations

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to competition days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

▪ Scheduling Conflicts

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES.** When dates, times, and / or locations are changed it not only affects the officials scheduled for that contest, but also other contests they are scheduled to work. Thanks so much for your assistance!

- **Selection of Gymnastics Tournament Officials**

In order to be considered for Tournament assignment, an official must meet the following minimum standards:

District – Must be a Class 1 (Level 9-10) or Class 2 (Level 7-8)

State – Must be a Class 1

Must complete and file a yearly review exam

Must complete and file an application

Must have officiating experience in the position for which the application is made

Must not be a current high school head coach

Must attend a state rules interpretation meeting

Panels will be assigned after all applications are received and reviewed.

- **Protecting Athletic Eligibility**

If you have not received copies of the 2010-2011 OHSAA Athletic Eligibility Information Bulletin, entitled "*Your Athletic Eligibility*", which is written to explain the rules to coaches and student-athletes and their parents, please note that a sample has been enclosed with this mailing. See your school administrator for additional copies if these have not been distributed to your athletes.

The OHSAA now requires all schools and coaches to conduct pre-season orientation meetings for student-athletes and their parents. These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, issues involving sporting conduct, OHSAA eligibility rules, concussion management and anabolic steroids and details concerning the gymnastics program. The eligibility bulletins could be presented at this time. Please remember that when parents sign their consent for their son or daughter's participation in interscholastic athletics on the OHSAA consent form which is part of the Pre-participation Physical Exam, they also are indicating that they have read and understood the OHSAA Athletic Eligibility Information Bulletin. An instructional DVD and agendas have been provided to your school to assist with these mandatory preseason meetings. Failure to conduct these meetings shall require a \$500 fine per meeting.

- **Inquiries**

Our OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides gymnastics regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your Gymnastics Advisory Committee Officers are another great resource for you as well. Their contact information is provided in this manual.

- **Ejection Report Forms**

COACHES/PLAYERS EJECTION FROM A GYMNASTICS COMPETITION

Officials shall file a written report with the school and the OHSAA office whenever a coach or a competitor is ejected from a contest. Use the Special Report Form provided to all officials. The form may also be obtained by contacting the Association office or the local officials' association secretary. In addition, the official should telephone the school principal or athletic administrator no later than the next business day after the ejection unless the official has notified that administrator at the contest site. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or competitor is ejected from a contest, home or away. See the Sports Regulations enclosed with this mailing for the full text of the regulations governing player and coach ejections.

Any verbal abuse or unsporting conduct which occurs during any high school gymnastics competition should be considered for ejection from that competition. This applies to either the coach or the athlete. Officials should use discretion and, perhaps, issue a warning to the athlete and coach. Should an ejection be deemed necessary, it should be reported to Dr. Deborah Moore, Associate Commissioner with the name of the individual involved, the school name, and the circumstances surrounding the incident as described above.

In addition, any coach who is ejected from a contest for unsporting conduct as described above, in addition to the two contest denial of participation shall be fined \$100 and shall take the NFHS "Teaching and Modeling Behavior" which must be completed within 30 days of the ejection. This course can be taken online at www.nfhslearn.com

▪ Pupil Coaching Permit

All coaches in Ohio, paid and volunteer, must have the Pupil Coaching Permit among other requirements in order to coach in a member school. The OHSAA is committed to insuring that interscholastic coaches who work with young people in Ohio's schools are compliant with these requirements which are codified not only in OHSAA Bylaw 6 but also in Ohio's Administrative Code. In order to coach in Ohio, a coach must have:

1. Board approval
2. A Pupil Coaching Permit issued by the State Department of Education
3. A certificate indicating completion of the NFHS Fundamentals of Coaching course (go to www.nfhslearn.com to complete.)
4. A valid CPR card
5. A current FBI/BCI check

Failure to have any of these items renders the coach ineligible to be involved in interscholastic coaching. The OHSAA, in accordance with new sports regulation 3 intends to do some random checks on these issues during the season. For any coaches who wish to coach gymnasts during the OHSAA tournaments, we will be requesting proof of these permits before the coach will be able to participate. Please see your principal or AD and make every effort to secure these requirements BEFORE the season begins. Failure to have the proper credentials shall result in a fine of \$250 per coach.

RULES FOR OHSAA COMPETITION

GENERAL RULES

1. All OHSAA policies, rules and regulations shall be followed.
2. Regulations and rules for competition are based on the *Junior Olympic Code of Points*, *The Women's Program Rules and Policies* and a modified USAG Level 8-9-10 Program. Requirements and restrictions will be as published in this handbook. The OHSAA will allow the performance of any "C" and "D" elements. The "C" and "D" elements will receive value part credit and will be eligible to fulfill special requirements for Bars, Beam and Floor Exercise. Any "E" element performed will receive "0" for the value part credit and will be subject to execution deductions.
3. Rules are interpreted by the State Rules Interpreters.
4. Rules Interpretation Meetings are held for the purpose of clarification of rules, regulations, policies and tournament procedures. An OHSAA State Rules Interpreter conducts each meeting. Corrections and clarifications will be published and sent to schools registering girls gymnastics and to officials.
5. The decisions of the contest officials are final.
6. Judging at all competitions will be in increments of .05.
7. In general, USAG Guidelines for Judging the Junior Olympic levels of competition are followed. Specific situations and the appropriate judging responses are published in the *Junior Olympic Code of Points*.
8. **No flash photography shall be permitted during competition.** It is required that this statement be announced prior to competition.
9. It is recommended that no gymnast scores lower than 3.0.
10. It is recommended that start values be flashed at all invitational competitions and district and state tournaments with the start value flash cards provided by the tournament or meet manager. Start values may be flashed at other meets if provided by the meet manager.
11. Clarification regarding bleeding injuries
Take steps to stop the bleeding immediately and cover the wound as soon as possible. However, a bleeding wound (nor any other injury due to a fall) does not give the athlete the right to repeat her exercise or resume from where she left off. If the 30 or 45 second fall time (BB or UB respectively) is exceeded before the wound can be covered, then the routine is terminated. If there is blood on any equipment or mats after a gymnast finishes her exercise, the blood must be removed prior to the next athlete beginning her routine.
The coach and athlete have the right to determine if the athlete can continue the routine after a fall (within the fall time limitations); however, it is advised that any recommendations from medical personnel be heeded, in the best interest of the athlete's safety.
The meet hosts should consider providing a small first-aid kit including tape, gauze or band-aids at each event, especially if there is no trainer available, so that these items could be accessed quickly.

EVENT REGULATIONS AND MODIFICATIONS

VAULT – Refer to the JO vault values chart found in this OHSAA publication – VAULT TABLE REQUIRED FOR ALL INTERSCHOLASTIC COMPETITION

1. The OHSAA has adopted the USAG Level 9 Vault Table. Go to www.usa-gymnastics.org for the updated vault table. **Exception: for high school competition vault #4.102, RO, FF on- Repulsion ½ off start value will be 8.7.**
2. Judges shall use the start value of the vault performed; however, it is still necessary to announce or flash the intended vault number.
3. **Round-off entry vaults must be done with a safety collar. This requirement applies for both training and competition. The vault is void if performed without a safety collar. The safety collar must be placed in the proper direction for round off entry vaults.**
4. The OHSAA requires the padding of the upright of the vault table and of covering any weights placed on the vault base for stability.
5. Manufactured hand placement mats, Velcro side down, shall be required for both warm-ups and competition. Note: No sting mat on the vault board is permitted.
6. For twisting vaults #1.105, 1.205, 1.305, 1.206, the turn may be performed in either direction.
7. For all vaults, the coach is permitted to stand in between the board and the table with no deduction.

UNEVEN PARALLEL BARS

1. Value Part Requirements: 4 "A's" @0.10 each, 4 "B's" @0.30 each, 0 "C" Basic Start Value - 9.7 points
2. Additive Value for Connection Value or allowable Difficulty Value = maximum 0.30 point. Maximum start value = 10.0.
3. All "B", "C" and "D" elements are allowed.
4. Special Requirements (4 at 0.20 each) – Refer to the JO Code of Points – Level 8 Requirements
 - a. 1 Bar Change
 - b. One "B" flight element (not the dismount) or one "B" element with a direction change (not the mount or dismount)
 - c. A minimum of one "B" element from Groups 3, 6 or 7 – same or different
 - d. Minimum of "A" dismount (no dismount = -.30 deduction taken from the start value).
5. The following skills may be used in OHSAA girls gymnastics competition only with no value part.
 - a. Glide, single leg stoop through to stride support on low bar
 - b. Single leg circle forward or backward (stride circle)
 - c. Single leg basket swing with straight legs to finish in stride support or single leg rear lying hang (catching high bar)
 - d. Low bar pullover mount
 - e. Stem rise (from hang on HB or rear lying hang to outer front support on HB)
 - f. Counterswing (in hang on HB) forward and back to stand or squat stand on low bar
 - g. Front support on low bar, underswing to stand; also with ½ turn or full turn (less than "A", may be considered a dismount) {- .20 for no "A", but not -.30 for having no dismount}
 - h. Horizontal cast will be allowed for counting skills, but appropriate deductions will be taken.
 - i. Low bar underswing dismount
6. Short Exercise - If a gymnast performs less than five value parts including counting skills and does not continue, a deduction of 2.0 shall be taken from the average score by the chief judge – See JO Code of Points.
7. All composition deductions will be applied during the competition season.
8. The touch warm-up time for Bars is now 30 seconds per gymnast. The setting of the bars will NOT be included in the touch warm-up time.
9. Fall time is 45 seconds.
10. OHSAA will use Level 8-10 angle deductions for handstands and casts.
 - a. 0-10° from vertical = "B" value part is awarded with no deduction for amplitude of cast
 - b. 11-20° from vertical = "B" value part is awarded , 0.05 deduction
 - c. 21-30° from vertical = no value part is awarded, -.0.10 deduction
 - d. 31-45° from vertical = no value part is awarded – 0.15-0.20 deduction
 - e. 46° from vertical = no value part is awarded – 0.25-0.30 deduction (maximum deduction = horizontal or below)
11. There will be no casting deductions for back or front hip circles in the High School program. Any casts will still be subject to execution and body posture deductions.
12. All clear hips will be awarded at least "B" value if their hips remain away from the bar the entire circle. Any clear hip ending at horizontal or below will receive "B" value part and a 0.2 amplitude deduction if the body is at horizontal or lower. Execution errors still apply. The angle shall be evaluated after the wrist shift.
13. There is no deduction for routines that do not show balance between pirouettes and flight.
14. Choice of elements up to 0.25
 - a. Failure to perform forward and backward circles and releases – 0.05
 - b. Lack of variety in elements and connections – up to 0.1
 - c. Choice of elements not up to competitive level (OHSAA) – up to 0.1
15. To encourage a variety of dismounts, there will not be an angle of casting deduction taken before the dismount. Poor body, legs and arms deductions will be taken.

BALANCE BEAM

1. Value Part Requirements: 4 "A's" @0.10 each, 4 "B's" @0.30 each 0 "C"
2. Basic Start Value - 9.7 points
3. Additive Value for Connection Value or allowable Difficulty Value = maximum 0.30 point. **Maximum start value = 10.0 points; Value Parts of "A", "B", "C" and "D" elements are allowed.**
4. Special Requirements (4 at 0.20 each) – Refer to JO Code of Points- Level 8
 - a. Acro series of 2 or more elements only one of which must have flight
 - b. One leap or jump requiring a 180° split
 - c. Minimum of 1/1 (360°) turn or more on one foot
 - d. Minimum of "A" dismount – aerial or salto is required; no dismount = -0.3 deduction taken from the start value
5. Short exercise –Exercise is less than 30 seconds, deduct 2.0 from the average score by the chief judge.
6. The time limit for beam is a maximum of 1:30. A warning will be given on beam at 1:20. The overtime deduction is 0.1 from the average score. If the time is within a fraction of a second over the time allotment, do not take the time deduction.
7. Fall time is 30 seconds.
8. All composition deductions will be applied during the competition season.
9. Group 1, 6, 7 and 8 rolls may be used to fulfill the compositional requirement of a forward or sideward and backward acrobatic element.
10. Acro Series Special Requirement – Clarification that the flight element may be from the Roll category (example: dive forward roll).
11. OPTIONAL BEAM ACRO SERIES CLARIFICATION:
Connecting elements in an Acro series: The landing leg or the free leg must be the take-off leg for the next element. If both feet land at the same time, the take-off must be a jump from two feet. During the step between the elements, the free leg must be no higher than 45 degrees or the series will be considered broken.
The following is an example of an acro series that is considered NON-CONNECTABLE, regardless of how quickly they are performed:
Back Walkover (or back handspring step-out) to Round-off (or cartwheel):
In this example, the first element lands on one foot, then the second foot is placed on the beam behind in a lunge; the gymnast then leans forward to initiate a Round-off (or cartwheel).
Note: The only way these two elements could connect legitimately is by landing the first element on one leg and swinging the other leg forward to step into the Round-off (or cartwheel); that would mean performing the two skills on opposite legs. Of course, the gymnast could do a Right BWO and switch legs to land on the Left foot so that she could then step forward on the Right leg to initiate a Right Round-off (or cartwheel).
12. The Back salto stretched with step-out and gainer back salto stretched with step-out will be considered as "C"/"D" value respectively when awarding Connection Value. "D" Difficulty Value bonus of +0.1 will still be given.
13. Acro Series- For any attempt to do the acro series which has a stop or fall, a 0.20 will be applied for no special requirement plus the fall deduction. If only one acro skill is performed in the routine without attempting a second acro skill following the first skill, the -0.20 for no special requirement and -0.30 for NOT attempting to do two acro skills in a row.

FLOOR EXERCISE

1. Value Part Requirements: 4 "A's" @0.10 each, 4 "B's" @0.30 each , 0 "C"
2. Basic Start Value - 9.7 points
3. Additive Value for Connection Value or allowable Difficulty Value = maximum 0.30 point. **Value Parts of "A", "B", "C" and "D" elements are allowed. Maximum start value = 10.0.**
4. Special Requirements (4 at 0.20 each) Refer to JO Code of Points – Level 8
 - a. Acro series with 2 saltos or 2 directly connected saltos (the saltos may be the same or different)
 - b. Three different saltos within the exercise
 - c. Dance passage with two different elements from Group 1 (directly or indirectly connected) – one a leap with 180 degrees cross or side split
 - d. Minimum of "A" salto performed as last isolated salto or in the last salto connection
5. Lack of minimum of "B" salto -30
6. Short exercise – See JO Code – Exercise is less than 30 seconds, deduct 2.0 from the average score by the chief judge.

7. All composition deductions will be applied during the competition season.
8. Timing - The maximum time limit for floor is 1:30. The overtime deduction is 0.10 from the average score. If the time is within a fraction of a second over the time allotment, do not take the time deduction.
9. FLOOR MATS: Spring/Reflex floors shall be used at OHSAA Tournaments. They may be used in regular season competition by mutual agreement of participating schools.

APPARATUS SPECIFICATIONS

The following applies to all events: Up to 9" of any combination of additional matting (skill cushion or sting mat) are allowed in addition to maximum allowable competition landing surface of 24 cm. One manufactured skill cushion or sting mat may also be used in addition to the maximum allowable landing mats. If the skill cushion is 8" in thickness, it must be a minimum of 5' x10'; however, it is recommended that the skill cushion be as close as possible to the dimensions of the competition landing mat. Abutted mats: When two mats are abutted, they should be secured at the joining with ties or tape to prevent an open space between the mats. A sting mat may also be used by itself or in addition to the skill cushion.

In addition to what is currently allowed for Optional competitions for mounting the apparatus (as found in the *Rules and Policies*), the gymnast is allowed to stand on an 8" skill cushion for uneven bars or balance beam mounts.

VAULT

The vault table is required. For round off entry vaults, a manufactured safety collar must be used for training and competition.

Vault Table Height = 100 cm + or – 1 cm minimum to 135 cm + or – 1cm maximum

Measurement is from the front of the table

Runway: Length = 76' minimum, 82' maximum .

Matting for Landing Area: A minimum of 6' wide x 12' long x 4-4 3/4"(12 cm) thickness is required over the base mat. An 8' x18' mat is recommended. An additional 4" or 4 3/4" landing mat may be used.

Any combination of matting systems is permitted provided that the total thickness does not exceed 10" \pm 3/4" (24 \pm 3 cm) and all landing mats are uniform in width and length.

VAULT EQUIPMENT:

1. The regulation landing mats (plus allowable skill cushions) may be placed on top of a solid foam pit landing area for vault.
2. All manufactured models of the new vault table (including "retro-fit" tables that are inserted into the uprights of the old horse) are allowed for Jr. Olympic competition, provided that they are capable of being adjusted to the various height specifications allowed for Jr. Olympic athletes. A mat is required to be placed in front of the support of the vault table. A mat may be used which is no higher than the low edge of the front of the board.
3. No sting mat on the vault board is permitted.
4. No tape or chalk is permitted on the vault table.
5. Manufactured hand placement mats, Velcro side down, shall be required for both warm-ups and competition.
6. It is permissible to place athletic tape, Velcro strips or small chalk marks along the width of the vault runway. The markings should be removed no later than at the end of rotation.
7. Recommended for 2011-12 (**required in 2012-13**) – **Runway** – Thickness: a minimum of 1 3/8" (+/- 1/8") is required for the vault runway. Note: Midwest Gymnastics in Indiana can provide this runway at a discounted cost of \$650 to Ohio schools. Contact Nick Kemp at 800-876-3194.

UNEVEN BARS

Low bar = 166 \pm 1 cm High bar = 246 \pm 1 cm

Bars must close to a minimum of 130 cm and extend to a maximum spread of 180 cm.

In accordance with Junior Olympic guidelines, based on the best interest of the gymnast's safety, it is permissible to adjust the high bar and/or low bar to a height which exceeds (or is lower than) the F.I.G. specifications provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus. In addition, the distance (spread)

between the bars may be set to the preference of the athlete, provided after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.

Schools with Bars that do not extend to 130 cm should inform visiting school at least a week in advance. (See coaches' agreement regarding equipment specifications).

Tournament: Uneven Bars will extend to 180 cm .

Measure: Height of bars from the top of the rail to the floor.

Width between the inside of the rails by vertical (plumb) line.

Mount and Dismount Areas: 18' minimum forward and rearward of the center of the bars is recommended.

Matting: 24' long x 6' wide x 4-4 3/4" thick. 8' width is recommended.

A minimum of 12' from the center of the bars to the front and 12' to the rear. Matting may be adjusted up to 4' forward or backward for dismounts.

An additional 4 3/4" or 4" landing mat may be used.

Any combination of matting system is permitted provided that the total thickness does not exceed 10" \pm 3/4" (24 \pm 3cm) and all landing mats are uniform in width and length.

BALANCE BEAM

Height = 120 cm (47" \pm 1/4") or 125 cm

Measure at both ends from the top of the beam to the floor.

Mount and Dismount Areas: 18' from each end of the beam is recommended.

Matting: Under the beam, a minimum of 6' wide x 4-4 3/4" thick.

Landing area, a minimum of 6' wide x 12' long x 4-4 3/4" thick.

When space filler matting is needed to extend regular matting under the beam, the height and density of the filler matting should be as equal as possible to the regular matting.

Note: If a landing mat is not provided at both ends of the beam, the area designated as "not a landing area" must be matted a minimum of 6' wide x 3' long x 4-4 3/4" thick. Schools should be informed one week before the meet when only one end dismount area is available. An additional 4 3/4" or 4" landing mat may be used.

Any combination of matting system is permitted provided that the total thickness does not exceed 10" \pm 3/4" (24 \pm 3cm) and all landing mats are uniform in width and length.

FLOOR EXERCISE

12 m x 12 m (39' 4 7/16" x 39' 4 7/16")

Measure from the outside of the parallel boundary lines.

Matting: 1 1/4" + 1/4" thick ethafoam or similar cushion material, covered with carpet, naugahyde or similar material; or, a wrestling mat. **Mats must be clearly marked to indicate actual boundary lines. Failure to mark mats will result in a -.10 neutral deduction taken from average.**

Two additional mats (skill cushions – each a maximum thickness of 8 inches/20 cm) can be placed separately on the floor exercise area.

- If the skill cushion is 8" in thickness, it must be a minimum of 5' by 10'.
- A "sting" mat may also be placed on top of each of the up to 8" skill cushions.

Note: The additional matting does not have to be removed during the exercise.

All abutted mats should fit together without separation or be taped.

Spring/Reflex floors may be used in OHSAA Tournament Competition.

A spring/reflex floor may be used in other competition by mutual agreement of all participating schools.

SPRINGBOARD:

Height = 22 cm \pm 1.5 cm

Measure from the top of wood at the highest point to the floor.

1. The gymnast may use a springboard to mount.
2. MOUNTING RULES FOR BARS AND BEAM:
3. Standing mounts: The gymnast may stand (with or without a board) on one or two competition landing mats, and may also stand on an "up to 8-inch skill cushion" (sting or throw mat" that is placed on the competition landing mat(s) for dismount purposes.

4. Mounts using a spring board: The board may be placed on one competition landing mat(s) (one or two 10-12 cm mats or one 20 cm mat) or on the supplemental matting of 5-10 cm. (sting mat or 4" throw type skill cushion)
5. The board must be removed as soon as possible after the gymnast has mounted. If not removed, a deduction of 0.30 is taken from the average score by the Chief Judge.
6. Mounts that are preceded by one element prior to take off from the board will be allowed. If more than one element is performed before take-off from the board, a 0.20 deduction is taken by each judge. However, only the movement done after the feet leave the board will be evaluated.

NON-REGULATION AND FAULTY EQUIPMENT:

1. The Meet or Tournament Director/Manager shall measure apparatus at all meets and OHSAA tournament competition.
2. When equipment does not meet the specifications listed herein, opponents should be notified at least one week in advance. See "Coaches Agreement." When equipment is not regulation, the visiting team has the choice of changing the meet site, or the meet would be declared a "no contest".
3. When equipment breaks during warmups or competition and cannot be replaced or repaired, the same procedures should be followed as for non-regulation equipment.
4. When equipment is faulty, or other problems arise, the Meet Referee/Chief Judge of the event will decide to allow or disallow the gymnast to repeat her exercise. If the gymnast repeats the exercise, her score for the event will be the score earned on the repetition.

WARNING:

1. Risk of injury to an athlete can be minimized, but this risk can not be eliminated. Apparatus should be inspected for flaws that might lead to apparatus failure. Gymnasts should be in good health and trained to perform the skills included in each exercise.
2. When the coach or supervisor is not in the room, the gymnasts or any other students or individuals should not use apparatus and/or equipment.
3. A bonded manufacturer of gymnastics apparatus or mats should manufacture apparatus. No apparatus should be altered except with a part, or parts, specifically designed for the purpose and manufactured by a bonded company.

UNIFORMS

The OHSAA shall follow the USAG Junior Olympic rules for competition in regard to competitors' uniforms. Therefore a gymnast shall present herself in the proper attire for both warm-ups and competition. (No bare midriffs, backless leotards, T-shirts, Boxer or compression shorts). Leotard and/or warm-up suit shall be worn for opening, closing and award ceremonies. Leg opening on competitive leotards must NOT be cut or rolled above the gymnast's hip bone. A deduction will be applied for an infraction. For competition, the gymnast may wear a sleeveless leotard and may be barefooted or wear gymnastics footwear. Clarification: If underwear is visible due to the cut of the leotard, warn the coach of the athlete. If they do not correct it, take a deduction on the subsequent event. Underwear should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take the deduction. Judges need to use common sense. Sports bras if visible must be the same color as the predominant color of the upper portion of the leotard which surrounds the sports bra.

NOTE: Leotards may have the school name or the school's mascot on them, but they may not display any other marking except as is permitted within the OHSAA uniform regulations contained within this publication.

For a competitor who presents with improper attire during touch warm-ups and/or competition, a 0.20 deduction shall be taken from the gymnast's first event score when it is noticed by the officials, following a warning. This deduction shall be taken by the meet referee. Please note: proper competition uniform consists of a leotard only.

For the pre-meet or tournament parade or march, athletes must be attired in warm-up clothing or school-issued uniforms. If there is no regular team uniform, the gymnasts may march wearing identical tee shirts with school logos and shorts or warm-up pants.

Note: During general warm-ups, athletes are not permitted to wear improper attire such as compression shorts, boxer shorts, tee shirts, etc. The reason for this prohibition is the safety of the gymnast, and the OHSAA strongly discourages any deviation from this recommendation; however, there is no penalty for failure to comply.

It is unacceptable and shall be considered **unsporting conduct** (subject to ejection) if a student-athlete removes her leotard in any area within the view of the public. This includes but is not restricted to the competition and warm-up areas. All facilities make locker rooms available to student-athletes, and it is in this environment that the gymnast shall make any changes of uniform.

PENALTY: Ejection from the contest for unsporting conduct. This requires that the gymnast be ineligible for the next two gymnastics contests.

JEWELRY

Jewelry is not permitted AND MUST BE REMOVED. No warning shall be issued. The deduction is .20 on the first event that it is noticed by the officials and a .30 unsporting conduct penalty for any subsequent event.

Note: In all other OHSAA adopted national playing rules, jewelry is not permitted. The ultimate responsibility for compliance with this rule rests with the coach as well as the student athlete. **NOTE:** The covering of jewelry is not acceptable. Officials are requested to insure that jewelry that is covered be removed immediately.

JUDGING FORMULA

The judging formula for OHSAA competitions will be as follows:

| | |
|-------------------------------------|-------|
| Start value | 9.7 |
| Bonus points | 0.30 |
| Maximum score | 10.00 |
| Special requirements | |
| Bars | .8 |
| Balance Beam | .8 |
| Floor Exercise | .8 |
| Execution, Composition and Artistry | 7.3 |

Presentation includes Artistry up to 0.30 pt. and Dynamics up to 0.20 pt.

Execution will include technique, amplitude, and rhythm of the elements and connections as well as the overall posture and rhythm and the specific apparatus deductions.

OHSAA TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the October Board meeting). On the web site, under "Sports & Tournaments" select gymnastics. The regulations are listed under Tournament Information on the left side.

A meeting for coaches and judges must be held prior to District competition. The Tournament Referee conducts the meeting.

Withdrawal (scratches) and substitutions of competitors:

1. A competitor may be withdrawn or substituted with another eligible gymnast at the coaches meeting before competition.
2. Competitors on a team do not have to be the same individuals who competed in the prior Tournament.
3. A coach may replace an eligible gymnast for a competitor who is injured or becomes ill during warm-ups or competition. The substitute gymnast will receive warm-up time equal to that of other gymnasts on the event, or events, at the directive of the tournament manager. The injured/ill gymnast thus replaced may be permitted to reenter the competition for any other event for which she was entered, provided she is authorized to do so by coaching staff/medical personnel.

4. A coach may choose to "scratch" an injured gymnast from an event in which she is entered rather than replace her. The gymnast will receive a "score of zero" by presenting herself for the event in her rotation and touching the apparatus.

Use of Alternates

An alternate gymnast or team may compete in the individual or team competition of the State Tournament if a qualifying gymnast or team cannot compete due to injury, illness, flagrant misconduct or ineligibility. The alternate shall be the next highest individual qualifier or team in that event or the team competition from the District Tournament. **Replacement of these athletes or the team may be made up to the time that the competition begins in that event at the State Tournament. The athlete and her coach or the next qualified team must report to Associate Commissioner Deborah Moore for verification. If the replacement can be made prior to Tuesday by 4:00 PM, the name of the competitor can be placed into the official program.**

Repetition of an Exercise

Repetition of an exercise is not permitted. Exception:

1. Whenever there is a failure of equipment during a competitive routine, the gymnast should have the option of repeating her routine in total or repeating the routine from the point of interruption (after a reasonable amount of rest, if necessary). The decision must be made prior to flashing the score. If an event occurs during a routine that is no fault of the gymnast, the Chief Judge of the event will make the decision regarding repeat of an exercise in consultation with the meet/tournament referee or acting referee. Decisions must be made promptly.
2. When an exercise is repeated the event score is the score for the second exercise.

Score inquiries must be given to the Tournament Referee by the coach within 5 minutes of the conclusion of the school's competition on the event.

Ties are broken at the district tournaments for the last qualifying place. All scores will be calculated to the thousandth place. The basic procedure followed until ties are broken is:

Individual Events

1. Math and score-sheet entries are checked for errors.
2. "Base score" is determined.
The gymnast's event score added to the chief judge's score divided by 2.
3. If both/all tied gymnasts competed in the All-Around competition, the gymnast with the highest All-Around score shall advance.
4. Competitors repeat the exercise.

Team Competition

Ties for the last qualifying place will be broken by:

1. Application of #1 above
2. A "base score", as described in #2 above, will be determined by the chief judge and tournament manager for all scores in all events for the athletes comprising each tied team (maximum number of gymnasts permitted is six).
3. The sum of the top four "based" scores in each event shall be added to determine the new team score, which will be used to break the tie for advancing to the next round of tournament competition.

All-Around Competition

1. The gymnast with the highest score on a single event shall advance.
2. Given the remote possibility that the tied competitors would be tied on all events, each separate event shall be base scored to produce a new All-Around score.

Coaches

OHSAA bylaws require that all coaches, paid or volunteer, be approved by their respective Boards of Education or governing boards (in nonpublic schools). It is imperative that only coaches who have been approved by their schools be permitted to work

with gymnasts on the floor at OHSAA tournaments, as well as during the regular season. High school principals, on the entry form, shall verify all individuals who have been approved to coach in that high school. No other individuals shall be permitted access to the competition area during OHSAA tournaments.

Representation (has not been updated yet)

GIRLS GYMNASTICS – 2012 & 2013 REPRESENTATION (Based on 2011 participation)

6 Districts

36 competitors per event for individual competition; 12 teams for team competition.

| <u>DISTRICT</u> | <u>TEAMS -</u> <u>'11</u> | 2012 and 2013 | |
|---------------------------------|------------------------------|----------------------|-------------------------------|
| | | <u>TEAMS QUAL.</u> | <u>INDIV.</u> <u>QUAL.</u> |
| Central (20) + Southeast (2) | | | |
| and East (1) | 23 | 3 | 8 |
| Northeast + East (1) | 44 | 5 | 17 |
| Northwest | 13 | 2 | 5 |
| Southwest | <u>16</u> | <u>2</u> | <u>6</u> |
| | 96 | 12 | 36 |

OHSAA REQUIREMENTS AND RESTRICTIONS – USAG MODIFIED LEVEL 8 -9-10

| | |
|--|--|
| VALUE PARTS | 4 "A"S 4 "B"S 0 "C"S |
| START VALUE | 9.7 |
| ADDITIVE VALUE | 0.3 |
| DIFFICULTY RESTRICTIONS FOR BARS, BEAM & FLOOR | Additive Value may be from either connections or "D" difficulty. "E" elements will receive "0" value part credit |
| VAULTS ALLOWED | USAG Jr. Olympic Level 9 Vault Chart shall be used. |
| SPECIAL REQUIREMENTS | <p style="text-align: center;"><u>BARS (4 at 0.2 each)</u></p> <ol style="list-style-type: none"> 1) 1 Bar Change 2) One "B" flight element (not the dismount) or one "B" element with a direction change (not the mount or dismount) 3) A minimum of one "B" element from Groups 3, 6 or 7 – same or different 4) Minimum of "A" dismount (no dismount = -.30 deduction taken from the start value) <p style="text-align: center;"><u>BEAM (4 at 0.2 each)</u></p> <ol style="list-style-type: none"> 1) Acro series of 2 or more elements only one of which must have flight 2) One leap or jump requiring a 180° split 3) Minimum of 1/1 (360°) turn or more on one foot 4) Minimum of "A" dismount – aerial or salto required; no dismount = -0.3 deduction taken from the start value <p style="text-align: center;"><u>FLOOR (4 at 0.2 ea.)</u></p> <ol style="list-style-type: none"> 1) Acro series with 2 saltos or 2 directly connected saltos (the saltos may be the same or different) 2) Three different saltos within the exercise 3) Dance passage with two different elements from Group 1 (directly or indirectly connected) – one a leap with 180 degrees cross or side split 4) Minimum of "A" performed as last isolated salto or in the last salto connection |

Range of Scores

| | |
|---------------|----------|
| 9.500 – 10.00 | 0.20 pt. |
| 9.000 – 9.475 | 0.30 pt. |
| 8.000 – 8.975 | 0.50 pt. |
| Below 8.000 | 1.00 pt. |

SUPPLEMENTAL FORMS AND INFORMATION

MEET DIRECTOR'S CHECKLIST

PERSONNEL

- ___ Judges. At least one Class 1 judge required; strongly recommend that one judge panels be comprised of Class 1 officials only. Determine number of judges by the meet format example.
Example 1: two judging panels, two events at a time, two teams with six competitors/event = approx. one hour and 20 minutes of competition
Example 2: one judging panel, one event at a time, two teams with six competitors /event = 2 1/2 - 3 hours of competition.
- ___ Timers. Beam (2) Exercise and Falls. Bars (1) Falls. Floor (1) Exercise.
- ___ Runner/Scoreflasher (1-2 per event)
- ___ Score Tabulators. (1-4)
- ___ Announcer for March-in and during meet.
- ___ Spectator Admission Fee Salesperson (1 per each entrance).
- ___ Concession Stand Committee and Sales (1-4 as needed by size of meet). Check with chairman 3 days before meet regarding supplies, beverages and foods.
- ___ Athletic Trainer/Nurse/Physician if possible.

APPARATUS AND SUPPLIES (Set up before visitor team(s)/competitors arrive.)

- ___ Vault, Uneven Bars, Balance Beam, and Floor Exercise Area.
- ___ Base & Landing Mats behind Vault and under Bars and Beam as per apparatus specifications (pp 19-21), and secured against slippage.
Additional Landing Mat available for Vault and Bars and Beam Dismounts.
- ___ Springboard(s) for Vault, Bars and Beam.
- ___ Tape measure to measure apparatus and for Vault Runway.
- ___ Chalk bin with chalk at Uneven Bars.
- ___ Music station with tape recorder.
- ___ National Anthem to play at conclusion of march-in.
- ___ Warm-up and Competition Rotation Schedules posted.
- ___ OHSAA Handbook, FIG Code of Points, copies of all OHSAA rules memos.
- ___ Awards and Awards area/platform, if awards will be presented.

JUDGES STATIONS

- ___ Desk chairs for judges. Chairs for Timers, Runner/Scoreflasher.
- ___ Green flags.
- ___ Scoreslips
- ___ Stop watches. Bars (1), Beam (2), Floor (1). Method to indicate "Warning" and "Time" - bell, whistle, voice of Timer.
- ___ Scoreflasher (1 per simultaneous apparatus competition).

TABULATOR and/or ANNOUNCER STATION

- ___ Score Tabulator's Table and chairs.
- ___ Scoresheets, calculator, pens, pencils and scratch paper.
- ___ PA system for Announcer.

OTHER AREAS

- ___ Registration table for competitors and coaches.
- ___ First Aid station, supplies and Emergency Procedures Plan (post).
- ___ Designated area for Coaches Meeting and Judges Meeting.
- ___ Hospitality Room for Judges and Coaches.
- ___ Spectator entrances. Table, chairs, stamp or tickets.
- ___ Concession stand. Table & chairs (1-2).
- ___ Check with chairman regarding supplies, beverages and foods.

DIRECTOR'S TIMETABLE

- ___ Send Coaches Agreement 2 weeks prior to meet.
- ___ Set up and measure apparatus, mats and equipment
- ___ Register competitors. Receive event line-ups from coaches.
- ___ Give line-ups to Score Tabulator.
- ___ Bar Settings (1/2 minute per competitor) and General Stretch.
- ___ Coaches meeting. (May be held after warm-ups to include Referee.)
- ___ Warm-up rotations (1 1/2 or 2 minutes per competitor).
- ___ Judges meeting.
- ___ March-in and introduction of athletes, coaches, and judges. (Plan a maximum of 15 minutes, less if possible.)
- ___ Staggered Start of competition (if used, plan 15 minutes).
- ___ Floor - Beam - Vault - Bars.
- ___ Competition begins. (Plan 3 minutes per competitor, not including march-in, staggered start, or touch warm-ups during competition time.)

COACHES MEETING

- * Inquiry management (Must be written. Give to Meet Director.
Meet Director gives to Chief Judge)
- * Signals to be used for "Warning" and "Time" (bell, whistle, voice).
- * Apparatus variations, settings, etc.
- * Emergency Procedures Plan, 1st Aid station.
- * March-in procedures - where and how to line-up, where to be on floor mat.
- * Competition rotations, touch warm-up rotations if included. Recommended:
Olympic Order (1 event or 4 simultaneous): 2 Events simultaneous:
Vault - Bars - Floor - Beam (- Vault) Vault & Bars - Floor & Beam
- * Awards management, if included.
- * Scratches and substitutions in event line-ups.
- * Meet Referee clarifies any rules and answers any rules questions.

USA Gymnastics Score Inquiry Form

Check One: Vault _____ Bars _____ Beam _____ Floor _____

Gymnast's number _____ Name _____ Score _____

This inquiry is based upon the following (check one):

1. Start Value _____

2. Neutral deductions _____

3. Score Range _____

List all elements that receive difficulty and additive value

Judges' Use Only

| Element/Additive Value | Description of Element(s) | Y | N |
|------------------------|---------------------------|---|---|
| | | | |
| | | | |
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Coach's Name _____ Team _____

| | Judge #1 | Judge #2 | Judge #3 | Judge #4 | Average |
|-----------------|----------|----------|----------|----------|---------|
| Start Value: | _____ | _____ | _____ | _____ | _____ |
| Score: | _____ | _____ | _____ | _____ | _____ |
| Adjusted SV: | _____ | _____ | _____ | _____ | _____ |
| Adjusted Score: | _____ | _____ | _____ | _____ | _____ |

_____ Score Not Adjusted

Signature of Chief Judge/Meet or Tournament Referee

REFERENCE INFORMATION

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - ❑ Joint Advisory Committee on Sports Medicine
 - ❑ Ohio Athletic Trainers Association
 - ❑ American Medical Society for Sports Medicine
 - ❑ Ohio Parents for Drug Free Youth
 - ❑ National Athletic Trainers Association (NATA)
 - ❑ Gatorade Sports Science Institute News

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with 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 include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.
10. See page 15 for specific policy related to gymnastics.

Information on Concussion Management

IMPLEMENTATION OF OHSAA SPORTS REGULATION RELATED TO CONCUSSION AND CONCUSSED ATHLETES AND RETURN TO PLAY PROTOCOL

It is important for all adults involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students.

In its various sports playing rules (and in sports such as gymnastics that do not use NFHS competition rules, the OHSAA sports regulations apply), the National Federation of High Schools (NFHS) has implemented a standard rule change in all sports dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly differently in each rule book due to the nature of breaks in time intervals at contests in different sports) states:

Last year the OHSAA Board of Directors **adopted a sports regulation** which incorporated the NFHS rules change. This regulation reads:

*Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared with **written authorization** by an appropriate health care professional. In Ohio, an "appropriate health care professional" shall be a **physician**, as authorized under ORC Chapter 4731 and includes both doctors of medicine (M.D.) and doctors of osteopathy (D.O.) and an **athletic Trainer, licensed under ORC Chapter 4755***

In January, 2011, the OHSAA Board of Directors has further defined the following parameters to guide OHSAA licensed officials, medical personnel and member school representatives in implementing this change.

1. **What are the "signs, symptoms, or behaviors consistent with a concussion"?** The National Federation rule lists some of the signs, symptoms and behaviors consistent with a concussion. The U.S. Department of Human Services, Centers for Disease Control and Prevention has published the following lists of signs, symptoms and behaviors that are consistent with a concussion:

| SIGNS OBSERVED BY OTHERS | SYMPTOMS REPORTED BY ATHLETE |
|---|--|
| <ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness • Shows behavior or personality changes • Cannot recall events prior to hit • Cannot recall events after hit | <ul style="list-style-type: none"> • Headache • Nausea • Balance problems or dizziness • Double or fuzzy vision • Sensitivity to light or noise • Feeling sluggish • Feeling foggy or groggy • Concentration or memory problems • Confusion |

2. **Who is responsible for administering this new rule?**
All adults who have responsibilities and duties in the interscholastic athletics environment are responsible: coaches, contest official, administrators and medical personnel.
3. **What is the role of coaches in administering this new rule?**
 - Coaches are to review and know the signs and symptoms of concussion and to prohibit any athlete who displays these signs or symptoms from participating in a practice or a contest.
 - Coaches are not medical professionals and have no authority to determine whether or not a student has sustained a concussion. The coach is responsible for insuring that the student's parents are notified and the student is referred to a medical professional
4. **What is the role of contest officials in administering the new rule?**
 - Officials are to review and know the signs and symptoms of concussion and to direct immediate removal of any athlete who displays these signs or symptoms,
 - An official shall not permit the athlete who has been removed under this rule to return to competition without written medical authorization presented to the head official.

- If a contest official is aware that a student has been permitted to return to competition without written authorization from a physician or licensed athletic trainer, that official shall immediately stop play and remove that student from competition and report the incident to the Ohio High School Athletic Association
 - Note that officials are not medical professionals and have no authority to determine whether or not student has sustained a concussion. The official is responsible for directing removal when he or she observes signs and symptoms that may indicate a student is concussed.
5. Who decides if an athlete has not been concussed (~~has had a concussion~~)-and/or who has recovered from a concussion?
 - Only an MD (Medical Doctor), DO (Doctor of Osteopathy), or LAT (Licensed Athletic Trainer) is empowered to make the onsite determination that an athlete has not received a concussion.
 - If any one of these individuals has answered that “yes” there has been a concussion, **that decision is final.**
 6. Can an athlete return to play on the same day as he/she receives a concussion?
 - No, under no circumstances can that athlete return to play that day.
 - When in doubt, hold them out.
 - If the event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions.
 - However, if the health care professional (MD, DO or LAT) has evaluated the athlete, who has been removed from competition due to exhibiting the signs and symptoms of a concussion, and has determined that the athlete did not sustain a concussion, that student may return to play with the submission of the written authorization by the health care professional.
 - The written authorization shall be submitted to the school administration; however, if there is no administrator on site at the competition, the authorization may be held by the host site manager or the head coach.
 7. Once the day has concluded, who can issue authorization to return to practice / competition in the sport?
 - Once a concussion has been diagnosed by one of the above listed on site providers, only an MD, DO or LAT can authorize subsequent return to play, and such authorization shall be in writing to the administration of the school. This written RTP authorization shall be kept at the school until the statute of limitations expires, which is four years from the date of the student's 18th birthday.
 - School administration shall then notify the coach as to the permission to return to practice or play.
 8. **What should be done after the student is cleared by an appropriate health care professional?**
 - After a clearance has been issued, the student's actual return to practice and play should follow a graduated protocol.
 - The National Federation has included the following graduated protocol in its *Suggested Guidelines for Management of Concussion in Sports*: (This is simply a suggested protocol. The appropriate health care professional who issues the clearance may wish to establish a different graduated protocol.)

Medical Clearance RTP Protocol

1. No exertional activity until asymptomatic.
 2. When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
 3. Initiate aerobic activity fundamental to specific sport such as skating or running, and may also begin progressive strength training activities.
 4. Begin Non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
 5. Full contact in practice setting.
 6. Game play/competition
 - **ATHLETE MUST REMAIN ASYMTOMATIC TO PROGRESS TO THE NEXT LEVEL.** (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - **IF SYMPTOMS RECUR, ATHLETE MUST RETURN TO PREVIOUS LEVEL AND SHOULD BE REEVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.**
 - **MEDICAL CHECK SHOULD OCCUR BEFORE CONTACT.**(Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity)
9. **Fundamental Reminder about this change**
 - It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that players are only put into practice or contests if they are physically capable of performing; however, all adults involved in the conduct of interscholastic competition have responsibilities in this endeavor.

Other resources

- The NFHS has developed a new 20-minute online coach education course – *Concussion in Sports – What You Need to Know*, the NFHS *Suggested Guidelines for Management of Concussion in Sports* brochure, the NFHS *Sports Medicine Handbook*, materials from the CDC “Heads Up” program and other materials should all be made available to officials, parents, students and schools.
- The Centers for Disease Control and Prevention has a publication entitled “Heads up to Schools: Know your Concussion ABC’s” – A Fact Sheet for Teachers, Counselors and School Professionals, available on its web site. Click onto www.cdc.gov/concussion to obtain this valuable publication that will assist teachers and other school personnel in making accommodations for students returning to school after a concussion.

- The following form may be used by schools to educate parents and students about this issue:

(INSERT SCHOOLNAME HERE)

Concussion Information Form

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

| | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Adapted from the CDC and the 3rd International Conference in Sport

Signs observed by teammates, parents and coaches include:

| |
|---|
| <ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays poor coordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness |
|---|

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion shall be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed Student-athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

The following forms are available on the OHSAA website and within this manual.

1. **OHSAA CONCUSSION REPORT** (to be completed by the official and sent to OHSAA whenever a student has been removed for demonstrating signs/symptoms of a concussion) - <http://www.ohsaa.org/medicine/OHSAA%20Concussion%20Report%20-%202011.docx>
2. **AUTHORIZATION TO REENTER FORM** – (to be completed by the official when an athlete who has been sent out is returned to play with proper medical authorization) <http://www.ohsaa.org/medicine/Authorization%20to%20reenter%20-%20no%20concussion%20-%20July%202011.docx>

OFFICIALS' RESPONSIBILITY

- Recognize the signs or symptoms of a possible concussion and remove the gymnast from competition
 - The responsibility of the official is limited to activities that occur on the competition floor and apparatus
 - Once the gymnast has been removed from a contest due to a suspected concussion, the coach or appropriate health-care professional(s) assumes full responsibility for that athlete's further evaluation and safety. The referee will file the OHSAA Concussion Report listed above.
 - If the student is authorized to return to play by the medical personnel, the referee will file that authorization form with the OHSAA.

The acting meet referee or the head official shall make the decision relative to removal from competition.



Ohio High School Athletic Association
 -4080 Roselea Place
 Columbus, Ohio 43214
 Telephone: 614-267-2502; Facsimile – 614-267-1677
www.ohsaa.org

OHSAA CONCUSSION REPORT

NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve to document that a student has been removed from a contest in accordance with NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's
 Name _____ Date _____

School
 Name _____

Sport _____

Level of Contest (Circle One) 7th 8th 9th JV Varsity

Official's Name _____ OHSAA Permit # _____

Comments:

Please forward to Brandy Young at the OHSAA within 48 hours.



Ohio High School Athletic Association- 4080 Roselea Place, Columbus, Ohio 43214-Telephone: 614-267-2502; Facsimile – 614-267-1677-www.ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS NOT RECEIVED A CONCUSSION

NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve as the authorization that the medical professional has examined the student on site, has determined that the student is NOT concussed, and has cleared the student to reenter the contest on the same day. The physician or athletic trainer must complete both the top and bottom portions of this form and submit to both the head contest official (top portion) and a school administrator or the head coach (bottom portion) prior to the student's entry back into the contest. The official shall make a copy of the form, retain one and forward the copy to the OHSAA.

I, _____, M.D., D.O. or A.T. have examined the following student, _____ from _____ High School/7-8th grade school, who was removed from a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student and determined that, based on current examination, **he/she has not received a concussion** and is cleared to reenter the competition today.

Signature of Medical Professional _____

Date: _____

PRESENT THIS FORM TO THE HEAD CONTEST OFFICIAL WHO WILL COPY AND RETURN TO OHSAA: ATTENTION BRANDY YOUNG

(Tear at broken line)



Ohio High School Athletic Association- 4080 Roselea Place, Columbus, Ohio 43214-Telephone: 614-267-2502; Facsimile – 614-267-1677-www.ohsaa.org

MEDICAL AUTHORIZATION TO RETURN TO PLAY WHEN A STUDENT HAS NOT RECEIVED A CONCUSSION

NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve as the authorization that the medical professional has examined the student on site, has determined that the student is NOT concussed, and has cleared the student to reenter the contest on the same day. The physician or athletic trainer must complete both the top and bottom portions of this form and submit to both the head contest official (top portion) and a school administrator or the head coach (bottom portion) prior to the student's entry back into the contest. The official shall make a copy of the form, retain one and forward the copy to the OHSAA.

I, _____, M.D., D.O. or A.T. have examined the following student, _____ from _____ High School/7-8th grade school, who was removed from a _____ (sport) contest at the _____ level (V, JV, 9th, 7-8th) due to exhibition of signs/symptoms/behaviors consistent with a concussion. I have examined this student and determined that, based on current examination, **he/she has not received a concussion** and is cleared to reenter the competition today.

Signature of Medical Professional _____

Date: _____

PRESENT THIS FORM TO THE SCHOOL ADMINISTRATOR OR HEAD COACH

Note: The school must retain this form for seven years after the student's 18th birthday.

OFFICIALS

GENERAL NOTES TO OFFICIALS

The sport of girls gymnastics is indeed a unique and wonderful sport, and the process for registering for an OHSAA license to officiate and for maintaining active status is also unique. Most officials understand that in order to become registered as a Class 1 Girls Gymnastics official, they must provide to the OHSAA officiating department a copy of their USAG Joint Certification (Level 9 or better) at the time application is made. In order to receive a Class 2 license, the official must provide the OHSAA with a copy of the USAG Joint Certification (Level 8) at the time of registration. An official will then be required to complete, return and pass the take home review exam by the deadline and attend a state rules meeting, when scheduled, in order to retain active status. After having been registered, the renewal period is from June 1 - July 1 each year. During that time, officials should send the renewal fee to the officiating department.

Failure to renew one's license does result in the suspension of the official; however, the gymnastics official may be reinstated to full status by reapplying, sending the joint certification, passing the review exam and attending a rules meeting, when scheduled. There are no other penalties incurred except those suspended officials will not be assigned to work OHSAA tournaments.

There are many benefits that accrue to OHSAA registered officials. It may be useful to note some of these for our gymnastics officials:

- a. Receipt of all rules books and materials including the JO Code of Points once each quadrennial
- b. Membership in the National Federation Officials Association
- c. Eligibility for recognition for honorary awards such as the National High School Sports Hall of Fame, the NFOA National and State Distinguished Service Awards and the OHSAA Officials Hall of Fame
- d. Opportunity for professional affiliation and growth
- e. Most importantly - the chance to work with young people who are committed to interscholastic gymnastics

Please feel free to direct any inquiries regarding officiating to Mr. Henry Zaborniak, OHSAA Assistant Commissioner, at the OHSAA.

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics** and **Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the contest and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of **tobacco and related products** at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.

PRE-SEASON PREPARATIONS

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

ADDRESS CHANGES

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

Address changes are now to be submitted via www.myOHSAA.org . Please log-on in order to make the appropriate changes.

STATE TOURNAMENT OFFICIALS SELECTION PROCESS

All girls gymnastics officials who have a Class 1 license, have completed an annual review exam and attended a state rules interpretation meeting are eligible for assignment to the Girls State Gymnastics Tournament. In order to be considered, the official must complete an application, which will be sent in October. The selections of officials to work the tournaments will be made by OHSAA staff in conjunction with state rules interpreters taking into account the official's experience, NAGWJ rating, event preference and availability. No official is guaranteed assignment to both days of the tournament. In addition, although proportional representation is not a requirement, the assigners will attempt to balance the panels in terms of the athletic district where each official resides.

It is anticipated that contracts will be released in December.

UNIFORM REQUIREMENTS

In accordance with Board of Directors-adopted regulations printed in the 2011-12 OHSAA Handbook for Officials, the required uniform for girls gymnastics officials consists of the OHSAA red sweater with a white shirt and blue or black dress pants. This uniform is mandatory in all regular season competitions. Note: The official NAWGJ Judges Uniform shall be worn for invitational and OHSAA tournaments.

WEBSITE RESOURCES

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on "officiating" on the left side of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- [OHSAA Officiating FAQ's](#)
- [OHSAA Rules Meetings](#) - information on local & state meetings, how to maintain your officiating permit
- [Directory of Officiating Information & Forms](#) - assigners, instructors, local & district secretaries, OHSAA staff
- [How To Become an OHSAA Official](#) - info for beginning and experienced officials, suspended and retired officials wanting to reinstate
- [How To Change The Status Of Your Officiating Permit](#) - information on upgrades, retired status, active military duty and address changes
- [How To Renew Your OHSAA Officiating Permit](#) - information on annual renewal procedures and fees
- [Game Assignments](#) - regular season and tournament selection processes and voting results
- [Officials Needed Posting](#)
- [Coach and Player Game Ejections](#) - ejection forms and procedures
- [Officiating Uniforms, Equipment and Supplies](#) - uniform regulations, authorized dealers, pins & patches
- [Officiating Ethics and Code of Conduct](#)
- [OHSAA Officiating Hall of Fame](#) - members, selection process and banquet information
- [OHSAA Officiating Clinics](#)

TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the October Board of Directors meeting). On the web site, under "Sports & Tournaments" select gymnastics. The tournament regulations are listed under "Tournament Information" on the left side.

OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under "Sports & Tournaments" select gymnastics. The General Sports Regulations are listed under 2012 Gymnastics Info on left side.

OHSAA GYMNASTICS SPORTS REGULATIONS

8. GYMNASTICS – GIRLS

A. GENERAL REGULATIONS

1) Individual Non-Interscholastic Competition Dates:

A gymnastics athlete who has not participated for the school in gymnastics that season must cease non-interscholastic gymnastics competition six weeks (42 days) prior to the Monday of the week of the state tournament in gymnastics in order to be eligible for OHSAA tournament competition.

In addition, an athlete who has participated for the school in gymnastics who violates this non-interscholastic competition date by participating in a non-interscholastic contest in gymnastics shall be ineligible for OHSAA tournament competition in gymnastics in addition to any other penalties that may be prescribed.

Date: January 16, 2012

2) Interscholastic Participation

To be eligible for the team event competition in the OHSAA tournament in girls gymnastics, a school shall compete in a minimum of two interscholastic contests as a team (3 or more athletes in each of the four events) prior to the OHSAA Tournament.

3) Ejection for Unsporting Conduct

See *Ejection Policies for Players and Coaches* under Sections 12 and 13 of the General Sports Regulations.

4) Out-of-State Travel

A gymnastics team may travel out of state to compete in contests (as there are no scrimmages or previews permitted, this means any regular season competition) in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a gymnastics team may travel out of state onetime ~~per sport~~ per interscholastic season to compete in contests in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

"School time" is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. Penalty for violation: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise non-school day(s) becomes a school day(s) in order to make-up for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
 - 2) The school receives written permission from the Commissioner's office at least one week in advance of the scheduled event.
- A gymnastics team may not travel out of state only to practice.

5) Non-Interscholastic Participation

- 5.1) A member of an interscholastic gymnastics squad (any student who has participated in a regular season/tournament contest sponsored by the Board of Education) shall not participate in a non-interscholastic contest as an individual or a member of team in the sport of gymnastics during the school's season (Sports Regulation 6.4).
- 5.2) Interscholastic gymnastics coaches may coach athletes from the school where employed outside the interscholastic season of the sport. No coach may require participation until the official start of the interscholastic season.

6) Penalties

The maximum penalty for violation of Sports Regulation 6.4 (participation with a non-interscholastic gymnastics squad while a member of the school's interscholastic gymnastics squad) or any OHSAA regulations for any member of the school squad EXCEPT a senior is ineligibility for the remainder of the interscholastic gymnastics season or the ensuing gymnastics season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

B. SPECIFIC REGULATIONS – Grades 9-12

- 1) Coaching and instruction may begin – November 4, 2011
- 2) First contest – December 5, 2011
- 3) Deadline date for OHSAA tournament – January 23, 2012
- 4) Tournament draw/seeding meeting – January 29, 2012
- 5) Coaching and Season end with the State Tournament – March 3, 2012
- 6) Scrimmages – None permitted.
- 7) Regular season contests – 14 for team and individuals; no limit on number of opponents.
- 8) Rules – U.S.A. Gymnastics
- 9) Officials
 - 9.1) Varsity – Minimum of one OHSAA Class 1 judge required. It is strongly recommended that two Class 1 judges officiate each meet. Class 2 judges may be utilized, but it is highly recommended that a Class 2 official judge with a Class 1 official.
 - 9.2) Reserve/Junior Varsity – Minimum of one OHSAA Class 1 or 2 judge recommended.
 - 9.3) Freshman – OHSAA Class 1 or 2 or non-registered level 8 JCI or higher recommended.

C. SPECIFIC REGULATIONS – Grades 7 & 8

- 1) Coaching and instruction may begin – November 4, 2011
- 2) First contest – December 5, 2011
- 3) Coaching and Season end with the State Tournament – March 3, 2012
- 4) Scrimmages – none permitted.
- 5) Regular season contests – 12 for team and individuals.
- 6) Rules – U.S.A. Gymnastics
- 7) Officials – Minimum of one OHSAA Class 1 or 2 or non-registered level 8 JCI or higher recommended.

| Gymnastics | 2011-2012 | 2012-2013 | 2013-2014 | 2014-2015 | 2015-2016 | 2016-2017 |
|--------------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Coaching Begins | 11/4 | 11/2 | 11/1 | 11/7 | 11/6 | 11/4 |
| Season Begins | 12/5 | 12/3 | 12/2 | 12/8 | 12/7 | 12/5 |
| Non-Interscholastic Date | 1/16 | 1/14 | 1/13 | 1/19 | 1/18 | 1/16 |
| District | 2/13-2/25 | 2/11-2/23 | 2/10-2/22 | 2/16-2/28 | 2/15-2/27 | 2/13-2/25 |
| State | 3/2-3/3 | 3/1-3/2 | 2/28-3/1 | 3/6-3/7 | 3/4-3/5 | 3/3-3/4 |
| Season Ends | 3/3 | 3/2 | 3/1 | 3/7 | 3/5 | 3/4 |
| Easter | 4/8 | 3/31 | 4/20 | 4/5 | 3/27 | 4/16 |

SPORTING CONDUCT

The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sporting conduct and positive behavior on the competition floor. Administrators, we need your continued assistance in promoting sporting conduct and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on your students!*** You must:

- Abide by and teach the rules of the sport in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of contest officials and judges. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great setter, a great hitter or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during contests and within the officials' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a competition. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-competition conferences with the teams and other contest officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sporting conduct established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated.....with respect.

- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sporting conduct is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's judgment or a coach's decision, but no one can question the value of good sporting conduct.

Note from Roxanne Price, Chair of the OHSAA Sportsmanship Ethics and Integrity Committee:

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sporting conduct, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sporting conduct, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

NFHS Sporting Conduct Mission Statement

Good sporting conduct is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sporting conduct apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

ONLINE RESOURCES

On our website (www.ohsaa.org – click on "Respect the Game" on the right side of the screen) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents' role in interscholastic athletics**. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking on <http://www.ohsaa.org/RTG/Resources/resources.htm>

HAVE A GREAT SEASON!

APPENDIX

OHSAA/USAG FORMS

1. Level 9 Vault Values
2. HS Score Sheet
3. 2011-2012 J.O. Composition
4. OHSAA Bonus Charts
5. J.O. Judge's "Cheat Sheet"

Please note: At press time, the OHSAA has not received these updated forms. As soon as they are available, we will post to the gymnastics page at www.ohsaa.org. We are sorry for any inconvenience, but most of these are published by USAG.