



2012 VHSL GYMNASTICS CHAMPIONSHIPS

DATES Friday, February 17, 2012 (Team Competition)
 Saturday, February 18, 2012 (Individual Competition)

SITE Salem High School
 1993 SunDevil Drive
 Virginia Beach, VA 23464-8522

MEET and SITE DIRECTORS Mark Harrison, Director of Student Activities (757) 648-5671
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Wendy Cauthen, Head Gymnastics Coach
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SCHEDULE

Friday, Feb. 17, 2012		Saturday, Feb. 18, 2012
<u>AAA Team Championships</u>		<u>Individual Open Championships</u>
1:45 PM	Registration	9:00 AM
2:30 PM	Coaches' Meeting	9:15 AM
3:00 PM	Timed Warm-ups	10:00 AM
3:30 PM	Judges' Meeting	12:00 PM
5:00 PM	Processional Lineup	1:00 PM
5:15 PM	Processional	1:15 PM
5:30 PM	Competition Begins	1:30 PM
	Awards Presentation*	
*Awards presentations will follow each day's competition. 9:00 PM on Friday and 6:00 PM on Saturday are approximate times.		

ADMISSION (EACH DAY)

- Adults and Students: \$10.00
- Children under 7 accompanied by a parent will be admitted free.
- All participating gymnasts and team coaches **as listed on the state meet entry form**, two team managers, and one bus driver (if the school provided a bus) will be admitted without charge. The team party must enter as a group at the gymnasts' entrance. All others traveling with the team will be charged admission at the spectator's entrance.
- Current membership cards for VHSCA, VIAAA, VATA, and VSBA will be honored for the admission of the member, if presented with the member's driver's license or other ID. The VHSL State Event Pass will be honored for admission of the card owner. The VHSL Honored Guest Pass will be honored for admission of the card owner plus one guest. Individuals with any of the passes identified above must also provide proof of ID with a driver's license or other valid picture ID. ***District, Regional, Faculty, and VHSL officials' cards will not be honored.**

MEDIA -- Credentialed members of the Media will be admitted without charge. Media must comply with event requirements with regard to flash photography and positioning.



ENTRY FORMS -- Entry forms for both the team and individual competitions are available on the VHSL web site (www.vhsl.org) listed under "Resources" in the gymnastics section. Entry forms should be completed immediately following your regional competition.

ENTRY DEADLINE -- On the day of the regional competition, coaches should give their entry form(s) and four judges' sheets for each gymnast who qualifies to the State Competition to the Regional Meet Director. The Regional Meet Director will forward this paperwork to the State Meet Director. Please email or fax the entry forms to Mark Harrison at mark.harrison@vbschools.com or (757) 474-0100 by Monday, February 13, 2012.

ALTERNATES -- Alternates are permitted in the individual and team competition. Known scratches should be reported to the State Meet Director by **Thursday, February 16th at 9:00 am**. Please include the name and school of the qualified replacement. The alternate shall be the next placing competitor for that event in the Regional Meet. Scratches may be emailed or faxed to Mark Harrison at mark.harrison@vbschools.com or (757) 474-0100.

CONCESSIONS – Will be provided by the Salem Athletic Booster Club.

DRESS FACILITIES -- The girls' locker room will be available for participant use. Please do not leave any valuables in the locker room! Glass containers are not permitted in the locker room or in the gymnasium.

EQUIPMENT -- The following equipment will be provided for the competition by Salem H.S.:

- AAI Vault Table
AAI coil spring board
Round off entry safety zone mat
Sting mat
8 inch skill cushion
4 inch skill cushion
- AAI Elite Uneven Bars
Sting mat
8 inch skill cushion
4 inch skill cushion
chalk
- AAI Flex Beam
AAI coil spring board
Sting mat
8 inch skill cushion
4 inch skill cushion
- AAI Foam and Carpet Floor Exercise
CD, MP3 and ipod compatible stereo system for floor exercise music

Vaulting boards are the responsibility of individual teams. (Judges will check boards to make sure they meet specifications prior to the commencement of the meet.)

Practice equipment Bars, beam and mat will be available in the auxiliary gym. Equipment may not be identical to that used in the competition. There will not be a practice vault table.

HOSPITALITY -- Refreshments will be available to working officials, participating coaches, media with credentials, and special guests in the hospitality room located near the gymnasium. **Food must be consumed in the hospitality room. Gymnasts are not permitted in the hospitality room. A wristband will be REQUIRED to enter the hospitality room.**

NAME CARDS -- Each gymnast competing should have a name card to be used when scores are flashed. All name cards are to be 6" X 22". Please use contrasting colors and letters that are a minimum of 3" high. Please



be sure that your school name is written on the back of the card.

FLOOR EXERCISE MUSIC -- Each team is responsible for its own floor exercise music and should label it clearly. The coach, a manager, or one gymnast will be allowed in the music area. A Music Coordinator will play your floor music for you and keep the volume at a reasonable level. Please test your music during your designated warm-up time. All CD's should be set prior to competition.

MEDICAL HELP -- A certified athletic trainer will be present during the meet. Team/individual competitors are responsible for providing their own training supplies (tape, pre-wrap, etc.).

PROCESSIONAL -- Participants should line up in the wrestling room no later than 15 minutes after warm-up times have ended. The team competition processional will include gymnasts, coaches, and managers on the competing Region teams. The individual competition processional will include ONLY those gymnasts who are competing and their coaches. Schools will line up by region, alphabetically by school. All gymnasts are to be in alphabetical order followed by manager, then coaches. After all teams are announced, the National Anthem will be performed, and the announcer will dismiss gymnasts.

Line 1	Line 2	Line 3	Line 4	Line 5 (Saturday only)
<u>Eastern</u>	<u>Central</u>	<u>Northwest</u>	<u>Northern</u>	<u>A/AA</u>
Champion	Champion	Champion	Champion	
Runner-up	Runner-up	Runner-up	Runner-up	

INCLEMENT WEATHER -- All teams and individuals should familiarize themselves with the VHSL postponement policy, which is posted on the VHSL web site. All competitors (teams and individuals) should obtain permission from their school division to participate on Sunday should the need arise.

MEET DYNAMICS -- All four events will run simultaneously following a forerunner at the beginning of the competition.

SCORING -- The method of team scoring will be the total of the best four scores in each event. Each team will be allowed to have 5 gymnasts compete per event. There will be **four** judges for each event; the Chief Judge's score determines the range.

MEET RESULTS -- Meet results will be available at the end of the awards ceremony at the score table. Score sheets will remain the property of VHSL. If in any case, an award winner or the coach is not present for the medal, the medal will be mailed directly to the school.

SOUVENIRS -- Programs and souvenir merchandise will be available for purchase. Programs are \$5.00.

WARM-UP ROTATION -- Once formal warm-ups on the competition equipment are completed, no additional warm-ups will be permitted. Extra equipment is available behind the curtain for extra warm-ups. A coach must accompany gymnasts. Equipment is on first come, first serve basis. If another gymnast is waiting, please allow the next competitor to warm up after 2 1/2 minutes. **COMPETITION ORDER IS THE REVERSE OF YOUR WARMUP ROTATION. YOU WILL START THE MEET ON THE EVENT YOU WARMED UP LAST AND CONTINUE IN OLYMPIC ORDER.**

<u>FRIDAY</u>	<u>EASTERN</u>	<u>NORTHWEST</u>	<u>NORTHERN</u>	<u>CENTRAL</u>
3:00-3:28	Floor	Vault	Bars	Beam
3:30-3:58	Beam	Floor	Vault	Bars
4:00-4:28	Bars	Beam	Floor	Vault
4:30-4:58	Vault	Bars	Beam	Floor
5:00	All teams report to the wrestling room to line up for the processional.			



INDIVIDUAL & ALL-AROUND ORDER OF WARMUP (SATURDAY)

Each individual competitor will receive 2 1/2 minutes to warm up. The order for warm-ups is the reverse order of performance in your program. Feel free to block time as needed. This is the option of the coaches/competitors by mutual agreement.

<u>SATURDAY</u>	<u>EASTERN</u>	<u>NORTHWEST</u>	<u>NORTHERN</u>	<u>CENTRAL</u>	<u>A/AA</u>
10:00 – 10:28	Floor	Vault	Bars	Beam	Out
10:30 – 10:58	Beam	out	Vault	Bars	Floor
11:00 – 11:28	Bars	Floor	Out	Vault	Beam
11:30 – 11:58	Vault	Beam	Floor	out	Bars
12:00 – 12:28	Out	Bars	Beam	Floor	Vault
1:00	All gymnasts report to the wrestling room to line up for the processional.				

**COMPETITION ORDER IS THE REVERSE ORDER OF WARMUPS...
ORDER IS LISTED IN THE PROGRAM.**

PARTICIPANTS IN THE STATE MEET

Team Competition - Region Champion and runner-up teams from the VHSL Group AAA Central, Eastern, Northern and Northwest Regions.

Individual Competition -

- Top eight finalists per event (inclusive of all-around) and **top four all-around finalists** from each of the four Group AAA regional competitions;
- Top eight finalists per event (inclusive of all-around) and **top four all-around finalists** from the Group A/AA VHSL-sanctioned post-season meet.
- Gymnasts not among the top eight event or **top four all-around finalists** at their regional meet (for Group AAA) or VHSL-sanctioned post-season meet (for Groups A & AA), who score a state-qualifying event or all-around score at that meet.

45-SECOND TOUCH RULE -- This will be used. Please make sure each gymnast begins while the judges are judging the previous routine.



45-SECOND TOUCH RULE

The purpose of the 45-second touch rule is to provide the gymnast with an additional opportunity to warm up just before she competes. The 45-second touch rule normally does not add any additional time to the meet. It takes place while the judges are scoring or even conferring on the previous routine. It is difficult for a gymnast simply to stand there without trying to stretch in some fashion. The 45-second touch rule is meant to prevent penalties for "extra warm-ups."

1. The 45-second touch rule is optional. District or Regional Councils may adopt it for their meets. This rule will be used at the VHSL State Meet.
2. The timer for the touch should sit next to and be supervised by the superior judge. The watch should be started when the gymnast actually touches the apparatus (i.e. allow for board setting, bar adjusting, chalking).
3. The watch should run continuously for 45 seconds even if the gymnast gets up and down from the apparatus.
4. If the gymnastics prefers to use the mat in front of the beam instead of actually getting on the beam, simply start the watch at the first move.
5. Have the timer announce "45-second start" in a clear firm voice and "touch over" at the end of 45 seconds.
6. To be deducted for "extra warm-up" the gymnast would have had to disregard totally the call for time over, or must have clearly taken another opportunity to warm up.
7. If the timer is unsure whether the gymnast is taking a touch, she simply asks the superior judge.
8. In all cases, if there is any doubt whether or not a gymnast had extra warm-up (watch not clearing, timer unsure, etc.) give the benefit of doubt to the gymnast.
9. Regarding Vault -- It seems to work better simply to allow 1-2 vaults rather than trying to determine when to start the watch, as we have to consider the run on vault.