



***Section One***  
***Gymnastics Booklet***  
***2018 - 2019***





**Section One  
Gymnastics Calendar  
2018 – 2019**

**First Practice** permitted November 5, 2018

**First Scrimmage** permitted after 10 Practice days for Team - 8 days for Individual

**First Game** permitted after 15 Practice days for Team – 13 days for Individual

**Last day to Compete** January 29, 2019

**Minimum Number of Contests** To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

**Team Sports:** An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests.

**Team/Individual and Individual Sports:** An individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion. {NYSPHSAA Handbook, pg 104, #25 a}

**Maximum Number of Contests – 16.**

<b>Round</b>	<b>Date</b>	<b>Site</b>	<b>Time</b>
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**Divisional Championships**

Division One Tournament & Division Two Tournament

2/4/19	Odyssey Gymnastics Center Mahopac	3:30pm
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**Sectional Championships**

Final	2/7/19	Carmel High School	3:30 p.m.
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**State Championships**

Final	3/2/19	NYSPHSAA Gymnastics Tournament Cold Spring Harbor HS – Section 8
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**Coaches Meetings**

Pre-Season Meeting	10/29/18	Mahopac HS	7:00 p.m.
Seeding Meeting	1/30/19	BOCES	9:00 a.m.
All League/All Section Meeting	2/27/19	Mahopac HS	7:00 p.m.

**REMINDER:** Athletic Directors should make bus reservations well in advance of regional and state play.

Section One tournament times and sites are tentative. The Sports Committee will finalize the tournament at the Seeding Meeting.

**Section One Gymnastics  
2018 – 2019**

***Sports Committee Members***

**Chairperson:** Vin Collins

**Co-Chairperson:** Ray Pappalardi

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421 Baldwin Place Road  
Mahopac, New York 10541

**Address:** Scarsdale High School  
Post Road  
Scarsdale, NY 10583

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**Phone:**   **(Day)** (845) 628-3256  
              **(Eve)** (914) 962-4579  
              **(Fax)** (845) 628-4380

**Phone:**   **(Day)** (914) 721-2517  
              **(Fax)** (914) 722-2805

**Committee Members:**

**Conference**

<b>I, II, III</b>	Athletic Director	Ray Pappalardi, Scarsdale High School
<b>I, II, III</b>	Coaches Rep	Jack Hartog, Carmel High School
<b>I, II, III</b>	Coaches Rep	Sandra Mitchell-Radcliff, Ossining High School

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**Official Association Reps:**   Nicole Mullins  
  Westchester/Putnam/Rockland/Dutchess

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**Coaches Association Rep:**    Vin Collins

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## **GYMNASTICS CODE OF ETHICS**

1. A coach is required to have his/her own updated NYSPHS Technical Handbook for Girls Gymnastics, Sixth Edition, Approved 2018.
2. A Head coach having a complaint should address the Head official.
3. A coach or gymnast should not harass any official regarding scores.
4. The gymnast should present herself to the judge before and after her routine.
5. The gymnast should wait for a signal from the judge before beginning her routine.
6. A coach will treat each player, opposing coach, official, parent, and administrator with respect and dignity.
7. A coach must know the fundamental skills, teaching and evaluation of techniques and strategies of the sport.
8. A coach must know the rules of the sport.
9. A coach must know the objectives of the program with which affiliated. The coach will strive to reach these objectives and communicate them to the players and parents.
10. The coach will uphold the authority of the officials who are assigned to the contests in which they coach, and will assist in every way to conduct fair and impartial competitive contests.
11. The coach will learn the strengths and weaknesses of the gymnasts to then place them into situations where they have a maximum opportunity to achieve success.
12. The coach will conduct practices and games so that all players have the opportunity to improve their skill level through active participation.
13. The coach will communicate to the gymnasts and parents the responsibilities of individuals on the team.
14. The coach will cooperate with the administrator of our organization in the enforcement of rules and regulations, and will report any irregularities that violate sound competitive practices.

## **GYMNASTIC POLICIES**

1. All meets and individual performances will be conducted under the F.I.G. code of points for women/NYSPHSAA Technical Handbook for Girls Gymnastics; Sixth edition, Approved August 2018.
2. There may be six (6) entries per event. The best five (5) scores will be counted in determining team scores for the event. An individual may compete in four (4) events.
3. The meets will run in Olympic rotation with all members of the same team competing consecutively at the same event, except when a flexible order is agreed upon by the coaches involved (Olympic rotation: vault/bars/beam/ floor).
4. When two officials are assigned, two events will run simultaneously:  
vault/bars  
beam/floor
5. Warm-up Procedures: Warm-up/Compete Format  
Pre-meet:  
There will be a maximum of 30 minutes and a minimum of 15 minutes of “open gym” prior to the official start time of the competition.  
Warm-up Format:
  - Vault: Gymnast will be allowed a maximum of 3 vaults. Gymnasts who are competing round-off entry vaults on the vault table will have a maximum of four (4) vaults. Vaulting board safety zone mat is required for all round-off entry vaults.
  - Uneven Bars: Each team will have block time of 12 minutes; gymnasts may “touch” in between routines.
  - Balance Beam: Each team will have block time of 10 minutes; gymnasts may “touch” in between routines.
  - Floor Exercise: Each team will have block time of 6 minutes; gymnasts may tumble in between routines.
6. When one official is assigned, the same order of competition will be followed and warm-ups will be going on for the next event.
7. All dual meets will begin at 4:30 PM, except when mutually agreed upon by both schools. The school requiring the change from 4:30 PM must notify BOCES and the opponent.
8. The home team shall provide individual score sheets for both teams and these sheets shall be submitted to the judges prior to the event.
9. All music for the meet shall be on audiocassette, CD or IPOD only. Home team must supply a cassette/CD player but visitors may use their own cassette/CD/IPOD player.
10. A formal introduction of teams should be held prior to the meet and an Olympic handshake should take place between both teams at the conclusion of the meet.

## **GYMNASTIC POLICIES (continued)**

11. If a school is unable to meet the required approved equipment specifications, the host team shall forfeit seven (7) points for the event or schedule their meets away. According to State guidelines; at schools/sites where a vault table is used, the vault horse must also be provided for competition.
12. When the traveling team is delayed in arriving, the host team shall wait one half-hour beyond the scheduled starting time before the meet is cancelled.
13. There shall be a maximum of fourteen (14) competitors per event except when mutually agreed upon by both coaches to increase beyond fourteen. Coaches should communicate prior to the day of the meet.
14. Awards:
  - A. The team having the best record within each league will receive the Championship plaque.
  - B. All League plaques for individuals shall be awarded as follows:  
Plaques to all section gymnasts, remaining plaques divided between both leagues.
15. If any participating school in the Divisional/Sectional competition is unable to compete due to unforeseen circumstances, the Divisional/Sectional Championship will be postponed.
16. In any dual meet, Tournament, Divisional or Sectional competition, a school district must provide a person employed by the school district to act as a coach.
17. According to N.Y.S.P.H.S.A.A. regulations:

- Individual practices required prior to first scrimmage:	8
- Team practices required prior to first scrimmage:	10
- Individual practices required prior to first contest:	13
- Team practices required prior to first contest:	15
18. Difficulty requirements:

3 A's @ .1 = .3
4 B's @ .3 = 1.2
1 C @ .5 = .5
19. No jewelry shall be worn; gymnast will be disqualified in that event.
20. Appropriate warm-up attire will be leotards and spandex only. The wearing of boxer shorts, loose sports shorts, large tee shirts, etc., and leotards hanging down by the waist are NOT PERMITTED.  
Sports bras must be the same color as the leotard

## QUALIFICATIONS FOR DIVISIONALS

1. All gymnasts must compete in the Divisional Tournament in order to advance to Sectionals. Injury waivers for the Divisional Tournament must be approved by the Section One office prior to the Divisional Tournament.
2. Any gymnast, who, because of medical reasons or unforeseen circumstances, is unable to compete in the divisional tournament, may petition the Section One office prior to the divisional tournament for approval to compete at Section One Gymnastics Tournament. Medical or other documentation will be required. State requirements regarding competition must be adhered to.
3. No team will be allowed to bring additional equipment to the meet sites. (The vaulting board or "Sting" mat may be brought and used by all teams).
4. All gymnasts must compete in six (6) varsity meets in order to be eligible for the Divisional Tournament. Potential individual event qualifiers will use their top four (4) scores to qualify. Potential All-Around (AA) qualifiers must compete in six (6) meets, four (4) in which they were an AA, and will use the top three (3) scores to qualify.
5. The average of her best four (4) meets or tournaments as an individual must equal or surpass these scores:  
Vault 7.7    Uneven Bars 5.5    Balance Beam 6.8    Floor Exercise 7.3  
The All-Around score is 27.3. Gymnasts must have been an AA in four (4) meets, using the average of the top three (3) scores.
6. A maximum of six (6) teams achieving the best team scores based on five (5) scores per event will be evenly divided into the two (2) Divisional Tournaments for the team competition. The **Minimum Number of Contests** required for Team Divisional competition – 6 contests.
7. Team scores to Vin Collins at Mahopac HS by January 29, 2019 @ (845) 628-3256 or (914) 962-4579.

## DIVISIONAL CHAMPIONSHIP

1. Division One & Two Championship:    Monday, February 4, 2019  
Odyssey Gymnastics Center-Mahopac
2. There will be four (4) events going simultaneously with two (2) judges per event at the Divisional Championships. Each team will compete in Olympic rotation. There will be no attempt to seed gymnasts.
3. Divisional time schedule (warm-up/compete format):  
2:30 – 3:15 PM    Open Workout  
3:20 PM            Processional  
3:30 PM            1<sup>st</sup> warm-up/compete rotation

**PLEASE NOTE: GYM WILL NOT BE AVAILABLE PRIOR TO 2:30 PM START TIME.  
PLEASE DO NOT ARRIVE PRIOR TO 2:15 PM!**

## **QUALIFICATIONS FOR SECTIONALS**

1. The top ten (10) gymnasts in each individual event from each Divisional Tournament qualify for the Sectional Championship. An All-Around (AA) gymnast may place in an individual event. The top seven (7) AA or any AA who scores 31.0 or above also qualifies for the Sectional Championship.
2. Any gymnast who, because of injury, is unable to continue competition at the Divisional Tournament, has been disqualified by a medical authority, may petition the Section One office for approval to compete at the Section One Gymnastics Tournament.
3. The winning team in each Divisional Championship will compete for the Sectional title. Six (6) entries per event, the top five (5) scores count towards the team score.
4. Any gymnast who scores .5 or above the tenth place score from the opposite Divisional, in an individual event, will qualify for the Sectional Championship in that event.
5. Any team involved in the Divisional team competition which scores within 2.25 points of the first place team, from either Divisional, in the total team score, will qualify for the team competition at the Sectional Championship.

## **SECTIONAL CHAMPIONSHIP**

1. Thursday, February 7, 2019 Carmel High School
2. Sectional time schedule (warm-up/compete format):
  - 2:30 – 3:15 PM Open Workout
  - 3:25 PM Processional
  - 3:30 PM 1<sup>st</sup> warm-up/compete rotation
3. The Sectional Championship will run four (4) events simultaneously with two judges per event.

**PLEASE NOTE: GYM WILL NOT BE AVAILABLE PRIOR TO 2:30 PM START TIME.  
PLEASE DO NOT ARRIVE PRIOR TO 2:15 PM!**

## **OFFICIALS**

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual Sports Chairpersons.



## **RELATED TOURNAMENT INFORMATION**

Teams with individual gymnasts qualifying for the Divisional Tournaments will be notified by the Section One Gymnastics Committee as to which Divisional Tournament they will be participating.

The Section One Gymnastics Committee will notify teams selected for the Divisional team competition.

The host of each Divisional and Sectional competition is designated as the meet director.

Any score inquiry must be in writing and submitted to meet director prior to the start of the next rotation. The meet director will then submit inquiry to the judge.

It is recommended that the timers on balance beam and floor exercise be adults.

Ticket sellers are provided by the host school.

Please request the help of the host school athletic directors in administering contests.

**DO NOT PAY ANY BILLS FROM GATE RECEIPTS:** All bills will be paid by check from the Section One Treasurer, and all the gate receipts, in the form of a bank draft, shall be forwarded to the Treasurer for deposit. Any incurred expenses (ticket takers, crowd supervision, etc.) will be paid by Section One.

Judges assignments for Divisional and Sectional competition are made by the gymnastics coordinator consistent with the current contract in effect with the judges association.

Team and individual awards are provided by Section One.

Radio/TV coverage should be arranged through Section One.

## **NEW YORK STATE CHAMPIONSHIP**

1. Date: Saturday, March 2, 2019 @ Cold Spring Harbor HS – Section 8
2. Qualifiers will be three (3) All-Arounds and 12 specialists (3 per event). Individuals may compete in one event only.
3. Alternates for each event will be selected from within the 15 gymnasts qualified for the State Team as to the possibility of warm-up per event or possible event change.
4. The roster for the State Tournament will be filled in the following manner:
  - The top three (3) All-Around gymnasts automatically qualify.
  - Competitors in individual events will be selected by the Section One Gymnastics Committee based upon the individual gymnast's place in the following order: uneven bars, balance beam, floor exercise and vaulting.

## **SECTION ONE NOVICE TOURNAMENT**

The philosophy of the Novice Tournament is to provide an exciting competition for our lesser skilled girls who have not qualified for the Divisional Tournament. ***ANY GYMNAST WHO HAS QUALIFIED FOR THE DIVISIONALS IN ANY EVENT IS INELIGIBLE TO PARTICIPATE IN THE NOVICE TOURNAMENT.*** A gymnast may enter up to two events OR the All-Around. There will be no team scores recorded at this meet. A gymnast may not use this meet to get "one more score" in the hope of qualifying for the Divisional Tournament.

### **LEAGUE ALIGNMENT**

Gymnastics is a cross-conference sport in which there are two competitive leagues; the Gold League and the Blue League. The leagues are set-up based on ability to compete with the Gold League being the "stronger" league. There is a yearly "bumping" of the last place league finisher in the Gold League with the first place league finisher of the Blue League based upon the final league standings.

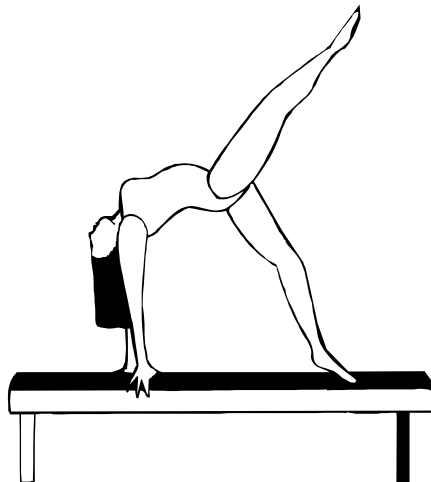
Alignment for 2018 - 2019:

#### **GOLD LEAGUE**

CLARKSTOWN NORTH  
LAKELAND-PANAS/PUTNAM VALLEY  
MAHOPAC  
SOMERS  
SUFFERN  
WAPPINGERS CSD

#### **BLUE LEAGUE**

BREWSTER  
CARMEL  
OSSINING  
SCARSDALE



**New York State Public High School Athletic Association  
Apparatus Requirements for Girls Gymnastics**

**High School & Modified/Junior High School**

**NOTE:** It is recommended that each school's apparatus specifications be identified and distributed to every school in their league/conference prior to the competitive season, ideally at the pre-season coaches meeting.

**GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT**

1. For **VAULT, BARS** and **BEAM**:

A minimum of one 4 in. x 6 ft. x 12 ft. competition landing mat is required.

A second competition landing mat may be placed on top of the required mat.

- The maximum allowable *competition landing surface* would be 20 to 24 cm.
- The use of 10-12 cm. (4 in. or 4  $\frac{3}{4}$  in.) x 8 ft. x 12 ft. mats is encouraged.

2. If only a 4 in. (10 cm.) competition landing mat is used, then a 1 $\frac{1}{4}$  in. base (panel) mat must be placed under it.

3. If a 12 cm (4  $\frac{3}{4}$  in.) or a 20 cm (approx. 8in.) landing mat is used, a 1 $\frac{1}{4}$  in. base (panel) mat is not required.

4. 20 cm (approx. 8in.) competition landing mats are allowed but not required.

5. Additional Matting:

a. Up to 9 in. of any combination of additional matting is allowed in addition to the maximum allowable *competition landing surface* of 24 cm.

- Ex. - skill cushion(s) and/or sting mat(s).

b. When an 8 in. skill cushion is used, it must be a minimum of 5 ft. x 10 ft.

It is suggested that it be as close as possible to the same dimensions as the competition landing mat.

6. When it is spatially possible; it is suggested that there be a clearance of 5 ft. to 6 ft. from one apparatus to any other. This includes corresponding mat areas, or any other obstruction, i.e., walls, pillars etc.

7. Basic Conversion 1 inch = 2.54 cm.

## GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT (cont)

### VAULT

1. The height of the *HORSE* or *TABLE* may be set between:
  - a. A minimum of 100 cm. ( $\pm 1$ cm) and [39 3/8 ”]
  - b. A maximum of 135 cm. ( $\pm 1$ cm) [53 1/8 ”]
2. The suggested height for **High School** is between **125 cm.** to **135 cm.**  
(49 1/4 ”) to (53 1/8 ”)
3. In order to facilitate the event, it is suggested that the HORSE/TABLE height be adjusted only once per team.
4. The height of the **Horse** is determined by measuring the distance from the surface, on which the board will be placed, to the top of the horse.  
The height of the **Table** is determined by measuring the distance from the surface, on which the board will be placed, to the center top of the vault table.
5. It is suggested that the Length of Runway be:
  - a. For the TABLE – 76 ft. to 80 ft. - measured from the front of the Table.
  - b. For the HORSE – 78 ft. to 82 ft.
6. Use of the VAULTING BOARD SAFETY ZONE MAT is **REQUIRED** for all Round-off entry vaults. It may be used for all other vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.

### UNEVEN BARS

1. Basic recommended specifications: High Bar: 246 cm ( $\pm 1$ cm); Low Bar: 166 cm ( $\pm 1$ cm) measured from the floor to the bottom of the rail. Horizontal distance between the bars: should close to minimum of 130 cm and extend to maximum of 180 cm.
  - a. 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 recommended specifications. Regardless of the measurement, the rails must be adjusted only to a position that locks-in with a dual locking mechanism that meets the manufacturer’s recommended parameters.

## **GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT (cont)**

- b. The distance (spread) between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.
2. It is suggested that the Mount distance be at least 12 ft.
3. Matted area under the bars must be a minimum of 6 ft. x 24 ft.
  - a. Two (2) – 4 in. x 6 ft. x 12 ft. landing mats.
    - A 6 or 7 ½ ft. x 36 ft. matted area is encouraged.
4. The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
  - Illegal placement of the board will incur a penalty of - 0.30
  - Failure to remove the board after the gymnast has mounted will incur a penalty of 0.30
5. If a raised surface is needed to spot a release move, there is no penalty, provided the device is removed immediately after the release is performed. It is suggested that a spotting block or folded mat be used – use of a board will not incur a penalty.

## **BALANCE BEAM**

1. Height for **High School** is 120 (47 ¼”) or 125 cm. (49 ¼”) (± 1 cm.)
2. Height for **Junior High School/Modified** is between 100 cm and 125 cm.
3. It is suggested that the Mount distance be at least 12 ft.
4. Mats: A minimum of a 6 ft. x 12 ft. matted area at each end of the beam. An 8 ft. x 15½ ft., or two (2) 6 ft. x 12 ft. mats under the beam.
5. The board may NOT be placed on an 8 in. skill cushion, floor surface or have plywood placed under it. The board must be removed as soon as possible after the gymnast has mounted.
  - Illegal placement of the board will incur a penalty of - 0.30
  - Failure to remove the board after the gymnast has mounted will incur a penalty of -0.30

## GENERAL MATTING SPECIFICATIONS & APPARATUS PLACEMENT (cont)

### FLOOR EXERCISE

It is suggested that the Floor area be as close to 12 meters x 12 meters as possible (i.e. - 39 ft. 4 7/16 in. x 39 ft. 4 7/16 in.)

- a. The measurement is from the outside of the tape.
  - b. The minimum surface thickness is 1¼ in. thick.
  - c. A Resilite or wrestling mat type surface is permitted.
  - d. The top of the mat must be joined into one continuous and level surface.
2. Additional Matting: Up to two (2) manufactured skill cushions may be placed separately on the Floor Exercise area, a maximum thickness of 8 in. is allowed. If the skill cushion(s) is 8 in. thick, it must be a minimum of 5 ft. x 10 ft. A “sting” mat may also be placed on top of the 8 in. skill cushion.
- Whenever additional matting is placed on the Floor Exercise area and covers a portion of the boundary line(s), the mat must be clearly marked with chalk or tape to indicate the actual boundary line(s).
    - Failure to mark boundary lines incurs a 0.10 deduction.
  - A coach may reach into the floor space to remove or place a mat, but may not step onto the floor area to do so. The penalty for a coach on the floor exercise mat is – 1.00.



## **HIGH SCHOOL TIME CARD**

### **UNEVEN BARS**

Fall Time: 45 seconds

At 20 seconds and 10 seconds remaining, the timer will announce “20 seconds remaining” and “10 seconds remaining”.

The routine must resume by the end of the 45 seconds; not just re-mount bars.

### **BALANCE BEAM**

Routine Time:                   Maximum: 1 minute 30 seconds  
Warning at 1 minute 20 seconds

#### Timing the routine:

The clock starts when the gymnast’s feet leave the floor.

The clock stops when the gymnast’s feet land on the floor.

If the gymnast falls, the routine clock stops. The clock resumes when the gymnast resumes her routine (not just re-mounts).

#### Timing Falls:

The fall clock starts when the gymnast falls.

The fall clock stops when the gymnast re-mounts the beam.

The gymnast has 30 seconds to re-mount the balance beam.

At 20 seconds, the timer will say “10 seconds remaining”.

### **FLOOR EXERCISE**

Routine Time:                   Maximum: 1 minute 30 seconds

#### Timing the routine:

The clock starts when the gymnast moves (not when the music begins).

The clock stops when the gymnast stops (not when the music stops).