

Texas High School Gymnastics
Coaches Association
Constitution and Manual of Rules



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Constitution and Manual of Rules**

Revised 2019

*Published by the Texas High School Gymnastics Coaches
Association*

Table of Contents

CONSTITUTION

I. Name.....	1
II. Purpose and Objectives.....	1
III. Membership.....	2
1. General Membership.....	2
2. Full Membership.....	2
3. Associate Membership.....	2
4. Life Membership.....	2
IV. Organization.....	2
1. General Policies.....	2
2. Executive Body.....	2
3. Membership Voting Privileges.....	3
4. Voting Ratifications.....	3
5. Annual Meeting.....	3
6. Executive Body Authority.....	3
V. Officers.....	4
1. Executive Body.....	4
2. President.....	4
3. Vice-Presidents.....	4
4. Secretary.....	4
5. Treasurer.....	5
6. Executive Director.....	5
7. Historian.....	5
8. Parliamentarian.....	5
9. Webmaster.....	5

10. Marketing Director.....	5
11. State Meet Host.....	5

VI. Technical Committee.....	6
1. Members.....	6
2. Duties—Games Committee.....	6
3. Duties—Review Board.....	6
4. Men’s Rules Committee.....	6
5. Duties—Rules Committee.....	6
6. Men’s/Women’s Voting.....	6
7. Confidentiality.....	6
8. Conflict of Interest.....	6

VII. Finances.....	7
---------------------------	----------

VIII. Amendments.....	7
1. Proposals/Ratifications.....	7
2. One Year Rule.....	7

BY-LAWS AND COMPETITION PLAN

I. The Gymnastic Code and Mission Statement.....	8
---	----------

II. General Rules Governing High School Competition.....	8
---	----------

III. Application of Rules.....	8
1. Coverage.....	8
2. Judging Code.....	8
3. Technical Committee Members.....	8
4. School Registration.....	10
5. Athletic Eligibility.....	11
6. Disputes and Violations.....	12
7. Penalties.....	13
8. Required Number of Meets.....	13
9. Regional and State Meet host responsibilities.....	13
10. Medical Certificates and Parental Permits.....	14
11. Protest Procedures at All High School Meets.....	14

COMMUNICABLE DISEASE PROCEDURES.....	15
---	-----------



Manual of Rules and Instructions for Conducting the Texas High School Gymnastic Meets —Boys

I. Standard Meet Competition.....	16
1. Order of Competition.....	16
2. Number of Entries in Dual Meets.....	16
3. The All-Around Competitors.....	16
4. Team Score.....	16
5. Lineup Changes.....	16
6. Judges and Officials.....	16
7. Judges' Duties.....	16
8. Judges' Two Year Rule.....	16
9. Parent Control.....	16

RULES GOVERNING JUDGING SPECIFICATIONS FOR BOYS

All Men's Rules found at THSGCA Website

I. Evaluation of Optional Exercises.....	17
II. Evaluation of Compulsory Exercises.....	17

Manual of Rules and Instructions for Conducting the Texas High School Gymnastic Meets —Girls

I. Standard Meet Competition.....	18
1. Order of Competition.....	18
2. Number of Entries in Dual Meets.....	18
3. The All Around Competitors.....	18
4. Team Score.....	18
5. Lineup Changes.....	18
6. Judges and Officials.....	18
7. Judges' Duties.....	18
8. Judges' Two-year Rule.....	18
9. Uniforms.....	18
10. Equipment.....	18
11. Parent Control.....	19

District, Regional and & Gymnastic Championship Rules and Guidelines

I. Regional Championship Meet.....	20
1. Regionals.....	20
2. Format for Regional Meet.....	20
3. Team Entries.....	20
4. Lineup Changes.....	20
5. Team Score.....	21
6. All Around Score.....	21
7. Individual Score.....	21
8. Regional Qualifiers to State.....	21
9. Injury Petition to State.....	22
10. Judges.....	22
11. Inquiries and Protests.....	22
12. Awards.....	23
13. Results.....	23
II. State Championships.....	23
1. Sanctions.....	23
2. Format for State Championships.....	23
3. Order of Events and Event Rotation.....	24
4. Team Entries.....	24
5. Entry Fees.....	24
6. Lineup Changes.....	24
7. Team Score.....	24
8. All Around Score.....	24
9. Individual Score.....	24
10. Order of Competition.....	24
11. Inquiries and Protests.....	25
12. Awards.....	25
13. Regional & State meet Financial Report.....	25
III. Selection of Judges for State Championships.....	26
1. Boys Competition.....	26
2. Girls Competition.....	26
National High School Gymnastic Championship Selection Guidelines	
I. Philosophical Objectives.....	27
II. National High School Meet Selection Process.....	27
1. Team Selection.....	27
2. Coach Selection.....	27
III. Petitioning for Team Selection.....	27
1. Injury Petition.....	28
2. Petition to Compete at State Meet.....	28



Texas High School Gymnastic Coaches Association Constitution

I. Name

The name of the organization shall be "Texas High School Gymnastic Coaches Association" (THSGCA).

II. Purpose and Objectives

1. To perpetuate and improve the sport of gymnastics in all aspects.
2. To stimulate the interest of people, particularly youth, in healthful sports participation through gymnastics.
3. To promote and encourage the acceptance of competitive gymnastics by the state University Interscholastic League as part of its program.
4. To protect the gymnastic interest of Texas and the athletes representing this State in national gymnastics competition.
5. To maintain records and to disseminate information pertaining to all phases of gymnastics.
6. To establish an annual gymnastic clinic for the purpose of improving high school gymnastic coaching techniques.
7. To give prompt attention to valid suggestions for improving the conduct and administration of high school gymnastics in Texas.
8. To perform charitable activities within the meaning of IRS Code § 501(c)(3) and Texas Tax Code § 11.18c.

III. Membership

1. GENERAL MEMBERSHIP—Membership in the Association is open to all qualified gymnastic coaches presently employed by an accredited junior or senior high school in the State of Texas and who are actively interested in advancing the sport of gymnastics. The membership year begins at the annual meeting of the THSGCA at the Gymnastic Association of Texas Convention (GAT) each year and ends immediately prior to the meeting the next year.

2. FULL MEMBERSHIP—A high school coach who is a full time employee of the school board of the school which the team represents; has voice and a vote(per voting priveledges as listed below (IV, 3), annual dues forty(\$40) dollars. “Full time” means full time for the whole scholastic or calendar year (August–June), teaching a full class load during the school day or acting as administrator and/or counselor. A full member from a school must be present for that school to participate in any THSGCA meet. Per UIL code, section 1202,(a), 1-3, a retire and rehire coach is defined as an equivalent full-time coach.

3. ASSOCIATE MEMBERSHIP—a part-time or former Texas high school or junior high school coach or school administrator; has voice but no vote, annual dues five (5) dollars. Associate members are allowed access to the floor at meets only if they have a full member representing their school present at the meet as well.

4. LIFE MEMBERSHIP- —(voice, no vote) selected by the Technical Committee as persons of integrity who have given service and leadership to our organization. Each recipient shall receive a framed certificate. Any member of THSGCA may make nominations in writing to the President who will in turn submit the nominations to the Technical Committee.

IV. Organization

1. GENERAL POLICIES—The Association is hereby empowered to establish and direct the general policies as they pertain to the conduct of dual, multi-school, regional, state, and national high school competition until such time that this sport becomes a part of the Texas University Interscholastic League. THSGCA will follow all UIL (University Interscholastic League) Guidelines except when guidelines are superseded by the THSGCA constitution.

2. EXECUTIVE BODY—Members of the Executive Body (see Article V) shall be elected by the THSGCA members as defined in Article III.

3. MEMBERSHIP VOTING PRIVILEGES

- a. Each full member of the Association is entitled to one vote provided
 - i. They are a full member
 - ii. They are the head coach
 - iii. They are present at the Association Meeting.
 - iv. Assistant Coaches have a voice, but no vote.
 - v. Each head coach gets a maximum of one vote, no matter the number of schools he or she coaches.
- b. Head coaches for girls vote on girls issues and head coaches for boys vote on boys issues.

4. VOTING RATIFICATION

- a. All parts of this document may be altered or amended by the votes of THSGCA members in the following numbers:
 - i. **Constitution:** $\frac{3}{4}$ Vote of Members Present and Voting
 - ii. **By-Laws & Competition Plan:** $\frac{2}{3}$ Vote of Members Present and Voting
 - iii. **Manual of Rules:** A Simple Majority of Members Present and Voting
- b. Quorum defined
 - i. Games Committee – 51% of Executive Body plus 8 RC's, and at least one RC from each of the four regions. (8 out of 14 voting members plus regional representation as stated)
 - ii. Executive Body-51% is 4 of 6 voting members present. (GAT 2018)

5. ANNUAL MEETING

The Association will have one (1) annual meeting at the Gymnastic Association of Texas (GAT) General convention in the fall of each year.

6. SUMMER MEETING

The Executive Body will meet following the summer meeting, provided there is a quorum present.

7. EXECUTIVE BODY AUTHORITY—The Executive Body shall have the authority to establish any and all committees necessary for efficient operation of this association.

V. OFFICERS

1. EXECUTIVE BODY—The Executive Body consists of a President, 2 Vice-Presidents, Secretary, Treasurer, Parliamentarian, Historian, Webmaster, Marketing Director and Executive Director and is elected at the annual meeting of the THSGCA. The office terms shall be two (2) years, except for the Executive Director, whose term shall be five (5) years, and the President shall be (3) years. Emil Milan was voted in as Executive Director for Life or until retirement.

Board members will be elected every 2 years.

-Women's VP, Secretary, and Treasurer on odd years

-Men's VP and Webmaster on even years

A. DUTIES—The Executive Body is empowered to act for the membership between meetings of the Association

B. MEETINGS—The Executive Body shall meet prior to the annual Association meeting.

C. ITEM RATIFICATION—On items requiring a vote, a simple majority is necessary.

D. PER DIEM—Executive Body members shall receive, at GAT, a \$100 per diem to help defray costs they incurred through the year.

2. PRESIDENT—The President presides at all meetings of the Association and calls special meetings of the Association. He/she also calls meetings of the Executive Body and any standing committees. He/She appoints vacancies in the Executive Body that may occur until such vacancies can be voted on by election.

3. VICE-PRESIDENTS—There are two Vice-Presidents, one elected to serve the women's coaches and another to serve the men's coaches. The Vice-Presidents, in the absence of the President, shall take the place of the President, and assume his/her duties. The vice presidents shall also be ready to assist the President at all times. The Vice-Presidents are responsible for compiling a list of regional and state senior all-around results to aid in the selection of the Texas team to compete at the National High School Gymnastic Championships. The VP's can appoint two (2) program directors to send out the boys and girls skill evaluations that have been assigned a value and rule changes by the TGJA and NAWGJ approved by the high school technical committee.

4. SECRETARY—The Secretary shall take official minutes of all committee meetings & conference calls & distribute them to the Technical Committee members or membership as applicable; keep all records of meetings of the Association & Executive Body, including all committee meetings and conference calls; provide forms for school registrations; distribute nominations & ballots for "Texas State Coach of the Year" (vote takes place at the State Meet) to all THSGCA members; receive all proposed constitutional amendments at least thirty (30) days prior to the regular meeting & distribute the proposed amendments to members of the Association at least 15 days prior to the regular meeting; & compile a list of Executive Body, Regional RC Chairpersons & General members addresses & phone

numbers (home & school) to be distributed to the membership. In addition, they will be responsible for sending the Regional Chair a list of non-paying schools. They are additionally responsible for presenting Service Award recognition to coaches for every five years of service. These Service Recognition Awards are made annually at the GAT convention.

5. TREASURER—The Treasurer receives dues and registers all members for the THSGCA and/or the NMSGCA & NFICA and prepares annual financial reports.

6. EXECUTIVE DIRECTOR—The Executive Director is a member of the Executive Body in an advisory capacity with no vote in executive sessions. The Executive Director will be an ex-official member of all committees.

a. **Assistant Executive Director** - a voice, no vote; appointed by the Executive Director.

- i. Main duty is to establish and maintain relationships with UIL Legislative Council members in order to have a consistent, long term effort to get the THSGCA as a part of UIL. (GAT 2017)
- ii. This main objective does not preclude other responsibilities as set forth by the Executive Director.

7. HISTORIAN—The Historian is appointed by the President and is responsible for maintaining all Association State records as well as all other pertinent organizational information. The Historian compiles a list of meets to inform the Association of upcoming events. The historian also compiles scores that are made available by coaches and used to rank gymnasts and teams each week in the state.

8. PARLIAMENTARIAN—The Parliamentarian works with all standing committees appointed by the President to ensure that the constitution is updated as needed and that all rule changes are distributed to the Executive Body and the membership as well as being responsible for enforcing Roberts Rules during all meetings.

9. WEBMASTER—The webmaster keeps and updates a THSGCA website. He/She keeps the site current with association news, forms, and other information.

10. MARKETING DIRECTOR -voice and no vote, appointed by the President. (GAT 2016)

11. STATE MEET HOST—Within two weeks following the state meet, the State Meet host provides updates on State Meet Records to the Webmaster.

VI. THE TECHNICAL COMMITTEE—The Technical Committee serves as:

- Games Committee (responsible for adherence to rules)
- Review Board (For all rule violations)
- Rules Committee (responsible to review all rules and make recommendations to the Governing Board and revisions when necessary)

1. MEMBERS—The Technical Committee consists of the Executive Body and the Men’s and Women’s Regional Chairpersons for each region. These members are voted upon every two years. Regions 1 & 3 vote in odd-numbered years while Regions 2 & 4 hold elections in even numbered years.

2. DUTIES—GAMES COMMITTEE—The Technical Committee serves as the Games Committee for the State Championships. The Technical Committee is responsible for adherence to all rules and regulations of this Association.

3. DUTIES—REVIEW BOARD—The Technical Committee serves as the Review Board for all rule violations. The President represents the technical committee’s decisions and presents said decisions in writing to the concerned parties. This board may also include selected athletic directors.

4. MEN’S RULES COMMITTEE—The Men’s Rules Committee consists of the Men’s Vice-President, the four Regional Chairpersons and the four Assistant Regional Chairs. The Committee is responsible for the review of all men’s rules, and makes recommendations and revisions when necessary.

5. WOMEN’S RULES COMMITTEE—The Women’s Rules Committee consists of the Women’s Vice-President, the four Regional Chairpersons and the four Assistant Regional Chairs. The Committee is responsible for the review of all women’s rules, and makes recommendations and revisions when necessary.

6. DUTIES—RULES COMMITTEE—The Technical Committee serves as the Rules Committee, responsible for the review of all rules, and makes recommendations and revisions when necessary.

7. MEN’S/WOMEN’S VOTING—Only Regional Chairpersons vote on issues of the committee. On issues pertaining to women, only female chairpersons vote. On issues pertaining to Men, only male chairpersons vote.

8. CONFIDENTIALITY—All Technical Committee meetings are confidential. The secretary distributes the results of the Technical Committee meetings.

9. CONFLICT OF INTEREST—A Technical Committee member may not participate in matters considered to be a conflict of interest.

VII. FINANCES

1. The income of the Association is derived from Association dues and from other sources as determined by the membership.

2. DISSOLUTION CLAUSE:

REMAINING ASSETS/ DISSOLUTION

Upon dissolution, remaining assets will be used exclusively for exempt purposes, such as charitable or educational purposes, or shall be distributed to the federal government or to a state or local government for a public purpose. Allocation of remaining assets shall be overseen and recorded by the president / CEO of THSGCA. That record shall be entered into the final minutes of the closing meeting of THSGCA.

VIII. AMENDMENTS

1. PROPOSALS/RATIFICATION—This document may be amended at any regular meeting of the Association by a vote of the members present and voting as stated under section IV.4. of the Constitution. It is strongly recommended the proposed amendment shall be submitted to the Secretary at least thirty (30) days preceding a regular meeting and distributed to members at least fifteen days prior to the meeting. **New business may be brought to the GAT annual business meeting, but requires a majority vote to be discussed and voted on.**

2. ONE YEAR RULE—Any constitutional issue or rule change that has been voted down cannot be resubmitted the following year unless approved by the Technical Committee.

BY-LAWS AND COMPETITION PLAN

I. THE GYMNASTIC CODE MISSION STATEMENT

The Gymnastic Code is set forth as a means of allowing participation in the spirit of fairness, honesty, and clean sportsmanship. The Code states that one should accept decisions of officials without protest; see that judges are extended protection and courtesy by gymnasts, school personnel, and laymen; treat opponents as guests, and put clean play and real sportsmanship above victories; have the ability to win without boasting and to lose without grudge. By registering a team with the Association, the school officials and coach pledge themselves to act in the spirit of the "Gymnastics Code" and to foster this spirit among their gymnasts. Responsibility for the conduct of gymnastic meets in a high school system rests with the Superintendent or their designated administrator. All contracts, arrangements, and control of meets is under the supervision of the Superintendent or their designated administrator.

II. GENERAL RULES GOVERNING HIGH SCHOOL COMPETITIONS –

Proper competition attire must be worn during all competitions. Members of the same team must wear competition attire that is uniform and of the same color.

Boys—On Pommel Horse, Rings, Parallel Bars and High Bar, all competitors must perform their exercises in long, solid-colored competition pants and footwear (gymnastics slippers and/or socks). On Floor Exercise and Vault, the gymnasts may wear short pants and perform without footwear. The wearing of a competition shirt (jersey) is mandatory in all competition, including warm-ups (no bare-chests are allowed in the gym).

Girls must wear correct athletic, nontransparent competition attire. Leotards must be worn appropriately during warm-ups and competition as well as awards (at all times). Leotards with narrow shoulder straps are not allowed. The leg cut of the leotard may not extend above the hipbone (maximum) and must be long-sleeved except in compulsory meets or when agreed upon by participating coaches.

- Team leotards must be identical.
- The wearing of gymnastic slippers or socks is optional.
- Only chalk markings may be placed on the balance beam.

Incorrect attire is defined as:

- visible/different colored underwear.
- necklaces/bracelets that are not religious or medical in nature

Gymnast must present themselves at the start and at the end of the exercise. Jewelry shall not be worn and is considered improper attire. The only jewelry acceptable is small stud earrings **-one earring is in the lower lobe.** -(one per ear) for females only. The deduction for improper attire will be a one-time .5 deduction on the first event after following USAG guidelines (GAT 04). The exposed bra, tattoo and facial hair deduction will be taken each time (.1 per event). Tongue pierced jewelry of any kind cannot be worn. Hair devices that are safe and reasonably secured may be worn to keep hair away from the gymnasts' eyes and face. (Revised GAT 2015)

Coaches attire with penalties will follow USAG attire and penalties. * Womens USAG rules and policies (p21) and Men's rules and policies (p9). (GAT 2015)

Unsportsmanlike conduct

Verbally abusing or disrespectfully addressing a judge/meet official or using profanity may lead to meet disqualification or an unsportsmanlike deduction. Violations and deductions for unsportsmanlike conduct will be taken from the final score on the first event.

1) First offense for coach or gymnast—0.5 points from team score

2) Second offense for a coach—3.0 points from team score

3) A gymnast may be removed from the meet for their first protest of a score -

The gymnasts must present themselves at the start and end of the exercise. Failure to do so will draw a .1 deduction from their score for each presentation omitted.

III. APPLICATION OF RULES

1. COVERAGE—The rules contained herein apply directly to and govern Texas High School dual meets, multi-school meets, district meets, regional meets, and the Texas High School Championship Meet.

2. JUDGING CODE—Both Men and Women are governed by the USAG and FIG Code of Points and use modified compulsories as stipulated in the High School Rules listed in this manual. In case of conflict, the rules presented herein will supersede. All rule change proposals are due by Nov. 15th with clarification deadline by Jan 1st. The High School Rules will be posted and maintained on the website at www.thsgca.org.

3. TECHNICAL COMMITTEE MEMBERS

A. DUTIES—Each region elects a boy's and girl's chairperson and alternates. Regional Chairpersons serve as members of the Association's Technical Committee (TC). Each region elects an alternate chairperson for both the boys and girls. The chairpersons vote; the alternates will not vote.

B. ELECTIONS—Regional Chairpersons and alternate chairpersons are elected at the annual meeting every other year and their names and addresses sent to the President, Secretary, and Executive Director immediately.

THSGCA Constitution

C. REGIONAL MEETINGS—The Regional Chairperson calls meetings of coaches in their respective regions prior to the State Association Technical Meetings and selects the site of the Regional Meet.

D. REGIONAL MEET—Regional Chairpersons ensure that the Regional meet for their respective region is run by all rules of the Association.

E. NATIONAL QUALIFIERS—Regional Chairpersons (boys and girls) compile a list of senior all-around competitors (designated or otherwise) along with regional championship results (including a copy of score sheets) and forward them to the state association Secretary immediately following the Regional Meet to aid in determining the Texas representatives to the National High School Championships.- is this done and is it really necessary considering the automation of scores on our website...seems redundant?

4. SCHOOL REGISTRATION

A. DEADLINE—Each high school must register their gymnastic team and coach with the Texas High School Gymnastic Coaches Association (THSGCA) by November 15th to be eligible to compete in the current high school gymnastic season. Those registrations received postmarked after the November 15th deadline will be assessed a \$50 late charge cumulative per month until March 15th. Those received postmarked after March 15th will be a \$500 entry fee. The treasurer will notify regional RC's of schools not paid. These teams are then ineligible until their team registration is paid in full

B. TEAM ROSTER—The school files with the Association a list of contestants representing that school with the eligibility of each contestant certified by the Principal or Superintendent. Additions to this roster may be added in writing up until two (2) weeks prior to the Regional meet. The principal's signature is required. (See THSGCA.org)

C. REGISTRATION FEE—Each high school will pay a predetermined fee, as set by the Association, to register its team with the Association. The current registration fee is one hundred sixty dollars (\$160) per team.

1. Individual athlete registration fee will be seventy-five dollars, \$75. Once you reach 3 athletes, you pay the full amount.(2015 GAT)

5. ATHLETIC ELIGIBILITY—According to University Interscholastic League standards and Texas State Law, students are eligible to represent their school in interscholastic activities if they:

- A. Are not nineteen (19) years or older by September 1 of the current scholastic year.
- B. Have not graduated from high school.
- C. Initially enrolled in the ninth grade not more than Four (4) years ago.
- D. Are academically eligible—all schools must stay in compliance with the current state and district academic eligibility code. It is the responsibility of the principal and coach to enforce these standards. No one shall take part in any contest in this association who is not in compliance with these codes.
- E. Have not participated in training sessions or tryouts to demonstrate their athletic ability to colleges.
- F. Did not move for athletic purposes and the proper certification forms are completed at the new school.
- G. Live with their parents or legal guardian inside the school district attendance zone their first year of attendance.
- H. Have observed all provisions of the Amateur and Awards Rules.
- I. Did not repeat the seventh (7) or eighth (8) grade for athletic purposes.
- J. Were not recruited for high school competition.
- K. Have not competed under an assumed name.
- L. Have not taken a college course instructing in the activity in which they are participating
- M. Have been in regular attendance at the participant school since the sixth (6) day of the present school year or have been in regular attendance for fourteen (14) or more calendar days before the contest or competition.
- N. Freshmen, in concurrence with U.I.L. rules regarding 9th grade athletes, freshman gymnasts not attending a campus with grades 9-12 or a single feeder school (ie, 9-10) to a High school with upperclassmen (ie, 11-12) will be allowed to compete for their future High School provided they meet the aforementioned eligibility criteria (see

6.A-M.)

O. Foreign Exchange Students: The proper paperwork will be filled out and turned into the Region Chairman who will then present it to the President. The President will then present the paperwork to the Executive Board for approval. A foreign exchange student must receive approval from the Executive Board and must also include approval from the Assistant Executive Director (Athletic Director representative – Todd Vesley). If a coach chooses to compete a non-approved foreign exchange student then a penalty will be applied. The coach must then write a letter stating that he/she has competed a non-approved foreign exchange student and then send it to the president for record. The penalty for this action is your team will forfeit the season.

P. Students who change schools from one independent school district to another independent school district in order to enroll in the International Baccalaureate Program or THSGCA registered Artistic Gymnastics Program not offered at current school, may apply for a waiver of sections 440 and 442 (residence rules) to the Gymnastics State Executive Committee or GSEC to be eligible for varsity athletics the first year of attendance.

(Please see residency waiver checklist in appendix)

Q. YOUTH PROGRAMS AND CAMPS

1. School camps for students grade eight and below can be held during the entire calendar year. Student athletes can serve as coaches or instructors for camps. (GAT 2013)
2. Allow middle school athletes to train with the high school varsity team with District approval.

6. DISPUTES AND VIOLATIONS

A. DISPUTES—All disputes (except decisions of judges at gymnastic meets) must be presented in writing by the Principal or Superintendent to the President and/or appointed Athletic Director and committee for presentation to the Games Committee.

B. VIOLATIONS—Upon report of violation of rules by a school coach or gymnast, the Violation Review Board, consisting of the Executive Body and Technical Committee, will meet to review violations and enforce the rules of the Association. (The representatives of the school involved are disqualified from sitting as members of the panel in the adjudication of the dispute.)

1. Self reporting a rules violation should be reported first to the local principal and athletic director then the games committee. (GAT 2017)

C. BURDEN OF PROOF—If a violation is reported with supporting evidence, the burden of proof that a violation did not occur rests with the accused school and/or employee.

7. PENALTIES—Any school that violates any eligibility rule or regulation in this Association may be put on probation or suspended from further participation in Regional or State competitions for a period of time from one (1) to three (3) years, upon presentation of sufficient evidence of said infraction. See 6.C

8. REQUIRED MEETS and NUMBER OF MEETS

A. MEETS—Each high school registered with the THSGCA must compete a dual or multi-school meet schedule consisting of a minimum of five (5) meets for team and **One (1) for individual,(GAT 2019)** not including Districts or Regionals. **A high school with only one or two athletes, must still compete in at least 3 meets.** (GAT 2017). It is the coaches' responsibility to control the actions of their parents while at meets. It is the meet host's responsibility to keep parents/spectators off the competition floor for the safety of all athletes and officials. It is mandatory to submit your meet schedule to the webmaster by November 15th as part of the registration process.

B. MEET REPORT—It is mandatory for all meets to be reported using the MeetCenter scoring system. MeetCenter will post 5 meet report on the THSGCA website. Meet verification will be documented using the THSGCA automation and approved by regional chairs.

C. WAIVERS— All gymnasts at the district, regional, or state meet must have competed in at least **One** school meet. **The only exception is injured gymnast.** Waiver Process - Coaches will submit a meet waiver for any athlete who has not competed in at least **1** meet during the regular competition season. Waivers must be submitted to the Games Committee to be reviewed for approval or denial. **Appeals must include documentation of injury: date, specific of injury and medical release.** (GAT 2019) Appeals to Games Committee decision will go before the State Executive Committee for final decision. Instructions are posted on the website under Member Services>>Post Season Forms.

D. Competition in a District Championships is mandatory in order for any team or individual to qualify for the Regional Championship. **The qualifying scores for teams and individuals to advance to Regionals is defined on Pg18.**

E. Athletes may only compete in two high school gymnastics competitions during a school week.

9. REGIONAL AND STATE MEET HOST RESPONSIBILITIES

A. Regional host will gather a list of athletes who attended the Regional Meet and send it to the Regional Chair, who will then be responsible to compare and track all registered athletes in the system.

B. Regional and State Meet hosts shall submit a financial report to the THSGCA Governing Board no later than 2 weeks after the competition.

10. MEDICAL CERTIFICATE AND PARENTAL PERMITS—There shall be on file in each school a medical certificate and a permit from the pupil's parent or guardian, granting permission for him/her to participate in any practice or meet.

11. PROTEST PROCEDURES AT ALL HIGH SCHOOL MEETS

A. INQUIRY—When a coach wishes to make an inquiry (protest), such inquiry must be presented in writing (may or may not include a video)(GAT2017) to the Meet Director, who in turn presents the inquiry to the judge immediately following the event. The judges meet and discuss the inquiry. A written answer is presented to the Meet Director who will return said answer to the coach. The coach cannot sit in on an inquiry session. An inquiry must be written by the coach only. Inquiries need to be delivered to the meet director and returned back to the coach writing the inquiry, in a timely manner. All inquiries that involve score adjustments need to be retained by the meet director.

B. IMPROPER INQUIRY—A deduction is given to a team whose gymnast, coach, or spectator protests or questions a score verbally on the floor during an event or during the meet. Deductions are as follows:

- 1) First offense for coach or gymnast—0.5 points deducted from team score
- 2) Second offense for a coach—3.0 points deducted from team score.
- 3) A gymnast may be removed from the meet for their first protest of a score.

C. NUMBER OF INQUIRIES—Two (2) denied inquiries per team per meet are permitted. If a third (3) or subsequent inquiries are denied a team score deduction of 0.3 points will be taken each time.

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with the HIV/AIDS virus during competition is close to nonexistent, there is a remote risk that 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 can continue participation.
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 blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CDC recommends 1–100) or other disinfectants before competition is resumed.
5. Practice proper disposal techniques to prevent injuries from needles, scalpels and sharp instruments or other 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 for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves completely.
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.
Additional information is available from the UIL office. (Copied from the National High School Federation Book).

**MANUAL OF RULES AND INSTRUCTIONS FOR
CONDUCTING THE TEXAS HIGH SCHOOL GYMNASTICS MEETS
Boys Competition**

I. STANDARD MEET COMPETITION

1. Order of competition

A. The events in order of competition for a dual meet is up to the meet host:

- | | | |
|------------------------|---------------------|------------------------|
| 1. Floor Exercise (FX) | 3. Still Rings (SR) | 5. Parallel Bars (PB) |
| 2. Pommel Horse (PH) | 4. Vault (V) | 6. Horizontal Bar (HB) |

B. Gymnasts from either teams or the teams shall be alternated in the events. The visiting team shall compete last on Floor Exercise, Rings, and Parallel Bars. The host team shall compete last on Pommel Horse, Vault, and Horizontal Bar.

2. NUMBER OF ENTRIES IN DUAL MEETS—Each team shall agree on a number of competitors per event. Exhibition Gymnasts may be allowed upon the agreement of the coaches.

3. THE ALL AROUND COMPETITORS—The All Around (AA) competitor's score shall be the summation of his scores in the six (6) events.

4. TEAM SCORE—In all gymnastic meets, the sum of the best three (3) scores for each team in each event determines the team score for that event. The sum of the above mentioned event scores will determine the final team score.

5. LINEUP CHANGES—In dual meet competition, changes in the lineup shall be allowed in any event after the event begins if the substitution is first reported to the scoring table.

6. JUDGES AND OFFICIALS—When possible in all gymnastic meets, it is recommended that there be at least two (2) judges, one (1) of which shall be designated as the superior or head judge. In some cases, one (1) judge may be used. The association recommends that only judges from the TGJA be used.

7. JUDGES DUTIES—Each judge shall have thorough knowledge of Association rules and regulations for the apparatus, competition, and scoring, and will score each exercise for each event separately without consultation unless ordered by the superior judge.

8. JUDGES TWO YEAR RULE—For two years after graduation a gymnast may only judge his/her ex-team if agreed upon by all teams in that meet and may not judge that team at or beyond the district level without the approval of the Games Committee.

9. PARENT CONTROL-It is the coaches' responsibility to control the actions of their parents while at meets. It is the meet hosts responsibility to keep parents/spectators off the competition floor for the safety of all athletes and officials.

10. ATTIRE TO RECEIVE AWARDS: To receive awards gymnasts must be in a team warm-up, including warm up jacket and pants. (GAT 2015-clarified 2018)

RULES GOVERNING JUDGING SPECIFICATIONS FOR BOYS

- All rules, updates and changes can be found at our organization's website: THSGCA.org.
- It is important that all coaches and judges check this site on a regular basis to keep informed of all changes.

I. EVALUATION OF OPTIONAL EXERCISES

The THSGCA has adopted the Federation of International Gymnastics (FIG) Code of Points as the standard for the evaluation of the optional exercise. The FIG Code of Points will be used for the interpretation of difficulty, modified combination, exercise presentation, risk, rights and duties of the judges, rules of conduct for the gymnast and coach, and compulsory rules.

II. SEE APPENDIX OF MEN'S ROUTINES

III. SEE APPENDIX FOR RECOMMENDED APPARATUS SPECIFICATIONS FOR BOYS

MANUAL OF RULES AND INSTRUCTIONS FOR CONDUCTING THE TEXAS HIGH SCHOOL GYMNASTICS MEETS GIRLS COMPETITION

I. STANDARD MEET COMPETITION

1. ORDER OF COMPETITION

A. The events in order of competition for a dual meet shall be as follows:

• Vault (V) • Uneven Bars (UB) • Balance Beam (BB) • Floor Exercise (FX)

B. Gymnasts from either teams or teams shall be alternated in the events. The visiting team shall compete last in Vault and Balance Beam. The host team shall compete last on Uneven Bars and Floor Exercise

2. NUMBER OF ENTRIES IN MEETS—Each team shall agree upon a number of competitors per event. Exhibition Gymnasts may be allowed upon the agreement of the coaches.

3. THE ALL-AROUND COMPETITORS—The All Around (AA) competitor's score shall be the summation of her scores in the four (4) events.

4. TEAM SCORE—In dual gymnastic meets, the sum of the best three (3) scores for each team in each event determines the team score for that event. The sum of the above mentioned event scores determines the final team score.

5. LINEUP CHANGES—In dual meet competition, changes in lineup are allowed in any event after the event has started, if the substitution is first reported to the scoring table.

6. JUDGES AND OFFICIALS—When possible in dual gymnastic meets, it is recommended that there be two (2) judges, one (1) of which shall be designated as the superior or head judge. In some cases, one (1) judge may be used provided the visiting coach approves them.

7. JUDGES DUTIES—The duties of each judge shall be to have a thorough knowledge of the Association rules and regulations for the apparatus, competition, scoring, and to score each exercise for each event separately without consultation unless ordered by the superior judge. Flash Start values whenever possible in meets and this is required at District, Regional and State meets—Only flash the highest start value.

8. JUDGES TWO-YEAR RULE: For two years after graduation a gymnast may only judge his/her ex-team if agreed upon by all teams in that meet and may not judge that team at or beyond the district level without the approval of the Games Committee

9. UNIFORMS—Girls are permitted to wear tank leotards in place of long sleeve leotards during compulsory competitions prior to but not including District, Regional, and State meets. School team leotards must be worn during all THSGCA competitions.

a. **ATTIRE TO RECEIVE AWARDS:** To receive awards gymnasts must be in a team warm-up, including warm up jacket and pants. (GAT 2015-clarified 2018)

10. EQUIPMENT- Meet host must offer warm up or one touch for competition equipment, prior to competition. Exception, if warm up gym is offered with identical equipment.

11. PARENT CONTROL-It is the coaches' responsibility to control the actions of their parents while at meets. It is the meet hosts responsibility to keep parents/spectators off the competition floor for the safety of all athletes and officials.

DISTRICT, REGIONAL AND STATE GYMNASTIC CHAMPIONSHIP RULES AND GUIDELINES

I. REGIONAL CHAMPIONSHIP MEET

1. REGIONALS—There shall be four (4) Regional Meets in the State that will serve to qualify teams and individuals to compete in the State Championships. Requirements to Advance to Regionals is a 40% Reduction of "Regional Score Requirement to Advance to State".

	GIRLS			BOYS	
	2-DAY	1 DAY		2-DAY	1-DAY
TEAM-	129	64.5	TEAM-	177	88.5
VAULT-	10.2	5.1	FLOOR	9.6	4.8
BARS-	9.6	4.8	POMMELS-	8.7	4.35
BEAM-	9.6	4.8	RINGS-	9.3	4.65
FLOOR-	9.9	4.95	VAULT-	10.5	5.25
			P-BARS-	9.6	4.8
			H-BAR	9.6	4.8

2. FORMAT FOR REGIONAL MEET—Compulsory routines shall be performed on the first day, and optional routines on the second day. If the number of entries is small, then the meet could be conducted on one (1) day. Reversal of format may be approved by a $\frac{3}{4}$ vote of teams from the Region.

A. Regional Meet Date—The Regional Meet is recommended be held no less than two (2) weeks and no more than three (3) weeks before the State Meet.

3. TEAM ENTRIES

A. A team lineup must be presented to the Meet Director by the entry deadline.

B. Each team entered in Districts, Regionals, and State shall be limited to six (6) entries per event. The same competitors entered for the Compulsory competition DO NOT have to be entered in the Optional competition. **(GAT 2017)**

4. LINEUP CHANGES

A. Changes in the lineup during compulsory exercises shall be allowed in any event after the event has started if the substitution is first reported to the head score.

B. Substitutions are permitted after the compulsories are completed.

C. All six (6) competitors from a team will compete in succession on each apparatus. An athlete can compete out of order due to participating in a UIL event or school function as listed on the UIL website. Coach must provide documentation from administration to

include; time, date and the reason of event. Coach must send documentation to the Regional Chair to present to the President who will confer with the games committee.

D. Individuals not representing a team entry will be placed into one (1) or more groups.

E. Regional Host will gather a list of athletes who attended the Regional Meet and send it to the Regional Chair, who will then be responsible to compare and track all registered athletes in the system.

F. If an individual qualifier to state will not be attending due to eligibility, injury or discipline, the coach must contact Regional Chair to inform coach of next eligible Gymnast.

5. TEAM SCORE—Team scores are computed with the three (3) highest compulsory scores in each event, and the three (3) highest optional scores in each event.

6. ALL-AROUND SCORE—An individual's score in the six (6) events for boys and four (4) events for girls (compulsory and optional) shall be totaled to yield their All Around Score.

7. INDIVIDUAL SCORE—An individual's event score in the compulsories is added to their optional event score to determine event placement.

8. REGIONAL QUALIFIERS TO STATE

A. INDIVIDUAL

1) Each region will qualify their ten (10) highest scoring individual event finishers **that score at, or above the qualifying score,** and their ten (10) highest scoring All Around finishers, **regardless of score. All gymnast competing in all events (4 for girls, 6 for boys) are eligible to enter the all around competition. If more than two AA's in the top 10 are from the same team, then the next AA'S that meet the qualifying score and are not on one of the state qualifying teams, will be recognized on the stand and qualify to state. (No maximum) (revised GAT 2019).**

2) Ties in the tenth positions shall not be broken.

3) If an individual event qualifier or all around qualifier from a region is unable to compete at the State Meet, he/she will be replaced by the next place gymnast from the region. It is the coaches' responsibility to contact the Regional Chairperson immediately. In turn, the Regional Chairperson is then responsible to contact the next qualified individual or team.

4) No gymnast may compete in the high school regional meet unless he/she will commit to compete at the state meet also. **(revised GAT 2019)**(see appendix—Commitment form)
Turn your forms in!

B. TEAM

- 1) The top three (3) teams shall qualify from the Regionals to the State Championship.
- 2) At large teams—At the state meet a number of slots will be assigned for qualifying teams. If these slots are not filled by the designated regions, and space is available, the next highest scoring team may be invited to participate in the state meet.
- 3) Each qualified team must also meet or exceed the state qualifying score
- 4) Ties in the above positions shall not be broken

C. ADDITIONAL AWARD QUALIFIERS—Individuals that qualify to Regional and State with a team are eligible for individual and All Around Awards. However, all gymnasts competing in all events are eligible to enter the All Around competition. If more than two AA's in the top 10 are from the same team, then the next AA not on one of the state qualifying teams that meets the qualifying score, will be recognized on the stand and qualify to state. These rules also apply in All Around qualifiers from Districts to Regionals.

D. QUALIFYING SCORES—Qualifying scores for the State Meet will reflect the judging systems chosen for that year and will be adjusted by the Executive Committee before the Regional Meet. See Appendix for this year's state qualifying scores.

9. JUDGES—At the Regional Meet, two (2) judges per event are recommended.

- A. Women judges will have a current NAWGJ rating of level 8 or higher.
- B. Men judges will have a FIG International, National, or State rating.
- C. Women's judges shall rotate on events from the compulsories to the optionals.
- D. It is recommended that the higher rated judge be the Head Judge.
- E. JUDGES TWO YEAR RULE—See Boys Competition Sect I.1.8 (p. 19).
- F. All Start Values will be flashed

11. INQUIRIES AND PROTESTS

A. INQUIRY—When a coach wishes to make an inquiry (protest), such inquiry must be presented in writing to the Meet Director on an official and correctly filled out inquiry form. The meet Director will then present the inquiry to the judge immediately following the event. The judges shall meet and discuss the inquiry. A written answer shall be presented to the Meet Director who will return said answer to the coach. The coach cannot sit in on an inquiry sessions. Inquiries must be written by the coach only.

B. IMPROPER INQUIRY—A deduction shall be given to a team whose gymnast or coach protests or questions a score verbally on the floor during an event or during the meet. Deductions are as follows:

- 1) First offense for a coach or gymnast-0.5 points from the team score.

THSGCA Constitution

2) Second offense for a coach—3.0 points from the team score

3) A gymnast may be removed from the meet for their first protest of a score.

C. NUMBER OF INQUIRIES—Two (2) denied inquiries per team per meet are permitted. If a third (3) or subsequent inquiries are denied a team score deduction of 0.3 points will be taken each time.

12. AWARDS

A. INDIVIDUAL AND TEAM AWARDS—Refer to #12 under State Meet.

B. ATTIRE TO RECEIVE AWARDS—To receive awards or participate in the march in at the Regional or State meet, gymnasts must be in a team warm up. (GAT 2018) It is suggested that these guidelines be used in all gymnastic meet settings.

13. RESULTS

A. The Regional Chairperson will post results of the Regional Meet. The Regional Meet Host will send results immediately to the THSGCA Webmaster for upload.

II. STATE CHAMPIONSHIPS

1. **SANCTIONS**—There shall be one (1) Texas High School Gymnastics Championship Meet. The deadline for choosing the site for the State Meet will be the Fall GAT meeting.

2. **FORMAT—STATE CHAMPIONSHIPS:** The Capitol Cup format is recommended.

A. MEET DATE—Recommended weekend is within two weeks, either before or after the first weekend in May. To be decided at each years GAT meeting.

B. REGIONAL ROTATION - The state meet shall be rotated by regions in the order of Regions 3, 1, 2, 4; beginning in the year 2017. A region must host the meet in their turn. If no school from the region, during the regions turn in the rotation, bids for the meet, the bid becomes open to any other region for the meet. The following year the meet will go to the next Region in the aforementioned order. (GAT 2015)

C. MEET LENGTH—The Championship Meet shall be conducted on two consecutive days. (Maintain a 2 day format in to perpetuity GAT 2019)

1) Day One—Individual and team qualifiers will compete the current THSGCA adopted compulsory exercises.

2) Day Two—The individual and team qualifiers will compete the optional exercises and will determine the placing of the All Around, Team, and the ten (10) individual event finishers.

D. **FORMAT ALTERATION**—The THSGCA body or the Games Committee may approve a format alteration.

3. ORDER OF EVENTS AND EVENT ROTATION

A. **BOYS**—The compulsory and optional routine sessions may be conducted so that six (6) events are run simultaneously; Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, and Horizontal Bar, with one bye per team.

B. **GIRLS**—The compulsory and optional routine sessions may be conducted so that four (4) events are run simultaneously; Vault, Uneven Parallel Bars, Balance Beam, and Floor Exercise, with no more than one bye per team.

4. TEAM ENTRIES—The rules outlined in Section 1.3 of the Regional Championships shall also apply.

5. ENTRY FEES—Entry fees for the state meet are \$285 for a boys team, \$285 for a girls team and \$50 for an individual qualifier (One event or All Around same fee) No team will pay more than \$285 for girls individual qualifiers or \$285 for boys individual qualifiers.

6. LINEUP CHANGES—The rules outlined in Section 1.4 of the Regional Championships shall also apply.

7. TEAM SCORE—The rules outlined in Section 1.5 of the Regional Championships shall also apply.

8. ALL AROUND SCORE—The rules outlined in Section 1.6 of the Regional Championships shall also apply.

9. INDIVIDUAL SCORE

A. An individual's score in the compulsory routine is added to the optional routine score to determine event placement. The top ten (10) scores on each event will place and ties will not be broken and places will be skipped in place of a tie. Example: 1,2,2,4

10. ORDER OF COMPETITION

A. **COMPULSORIES**—Teams will be grouped in the compulsory exercise as follows: Regional champion teams (including ties) will be placed in the last flight in Olympic order randomly and then the remaining schools will all be placed by random draw in the remaining flights.

- Regional team ties will be broken by the highest event scores and will follow USAG tie-breaking rules & procedures.

B. **OPTIONALS**—Teams will be grouped in the optional exercise according to the scores they received in the compulsory portion of the State Meet, with the highest scoring team competing in Olympic order and the second highest team being positioned next until all positions are filled. USAG tie-breaking criteria will be used for seeding teams tied.

C. **INDIVIDUAL QUALIFIERS**—Individual qualifiers will be positioned after the team groupings.

D. COMPETITION ORDER: Individuals—Individual qualifiers competing with a team shall compete first in compulsory and last in optionals in odd-numbered years. In even numbered years, individual qualifiers competing with a team shall compete last in compulsory and first in optionals.

E. For seeding purposes, USAG Rules and procedures for Tie-Breaking will be followed.

11. INQUIRIES AND PROTESTS—The rules that are outlined in Section I.12 of the Regional Championships shall also apply.

12. AWARDS

A. INDIVIDUAL AWARDS—Regional and State awards shall consist of the official first through tenth place medals in each event and the all-around. First—Gold, Second—Silver, Third through Tenth—Bronze. In addition, members of the first, second, and third place teams will receive appropriate medals and certificates. Also more than two AA per team may place at state.

B. TEAM AWARDS—State awards shall consist of the official 1st through 6th place trophies (Both boys and girls). Members of the 1st through 3rd place teams shall receive medals and 1st through 6th place teams will also receive an appropriate certificate. Regional 1st through 3rd place teams will receive trophies (Both boys and girls).

1. ATTIRE TO RECEIVE AWARDS: To receive awards or participate in the march in at the District, Regional or State meet, gymnasts must be in a team warm-up, including warm up jacket and pants. (GAT 2015-clarified 2018)

C. “FIRST TEAM” and “SECOND TEAM ALL STATE” AWARDS—First through fifth equals First Team All State. Sixth through Tenth equals Second Team All State.

D. Academic All State – to be nominated for Academic All State, a student must be:

1. An athlete, student trainer or manager in good standing with the THSGCA, school team
2. Of good moral character
3. A Senior
4. Have an overall grade point average of 92/3.7 or above (including courses from grades 9-11 and courses completed from grade 12). Weighted GPA's accepted. Go off of a 4.0 GPA
5. Coach will report to RC's after 1st semester GPA cutoff. (GAT 2015)
6. State Meet Host will be responsible for certificates

E. Medals **The THSGCA will provide medals and twelve team trophies, using the standard medals and standard UIL style trophies (GAT 2019)**

F. COACH OF THE YEAR—Only head coaches can vote for both men and women.

13. Financial Reports

Regional and State Meet hosts shall submit a financial report to the THSGCA Governing Board no later than 2 weeks after their competition.

III. SELECTION OF JUDGES FOR STATE CHAMPIONSHIPS

1. BOYS COMPETITION

- A. The Texas Gymnastic Judges Association shall submit a list of certified judges to the Games Committee to be voted on. Ties to be broken by the President.
- B. A judging panel of not less than twelve (12) shall be selected by the Games Committee.
- C. It is recommended that no more than one (1) judge per region may serve on a judging panel for a particular event.
- D. Out of State judges may be selected by the Games Committee if an insufficient number of judges are secured by the Judges Association from each region.
- E. It is recommended that college coaches not be used in the State Championship Meet.
- F. Men's judges must have a current International, National, or State judging rating.
- G. It is recommended that the higher rated judge act as the Head Judge.
- H. Interested judges should fill out the THSGCA application to judge at state
- I. State Judges are to be selected by March 1st, with the TCs polling their regions.
- J. All start values will be flashed.

2. GIRLS COMPETITION

- A. The Texas Women's Gymnastic Judges Association shall submit a list of certified judges to the Games Committee to be voted on. Ties to be broken by the President.
- B. A judging panel of not less than eight (8) shall be selected by the Games Committee.
- C. It is recommended that no more than one (1) judge per region may serve on a judging panel for a particular event.
- D. Out-of-State judges may be selected by the Games Committee if an insufficient number of judges are secured by the Judges Association from each region.
- E. It is recommended that college coaches not be used in the State Championship Meet.
- F. Women judges will have a current Level 8 rating or higher.
- G. Women judges will be rotated on events from compulsories to optionals.
- H. It is recommended that the higher rated judge be the Head judge.
- I. Interested judges should fill out the THSGCA application to judge at state.
- J. All Start Values will be flashed—See Girls Competition Sect
- K. State judges are to be selected by March 1st, with the TC's polling their regions.

NATIONAL HIGH SCHOOL GYMNASTICS CHAMPIONSHIP SELECTION GUIDELINES

I. PHILOSOPHICAL OBJECTIVES

It is the goal of the Association to select the best team to represent the Texas High School Gymnastic Coaches Association. The primary objective of our Association is to achieve the highest possible national ranking; therefore the Association has the responsibility to choose the strongest competitive individuals to meet this goal.

II. NATIONAL HIGH SCHOOL MEET SELECTION PROCESS

1. TEAM SELECTION—The Committee will meet after team competition at the State Meet to consider gymnasts to compete in the National High School Gymnastics Meet. The selection will be based on **their All Around and individual event performances throughout the year, as well as their State performances. Only optional scores will be used. The National Team selection will not exceed the number allowed by the NHTSGCA. Seniors eligible to be considered for the National Team must submit the National Team form signed by the gymnast and their parent to the Vice President by the district meet. (GAT 2019)**

2. COACH SELECTION—The National Meet requires one coach for each team. The selection of the designated coach to represent Texas at the National High School Gymnastic Championship Meet will be made by the Technical Committee at the same time the team is chosen. A Technical Committee member who has a gymnast on the team shall be excluded from the selection process (voting). The selection of the designated coach shall be based on: 1) having a gymnast chosen to represent Texas at the National High School Meet and 2) on the coach's qualifications. The National Lead Coach will receive \$500 per diem to use for travel, food hotel, ect.

III. PETITIONING FOR TEAM SELECTION

In keeping with our primary goal of achieving the highest possible national ranking, all senior all around gymnasts will be considered. There may be times when a gymnast, due to circumstances beyond control, will not be able to compete in the regional and/or state championships but would like to be considered for selection to the National Team. Listed below are the procedures for the petition process to the National Team; if the Technical Committee believes the petitioned athlete can help improve the "competitive edge" of the team he/she may be chosen.

1. INJURY PETITION—If a gymnast is a worthy National Team competitor and becomes ill or is injured prior to the Regional Meet, the coach may submit a petition to the Regional Technical Director who will submit the petition to the entire Technical Committee for consideration. The petition should include: a medical report from a physician, 5 score sheets (as for the All American process, with the average scores replacing the missing meet) and a letter from the gymnast's coach. Athletes that are academically ineligible or otherwise ineligible at the time of Regional Championships are not eligible to be petitioned to the National Meet.

2. PETITION TO COMPETE AT STATE MEET—The top three senior girls (who are NOT on a state qualifying team) on an event at their regional championships may petition to the State Meet. This will allow them to compete for a score in the Optional competition only, and for the purpose of qualifying for the National Team only. This petition must be in the hands of the President of the THSGCA no later than 5 days after the completion of that gymnast's Regional Championships.

IV. FUNDING

The head/lead coaches will have their warm-ups and entry fees for the National High School Meet provided by the Association. It will be the responsibility of the coach/athlete to provide for their own travel expenses until such time that the Association can provide for funding. At this time, the THSGCA is seeking outside funding to help defray expenses for coaches/athletes to the National Championships.