

TEXAS HIGH SCHOOL GYMNASTICS  
COACHES ASSOCIATION  
CONSTITUTION AND MANUAL OF RULES



Revised 2011  
*Published by the Texas High School Gymnastics Coaches Association*



# TABLE OF CONTENTS

## CONSTITUTION

<b>I. Name</b> .....	<b>1</b>
<b>II. Purpose and Objectives</b> .....	<b>1</b>
<b>III. Membership</b> .....	<b>1</b>
1. General Membership.....	1
2. Full Membership.....	1
3. Associate Membership.....	2
4. Life Membership.....	2
<b>IV. Organization</b> .....	<b>2</b>
1. General Policies.....	2
2. Executive Body.....	2
3. Membership Voting Privileges .....	2
4. Voting Ratifications.....	2
5. Annual Meeting.....	2
6. Executive Body Authority.....	2
<b>V. Officers</b> .....	<b>3</b>
1. Executive Body.....	3
2. President .....	3
3. Vice-Presidents.....	3
4. Secretary.....	3
5. Treasurer .....	4
6. Executive Director.....	4
7. Historian.....	4
8. Parliamentarian .....	4
9. Webmaster .....	4
10. State Meet Host .....	4
<b>VI. Technical Committee</b> .....	<b>4</b>
1. Members.....	4
2. Duties—Games Committee.....	4
3. Duties—Review Board.....	5
4. Men’s Rules Committee.....	5

CONTENTS

5. Duties—Rules Committee ..... 5  
6. Men’s/Women’s Voting ..... 5  
7. Confidentiality ..... 5  
8. Conflict of Interest ..... 5  
**VII. Finances ..... 5**  
**VIII. Amendments ..... 5**  
1. Proposals/Ratifications ..... 5  
2. One Year Rule ..... 5

**BY-LAWS AND COMPETITION PLAN**

**I. The Gymnastic Code and Mission Statement..... 7**  
**II. General Rules Governing High School Competition ..... 7**  
**III. Application of Rules..... 7**  
1. Coverage ..... 7  
2. Judging Code ..... 8  
3. Technical Committee Members..... 8  
4. School Registration ..... 9  
5. Athletic Eligibility ..... 9  
6. Disputes and Violations ..... 10  
7. Penalties ..... 11  
8. Required Number of Meets ..... 11  
9. Medical Certificates and Parental Permits ..... 11  
10. Protest Procedures at All High School Meets ..... 10

**COMMUNICABLE DISEASE PROCEDURES ..... 12**

# MANUAL OF RULES AND INSTRUCTIONS FOR CONDUCTING THE TEXAS HIGH SCHOOL GYMNASTIC MEETS—BOYS

<b>I. Standard Meet Competition.....</b>	<b>13</b>
1. Order of Competition .....	13
2. Number of Entries in Dual Meets .....	13
3. The All-Around Competitors .....	13
4. Team Score.....	13
5. Lineup Changes .....	13
6. Judges and Officials.....	13
7. Judges’ Duties.....	13
8. Judges’ Two Year Rule.....	14

## **RULES GOVERNING JUDGING SPECIFICATIONS FOR BOYS**

All Men’s Rules found at THSGCA Website

<b>I. Evaluation of Optional Exercises.....</b>	<b>14</b>
<b>II. Evaluation of Compulsory Exercises .....</b>	<b>14</b>
<b>III. Recommended Apparatur Specifications for Boys.....</b>	<b>14</b>
1. Floor Exercise.....	14
2. Pommel Horse .....	14
3. Still Rings.....	14
4. Parallel Bars.....	14
5. Horizontal Bar .....	14
6. Vault .....	14
7. Recommended Apparatus Mat Specifications .....	14

**MANUAL OF RULES AND INSTRUCTIONS FOR CONDUCTING THE  
TEXAS HIGH SCHOOL GYMNASTIC MEETS—GIRLS**

<b>I. Standard Meet Competition.....</b>	<b>15</b>
1. Order of Competition .....	15
2. Number of Entries in Dual Meets .....	15
3. The All Around Competitors .....	15
4. Team Score.....	15
5. Lineup Changes .....	15
6. Judges and Officials.....	15
7. Judges’ Duties.....	15
8. Judges’ Two-year Rule.....	16
9. Uniforms.....	16

**2011-2012 TEXAS HIGH SCHOOL WOMEN’S GYMNASTICS RULES**

<b>I. Evaluation of Optional Exercises.....</b>	<b>17</b>
Bars .....	18
Beam.....	19
Floor .....	20
<b>II. Optional Vault Values.....</b>	<b>21</b>
<b>III. Evaluation of Compulsory Exercises and Changes .....</b>	<b>22</b>
<b>IV. Recommended Apparatus and Mat Specifications for Girls .....</b>	<b>22</b>
1. Vault .....	22
2. Uneven Parallel Bars.....	23
3. Balance Beam.....	24
4. Floor Exercise.....	24

**REGIONAL AND STATE GYMNASTIC CHAMPIONSHIP  
RULES AND GUIDELINES**

<b>I. Regional Championship Meet.....</b>	<b>25</b>
1. Regionals.....	25
2. Format for Regional Meet .....	25
3. Team Entries .....	25
4. Lineup Changes .....	25
5. Team Score.....	25
6. All Around Score.....	25
7. Individual Score .....	26
8. Regional Qualifiers to State .....	26
9. Injury Petition to State .....	27
10. Judges.....	27
11. Inquiries and Protests .....	27
12. Awards .....	28
13. Results.....	28
 <b>II. State Championships .....</b>	 <b>28</b>
1. Sanctions.....	28
2. Format for State Championships.....	28
3. Order of Events and Event Rotation.....	29
4. Team Entries .....	29
5. Entry Fees .....	29
6. Lineup Changes .....	29
7. Team Score.....	29
8. All Around Score.....	29
9. Individual Score .....	29
10. Order of Competition .....	28
11. Inquiries and Protests .....	30
12. Awards .....	30
 <b>III. Selection of Judges for State Championships .....</b>	 <b>31</b>
1. Boys Competition .....	31
2. Girls Competition .....	31

**NATIONAL HIGH SCHOOL GYMNASTIC CHAMPIONSHIP  
SELECTION GUIDELINES**

**I. Philosophical Objectives ..... 32**

**II. National High School Meet Selection Process..... 32**

    1. Team Selection ..... 32

    2. Coach Selection..... 32

**III. Petitioning for Team Selection ..... 32**

    1. Injury Petition..... 33

    2. Petition to Compete at State Meet..... 33

**IV. Funding..... 33**

# 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 gymnastic 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.

## 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, 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. Example: The district recognizes the person as a full time employee.

## THSGCA CONSTITUTION

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 twenty five (25) 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 superceded 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—Each full member of the Association is entitled to one vote provided: (1) They are a full member, (2) They are the head coach, and (3) They are present at the Association Meeting. Assistant Coaches have a voice but no vote . There are no proxy votes. Only the vote of members present at the Association meetings will be counted. No proxy votes will be counted. There is a maximum of one vote per person/school. Head coaches only, assistant coaches will have voice but no vote.
4. VOTING RATIFICATION—All parts of this document may be altered, amended, or increased by the votes of THSGCA members in the following numbers: (GAT 00')

**Constitution:**  $\frac{3}{4}$  Vote of Members Present and Voting

**By-Laws & Competition Plan:**  $\frac{2}{3}$  Vote of Members Present and Voting

**Manual of Rules:** A Simple Majority of Members Present and Voting

**Girls vote on Girls issues and Boys vote on Boys issues.**

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. (Board Executive Meeting prior to the summer meeting in order to prepare for upcoming year.
6. 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 and Executive Director and is elected at the annual meeting of the THSGCA. The office terms shall be three (3) years, except for the Executive Director, whose term shall be five (5) years. Emil Milan was voted in as Executive Director for Life or until retirement.
  - A. DUTIES—The Executive Body is empowered to act for the membership between meetings of the Association (see pg. 12 II 3)
  - 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 and conference calls and distribute them to the Technical Committee members or membership as applicable; keep all records of meetings of the Association and Executive Body, including all committee meetings and conference calls; provide forms for school registrations; distribute nominations and 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 25 days prior to the regular meeting and distribute the proposed amendments to members of the Association at least 15 days prior to the regular meeting; and compile a list of Executive Body, Regional RC Chairpersons and General members addresses and phone numbers

## THSGCA CONSTITUTION

- (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 NHSGCA & 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-officio member of all committees.
  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. **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 for 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.

## THSGCA CONSTITUTION

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 Regional Representatives. The Committee is responsible for the review of all rules, and makes recommendations and revisions when necessary.
5. 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.
6. 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.
7. CONFIDENTIALITY—All Technical Committee meetings are confidential. The secretary distributes the results of the Technical Committee meetings.
8. 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.

### **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. 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.
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).

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.

Girls must wear correct athletic, nontransparent competition attire. Leotards must be worn appropriately during warmups and competition as well as awards (at all times). Leotards with

## THSGCA CONSTITUTION

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.
- Gymnasts must present themselves at the start and at the end of the exercise.

Jewelry shall not be worn, with the exception of religious or medical medals, which may be worn if taped to the body under the uniform. Jewelry is considered improper attire. The only jewelry acceptable is small stud earrings (one per ear). 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 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.

Incorrect attire is defined as:

- Backless leotard or cut of leotard above hip bone.
- visible/different colored underwear.
- more than one stud earring in each ear.
- necklaces/bracelets that are not religious or medical in nature

### 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. 15<sup>th</sup> with clarification deadline by Jan 1<sup>st</sup> (GAT 03). The High School Rules will be posted and maintained on the website at [www.thsgca.org](http://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.

## THSGCA CONSTITUTION

- 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.
  - 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.
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 15<sup>th</sup> to be eligible to compete in the current high school gymnastic season. Those registrations received postmarked after the November 15<sup>th</sup> deadline will be assessed a \$50 late charge cumulative per month until March 15<sup>th</sup>. Those received postmarked after March 15<sup>th</sup> 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 fifty dollars (\$160) per team.
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.

## THSGCA CONSTITUTION

- 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 9<sup>th</sup> 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 can compete up to Districts. They may compete as an exhibition only at District, Regional or State meets and, as such, will not count toward the final team score. All forms will need to be turned in to the Assistant Executive Director. (Todd Vesely)
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 Violation Review Board.
  - 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.

## THSGCA CONSTITUTION

(The representatives of the school involved are disqualified from sitting as members of the panel in the adjudication of the dispute.)

- 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 7.C.
  8. REQUIRED 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, not including Districts or Regionals. 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.
    - B. MEET REPORT—The five meet reports must be sent to the Regional Technical Chairperson of the THSGCA prior to the regional meets. (See Appendix).
    - C. All gymnasts at the district, regional, or state meet must have competed in at least three school meets. Exceptions are legal move-ins to the district, injured gymnasts, moved up J.V. and three (3) week failures.
  9. 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.
  10. 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 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 (GAT 04).
    - 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:

## THSGCA CONSTITUTION

- 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 both 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 (GAT 2008). Before the meet begins, one boy must be designated as an All Around contestant. 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. If the designated all around boy fails to compete in any event, he may not be replaced. The sum of the scores in the events competed will determine the All Around score.
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 provided the visiting coach approves him. 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.

## **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. APPENDIX OF MEN'S ROUTINES**

### **III. RECOMMENDED APPARATUS SPECIFICATIONS FOR BOYS**

The THSGCA uses THSGCA Equipment Specifications for all meets.

1. **FLOOR EXERCISE**—It is recommended that a spring floor be used.
2. **POMMEL HORSE**—The horse may be set at any height.
3. **STILL RINGS**—The distance from the floor (top of the mat) to the outside edge of the ring shall be 104 inches +/- 3/8 inch (2650 mm +/-10) whenever possible
4. **PARALLEL BARS**—The bars may be set at any height.
5. **HORIZONTAL BAR**—The distance from the floor (top of the mat) to the top of the bar shall be 104 inches +/- 3/8 inch (2650 mm +/-10) whenever possible
6. **VAULT**—Vaulting Tables will be used in all High School Meets (Effective Sept. 2002—GAT 02)
7. **RECOMMENDED APPARATUS MAT SPECIFICATIONS**—Follow JO and the THSGCA rules mentioned above for specifications on mats and skill cushions

**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 both 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. Before the meet begins, one woman must be designated as an All Around contestant. 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. If the designated all around woman fails to compete in any event, she may not be replaced. The sum of the scores in the events competed will determine the all around score. If your All Around cannot compete you can designate another gymnast as an all-around if you do so prior to the start of the meet.

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

## THSGCA CONSTITUTION

judge. Flash Start values whenever possible in meets and this is required at District, Regional and State meets—Only flash the highest start value (GAT 02).

8. JUDGES TWO-YEAR RULE: See Boys competition sect. I.1.8.
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.

## 2011 TEXAS HIGH SCHOOL WOMEN'S GYMNASTICS RULES

*These rules will be maintained and updated on the THSGCA website, [www.thsgca.org](http://www.thsgca.org).*

- I. EVALUATION OF OPTIONAL EXERCISES**—Texas High School Gymnastics uses USAG Level 8 rules with modifications as outlined in the following pages. All optional routines begin at 9.7 start value with a possible .3 in bonus. “C” skills = +.1; “D/E” skills = +.2. A maximum of .2 may be given in either category. To achieve a 10.0 start value the athlete must have connective bonus as well as difficulty bonus. There are no difficulty restrictions in High School Gymnastics.

**Difficulty at a glance:**

- A. Value Parts: 4 A's, 4B's, O C's and Optional Start Value will be  $9.70 + .3 \text{ bonus} = 10.0$   
\*(C's and D's may replace A and B value Parts), as outlined above.
- B. Special Requirements: 4 per event evaluated at .5 each with the exception of Bars, which are valued at .2 each.
- C. Difficulty bonus: “C” skills-.1 and “D” skills-.2 (maximum of .2 in difficulty bonus), see above.
- D. Combination Bonus: .1 or .2 (use USAG connection bonus & HS bar modifications below)
- E. Difficulty Restrictions: No restrictions on skill difficulty

### VAULT

THSGCA Value value - the current vault values (2008-2009) will be used. See chart on following pages.

## **BARS (4 SR'S AT .20 EACH)**

**1—1 Bar Change**—No bar change = 0.2 deduction.

**2& 3—2 Elements same or different Minimum “B” value, one an element with flight or with a minimum of 180 degree LA turn & one from Groups 3, 6, or 7 (two elements may not be fulfilled with one element.**

- One flight element (excludes the dismount), OR One element with a LA turn of 180 or more (excluding the mount and dismount)
  - Straddle Cut Catch is considered a release in JO so may be used as a release in the mount or in the routine)
  - Kip Cast Handstanc Pirouette—The kip is the mount so the cast handstand pirouette can be used to fulfill the LA turn requirement.
- One Element from Groups 3, 6, or 7
  - Group 3—Underswings, clear hips
  - Group 6—Stalder circles
  - Group 7—Circle swings, hechts

**4—“A” salto/hecht Dismount, Minimum “A”**

### **UNEVEN BAR CONNECTION VALUE BONUS**

(All USAG JO Level 9 and 10 Connection Value Bonus applies). Plus, THSGCA will award bonus on bars for:

- B + C = 0.1 for CV and 0.1 for DV for the C
- C + C = 0.2 for CV and 0.1 for DV for one C if same and 0.2 if different C's
- Flight of “B” & LA/180 degree turn of “B” = +1 bonus (may be met in a single element or in two elements, elements not necessarily connected to each other. Not in Mount or Dismount.

### **UNEVEN BARS ELEMENT VALUE CHANGES**

1. THSGCA—Casts will be awarded “B” from vertical to 20 degrees from vertical.
2. THSGCA—all other casts will be awarded an “A,” with body position deductions taken but not angle deductions.
3. Clear hip circle to handstand within 20 degrees of vertical will be awarded “C” value.
4. THSGCA—All other clear hips will be awarded “B” value, even those below horizontal.
5. THSGCA—Layout flyaway and flyaway 1/2 will be awarded “B” value; Flyaway full will be awarded “C” value.

***All other bars skills will have the same value as the skills in the USAG Junior Olympic Code of Points.***

## BEAM (4 SR'S AT .5 EACH)

- 1—Acro series** (minimum of 2 elements—1 with flight). Excluding Mount and Dismount.
- 2—Minimum of 360 degree turn on one foot** (may be included in a series or performed as an isolated element)
- 3—1 leap/jump with 180° cross or side split (isolated or in series).** The leap or jump must be a minimum of “A” value, must start and finish on the beam. There is no longer a special requirement to have a dance series, but there is a .2 compositional deduction for lack of dance series with a minimum of 2 dance elements from groups 1, 2, or 3
- 4—Aerial or salto dismount**—minimum “A”

All compositional deductions and execution deductions will apply.

### BALANCE BEAM CONNECTION VALUE BONUS

(All USAG JO Level 9 and 10 Connection Value Bonus applies).

#### New Connection Value Principles on Balance Beam

1. 2-Acro Flight Element Connection (excluding mount or dismount):  
B + C-Salto = + 0.1 CV and THSGCA + 0.1 DV for the “C”
2. Turns: A-Turn + C Turn (or reverse) receives + 0.1 CV (and THSGCA + 0.1 DV for the “C”).

### BALANCE BEAM ELEMENT VALUE CHANGES

\*THSGCA Straddle Jump—starting and finishing in a cross position (facing length of beam), in side position and all straddle jumps with 1/4 turn will receive “C” value.

*All other Beam skills will have the same value as the skills in the USAG Junior Olympic Code of Points.*

## **FLOOR (4 SR'S AT .5 EACH)**

Special Requirements on Floor will remain the same, except the existing dance series SR that requires a minimum of two directly connected leaps/jumps (.5 each)

**1—Acro series with 2 saltos same or different OR 2 directly connected saltos**

**2—3 Different saltos within the exercise**

**3—Dance Series (Minimum of 2 different group 1 elements, directly or indirectly connected, one of which is a leap (one foot takeoff) requiring a 180° cross or side split. Note: An indirect connection allows for running steps, small leaps, hops, chassés, assemble's or any kind of turn on 1 or 2 feet between the two dance value part elements.**

**4—“A” salto (minimum) performed as last isolated salto or within last salto connection**

### **FLOOR CONNECTION VALUE BONUS:**

(All USAG JO Level 9 and 10 Connection Value Bonus rules apply).

1. Change in the Principle for Connection of Two Dance Elements: A turn on one foot followed by a jump with two-foot-takeoff will not be eligible for Connection Value Bonus (i.e. 2/1 turn [720 degrees] plus Popa will not receive bonus if the jump/leap precedes the turn, the connection is possible.
2. New Principle under Dance/Mixed Connective Value: A “D” salto connected to an “A” Jump (in this order only) will receive + 0.1 CV and THSGCA the “D” will receive + 0.2 for DV.

**All Floor Exercise skills will have the same value as the skills in the USAG Junior Olympic Code of Points.**

**II. OPTIONAL VAULT VALUES**

**Round-off entry vaults are allowed. Gymnast may either flip or twist, NOT both.**

**HIGH SCHOOL VAULT VALUES**

VAULT	VALUE	VAULT	VALUE
RO FF ON-PIKE OR LAYOUT	10*	YAMASHITA-FULL	9.8
ANY FLIP/TWIST	10	¼-11/4	9.8
HANDSPRING FRONT (T/P/S)	10	¼ ON-¾ OFF	9.2
TSUKAHARA (P/S)	10	½ ON-1/2 OFF	9.2
FULL ON FULL OFF	10	HECHT ½	9.2
HALF-ON 2/1 OFF	10	HANDSPRING ½ OR ¾	9.1
HANDSPRING 2/1	10	YAMASHITA ½ OR ¾	9.1
RO FF ON-TUCK OFF	9.9*		
HANDSPRING OR YAMI	9.0		
TSUKAHARA (T)	9.9	¼ ON/1/4 OFF	9.0
FULL ON-1/2 OFF	9.9	¼ ON HS OFF	9.0
½ ON 11/2 OFF	9.9	½ ON HS OFF	9.0
HS 1 ½ OR 1 ¾	9.9	HECHT	9.0
FULL ON HS OFF	9.8	STOOP OR STRADDLE	7.5
HANDSPRING ½ OR ½ FULL	9.8	SQUAT	7.0

**\*ROUND OFF ENTRY VAULTS REQUIRE THE USE OF A SAFETY COLLAR**

Any vault that is not on the current list should be submitted to the Women's Technical Committee. The coach must have written confirmation from the president of THSGCA of the vault value to present to the judges prior to the meet.

### III. EVALUATION OF LEVEL 6 COMPULSORIES AND CHANGES

The THSGCA uses the USA gymnastics Level 6 age group compulsories with the following modifications: Uneven Bars—Allow straddle swing between the rails in both directions.

#### New USAG Changes—

- 1—Uneven bars fall time for compulsory and optional competition increased to 45 seconds.
- 2—Add a .3 deduction for a stop between elements in an acro series in a Compulsory Floor Ex.
- 3—Signals, verbal cues for compulsory and optional competition—if the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine, the deduction of .2 is taken from the average without warning.

#### *Element Values*

- Bars—Back uprise with ½ turn in handstand from D to C
- Bars—Weiler kip to handstand with 1/1 turn after handstand (Healy) from E to D
- Bars—Jaeger from LB to HB from D to C
- Bars—Long swing forward with ½ turn and flight over LB to hang on LB to a “C” whenever it is performed immediately following a D or E release element
- Bars—Clear hip on HB through HS, to reverse hecht in pike position = E
- Beam—Side aerial from C to D
- Beam—1/1 turn w/heel of free leg forward, at 45° throughout the turn, forward leg extended = B
- Beam—1/1 turn on one leg, thigh of free leg backward upward at 45° throughout the turn= B
- Beam—Tsukahara tucked dismount = C
- Beam—Split jump with change of legs prior to split position landing on both feet = C
- Beam—Switch-side leap with additional turn = E
- Beam—From stand on one leg, swing through front aerial = D
- Beam—Flic-flac with ¼ twist to side handstand to immediate 1/1 pirouette = D
- Beam—From stand on one leg, swing through side salto = D
- Floor—Salto forward tucked with ½ twist on floor from A to B

### IV. RECOMMENDED APPARATUS AND MAT SPECIFICATIONS FOR GIRLS

The THSGCA uses the NF Gymnastic Rule book apparatus specifications and modifications for all meets. All mat specifications will come from the USA Gymnastics Rules & Policies handbook

#### 1. VAULT

The height of the vault shall be between 120–125 cm, measured from the floor to the top of the horse at the saddle. The vaulting horse should be placed on the floor. If the equipment does not meet the required height, the designated official will raise or lower the horse closest to regulation height.

## THSGCA CONSTITUTION

The Vault Table shall be used for all High School meets, effective September 2002 (GAT 02). The vault board shall be placed on the gymnasium floor or the run-up strip. Use of support under the vaulting board is not allowed (GAT 98)

There shall be a run-up strip, no more than 1 inch thick and a minimum of 60 feet long. It shall have a non-slip surface.

Mats—The landing area shall be a minimum of 18 feet by 6 feet and shall be padded with a minimum of one base mat (at least 18' x 1 ¼" +/- 1/4") and one landing mat (at least 12' x 6' x 3 ¾" +/- 1/2"). A single 5"-10" landing mat that does not slip may be used without a base mat underneath it. The landing mat shall be secured to prevent slippage. The total padding shall not exceed 10 ½" (+/- ¾) inches.

**All round off entry vaults are REQUIRED to use the vault collar. A vault performed without the collar will be VOID. NO EXCEPTIONS.**

### 2. UNEVEN PARALLEL BARS

Both bars may be raised or lowered to any height. The bar shall be placed on a level and stable foundation with fastenings to the floor or ground where possible. If fastening is not possible, the base shall be suitably weighted to prevent movement.

The rails shall be constructed of multi-laminated wood (unvarnished) or of fiberglass that is properly covered. Both rails shall be the same shape and of the same material. The rails shall not be altered by any foreign substance except water and gymnastic chalk.

A gymnast may mount from a vaulting board, but the board must be removed after the mount is completed. If the board is placed on a base mat, the board shall be removed and the landing mat placed on the base mat after the mount is completed. The board shall not be placed on any matting that exceeds 6 inches in thickness, or on the base frame of the uneven bars.

A gymnast may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board.

The board used in mounting shall meet the specs as outlined in the vault section.

Mats—The entire area underneath the bars, and at the mount and dismount area must be covered with 5 ¼" +/- ½" thick mats. Any combination of basic mats (various sizes) may be used without overlapping their sides. One additional 4" landing mat is allowed to be placed on top of the required base mats. The total thickness of all mats may not exceed 10 inches.

### 3. BALANCE BEAM

The height of the beam shall be 47 ¼ inches (1200mm) measured from the floor to the top of the beam. The length shall be 16 feet 4 inches (5000mm). The beam shall be covered with a cross section of: thickness at widest part, 5 1/8 inches (130 mm) and 3 15/16 inches (100mm) at upper and lower margins; depth, 6 5/16 inches (160mm). The beam shall be placed on a level and stable foundation. The support should be constructed to provide maximum stability and not to interfere with the performer in any way.

The gymnast may mount from a board, but the board must be removed after the mount is completed.

The vaulting board shall not be placed on any mat(s) which exceeds 6 inches thick, or on the base frame of the beam.

The board used for mounting shall meet specifications used for vault.

Gymnasts may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board.

Mats—The entire area underneath the beam, between the bases, and at the ends of the beam must be covered with 5 ¼" +/- ½" thick mats. Any combination of basic mats (various sizes) may be used without overlapping their sides. The total thickness of all mats may not exceed 10 inches.

### 4. FLOOR EXERCISE

The dimensions of the padded competitive area shall be between 39 feet 4 ½ inches (12m) +/-1 inch x 39 feet 4 ½ inches (12m) +/-1 inch and 40 feet by 40 feet, clearly marked with solid lines in an area of at least 45 feet 11 3/16 inches (14m) x 45 feet 11 3/16 inches (14m). The competitive area shall be a smooth surface. When new, the mat shall be at least 1 inch thick. If the mat is covered by another material, it shall be taut in order to prevent wrinkles and uneven surfaces.

The surface of the floor exercise mat should be in one piece. If this is not possible, each of the individual sections shall be fastened together securely.

There shall be a competitive boundary marker at least 1 inch wide and in contrasting color to the floor exercise mat.

The floor exercise mat shall be measured from the outer edges of the boundary line.

## 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. Each region shall select their respective meet sites and submit said site recommendation to the Executive Director of the Association at the Association meeting in the fall of each year.
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.

**\*Regional Meet Date—The Regional Meet must be held no less than two (2) weeks and no more than three (3) weeks before the State Meet. (88/89)**

#### 3. TEAM ENTRIES

- A. A team lineup must be presented to the Meet Director by the entry deadline.
- B. Each team entered in Regional and State gymnastic competition shall be limited to six (6) entries per event, and must have one All Around contestant.
- C. If the All Around gymnasts fail to compete in any event, they may not be replaced.
- D. They may not replace a gymnast who has competed in the compulsories.

#### 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 scoring table.
- B. No substitutions are permitted after the compulsories are completed.
- C. All six (6) competitors from a team will compete in succession on each apparatus.
- D. Individuals not representing a team entry will be placed into one (1) or more groups.

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 and their (8) highest scoring All Around finishers . (GAT 04)
- 2) Individual and All Around event qualifiers must also meet or exceed the State qualifying scores.
- 3) Ties in the eighth and tenth positions shall not be broken.
- 4) 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 coach's responsibility to contact the Regional Chairperson immediately. In turn, the Regional Chairperson is then responsible to contact the next qualified individual or team.
- 5) All gymnasts on the district, regional or state team must have competed in at least three (3) school meets. Exceptions are: legal Move-ins to the district, injured gymnasts, junior varsity gymnasts or academically ineligible gymnasts.
- 6) ***No gymnast may compete in the high school district meet unless he/she will commit to compete at the regional meet also. No gymnast may compete in the high school regional meet unless he/she will commit to compete at the state meet also. (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
- 5) The State Meet Host shall be allowed automatic bids to the state Championships. This rule applies if the host does not qualify either a boy or girl team to the State championships. The host team then has the option to enter either a boy or a girl team at their discretion. Both host teams and individuals will be eligible to place at state and the team will be attached to the smallest squad at the meet as determined by the State Meet host. (GAT 04, 05, & 08)

- C. ADDITIONAL AWARD QUALIFIERS—Individuals that qualify to Regional and State with a team are eligible for individual and All Around Awards. In all THSGCA meets, one all-arounder will be designated. However, all gymnasts competing in all events are eligible to enter the All Around competition. If more than two AA's in the

top 8 are from the same team, then the next AA not on one of the state qualifying teams that meets the qualifying score, will be awarded and recognized on the stand and qualify to state (maximum of 2). These rules also apply in All Around qualifiers from Districts to Regionals. (GAT 01).

- 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. INJURY PETITION TO STATE—If a gymnast is a worthy State competitor and becomes ill or is injured during the Regional Meet, the coach may submit a petition to the Regional Meet Director who will forward said petition to the Executive Director to be evaluated by the Executive Committee and either approved or disapproved within twenty-four (24) hours after receipt of said petition and at the expense of the petitioner. The petition should include a medical report from a physician, meet results of the current competitive year, and a letter from the gymnast’s coach. Athletes that are academically ineligible or otherwise ineligible (transfer) at the time of Regionals are not eligible to be petitioned to State.
  10. 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. Medals will be provided by THSGCA.
- 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 uniform. 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 is responsible to 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 1, 3, 4, 2; beginning in the year 2001. A region must host the meet in their turn unless someone else bids for the meet. The following year the meet will go to the next Region in the aforementioned order (GAT 00) Region 3(2010) & Region 4 (2011)
  - C. MEET LENGTH—The Championship Meet shall be conducted on two/three consecutive days. (GAT 2008)
    - 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.

## THSGCA CONSTITUTION

- 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 three (3) byes per team. The format of three event rotation used at the 2004 State Meet shall be followed. (GAT 04)
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. **ALLAROUND 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.
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. (GAT 06)
- 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

## THSGCA CONSTITUTION

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 1<sup>st</sup> through 6<sup>th</sup> place trophies (Both boys and girls). Members of the 1<sup>st</sup> through 3<sup>rd</sup> place teams shall received medals and 1<sup>st</sup> through 6<sup>th</sup> place teams will also receive an appropriate certificate. Regional 1<sup>st</sup> through 3<sup>rd</sup> place teams will receive trophies (Both boys and girls).
  - 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. Medals will be purchased by the THSGCA (GAT 06)
  - E. COACH OF THE YEAR—Only head coaches can vote for both men and women.

### 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 (GAT 98)
- I. State Judges are to be selected by March 1<sup>st</sup>, 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 (GAT 98).
- J. All Start Values will be flashed—See Girls Competition Sect
- K. State judges are to be selected by March 1<sup>st</sup>, 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 Technical 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 100% of his/her state all around and individual event score (GAT 04). Only optional scores will be used and only High School seniors who have competed in Texas High School Gymnastics for two (2) years are eligible. (GAT 95) **National Team Selection**—Top two all arounders and the top two individuals on each event, not to exceed number allowed by NHSGCA.

Seniors eligible to be considered for the National Team must submit a commitment form signed by the gymnast and his/her parent to the Vice-President at the State Meet.

Competition uniforms (except for warm-up) provided to National Team members must be returned to the association.

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.

### **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.

## THSGCA CONSTITUTION

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 (GAT 00). 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.

