



# THSGCA

Texas High School Gymnastic Coaches Association

## 5-Meet Rule Injury Petition for Regional and State Championships

Refer to the current THSGCA Constitution

III. 8. 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

1. Coaches will submit a meet waiver for any athlete who has not competed in at least 1 meet during the regular competition season due to an injury. 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.

<u>Meet petitioning to:</u>	<u>Regionals</u>	<u>State</u>
<u>Gymnast's Name:</u>	_____	_____
<u>High School:</u>	_____	_____
<u>Date of Injury:</u>	_____	_____
<u>Date of Release:</u>	_____	_____
<u>Coach's Name:</u>	_____	_____
<u>Coach's Email:</u>	_____	_____

2. Licensed Medical Professional's written verification of injury and release to return to gymnastics activity. Please specify the DATE of return to gymnastics activity.
3. Deadline: One week prior to the Championship meet the waiver is requesting entry for.

Send completed form to the THSGCA President, Vice-President and Regional Chairman

Incomplete forms will NOT be accepted. It is the responsibility of the coach to provide all necessary information by the deadline.